# Table of Contents

- **First Week Schedule** ................................................................. 2
- **To Be A Champion** ................................................................. 3
- **Team Rules & Guidelines** ....................................................... 4
- **Individuals & Team Practice** .................................................. 5
- **Strength & Conditioning** ........................................................ 6
- **Athletic Training** ................................................................... 8
- **Academics** ............................................................................. 8
- **Media** .................................................................................. 11
- **Social Media** ....................................................................... 112
- **Compliance** ......................................................................... 123
- **Parking** ................................................................................. 134
- **Housing** ................................................................................ 15
- **Meal Plan & Dining Halls** ..................................................... 16
- **TeamWorks App** .................................................................. 17
- **Travel Policies** ...................................................................... 18
- **Tickets** .................................................................................. 20
TEXAS TECH BASEBALL

CONTACT INFO

Coach Tadlock  Head Coach
J-Bob Thomas  Assistant Coach
Matt Gardner  Assistant Coach
Eric Gutierrez  Volunteer Assistant Coach
Ray Hayward  Special Assistant
Joe Hughes  Director of Operations
Lyndee Kiesling  Director of Player Development
Bryan Simpson  Athletic Trainer
Shishir Bhakta  Equipment Manager
Tory Stephens  Strength/Conditioning
Ty Parker  Sports Information Director
Josh Collier  Academic Adviser
Dayna McCutchin  Nutritionist

806-742-3355
TEXAS TECH BASEBALL

FIRST WEEK SCHEDULE

Before Monday
Pick up books on lower level of the bookstore (bring TTU ID w/ you). Pick up Monday if you did not get them on Friday.

Sunday, August 25th
1:00 PM – Team meeting
1:30 PM – Labs (physicals) for all incomers at SPC (minus summer guys) – meet in locker room & will go w/ Bryan
5:45 PM – Student Athlete Welcome Back Event (meet Joe in locker room & walk over to SPC)
*Wear TTU Gear or Red & Black – look presentable.

Monday, August 26th
CLASS & take care of all items (Pick Up/Buy books, purchase parking permit, etc.)
3:00 PM – Team meeting in clubhouse (if you have class, come directly after your class is over)
4:00 PM – Returners physicals – will go w/ Bryan after team meeting
4:00 PM – All incoming players (freshmen/transfers) meet in the North End Zone (Compliance meeting) – walk over w/Joe
5:45 PM – Incomers physicals (minus summer guys) – meet in Locker Room w/ Bryan and he will take you
* Impact testing for new players during first week w/ Bryan – he will coordinate a time with you

Tuesday, August 27th
CLASS
2:30 PM – Incomers meet at Marsha Sharp Center for iPads & training

Wednesday, August 28th
CLASS
6 AM-2 PM – Weights (all) in SPC – open time from 6 AM-2 PM – go before your class or during your off period
5:00 PM – Marsha Sharp Orientation – incomers (minus summer guys)

Thursday, August 29th
CLASS
5:00 PM – OPE for Incomers (minus summer guys) @ Marsha Sharp Center

Friday, August 30th
CLASS
6:45 AM – Conditioning Test with Tory (all)
6 AM-2 PM – Weights (all) in SPC – open time from 6 AM-2 PM – go before your class or during your off period

Saturday, August 31st
12:30 PM – Team Meal in Baseball Stadium Club
Halftime – Returners will be recognized on field. *wear red CWS polo*

**Will have Individuals starting the 2nd week of class – schedule will be posted on TeamWorks & in the locker room

**Will have weights on Monday, Wednesday, Friday throughout the fall – you will go at your slotted time w/ Tory

“Never settle.”

WIN TODAY.

| 2 |
TEXAS TECH BASEBALL

TO BE A CHAMPION...

- HAVE PATIENCE, FAITH, AND BELIEF IN WHAT WE ARE DOING.
- HAVE A PASSION FOR THE PROCESS.
- BE ON TIME.
- NEVER CRITICIZE A TEAMMATE.
- BE PRESENTABLE.
- NO WHINING.
- NO EXCUSES.
- DO NOT COMPLAIN.
- BRING YOUR BEST EFFORT EVERY DAY.

“Ability may get you to the top, but it takes character to keep you there.” – John Wooden

WIN TODAY.

| 3 |
TEXAS TECH BASEBALL

TEAM RULES & GUIDELINES

Always remember, it is a privilege to play for Texas Tech University and it is a privilege to play college baseball. You are representing something larger than yourselves. What you do, how you act, and what you do in public or put on social media is a direct representation of Texas Tech University, Texas Tech Baseball, your coaches, teammates, and those in the Texas Tech community.

ACADEMICS
There is no excuse for missing class or misbehaving in class. It is our team goal to maintain a minimum 3.0 GPA for each player on our team.

