



NORTH SHORE

Whitecaps

BASEBALL

Players Contract

I understand the Whitecaps player rules below, and I will do my best to always represent my teammates well.

Player signature

Printed name

Date

I have agreed to become a member of the North Shore Whitecaps. As a member of this team, I will do my best to obey these rules and regulations:

1. **I will always hustle.** I will hustle on and off the field, on every ball I hit, on the bases and in the field.
2. **I will respect my coaches and parents and do as they ask.** I understand that they come from a place of experience and want to help me become the best I can be.
3. **I will not use profanity, drugs, alcohol or tobacco.** I will always set a good example and represent my team with class.
4. **I will treat practices seriously as an opportunity to become the best player I can be.** Practice is my time to polish my tools while the game is my time to shine.

5. **During baseball season, I will prioritize Whitecaps baseball over my other extracurricular activities.** My first commitment to practices and games will be my Whitecaps team.
6. **I commit to arriving to games and practices on time.** This means often arriving 15 minutes before a practice and 45 minutes prior to a game at a minimum, so that I have enough time to get situated prior to joining our practice or pre-game preparations. Individual coaches may adjust these times to best fit the situation.
7. **I will arrive properly equipped,** sun-protected, hydrated and fueled for practices and games. This includes proper uniforms, gloves, bags, water and meals.
8. **I will practice good sportsmanship before, during and after games.** I will appreciate the good play of our opponents and remain humble during my shining moments.
9. **I will treat all opposing players, coaches and fans with respect.** The only difference between us is that they are pulling for the other side.
10. **I will respect decisions made by the umpires.** I cannot change their decisions, and I recognize my reaction may reflect poorly on both my team and me.
11. **I will handle winning with class and losing with grace.** A player's true character is shown in handling both winning and losing with similar reflection and appreciation.
12. **I will never quit.** No matter the score, inning or number of outs, I will always give my best. My teammates deserve nothing less.
13. **I will work hard when no one is watching.** My work ethic is based on the hard work I put in during games and practices as well as at home.
14. **I will never throw a bat or other equipment in anger.** Not only is this unsafe, but it is a selfish display of poor self-control and bad sportsmanship.
15. **I will always prioritize safety of others around me and myself.** I will be properly equipped and aware of my surroundings when throwing a ball or swinging a bat.
16. **I will practice self-control, setting a positive example for others.** I will not get down on myself when things aren't going my way.
17. **I will always support and encourage my teammates.** I will be helpful and courteous, treating my teammates the way I would want to be treated.

18. **I will respect the facilities we are provided for practices and games.** I will not damage equipment, I will clean up when we're done and I will treat it as I would my home.
19. **I will represent my team with class.** I understand that how I behave and present myself will reflect either positively or negatively on my teammates and coaches.
20. **I will remain in the dugout during games at all times, unless approved by a coach.** My focus needs to be between the lines.
21. **I understand my grades in school and behavior at home and outside of baseball may impact my position on the team.** There is more to life than baseball.
22. **I will embrace my role, position on the field and in the lineup, and I will not complain or feel sorry for myself.** This is a team, and I will always do what is necessary for the team to be successful.
23. **I will learn from my mistakes.** I will make mistakes, but I will use them as opportunities to learn.

I will always do my best to follow these rules. My coaches, parents and I understand that I am not perfect, but repeated violations can and will impact my standing on this team. Depending on the severity and frequency of my infractions, I may see less playing time, a diminished role or complete removal from the team.

These rules aren't meant to scare me. These are rules I embrace to help me become a better player, teammate and person.