NORTH MECK BASEBALL

EXPECTATIONS, POLICIES & PROCEDURES

Expectations & Goals:

1. To make progress towards graduation and receiving a high school diploma.
2. To contribute to a championship team.
3. To become a productive member of society and develop lifelong friendships.
4. To reach your full potential as a team
5. To reach your full potential as an individual and student/athlete.

Rules, Policies & Procedures:

ON THE FIELD:

1. Report to games, practices, team meetings and meetings with coaches on time. If tardy, absent or leave early from any team function you are required to notify your head coach for approval.
2. If absent from practice the day before a game without proof of a Doctor’s Note or some other legitimate excuse note you will not be eligible to participate in that game. Dressing out in support of the team is still enforced. (The three strike rule does not apply to this bullet item)
3. Approved uniform will be worn for all practices and games. Shoes, uniforms, lockers and clubhouse will be kept neat and clean.
4. Socializing “through the fence” while on the field to any parent, friend, etc. will not be tolerated unless there is an emergency situation. In case of an emergency, the head coach will be included in the situation to assist in any issues.
5. There will be NO PHONE USE WHILE ON THE FIELD OR IN THE DUGOUT during practices or games unless permission is granted by the head coach.
6. Inappropriate vocalizing, commenting or gesturing in any way to opponents, fans or umpires will not be tolerated. This includes parents. Negative comments to umpires will not help our team. The coaches will handle any situation that presents itself.
7. Vulgar or abusive language will not be tolerated.
8. Consequences will occur if equipment is mistreated in disgust. (i.e. throwing of helmets, bats, etc.)
9. Players and coaches understand they will share in the upkeep, preparation and improvement to the field.
10. Theft or horseplay involving any team or teammates personal items or equipment will not be tolerated.
11. Players are to report all injuries to a coach and update the coach on any restrictions received from a doctor or trainer.
12. Display proper hustle and discipline at all times.
13. Keep a positive attitude! A positive attitude helps you to grow and succeed as an individual and as a team.
14. Be positive and respectful when talking about your team, teammates, coaches and your school. Take pride in the school you play for!
15. Always think safety first when on the field. Avoid situations that may set you up for injury.
16. ISS:
	1. First offence results in a non-start.
	2. Second offence results in a 1 game suspension.
	3. Third offence or OSS results in full removal from team.
17. Players must be fully dressed before entering dugout prior to practice time and game time. NO DRESSING IN DUGOUTS WILL BE ALLOWED!!

OFF THE FIELD:

1. Always stay in good standing academically. If you need to stay after school for extra help always let the head coach know you will be late for practice/games before hand.
2. Show respect to your teachers, administrators and fellow students at all times.
3. Repercussions will be enforced if discipline issues occur with teachers, administrators or any other school employee.
4. Remember, as an athlete, you are highly visible and are representing our program. BE RESPECTFUL. It is important for our program and for you as an individual.

Discipline actions enforced if these policies and procedures are not followed:

1. WARNING
2. SUSPENSION
3. TERMINATION

It is simple. Always give 100% of yourself. I expect the little things that do not take talent to accomplish:

1. EFFORT
2. HUSTLE
3. POSITIVE ATTITUDE

If you have any questions or concerns regarding this document please do not hesitate to set up an appointment with our North Meck Athletic Director, Marc Calderone.

Thank you,

Tris Hollar

Head Baseball Coach

North Meck HS

By signing this document you have read, understand and agree to abide by all of the Policies and Procedures listed therein:

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Student/Athlete Signature Date

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Parent(s)/Legal Guardian Signature Date