STRETCHING
It is important that you stretch BEFORE & AFTER you hit, throw, run, lift, etc. Be sure to follow the stretching program that is given to you by Tory Stephens.

PRACTICE
Arrive early. It is expected that you get your early work in on your own. Everyone is expected to wear the same thing during practice (team issued gear).

MISSED/LATE PRACTICE, CLASS, TUTOR, WEIGHTS, ETC.
There is no excuse for missing. In the event you are to miss, let the Coaches, Trainer, Academic, Strength, and/or any other staff know BEFORE you miss. It is better to make them aware beforehand rather than after the fact. If the appropriate staff member is not notified, it will be considered a miss and you will be disciplined at the discretion of the Coaching Staff and Support Staff.

PHONES/ELECTRONICS
When you are at an athletic or academic function, all cell phones and electronics are to be turned off. Do not disrespect your coaches, teammates, support staff, professors, classmates, peers, or people that are there to see you by having your phone out when you are at an event/function.

Remember, we are a team. We communicate by talking verbally. If you need to talk to one of the coaches, see them in person or call them.

MUSIC
When playing music, keep it appropriate. You never know who is around and explicit language is unacceptable.

ATTIRE
Look presentable wherever you are. You are representing Texas Tech Baseball with what you are wearing. This means no backwards hats, no cutoff T-Shirts, sweatshirt hoods are down (especially in class), cleanly shaven, etc. When you are in class, do not wear Texas Tech Baseball clothes. These items should stay in your lockers. You do not need to draw attention to yourself or make anyone aware that you play baseball for Texas Tech through what you wear. Let them know by what you do on the field.

PRACTICE ATTIRE
On the baseball field, you must wear your team issued gear for all practices and individuals. Our practice gear consists of Black TTU Baseball Shirt, Practice Pants, Belt, Under Armour cleats, and TTU Baseball Hat. If you are on the field, it is expected that you are wearing your cleats (unless told otherwise).

WEIGHT ROOM ATTIRE
For Strength and Conditioning, you must wear the team issued athletic gear: Gray Strength Shirt, Black TTU Baseball Shorts, UA Training Shoes.

EQUIPMENT
Players are not allowed in the equipment room at any time.
TEXAS TECH BASEBALL

Equipment will be issued to you throughout the year. If you are in need of anything, see Shishir Bhakta. You will receive enough Under Armour gear and athletic equipment to allow you to be successful on the baseball field. DO NOT ABUSE YOUR EQUIPMENT PRIVILEGES.

""ALL ITEMS GIVEN TO YOU WILL REMAIN IN YOUR LOCKERS. Only travel items (polo, khakis, travel shoes) are to be taken home. If something is taken to your house, apartment, or dorm, another item will NOT be issued to you"

If any issued items need to be washed, use your laundry loop to place items on it and put into the appropriate bins (i.e. loop in loop bin, pants in pants bin, towels in towels bin). Shishir will have the wash done for you to pick up the following day in your locker boxes outside of the equipment room. Any clothes left on the floor or in the locker will not be washed for you.

LOCKER ROOM
The locker room should be kept clean and neat at all times. You will spend a great amount of time in the locker room so pick up after yourself. Have respect for others – we are not your mom and should not have to clean up after your mess. The entrance is through the door from the field. Do not use the back door as the entrance.

LOCKERS
Keep your lockers neat and organized. DO NOT LEAVE TRASH IN YOUR LOCKERS! All lockers should look the same before and after practice. Here is how the lockers will be organized:

- Top Lock Box – batting gloves, personal items
- Top Shelf – Helmet, hat, glove
- Hangars – All shirts, pants, & clothes – hang up items even when at practice
- Left Side – Fold up chair & place on the left side when not using, laundry loops on hook
- Right Side – place your belt on the hook, bats are placed in back right corner
- Bottom – Shoes/Cleats (either underneath or on bottom of locker)
- Top of Locker – travel bags placed on the top of the lockers or underneath if they can fit

LOCKER CHAIRS
All locker room chairs are to be folded up and placed on the left side of the locker when not in use.

TEAM MEALS & ATHLETIC/UNIVERSITY FUNCTIONS
Show up 15 minutes early and look presentable to all team, athletic, and university functions. Look presentable.

CURFEW
Coaches may check rooms on any given night of the year. If there is a specific curfew set, you will be made aware by the coaching staff. Remember, there is nothing good that happens after midnight!

TOBACCO
The use of tobacco is prohibited at the site of the game competition. If caught with tobacco, it will result in automatic ejection for the player along with an ejection of the head coach.

INDIVIDUALS & TEAM PRACTICE

It is expected that you come early enough to be ready for team practice and individuals. This allows you to get dressed and be ready in plenty of time, while allowing you to get work in on your own so you are ready to go for practice. There are times that you will come straight from class. If this is the case, eat lunch before class and come straight to practice.

