

Legacy HS Baseball Program

Policies, Rules, and Regulations

1. GENERAL PURPOSE FOR BEING AT LEGACY HIGH SCHOOL:

- A. To get an education, graduate from this school, and hopefully create for yourself an opportunity to continue your education at the college or university of your choice.
- B. To be active member in the baseball program, continue to develop your baseball skills, and assist your team in winning conference and state championships. At the same time (with hard work, determination, and ability) provide yourself an opportunity to play at the next level.
- C. To develop life- long friendships in an atmosphere of mutual respect and purpose, both on and off the baseball field.

2. AS BASEBALL COACHES, IT IS OUR RESPONSIBILITY TO ASSIST YOU IN THE ABOVE BY:

- A. Assisting in monitoring your courses and grades to insure that you are faithfully attending classes and doing the work necessary to achieve graduation.
- B. Providing you the best possible baseball education to assure that you respond properly on the playing field so that your team may achieve the goal of winning championships and to allow you the opportunity to develop your skills to help you achieve your goal of playing at the next level.
- C. Placing you in a proper environment, both on and off the field, so that you may be allowed every opportunity to enjoy your time at Legacy High School.

3. TEAM POLICIES TO ENSURE THE ABOVE:

- A. Appearance:
 1. You will be REQUESTED to dress properly around school grounds as you represent the baseball program.
 2. During the Spring season, you will be REQUIRED to follow the below standards regarding your appearance:
 - a. All facial hair must be neatly trimmed or clean shaven at all times.
 - b. Sideburns may come down to the bottom of the earlobe and must be neatly trimmed.
 - c. Hair must be styled and of natural hair colors unless approved by the coaching staff. When wearing a baseball hat, hair on forehead must be up under the hat.
 3. Your practice uniform must be laundered daily and game uniforms after each game. You will be REQUIRED to wear it properly.
 4. Your shoes for practice will be brushed clean.
 5. Your shoes and gear for a game will be brushed clean and shined.

B. Class Attendance:

1. You will attend classes REGULARLY and ON TIME.
2. You will not use an excuse to miss practice for any class assignment or exam preparation unless that class assignment or exam is in direct conflict with the practice session. If such a situation occurs, you will be REQUIRED to provide notice to the coaching staff in advance which will include what class, who the teacher is, and what the assignment is so that the coaches will have the necessary information to follow up on the player request to miss practice. You will prepare yourself for assignments and exams over the entire quarter, NOT on the last day.
3. No coach will intercede on your behalf with any instructor to allow you to circumvent any assignment due to the fact that you are member of the baseball team, unless such assignment was missed due to the fact that the team was involved with games on the road.
4. Your first responsibility will be your classes. Your second responsibility will be the baseball team. They are both very important to you and the coaches.

C. Player Conduct On and Off the Field

1. Hazing Policy – Adams 12 Five Star Schools maintain a strict zero-tolerance policy regarding hazing and initiation of any kind. **Coaches and sponsors who witness or are aware of an incident, no matter how minor, MUST report that to their building administrator.** Building administrators will review and potentially investigate any situation that involves hazing or initiations with in a student group.
2. You will be expected to conduct yourself in a first-class manner around school, on the field, and in the community.
 - a. Failure to do so will result in dismissal from baseball participation for that day and a formal apology issued to the coaching staff and the team.
 - b. Repeated behavior could result in suspension for the duration of the season.
3. You will be allowed to participate in any school activity as long as it does not interfere with your classes and/or baseball.
4. Smoking:
 - a. Smoking will not be tolerated. You are under aged and the health ramifications are not conducive to athletes trying to compete at a high level.
 - b. If you are caught smoking, you will be subject to the penalties outlined in the District Athletic Code which you have signed as an athlete at Legacy High School.
5. Drinking:
 - a. Drinking will not be tolerated. You are under aged and any activity under the influence of alcohol can be life threatening.
 - b. If you are caught drinking, you will be subject to the penalties outlined in the District Athletic Code which you have signed as an athlete at Legacy High School.
6. Drugs:
 - a. Drug use will not be tolerated unless the drug is prescribed by a physician.

