

## Team Expectations

1. Be on Time.
  - a. Ready to go with a glove, hat, shoes, and proper attire.
  - b. Varsity down 3rd baseline during practice. (Games depends on home or away)
2. Be a Gentleman.
  - a. **No swearing.**
  - b. Respect opposing players, opposing coaches, teammates, coaches, and umpires.
  - c. Act like you have been there before.
3. No walking during practices or games between the lines.
4. Hats off when a coach is breaking the team down.
5. 100 Feet Rule
  - a. Bases are 90 feet, we play 100 feet.
  - b. Give **more** than 100% effort.
6. Constant focus on mental reps and game reps.
7. Brotherhood of Trust
  - a. Character
  - b. Competence
  - c. Connection
8. Chain of Command
  - a. With any problems, you may incur, talk to your captain first.
  - b. If not satisfied or still not answered, then talk to your position coach.
  - c. Still unanswered, speak with the head coach.
  - d. If you need more answers, then a meeting will be set up with the athletic director, head coach, parents and you.
9. No cell phones, personal music or any other media devices, unless authorized by a coach.
10. 24-hour notice must be given if you are going to miss a practice or game. If a situation happens within 24 hours, a phone call or email from your parent or guardian must be provided by the next practice or game.

## Dugout Conduct

1. The dugout is a safe haven. It is a place for players to come together, discuss the game, pick each other up and feel comfortable. It is our home and must be treated as such.
2. Infield gloves together and outfield gloves together.
  - a. Shortstop sets the spot for the infield.
  - b. The Center sets the spot for the outfield.
  - c. Pick up your fellow player when they are left on base at the end of our at-bats.
3. The team takes the field together.
  - a. Take the field like you mean it and be ready to defend it.
  - b. Bench players jog to the respective fence to keep loose and warm.
4. No one sits on the bench when we are hitting.
5. Players who are charting are the only players on buckets.
6. Don't let someone else get a foul ball.
  - a. Earn seeds, jerky or bubble gum for foul balls.
7. Create a fun, respectful, competitive atmosphere with fun team pranks and games.

Player's Printed Name

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Player's Signature

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Parent's Printed Name

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Parent's Signature

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Note: Other situations may occur when the coaching staff would see it fit to discipline the players involved. These rules are an addition to the Park Athletic Code. Players missing practices and games can be subjected to loss of game time due to lack of preparation. If there are any questions, please contact Coach Glidden.