WIN TODAY.
TEXAS TECH BASEBALL

You must wear your team issued practice gear for all practices and individuals. Our practice gear consists of Black TTU Baseball Shirt, Practice Pants, Belt, Under Armour Cleats, and TTU Baseball Hat. If you are on the field, it is expected that you are wearing your cleats (unless told otherwise).

Individual and practice times will be relayed through TeamWorks, text message and will be posted in the locker room. Do not rely on the text message – make sure you check TeamWorks and the locker room for times!

Individuals will begin the first/second week. The individuals are for short periods of time so your group must be stretched and ready in the designated stretching area (bullpen/indoor cages/outfield) during your open warm up time. This will allow you to be ready to go at your designated time.

Team practice will start on Tuesday, September 30th. Our team practices will start with a team stretch so be on the field prior to that time. Be sure to get your early work in on your own time.

2019-2020 Season Schedule:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 26</td>
<td>Players Report – Team Meeting</td>
</tr>
<tr>
<td>2nd Week of School</td>
<td>Individuals Begin (schedule will be posted in locker room &amp; on Teamworks)</td>
</tr>
<tr>
<td>September 30</td>
<td>Team Practice Begins</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 14</td>
<td>Players Report</td>
</tr>
<tr>
<td>January 15</td>
<td>Individuals Begin</td>
</tr>
<tr>
<td>January 24</td>
<td>Team Practice Begins</td>
</tr>
<tr>
<td>February 14</td>
<td>First Game</td>
</tr>
<tr>
<td>May 20</td>
<td>Big 12 Tournament</td>
</tr>
<tr>
<td>May 29</td>
<td>Regionals</td>
</tr>
<tr>
<td>June 5</td>
<td>Super Regionals</td>
</tr>
<tr>
<td>June 13</td>
<td>College World Series</td>
</tr>
</tbody>
</table>

“it’s not the will to win that matters – everyone has that. It’s the will to prepare to win that matters.” – Paul ‘Bear’ Bryant

STRENGTH & CONDITIONING

| Tory Stephens | |

All workouts will be with Tory Stephens and his staff in the Sports Performance Center (SPC) Weight Room at your designated time(s).

EXPECTATIONS:
- The use of any of Texas Tech’s strength training facilities is a privilege, not a right, and should be treated accordingly
- All athletes are expected to arrive on time, ready to train – BE 15 MINUTES EARLY
- All athletes must follow all weight room rules and are expected to follow the instructions from the strength coach and to give 100% during all training sessions

WIN TODAY.

| 6 |
TEXAS TECH BASEBALL

- All scheduled team lifts are mandatory and consequences will be dealt with at the discretion of the strength coach and/or head coach.
- Show respect towards themselves, their teammates, the strength staff and the facility
- Each athlete must be willing to work hard and prepare for his/her success, the team's success, and the success of Texas Tech University

WEIGHT ROOM RULES:
- Must wear appropriate athletic gear that is issued to you: Baseball Shirt, Black TTU Baseball Shorts, UA Training Shoes
- No Cell Phones in Weight Room
- Remove all jewelry and hats prior to workout
- No food or drinks except water on weight room floor
- TV's & Stereo are operated by staff only
- Staff office area is off limits to athletes unless invited
- Leave all bags and personal belongings in locker room
- You use it, you put it up
- Use collars and spotters
- No strength coach, no work out

SUPPLEMENTS: POLICY AND PROCEDURE REMINDER:
- Discuss any nutritional supplement requests with Tory Stephens prior to taking.
- A supplement may have been permissible last year and not permissible this year. The banned substance list can change at any time during the year.

*NCAA posts the following warning: "Many nutritional/dietary supplements contain NCAA-banned substances. In addition, the U.S. Food and Drug Administration does not strictly regulate the supplement industry; therefore, purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician, strength coach or athletic trainer for further information."

"Hard work beats talent when talent doesn't work hard."
ATHLETIC TRAINING

Injury or Illness policy
The Texas Tech University Intercollegiate Athletic Department follows the policies set by the NCAA. The athletic department will be responsible for medical services on student-athletes if injured in practice or a game which was under the coaches’ supervision with the coaches or his representative present. The word injury applies only to those ailments that are caused by the participation in practice or a game; for example, the athletic department cannot be responsible for the removal of tonsils or appendix by surgical procedure.

The process for securing medical aid for illness or injury is as follows:
1. During the hours which the training room is open, report injuries or illnesses in person to the Head Athletic Trainer.
2. At night or during hours when the training room is not open, contact the Athletic Trainer for any illness or injury that occurs.
3. If you are sent to the doctor, you will be required to take a slip signed by the athletic trainer to present to the doctor. After your visit, you are to return the slip to the athletic trainer who sent you to the doctor. If you do not take a slip to the doctor or fail to return with a slip, you will be responsible for the expenses.
4. If the doctor gives you a prescription, you will return that to the athletic trainer and he/she will see that it is filled. If the athletic trainer has not approved a prescription you will be responsible for the expenses.
5. If for any reason you receive a medical bill, return it to the athletic trainer immediately so it can be paid.

