

**EVERGREEN H.S. (EHS)
COUGAR BASEBALL
SPRING BREAK 2019
TRIP TO PHOENIX, AZ
3/24-30/2019**

CONTACT INFORMATION

EHS VARSITY, JUNIOR VARSITY (JV) 2019 COACHING STAFF

John Lipka*	303.807.8974	Email: john.lipka@jeffco.k12.co.us
Randall Bulliard*	337.552.4205	Email: randall.bulliard@jeffco.k12.co.us
Gregg Hirsch*	720.933.2015	
Connor Gardiner*	720.625.0274	
Ed Pearson	303.808.4155	
Scott Stiles	303.906.6823	
Tony York	720.641.6673	
Peter Cowan	270.293.3212	

* Coach is riding the chartered bus Ace Express Coaches, 14000 West 44th Ave., Golden, CO. Telephone # (303) 421-2780. Jeffco School District approved transportation provider.

In addition to the above coaches, the following parents of a currently enrolled student-athlete and who are on the current Board as Directors of the Evergreen Cougar Baseball Club or ECBC (aka, Cougar Baseball Booster Club) will also be in AZ at the same time.

Daphne Taber	303.324.7844 (parent of a H.S. student-athlete)
Candace Read	303.877.3941 (parent of a H.S. student-athlete)
Mike Read	303.638.1442 (parent of a H.S. student-athlete)
Todd Schiro	760.845.7811 (parent of a H.S. student-athlete)

TEAM HOTEL

Double Tree Phoenix North
10220 N Metro Pkwy
Phoenix, AZ. 85051 telephone # (602) 997-5900

AZ H.S. BASEBALL FIELD LOCATIONS

Cactus High School

6330 W Greenway Rd.
Glendale, AZ. 85306

Greenway High School

3930 W. Greenway Road
Phoenix, AZ. 85053

Moon Valley High School

3625 W Cactus Rd.
Phoenix, AZ. 85029

Thunderbird High School

1750 W Thunderbird Rd.
Phoenix, AZ. 85023

VARSITY GAMES AND PRACTICES

MONDAY, MARCH 25

10:00AM – 1:00PM - Practice [Greenway H.S.]

3:00PM – 6:00PM - Practice [Cactus H.S.]

TUESDAY, MARCH 26

7:00PM – Game v. Greenway H.S. (GHS) @ GHS

WEDNESDAY, MARCH 27

4:00PM– Game v. Valley Catholic H.S. @ Moon Valley H.S.

THURSDAY, MARCH 28

4:00PM– Game v. New Trier H.S. @ GHS

FRIDAY, MARCH 29

1:00PM – Practice at Cactus H.S.

JV GAMES AND PRACTICES

MONDAY, MARCH 25

10:00AM– 1:00PM - Practice [Greenway H.S.]

3:00PM– 6:00PM - Practice [Cactus H.S.]

TUESDAY, MARCH 26

4:00PM – Game v. GHS @ GHS

WEDNESDAY, MARCH 27

1:00PM – Game v. Ashland H.S. @ Moon Valley H.S.

THURSDAY, MARCH 28

TBD

FRIDAY, MARCH 29

1:00PM– Game v. Lake Park H.S. @ Cactus H.S.

TEAM PRE TRAVEL MEETING AND DINNER

MANDATORY PRE TRAVEL PARENT, GUARDIAN MEETING

Tuesday, 3/12/19 6:30PM in the EHS Library

Parents and students are required to complete prior to travel 3 Jeffco School District forms and one additional form if parents plan to drive/fly back from AZ with their son, specifically:

- a. JJH-E2 Student Responsibility Sign-off**
- b. JJH-E3 Parent/Guardian Transportation Authorization Form**
- c. JJH-E4 Parent/Guardian Emergency Form**
- d. Player Release Form**

This forms should be completed and brought to the 3/12/19 meeting and handed to Head Coach Lipka who will review, sign and then pass on to the EHS Administration (AD and Principal). This is very important.

TEAM DINNER IN AZ

Wednesday, 3/27/19 6:00PM

Location: at the Hotel in a common area out by the pool.

The Team will continue the tradition of a joint V, JV team informal dinner, provided by the Baseball Booster Club. This meal is for Players, Team Managers, Coaches and parent volunteers. Dress is "baseball casual." "Baseball casual" is defined as: shorts, tee shirts with slides. We are looking at Raising Canes chicken, salad, ice tea.

TEAM ABSENT FROM SCHOOL

This travel has been planned and scheduled in a manner so that student-athletes do not miss any classroom time.