- b. If you are caught doing drugs, you will be subject to the penalties outlined in the District Athletic Code which you have signed as an athlete at Legacy High School.
- 7. Chewing Tobacco:
 - a. Chewing tobacco is against CHSAA rules and will not be allowed.
 - b. If caught chewing tobacco, you will be subject to the penalties outlined in the District Athletic Code which you have signed as an athlete at Legacy High School.
- 8. Swearing:
 - a. You are asked to completely refrain from using any swear words. We will allow a short period of adjustment for those who have built up any bad habits.
 - b. Penalties for excess swearing will result in loss of practice and/or playing time and a formal apology submitted to the coaching staff and teammates.
- 9. Cell phone use:
 - a. Players are not allowed to use cell phone during meeting, practice, or games unless authorized by a coach
 - b. Players using cell phones will be dismissed from baseball activities until notified by a coach of his return to participate.
 - c. Coaches will have cell phones in case of emergencies

D. Practice and Game Schedules:

- 1. All practices and games times will be posted on the baseball website www.legacyhighschoolbaseball.org . This website should be checked daily for any schedule changes. It is the player's responsibility not the parents to know when and where they need to be.
- 2. Practice and game plans will be posted daily in the dugout and must be checked by each player to ensure plan efficiency.
- 3. If for some reason you will be absent or late for practice, you will personally contact a coach via phone, text message, or email prior to the beginning of practice and preferably well in advance so that adjustments can be made to practice plans.
- 4. You will allow yourself ample time to arrive at practice early to ensure proper warm up and stretching prior to the scheduled start time of practice.
- 5. There will be NO excuses accepted for being late unless a member of the coaching staff is notified in advance or if the reason for being late is school related. If the reason is school related, you must provide written notice from school representative to a member of the coaching staff. If you must use the training room for treatment, this will be done prior to practice and it will not interfere with your being on the field on time. Exceptions to this can be made if notified well in advance with the trainer's notification of treatment and clearance for practice activity.
- 6. Anyone late for practice without approval will be given one warning and any further occurrences will result in that player being dismissed from that day's practice and/or loss of playing time.

7. No one will leave a practice session or game without prior approval of one of the coaches. Anyone doing so will result in that player being dismissed from the next practice and/or loss of playing time.

E. Injuries and Sickness:

1. All injuries and sickness will be reported immediately to the coaches and trainers so that treatment can be initiated as promptly as possible
2. The team trainer will prescribe the limitations on practice and game activity

F. Locker Room Procedure:

1. You will be EXPECTED to assist the custodial staff in keeping the locker room in first class condition. All trash will be properly disposed of in the trash containers located in the locker room
2. No spikes will be worn in any part of the school. All shoes will be cleaned off prior to entering the school. Floor mats are there for a reason, use them.
3. There will be absolutely NO horseplay in the locker room.

G. Equipment Room Procedure:

1. No one except the coaches will be allowed in the equipment room. All equipment/uniforms will be issued by the coaches.
2. You will be responsible for any equipment/uniforms issued.
3. You will be REQUIRED to take care of your equipment in a first class manner.
4. You are REQUIRED to turn the uniform in at the designated time given by the coaching staff. Failure to do so can and will result in a fine.

H. Lettering Policy:

1. To earn a Varsity Letter, you must play in a minimum of 20 innings. If you are in the game for one pitch, that counts as an inning.
2. You must complete the season in good standing.
3. Post-season innings count double.
4. All seniors will earn a Varsity Letter regardless of innings played.

I. Playing Time:

1. Playing time is decided solely at the coaching staffs' discretion.
2. Playing time will not be equal. Players playing time will be based on a variety of factors including but not limited to:
 - a. Practice and game performance
 - b. Personal conduct on and off the field
 - c. Class attendance
 - d. Grade reports
 - e. Game situations

3. Coaches, if requested, will discuss with the player the areas where development is needed to earn additional playing time. At no time will other players playing time be discussed with another player

J. Meeting with Coaches:

1. Coaches are available for individual meetings at the players or parents request. Please notify the coach via email with your request and cc the Head Coach.
2. Coaches will observe a 24 hr. rule. Meetings will not take place within 24 hrs. of receiving a request to meet unless the meeting concerns the physical health or academic support of the player.
3. Meetings regarding playing time will be conducted with the player only at first and if a subsequent meeting is necessary, such meeting will also include the presence of the parent/parents and the Head Coach.

H. Parent Conduct

1. Parents will comply with all CHSAA and District policies, rules, and regulations with regards to conduct during an athletic event.
2. We encourage positively cheering on our young student athletes, however, parents are **NOT** allowed to communicate with the players during practice, scrimmage, or game competition **without the coaches' approval**. This is distracting to the player and their teammates and often detrimental to the players' performance thus the teams' performance. Any player participating in conversation without the coaches' approval **will be immediately removed** from practice, scrimmage, or game competition.
3. Obvious exception to this rule would include a family emergency.

I have read and fully understand the policies, rules, and regulations provided to me by the Legacy High School Baseball Program and agree to abide by them or accept the consequences of my actions.

Player Signature _____ Date _____

Parent Signature _____ Date _____