Athletic Training Room Regulations
1. All student-athletes who need treatment or taping must be present at the time indicated below before you are to be present on the field.
2. No later than 1 hour before practice or pre-game preparation (within 1 hour you will be only evaluated/treated after practice/game.)
3. If you are not present at the appropriate time, we will assume you are able and ready for practice/game that day.
4. Report every injury - no matter how trivial. Do not treat yourself; wait until an athletic trainer can help you.
5. Pitchers MUST complete running, RTC/Elbow maintenance, and ice their shoulder/elbow after every game appearance, bullpen, or long toss session. HIS IS NON-NEGOTIABLE!
6. Turn in ALL supplements so they can be checked for banned substances. Everything you put in your body is at your own risk, unless tested for banned substances. Ignorance is no excuse!
7. Come to the athletic training room dressed with shorts to receive treatment or be taped. If it is after practice, shower before coming to athletic training room.
8. No shoes in the athletic training room.
9. No student-athlete is to operate athletic training equipment.
10. Do not make treatment suggestions or diagnose your own injuries, athletic trainer will make all decisions regarding treatment, assessment of injuries, and doctor referral.
11. Taking things from the athletic training room without permission is subject to dismissal from the team.
12. If you have a good reason for being in the athletic training room pertaining to treatment or injury, BE THERE. However, it is not a lounge!
13. You are responsible for all special equipment issued to you. If it is not returned, you will be held responsible for its replacement. (i.e. wraps, sleeves, crutches, splints, etc.)
14. Profanity is obscene. Its use is inappropriate and unflattering to you. Do not use it!
15. No tobacco products will be allowed in the training room.

“...The difference between the impossible and the possible lies in a man’s determination.” - Tommy Lasorda

ACADEMICS

FALL 2019 ACADEMIC SCHEDULE:
First Day of Class August 26
Holiday (Labor Day) September 2

WIN TODAY.
TEXAS TECH BASEBALL

Thanksgiving Break: November 27-December 1
Last Day of Class: December 4
Final Exams: December 6-11

SPRING 2020 ACADEMIC SCHEDULE:
First Day of Class: January 15
Spring Break: March 14-22
No Class (Easter): April 13
Last Day of Class: May 5
Final Exams: May 7-12

CLASS ATTENDANCE:
There is no excuse for missing class. There is a NO TOLERANCE policy for missing class. Classes are mandatory and consequences will be dealt with at the discretion of the coaching staff and academic advisors. All student athletes are expected to arrive early with the correct textbooks, notes, supplies, and syllabus for the course.

CLASSROOM ETIQUETTE:
You are representing the Texas Tech Baseball program in class and everywhere you go. Remember, your professors do this for a living, so show respect to them at all times in the classroom. Team rules in the classroom consist of:

- ARRIVE 15 MINUTES EARLY
- Come prepared for class
- Sit in the front of the class
- Turn phones off, no headphones, no sleeping/head down, ask questions
- Look presentable (no backwards hats, no cutoff T-Shirts, sweatshirt hoodies down, etc.)

ACADEMIC MISCONDUCT:
Academic misconduct (cheating, writing a paper for you or another, plagiarism, etc.) can result in suspension or expulsion from the University and the team. It is unacceptable and be reported to the compliance office and Faculty Athletic Representative and reviewed with the Academics and Coaching staff per the institution’s enforcement policy. Violations of academic misconduct are subject to a loss of eligibility.

MARSHA SHARP ACADEMIC CENTER RULES:
Student Athletes are expected to act ethically and professionally. The behavior includes being prepared for tutoring sessions with the correct textbooks, notes, supplies, and syllabus for the course. Students are expected to arrive on time and be prepared to work throughout the tutoring session(s). Tutors are to be treated with respect.

You are in the Marsha Sharp Center to work. There is always something that can be done for class. Be sure to follow all rules in the Marsha Sharp. This includes:

- STAY OFF UNNECESSARY WEBSITES (YOUTUBE, FACEBOOK, TWITTER, INSTAGRAM, ETC.)
- STAY OFF PHONE
- NO TOBACCO
- BE PRESENTABLE (NO BACKWARDS HATS, FEET OFF TABLES, ETC.)
- USE COMMON SENSE & GET YOUR WORK DONE!

STUDY HALL:
Study Hall begins on Tuesday, September 3rd in the Marsha Sharp Academic Center.

Study hall hours are mandatory. All new student-athletes (freshmen & transfers) are required to attend study hall in the first year of enrollment. After the first year, required attendance in study hall is based on academic achievement, your GPA, and recommendations from coaches and athletic advisors. If these hours are not met, the coaches will be notified and academic and athletic privileges will be taken away. There are no excuses for not making your hours each week.

