**CENTRAL KITSAP FASTPITCH RULES**

**Head Coach: Courtney Cotter JV Coach: Dave Zeismer**

**425-417-8990 360-620-2739**

**Varsity Assistant Coaches: JV Assistant: John Cregg**

**Stu Lacock**

**Emily Gorecki, 360-621-3667  
 Holly Carver, 360-286-5142**

1. All players must have all paperwork, including a current physical on file at Central Kitsap High School in accordance to the policies set forth by Central Kitsap School District. Players will not be allowed to try-out or participate without the proper paperwork. Coaches cannot accept paperwork.

**NO EXCEPTIONS!**

Side Note: You need 10 completed practices to play in games. Games do NOT count towards practices. If you are not eligible to play, you cannot warm up with the team or suit up. You are expected to be there for support, but will NOT participate. **NEW:** If you miss 3 consecutive practices for any reason, your eligible practice days start over (this is only in effect for the first 10 practices).

2. All players will follow the Central Kitsap Athletic code. Any violations must be reported to the head coach, and will be reprimanded. If I am made of aware of any violations it is my job to report it.

3. Proper safety equipment will be worn at all times. Players will always use helmets when hitting in any live situations, cages or drills (team helmets are provided, but you CAN purchase your own). This includes mouth guards and face masks---if you use it in a game, you must use it at practice (mouth guards are required for infielders, masks strongly encouraged for pitchers). You need cleats for outside, tennis shoes for inside. Please don’t wear your flats, socks or shoes that may be slippery. You must provide your OWN glove.

4. Proper gear will be worn at all times during practices and games. Players will always wear long sleeves, sweats or softball pants (absolutely no shorts) when outside, unless otherwise okayed by the head coach.

5. No player will throw or abuse any equipment (including their own). Offending player(s) may be assigned extra conditioning. If this becomes a problem, you may have limited playing time or be asked to leave the team. A bad attitude is NEVER tolerated.

6. The softball field is an extension of our program. Players will be asked to assist in its care. This will include raking, weeding, picking up garbage and any other duties assigned by the coaching staff. Set up and take down duties are required by **ALL** players. Weekly assignments may be made if problems arise.

**7. All players will attend ALL of the classes they are enrolled in. Players who miss a class for any reason other than a medical excuse will not be allowed to play or practice that day. Any absences as a result of missed classes are considered an unexcused absence, even if your parents excuse it. You must have a doctor’s note for the absence to be excused.**

Side Note: I do daily checks to see who is in class and who isn’t. This includes wandering the halls before class is over. We are typically given 20 minutes to dress and be ready for the bus on game days, this is the only time you are allowed out of class---it does not mean you leave early or miss class.

5th period: 12:36-1:33 6th period: 1:38-2:35

8. Practice starts at 3:00, which means 3:00. Not 3:01 or 3:05. Players are to be on time. This means at practice with shoes on and ready to go. Players who are late may be assigned extra conditioning **for the entire team**. Players who continue to be late may be removed from the team. Early is on time, on time is late and late is **UNACCEPTABLE**.

9. Players are expected to be at all games and practices. If you know you’re going to be late or gone from practice **you must contact a coach beforehand.** If you cannot make it to practice on time or will be gone, it is **YOUR** responsibility to let the coaches know, not mom or dads, not your teammates. Consequences may include: Extra conditioning, limited playing time, or game suspension.

10. Players will not use profanity on or off the field. Consequences may include: Extra conditioning, limited playing time, game suspension or removal from the team.

11. No player will talk back or argue with umpires. **Your job is to play softball**. You will shake the umpires hand before every game, and be respectful when addressing them in any way, shape or form. If you have an issue with a call, let the coaches know and we will take care of it.

12. All players will understand and sign a playing time contract.

13. If you have an injury you must report it to a coach. The coach will then determine if the trainer is needed. Do not leave practice with an injury unreported.

14. Players will be asked to fundraise to supplement the softball budget.

15. “Freshman initiation” will not be tolerated! Consequences may include extra conditioning or removal from the team. We all want to feel safe while apart of this team, and I expect that to always be the case.

**16. All players must ride team transportation (buses or vans) to AND from away games. Coach Cotter may approve an exception to this rule for personal reasons; this notification must be made a minimum of 24 hours in advance. Or 1 school day in advance whichever is greater. Going out to dinner is NOT a suitable excuse not to ride the bus.**

**Side Note: Parents of athletes who do not drive, please pick your child up on time. If you can’t be there, please arrange for someone else to drive them home.**

17. Cell phones are not to be used at practice or during games. Phones should be powered off during practice and games. Only appropriate use of these devices is permitted on our team bus. There will be consequences for using them at practice without prior approval.

Side Note: Appropriate use means no pictures of teammates will be posted to social media without their knowledge or approval. Social media use is allowed, but know that the coaches will hear if something inappropriate is posted and there **WILL** be consequences.

18. Players will treat **EVERY** member of the team with respect. This includes teammates, coaches, managers, trainers, scorekeepers or anyone else who helps our team. This is an extension of the classroom, so it also means teachers, administration or any community members associated with CKHS.

19. Players can **NOT** miss high school events due to playing on another team during the high school season. This includes practices and games. Once the high school season is over you are free to participate with other programs.

**20. We may practice and play games over spring break. Players are expected to attend practices and games during break.**

**Side Note: This year we are OFF all of Spring Break, but in the future this is still an expectation.**

21. Jewelry is **NOT** allowed during practices and games. Please remove **ALL** jewelry prior (medical bracelets are permitted). This is your responsibility.

22. During games you must look professional. Shirts will be tucked in at all times.

23. Hustling on and off the field is a must---at the end or in the beginning of an inning you must run on and off the field. Otherwise we will do more running after practices and/or games. These expectations relay into practice time as well. When we rotate positions, switch groups, or move stations I expect to see everyone hustling. Have your stuff out and ready to go onto the next situation.

24. When you come to practice and/or a game, it is time for just that. Not social hour, not play time. You will work hard for the entirety of practice. We have 2 hours to get stuff done and we need all of that time used wisely.

25. You are all ball players. I don’t care if you’re a senior, junior, sophomore or freshman. No one is guaranteed playing time or a spot on varsity due to their age or playing experience.

Side Note: Not all seniors are guaranteed a spot on varsity so much as not all freshman will be put on JV. I’m looking for players with good character (which includes hard work, great attitude, team players), good academic standing and talent. But just because you’re the best player out there, does not mean you will play if you have a bad attitude.

26. You are a **STUDENT** – Athlete. This means that you need to keep up on all homework and grades. We will have 3 grade checks throughout the season. 1 “F” or 2 “D’s” will place you on probation. Once you’re on probation, you stay there. If your grades do not go up by the next grade check, you will be put on suspension. When on suspension you can’t play in games until you bring your grade up. This means you HAVE to sit out at least ONE game, even if your grade is fixed within the same day. Please stay on top of grades so we can avoid any issues. Your decisions may implicate the whole team.

27. Attitude is everything. If you are disrespectful to me, the other coaches, players, teachers and or other students, you will not play and may be asked to leave the team.

**HAVE FUN. WORK HARD. GO COUGS.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Student Athlete

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Parent/Guardian