Blue Claw Baseball Team Rules

Visions drive champions, pushing players harder one pitch at a time. Believe in the system, encourage those that are a part of the system, and our success will become contagious. To ensure we strive daily to represent the team in the highest regard the following rules will be implemented and enforced by the coaching staff.

1) Report on time to games, practices, team meetings, and individual player-coach meetings. If you are going to be late, absent, or have to leave early for anything, notify a coach prior to the scheduled practice or game for approval. Arrive to the ballpark fully dressed and ready to begin practice at the scheduled time. Approved uniforms will be worn for practices and games.

2) Missing practice is **EXCUSED** if you have a medical emergency, an isolated illness, a death in the family, school function, or church function. All other absences are considered **UNEXCUSED**. Players who are unable to attend practice need to notify a member of the coaching staff before the scheduled practice time. Consequences for unexcused absences are as follows:

   1st unexcused absence – 1 game suspension, required to attend game in uniform
   2nd unexcused absence – 3 game suspension, required to attend games in uniform
   3rd unexcused absence – Termination from team

3) Keep a clean appearance in public. Hats will be worn forward and uniform jersey shirttails will stay tucked-in uniform pants. After games, you may take your jersey off, but undershirts will remain tucked-in. As an athlete you are highly visible in the community and conducting yourself appropriately will earn respect from others at all times, it is important not only for our program but for you as an individual.

4) Keep the good of the team in mind at all times and be unselfish. Your positive attitude means more to the growth of our team than your ability.

5) It is your responsibility to know the scheduled times of practices and games as well as what uniform to wear. This is not your parent's responsibility. Bring **ALL** uniforms with you to the games.

6) Wear long sleeves to practice when it is cold. Always pack an extra long sleeve shirt or jacket during the cold weather season.

7) Hats are to be worn facing forward at the ballpark **AND** in public. The only exception is when we are executing running drills.

8) On game days, come to the ballpark dressed in full uniform with your jersey shirttails tucked-in uniform pants. Do not come to the ballpark halfway dressed.

9) Do not pick up a baseball when you get to practice. Wait for the entire team and the coaches to arrive at practice. The coach will always initiate practice. We will always stretch as a team at the beginning of practice.

10) Socializing will be kept to a minimum any time you are on the baseball field. There is a time to be serious and there is a time to have fun. Try and learn something new every practice and every game in order to improve your baseball skills. If you don't understand something, let us know.

11) We will do everything as a team. Once you get to the ballpark for a game sit together, preferably on the 3rd base dugout side. Before leaving practice or a game, the team will clean up the dugout.

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12) Learn **ALL** positions on the field; this will help you and the team for game situations. Dedicate yourself to improvement everyday.

13) Do not let your mom or your dad carry your baseball equipment. Show some responsibility.

14) Maintain a good positive attitude at all times. Face adversity unemotionally; do not throw your equipment in frustration. The glove, helmet, and bat are not to blame for your downfall. Take care of your equipment and make sure you have everything before you leave the field.

15) Maintain good sportsmanship; always show positive emotion and cheer only for your team. Encourage your teammates to succeed.

16) Players will not vocalize, comment, or gesture negatively in any way to coaches, opponents, fans, or umpires. Be respectful to the adults that are around you.

17) Report all injuries to a coach and update the coach on any restrictions you receive from a doctor.

18) Start to recognize your teammate's equipment. During a game, pick each other up after each inning. Hats and gloves are to be placed on the bases or near the fielder's respective position.

19) Be positive and respectful when talking about your team, your teammates, and your coaches.

20) Absolutely no swimming on road trips.

Remember:

Be a responsible player and person and our final score will be determined by the degree of commitment we each make doing it the BlueClaw way. Working Together Everyone Accomplishes More!

- Louisiana BlueClaw Baseball