You will be notified by Josh Collier and Lyndee Kiesling of specific weekly hour requirements. Joe Hughes will also notify you of your required hours if necessary.
TEXAS TECH BASEBALL

Student athletes must check-in at the front desk to receive study hall hours. If you are scheduled with a tutor in the Marsha Sharp Center, your hours will count towards your study hall as well (be sure to check in).

Marsha Sharp Center Hours for the Academic Year (Fall & Spring)

**FALL & SPRING**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>5:00 PM – 9:00 PM</td>
</tr>
<tr>
<td>Monday-Thursday</td>
<td>7:30 AM – 10:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>7:30 AM – 5:00 PM</td>
</tr>
</tbody>
</table>

*Study Hall will be closed on Holidays. Study Hall hours will be adjusted on these weeks.*

**SUMMER**

Monday-Friday 8:00 AM – 5:00 PM

TUTORS:

Tutors are available in the Marsha Sharp Center and will count towards study hall hours. To schedule a tutor, contact Josh Collier. All new student-athletes (freshmen & transfers) are required to have a weekly tutor at least two times per week during your first semester at TTU. After the first semester, required tutoring is based on academic achievement, your GPA, and recommendations from coaches and athletic advisors.

Student Athletes are expected to act ethically and professionally. The behavior includes being prepared for tutoring sessions with the correct textbooks, notes, supplies, and syllabus for the course. Students are expected to arrive on time and be prepared to work throughout the tutoring session(s). Tutors are to be treated with respect.

Do not miss your tutoring appointment. Remember, someone is taking the time to help you. If for some reason you are unable to make your tutor, notify Josh Collier (by phone call/text or in person) at least 24 hours prior to the tutoring appointment. If you have a Sunday appointment, it needs to be cancelled no later than by 5 PM on Friday. You are NOT allowed to cancel an appointment without Josh Collier’s approval.

Any student athlete failing to show courtesy will not be allowed to receive additional tutoring from the Athletic Department. Failure to cancel or “no-show” an appointment will result in a No-Show fee of $10.00 and possibly taking away athletic privileges on the field.

TEXT BOOKS:

For those receiving books in your athletic scholarship, you may pick up your books from the basement of the Barnes and Noble in the SUB starting on the first day of classes, Monday, August 26th. Be sure to take your TTU ID! Be sure to check TeamWorks messages as Josh Collier will send over pickup/return times. Be sure to turn them in on time at the end of the semester or you will be charged for the books.

“If what you did yesterday still looks big to you...you have not done much today.”

WIN TODAY.

| 10 |
TEXAS TECH BASEBALL

MEDIA

| TY PARKER |

If ANYONE contacts you for an interview (calls you, texts you, contacts you on Twitter or Facebook, or approaches you) tell them they have to contact Ty Parker to set up the interview. He will arrange all interview requests. If someone directly contacts you for an interview of any sort, contact Ty immediately. This includes the student paper, student yearbook and students involved with class projects, hometown newspapers, etc.

When speaking to the media, remember, you are speaking on behalf of the baseball program. You are representing Texas Tech University, the baseball program and Coach Tadlock and his coaching staff.

Things to remember when speaking to the media:

1. Speak positively about your coaches and teammates – you are speaking on behalf of the program.

2. Baseball is a team game, you win and lose as a team. Speak about how well your teammates did. Speak highly of your teammates, your teammates will speak highly of you.

3. Emphasize the positives. Win or lose there are always positives that you can point out... The media tends to look at the negatives, don’t fall into that trap. Speak positively about your team.

4. Be humble.

When addressing the media, always wear a Texas Tech issued t-shirt, sweatshirt or jacket. If you are going to wear a hat, make sure it is your Texas Tech hat.

Always be mindful of what you say around the media. They are always looking for a story. Don’t share information with them “off the record.” Nothing you say is ever “off the record.”

Social media (Twitter, Facebook, Instagram, Snapchat, etc.) is a direct quote from you. If you would not text or email this to Coach Tadlock or your family then you should not share it on social media. Just because your profile is set to “private” doesn’t mean someone outside your followers can’t see it. In reality, there is no real “private” setting on social media.

Anything that happens with this team – anything within the program or clubhouse – stays with the baseball program and in the clubhouse. Do not share this information on social media at any time. Anything you say on social media can be used in the newspaper and on TV.

Lastly, I am on your team and I will never put you in a situation where you cannot succeed. If you ever have a question, a concern or need advice on anything media related, please let me know.

“Winning is not a sometime thing; it’s an all-time thing. You don’t win once in a while, you don’t do things right once in a while...you do them right all the time. Winning is a habit...unfortunately, so is losing.” – Vince Lombardi

SOCIAL MEDIA

WIN TODAY.

| 11 |
TEXAS TECH BASEBALL

Use common sense and keep anything controversial off of social media. Social media (Twitter, Facebook, Instagram, Snapchat, etc.) is a direct quote/picture from you. If you would not text or email this to Coach Tadlock or your family then you should not share it on social media.

