

## CEDAR RIDGE BASEBALL

### PARENT/GUARDIAN EXPECTATIONS

1. Set reasonable expectations for your son. Not every player is a college prospect. It is more important to be a winner in life.
2. Be a positive supporter of the program regardless of your son's role on the team.
3. Playing time and game strategies are not to be discussed with coaches on site. Our program is designed to where each player on the roster can benefit us in our goal of winning. We can only play 10 players at a time. If you want to discuss ways to increase playing time in terms of skill development, email Coach Lowe.
4. Practice sessions are closed for parents and general public to minimize distractions.
5. Avoid the dugout area or discussing the game with players during the game. Please make sure all snacks, Gatorades, sunflower seeds are delivered BEFORE the game starts.
6. Refrain from making negative comments toward players and coaches of either team or the officials.
7. After the game avoid replaying mistakes made by players. Point out the positives.
8. Student-athletes are expected to ride home on the bus. If you have a special circumstance, please let the head coach know ahead of time. Student-athletes can only ride home with their own family unless written approval and waiver of responsibility is provided in written form.
9. Players are expected to stay after games/practice to help clean up the field. If you have a special circumstance (leave for vacation, sick child at home, etc.) please let the coaches know ahead of time so we can help accommodate your needs.
10. Enjoy the short time your son has to participate in athletics. It will be over before you know it.
11. Help the coaches support the rules of the program, the rules of the game, and the rules of sportsmanship.

## Player expectations

### Appearance

You will be expected to dress properly around school as you represent yourself, your family, and the baseball program.

During baseball season you will be required to follow these appearance standards:

- Facial hair must be neatly groomed on game days.
- Hair may not come over the top of the ear and must be neatly tapered in the back.
- Players will be required to wear practice uniform and game uniform properly.
- No jewelry, including "performance" bands and/or necklaces are allowed at any time.
- Shirrtails should be tucked in at all times.
- CRHS apparel should be worn at all practices; the color orange is NEVER allowed.

### Conduct

- You are expected to conduct yourself in a first class manner around the school and the community.
- There will be no tobacco use of any kind and will result in suspension from the team.
- There will be no illegal drug use. Drug use will result in suspension.
- There will be no drinking of alcoholic beverages. You are not of legal drinking age.
- All players are expected to show respect to your teachers and coaches. When spoken to by a teacher or coach, you should answer with "Sir", "Ma'am", etc.
- You will not use profanity at any time. You will not be "cussed" by coaches in return.
- You are expected to perform to the best of your ability in the classroom as well as on the Baseball field. Class attendance is a must.
- If you have any grade below a C on progress reports or report card, you will have mandatory study hall before school until that grade(s) go up upon contact with the classroom teacher(s).
- Suspensions (in school or out) will result in an equal number of days suspension from the team.

### Practice Policies

- Practice schedules will be posted outside the health room. You will be required to read the schedule and know the responsibilities before you get to the field. -Do not be late for practice! If for some reason you will be absent or late for practice, you must personally talk by phone or in person to a coach prior to the scheduled practice time. There will be no excuses for being late or missing practice. If for some reason you do miss you will have to run to make up the day you miss.
- You must attend all practice if you expect to play. NO PRACTICE= NO GAME.

### Field Maintenance , Locker room, and Equipment

- You will be expected to help maintain the baseball field and surrounding facilities. No one leaves OR STOPS WORKING until all field duties are completely finished.
- You will be expected to help keep the locker room clean and your individual locker neat.
- Do not wear spikes in the locker room. Wear sneakers or sandals to and from the field.
- Clean shoes before entering the locker-room but do not clean shoes against the building.
- There will be absolutely no horseplay in the locker room or in the baseball facility in general.
- You will be responsible for any equipment issued to you. You are expected to keep the equipment clean and in working order. It must be turned in at the season's end to avoid monetary penalties.