CHECK LIST OF ESSENTIAL ITEMS TO PACK

Players should pack for 3 baseball games, and at least 2 practices, and clothes to wear at pool and around the hotel. Players, Team Managers will be allowed to walk to area restaurants for meals but when leaving the hotel grounds they are required to inform a member of the Coaching Staff.

Essential items:

- Baseball glove(s), inspect lacing, repair if worn
- Alloy Bat(s) BBCOR certified, inspect and replace grip if worn
- Batting Helmet, NFHS compliant with double ear flats, no cracks, no tape, properly decaled with player #
- Catcher's: catcher's gear in a separate gear bag, inspect and clean. NFHS compliant, hockey style masks only
- Game Jersey, navy button up
- Baseball socks; compression shorts with cup; navy sleeves (multiple pairs of these items)
- Batting gloves; protective elbow, shin or hand mitt (player preference)
- At least two pairs of game pants: grey with navy piping and all grey
- Cleats/Turf Shoes, inspect shoe laces and replace laces if worn
- Game Belt, navy
- Cougar Hoodie or Cougar branded BP short sleeve jacket
- EHS Baseball Cap
- Sunglasses
- Cougar practice gear for up to 3 practices, navy practice tee shirt
- Swimsuit
- Personal hygiene items to include sunscreen, eye black
- Casual wear for 5 days (shorts, tee shirts and slides)

- Required special nutritional needs and medicines

MEALS

Breakfast is included at the hotel. The team will eat breakfast from approximately 6:30AM - 8:15AM each morning. The team dinner Wednesday night is paid for by the Booster Club. Players will be responsible for snacks on the bus while driving down and back, lunch every day, snacks in their rooms, and dinner Sunday, Monday, Tuesday, Thursday and Friday nights. We will as a team stop at a Wal-Mart on Monday to stock up on snacks for the week. There are numerous dinner options within walking distance from the hotel.

MONEY FOR EXPENSES AND FOOD

Players should bring money for snacks on the bus, snacks during the week, lunch every day, and dinner for 5 nights. Players may also need money for personal items.

BUS TRANSPORTATION

The chartered bus will leave from the EHS Parking lot at 6:30AM Sunday, 3/24/19 and will return on Saturday, 3/30/19 at approximately 8:00AM. Return time is an estimate depending on actual departure time on Friday, weather, and traffic. Each player usually brings a duffle bag, a baseball Player gear bag and a small backpack on the bus. The bus is a charter bus so players will be able to sleep, read, listen to music and watch movies. Once the trip starts the bus drives straight through to its final destination with one stop to refuel and pick up a fresh driver. Stops will be made for stretching legs, extended bathroom breaks, and for meals/snacks throughout the trip. The team will use the bus to travel to games, practices and team functions while in Arizona. Please make sure name tags are on bags. Players are responsible for picking up their own trash while on the bus.

BEHAVIOR EXPECTATIONS

At all times, including the bus ride, evenings at the hotel, at Team functions, at practices and at games, players are representing Evergreen H.S. and the Cougar Baseball Program and their family. Coaches will review expectations with Players, Team Managers and other Coaches to include: behavior, language, cleanliness of the bus and rooms, treating people with respect and that this is a “baseball working trip.” The Jeffco School District eligibility requirements will also be reviewed and discussed.

Players and Team Managers are responsible for securing and protecting from theft and damage their valuables such as laptops, cell phones, head phones, watches, and smart phones.

No pay for view movies will be allowed in rooms. No charges are to be made to rooms.

No unauthorized visitors are allowed in Player or Team Manager Rooms. No smoking to include vaping is allowed. No alcohol is allowed.

No illegal drug, contraband possession or use is allowed. Parents are responsible for inspecting their son’s luggage, bags prior to them being loaded onto the bus on 3/24/19 for our departure.

Players, Team Managers are responsible for any damage done to their room or to the bus, if done intentionally.

Players, Team Managers are to keep the Coaching Staff advised of their “off-campus” travel and any other issues that may impact their safety, well-being.

MEDICAL, SPECIAL NUTRITIONAL NEEDS

Parents, guardians and student-athletes should disclose to the EHS Clinic Aide (Heath Professional) any medical issues, concerns to include medicines, allergies, nutritional and special medical notifications. Head Coach John Lipka will liaise directly with the EHS and Jeffco School District Health Professionals to ensure that we address or are adequately prepared to assist or handle (monitor) as deemed appropriate.

RETURN TRAVEL WITH PARENTS

Players may return to Colorado with their parents, provided that:

- A request form (Player Release Form) has been submitted to Head Baseball Coach John Lipka prior to travel. Copies of this form are to be made available to parents, guardians prior to travel.