Anything that happens with this team – anything within the program or clubhouse – stays with the baseball program and in the clubhouse. Do not share this information on social media at any time.

Stay off of your phone and social networking during class, baseball, and/or any university functions.

“Don’t measure yourself by what you have accomplished, but by what you should have accomplished with your ability.” –John Wooden

COMPLIANCE

Always remember: be sure to double check if you have a question about anything related to NCAA rules and regulations PRIOR to doing it. It is not worth losing your eligibility.

AMATEUR STATUS
TEXAS TECH BASEBALL

You will lose your eligibility of NCAA Athletics if:

1. Use your athletic skills for any type of payment (in any form).
2. Accept a promise of pay even if the pay is to be received after you are done playing.
3. Sign a contract or commitment to play professional athletics.
4. Receive a salary, reimbursement of expenses or any other form of financial assistance from a pro sports organization based on athletics skill or participation (except as permitted by the NCAA).
5. Competes on any professional athletics team.
6. After initial full-time collegiate enrollment, enters into a professional draft.

AWARDS/BENEFITS
A student-athlete shall not receive any extra benefit. If you accept an award, benefit, payment, or expense allowance not authorized by NCAA legislation, you will be ineligible for athletics competition.

AGENTS
You will be ruled ineligible for participation in baseball by the NCAA if you have agreed (orally or in writing) to be represented by an agent for the purpose of marketing your athletic ability or reputation in baseball.

BOOSTERS
You will be ruled ineligible for accepting any benefit from a booster of Texas Tech University.

OFFICIAL VISITS
As you are showing recruits what it means to be a Red Raider – always representing the University well, working hard in the classroom and giving your all in your sport – there are some specific things to remember that will help make sure they get the right message.

Code of Conduct: Individuals involved in the recruiting visit will act in a responsible manner and are expected to abide by the law. The use of alcohol, drugs, sex and gambling in recruiting are prohibited and will result in disciplinary action.

- NCAA Recruiting Rules (no booster contact, no cash to prospect, no use of athletics department automobiles, no purchasing of souvenirs) must be abided by in all situations.
- Do not take an underage recruit to a bar or club which allows admittance only to those over 21 years of age. Alcohol is prohibited regardless of age.
- No engagement in any type of “adult entertainment” (e.g., exotic dancer clubs, escort services).
- Never leave a recruit alone or with a non-team member.
- No dates or “set-up” for the recruit.
- Have a plan for entertaining the recruit and review with your head coach or designee. Advise the head coach in advance of any changes to the plan.
- Report to your head coach immediately if your recruit acts in a manner detrimental to Texas Tech.

Remember, the recruiting visit is about the recruit.

Goals of Recruiting Visit: Our goal is for the recruit to confirm Texas Tech will be the “right fit,” both academically and athletically, and for the university (e.g., coaches, staff) to feel the same way.

Purposes of Official Visit: The Texas Tech Athletics Department shall provide each visiting recruit and his/her family the opportunity to gain knowledge about academic programs, familiarize themselves with the athletics department including possible future teammates, coaches and support staff and experience what campus and community life would be like as a student-athlete.

“There are only two options regarding commitment. You’re either IN or you’re OUT. There is no such thing as life in-between.” – Pat Riley

PARKING

Parking & Traffic is located at:
18th Street (exit South on Flint from 4th Street)
Lubbock, TX 79410
(806)-742-PARK (7275)
http://www.parking.ttu.edu/parking-home

WIN TODAY.

| 13 |
TEXAS TECH BASEBALL

You will need to purchase a TTU parking permit from traffic and parking for the academic year if you plan to have a vehicle on campus. The permit to purchase is the Commuter North. This will cover the Commuter West and Dan Law (baseball) lot. Currently, the Commuter North lot is full, but if you contact Traffic and Parking by calling or walking in, let them know you are a Student Athlete with the baseball team and they will grant you access to purchase this permit.

To Purchase Permit:

1) Student-athletes may visit the traffic and parking office on 4th Street OR

2) Use their eRaider username and password to purchase their permit online at [http://www.parking.ttu.edu/parking-home](http://www.parking.ttu.edu/parking-home)
   a. Click the log-in button
   b. Enter eRaider username and password
   c. There will be an option to buy permit – if purchasing the Commuter North lot you will need to call and let them know you are a Student Athlete on the baseball team and they should allow you to purchase the permit.

