



Central Kitsap Baseball Rules



Player Name: _____

CONTACTS:

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Coach Brien - Cell: (360)265-7930, **Email:** justinbrien@hotmail.com

1. All players will 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.
2. All players will follow the Central Kitsap Athletic code.
3. Proper safety equipment will be worn at all times. Players will always use helmets when hitting in any live situations. Players will wear athletic supporters and protective cups in any practice or game situation.
4. Proper gear will be worn at all times during practices and games. Players will always wear a hat and long sleeves, sweats or baseball pants (absolutely no shorts). Colors for Practice gear colors will be Orange, white grey and black when wearing game uniforms they will be clean with shirttails tucked in. Any jewelry including non-metallic items are not to be worn at games or practices. (Medical bracelets are permitted).
5. No player will throw or abuse any baseball equipment (including their own). Offending player(s) will be assigned extra Cougar conditioning. Habitual abusers will be removed from the team.
6. The baseball 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.
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 practice.
8. Practice starts at 3:00 not 3:01 or 3:05. Players are to be on time. Players who are late will be assigned extra Cougar conditioning. Players who continue to be late will be removed from the team.

9. Players are expected to be at all games and practices. If a player knows they are going to be late or gone from practice **they must contact a coach beforehand**. If a player does not contact a coach the player is considered unexcused. Below Consequences are listed.
 - 1st offense – One game suspension
 - 2nd offense – Two game suspension
 - 3rd offense – Removal from the team
10. Players will not use profanity in the locker room or on the field. Extra Cougar conditioning will be assigned and continual abuse could lead to suspension or removal for the team.
11. No player will talk back or argue with umpires. Your job is to play baseball. Let coaches take care of the umpires. If you talk to an umpire they are to be addressed as Mr. or Mrs. Umpire not Blue.
12. All players will understand and sign a playing time contract.
13. Any player who suffers an injury at practice 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 baseball budget.
15. There will be no freshman or sophomore initiation. We want the young players to feel welcome to our program.
16. All players must ride team transportation (buses or vans) to and from away games. Coach Baxter may approve an exception to this rule for personal reasons; this notification must be made a minimum of 24 hrs. Or 1 school day in advance whichever is greater.
17. Electronic devices are not to be used at practice or during games. Devices should be powered off during practice and games. Appropriate use of these devices is permitted on our team bus. Players will forfeit the electronic device privileges should this policy be abused. (I.e. Cell Phones, mp3 players, portable game systems..)
18. Players will treat each member of the team with respect this includes teammates, coaches, managers, trainers, scorekeepers or anyone else who helps our team.
19. Players will not play 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. This is not limited to baseball; other teams would include recreation basketball, Softball, wrestling.....
20. We practice and play games over spring break. Do not plan vacations over spring break. Player are expected to attend practices and games during break

21. Player's will not use social media sites in a derogatory manner towards other player's students or coaches.