When filling out the forms for Compliance, you will be asked to provide your vehicle make, model and license plate number/state. It is important that you have that information when filling out the forms. Compliance will then take that information and send it to traffic and parking to get the guys an “A” designation which allows you to park in the following lots:

- C-2 Lot east of Jones AT&T Stadium
- C-11 United Spirit Arena
- C-3 Fuller Track Lot (west of baseball stadium)
- Dan Law Field Parking Lot (east of Baseball Clubhouse)

**Football Game Day Parking (Fall):**
Only credentialed cars will be able to park in the parking lots located by the baseball field (C3 & East Lot). You will not be able to park here. If we have practice or have a team meal on football game days, you will need to find parking on campus (SUB, UMC Hospital, get an on-campus teammate to pick you up, etc.). Make sure that you allow yourself enough time to get to the field as it will take a while to park and walk to the field. Plan ahead!

**Baseball Game Day Parking (Spring):**
You will be given a credential/hang tag to park in the Dan Law Field Parking lot (east of Baseball Clubhouse) during baseball game days. However, you MUST PURCHASE A PARKING PERMIT (see above details) in addition to having the hang tag in your car or you risk the chance of being ticketed and/or towed. As a heads up, there is NO PARKING allowed in the C3 lot, behind the stadium during a baseball game day. These spaces are reserved for donor parking/paid spots.

“Success is a peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming.” – John Wooden
The coaching staff will do room checks throughout the fall and spring semesters. Be responsible and keep your rooms cleaned and organized at all times.

If you live in a dorm and have any issues, let Joe Hughes/Lyndee Kiesling know or contact Valerie Valdez if you have any questions/issues.

**DORM CONTACT:**
Valerie Valdez  
806-742-2661 OR 806-834-0196  
Valerie.Valdez@ttu.edu OR Brenda.collins@ttu.edu

**POST SEASON (SPRING):**
You will be given money to help cover your housing during the time school is out and we are in post-season play. This money is to help you cover costs of housing that you will be billed for. Be sure to tell your parents that you have been given money to cover these costs. If you are living in the dorms, you will not receive post-season housing money. The dorms will be directly paid for by the Athletic Department.

“When you make excuses you can’t properly evaluate yourself. Without proper self-evaluation, failure is inevitable.” – John Wooden

**MEAL PLAN & DINING HALLS**
**In order to set it up payment for a meal plan at the Training Table or for any other meal plans on campus, contact Brenda Collins**

Brenda Collins | 806-834-0196 | brenda.collins@ttu.edu | Jones Stadium SE Corner, Rm 128G

**Pavilion Training Table**

- Beginning Monday, August 26, 2019 @ the Frazier Alumni Pavilion
- LUNCH - Hours: 11:00 a.m. to 1:30 p.m.
- Student-Athlete training table meal rate is $4.87 (amount charged per meal to SA). Training table menus are identical for all student-athletes.
- Benefits of Training Table Meal
  - SAs will have the opportunity to eat lunches that are designed specifically for athletes to facilitate optimal performance.
  - Nutrition staff will be available during meals for assistance with food selection based on SA specific needs and for educational opportunities.
  - Specialized “Raider” labeling system will be utilized to further assist SA with optimal selections based on individual goals and needs.
  - New location of the training table is conveniently located next to academic services for SA use and will be themed to create a fun atmosphere for SAs to fuel both for academic and athletic performance.
  - The central location of the training table will help build a sense of student-athlete community across the athletics campus.
- Meal Plans for purchase (after an initial plan is purchased SAs may add any number of additional meals – purchases are made with Brenda Collins):
  - 15 meals/semester $73.05
  - 30 meals/semester $146.10
  - 45 meals/semester $219.15
  - 60 meals/semester $292.20
  - 75 meals/semester $365.25
- Meals may carry over to spring 2020.

**Fueling Stations (available to all Student Athlete’s)**

- Weight room & Baseball Locker Room
- Nutritional Justification: Promote anabolic state (recovery through nutrition)
- Sandwiches/snacks will be provided in the clubhouse

“Let your fear of failure be your motivation to succeed.” — Michael Jordan

**TEAMWORKS APP**

Be sure to utilize your Teamworks for all team communication, calendar items, travel information & to look at forms/policies.

WIN TODAY. 

| 16 |
To Log In:

From the Website:
- Go to ttu.teamworksapp.com
- Log in with Texas Tech credentials

From the Mobile App:
- Open the App
- Choose “Use Organizational Account (SSO)”
- Replace “www” with “ttu” in the space provided
- Select “Log In”
- Login with Texas Tech credentials (TTU email and eRaider password)

“Things turn out best for the people who make the best out of the way things turn out.”

TRAVEL POLICIES

[ SPRING SEMESTER ]

ACADEMICS & MISSED CLASS (DUE TO TRAVEL)

Before we leave town, contact your professor well in advance to notify them you will be missing class due to our travel for baseball. Be sure to take care of all classwork/assignments that are due BEFORE you leave. The professors will appreciate you staying ahead as well as constant communication.

WIN TODAY.

| 17 |
TEXAS TECH BASEBALL

CLASS EXCUSES (DUE TO TRAVEL)

Your professor will be e-mailed a class excuse list as we leave town. Make sure to communicate verbally with your professor that you will be missing class and do not rely on the e-mail. If for some reason your professor did not receive the class excuse list by the time we get back into town, contact Josh Collier in the Academic Center and the list will be e-mailed to the professor again.

PREPARATION FOR TRIP

Prior to leaving, a travel list will be posted in the locker room and you will receive a travel itinerary in your locker. The travel itinerary will provide a detailed list of attire, travel plans, and a packing list. Be sure to read the itinerary thoroughly for all travel information.

STUDY HALL

For those in study hall, you will still be expected to get your hours during every week. However, for travel and game days, your hours for the week will be adjusted accordingly. It is expected that you bring your books/school items on the road. There will be mandatory study hall for everyone while we travel.

ATTIRE

Be sure to have all issued Texas Tech attire available for the trip. Depending on the trip, we will travel in jacket/tie/khakis, casual clothes, polo/jeans, or something else. You will be notified of the type of travel attire prior to each trip. Be sure to wear team issued Under Armour apparel during our trips.

AIRPLANE TRAVEL

Remember, we are traveling as a team and people in the airport know who you are. Be sure to represent the program in the right way. Also, have respect for others on the plane (no profanity, no tobacco, do not be loud, be polite, etc.).

BUS TRAVEL

There are times we will use the bus for days at a time. Be sure to clean up after yourself. Do not make the bus drive or someone else pick up after your mess.

HOTELS

Keep your items organized in your hotel room and be courteous to those around you. Do not be loud as there may be others trying to sleep. Make sure doors do not slam as you enter and exit your room.

CURFEW

You will be given a curfew each night. It is expected that you are in your bed at this time. There are no excuses for not being in your room past curfew.

BREAKFAST

Breakfast will be mandatory for all. You will be notified on what time to eat. Take advantage of a good meal to start out your day.

TEAM MEALS

Team meals will be mandatory for all. If there is a time you would like to eat with your immediate family after a game, be sure to ask the coaching staff for approval.

GET-AWAY DAY

On the last day of the series or a travel day, be sure to have everything packed and ready to go the night before we leave. On most get-away days, we will check out of the hotel first thing in the morning and pack up the bus. Do not wait to pack in the morning.
TEXAS TECH BASEBALL

Also, double check your room for items that may be left (check under beds, in closet for hang up clothes, phone chargers, toiletries, etc.). We will not go back to the hotel to get any left items.

After our game, we will shower in the locker room at the stadium and will head home/to the airport on the bus. There may be times we will have to rush so be sure to have your travel clothes, shower shoes, and necessities with you to help save time.

“Champions aren’t made in the gym. Champions are made from something they have deep inside them—a desire, a dream, a vision” – Muhammad Ali

TICKETS

BASEBALL (SPRING):

1. Log in to www.texastech.com. On the top menu bar, place your cursor over the “TICKETS” option. Another menu bar will appear, click “STUDENT ATHLETE GUEST TICKETS,” it will be the last option.
2. The e-raider login page will be displayed. Enter your e-raider username and password.
3. Once logged in, you may be prompted to add or update your address and date of birth before you can proceed.

BUILDING THE GUEST LIST

1. You will have to build your master guest list by selecting the “Update Complimentary Guest List.” For each guest, you will be required to provide: first name, last name, relationship, phone number. For guests that are not family members, you will be asked to provide additional information regarding how you know the person.
TEXAS TECH BASEBALL

2. Once the information is entered, select the “Save Guest” button. You will receive notification that the guest was saved successfully. You will also be able to view who is on your current guest list.

3. You MUST add all possible guests FOR ALL EVENTS to your master list prior to the baseball deadline. Additions will be accepted on a case by case basis and are subject to the approval of the ticket office, baseball, and compliance.

REQUESTING TICKETS
1. Once you have built your guest list and guests have been approved you can request tickets for the games that are available. To start this process, you must select the “Request Complimentary Tickets” link.

2. Select the game you want to request tickets for by clicking on the event name.

3. You can either choose a person on the guest list or choose to transfer a ticket to a teammate. If you choose to transfer a ticket to a teammate, that ticket will disappear from your list of available tickets.

4. Other notes & features: You can see how many tickets you have requested or transferred to the next event name.
   - You can change which guest can receive a ticket as long as the event is still open. Changes cannot be made once the deadline has been passed.
   - If you transferred a ticket to another teammate and want to get the ticket back, you will have to talk to the teammate to have the ticket transferred back to you.

“Leaders aren’t born, they are made. And they are made just like anything else, through hard work. And that’s the price we’ll have to pay to achieve that goal, or any goal.” – Vince Lombardi
ONE GOAL.

OMAHA.

“All the talent in the world won’t take you anywhere without your teammates.”