

WARRIOR BASEBALL

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RULES AND EXPECTATIONS

By being in our baseball program there will be high expectations placed on you. There will be times when you cannot do your own thing. The following items are in place to make you a better person and promote the image of our program and Fox High School.

- *Freshmen-we expect some problems*
- *Sophomores-we expect a few problems*
 - *Juniors-we expect no problems*
- *Seniors-we expect you to solve problems*

DAILY CONDUCT

A. We will start practice promptly at 2:50, daily with the exception of morning and weekend practices.

a. Attendance at all practices and games is required. Making a phone call or having a prearranged note signed prior to a missed practice must excuse absences. Examples of excused absences would be illness and emergencies. All appointments and family vacations should be scheduled at times other than practices or games. This includes the home opener for the St. Louis Cardinals. All Varsity athletes will be given a calendar—please use this to help schedule work hours and other appointments.

b. A one game suspension will be issued for each UN-excused absence.

c. Practices will run approximately from 2:50-5:30 pm Monday through Friday with some Saturday/Sunday and morning practices scheduled in.

B. Each player is expected to comply with the Fox School District Athletic Code. All Fox High School athletes are expected to be good citizens. Failure to uphold the standards of good citizenship will result in consequences that will affect your participation in activities at Fox High School.

C. Athletes are expected to be well behaved in class and the community, demonstrate good sportsmanship, show respect for others and remain drug/alcohol free. Failure to meet these standards of behavior will result in consequences that can include probation or suspension from the team.

1. Citizenship Eligibility

- a. Student athletes who are charged with a misdemeanor or felony are not eligible to participate in competitive contest until all proceedings with the legal system have been concluded and any penalty satisfied with the law.**
- b. Depending on the individual situation the student athlete may be allowed to practice without competitive contest participation determined after a hearing with the head coach and athletic director.**

2. Alcohol and/or Drug Policy

- a. **In-season off campus alcohol or drug violations, athletic participation up to and including termination will be determined after a hearing with the head coach and athletic director.**
- b. **Depending on the individual situation the student athlete may be allowed to practice without competitive contest participation determined after a hearing with the head coach and athletic director.**

3. In School Suspension (ISS) or Academic Reassignment (AR)

- a. **Student athletes are not allowed to attend practice, competitive contest, or school events until suspension is completed.**
- b. **Student athletes will be suspended from competitive contest the day(s) of their suspension and are eligible to receive further discipline at coach's discretion**
- c. **Three or more consecutive days or five plus total days, in-season, will result in additional discipline, up to and including termination from program, determined after a hearing with the head coach and the athletic director.**
- d. **Depending on the individual situation the student athlete may be allowed to practice without competitive contest participation determined after a hearing with the head coach and athletic director.**

4. Out of School Suspension (OSS)

- a. **Student athletes are not allowed on school property and cannot attend practice, competitive contest, or school events until suspension is completed.**
- b. **OSS, in-season, will result in additional discipline, up to and including termination from program, determined after a hearing with the head coach and the athletic director.**
- c. **Ten consecutive days, in-season, will result in a district hearing in which athletic participation will be determined after collaboration with the head coach.**
- d. **Depending on the individual situation the student athlete may be allowed to practice without competitive contest participation determined after a hearing with the head coach and athletic director.**

5. Achievement, Character, and Excellence (ACE)

- a. **ACE, in-season, athletic participation will be determined at the district hearing after collaboration with the head coach.**
- b. **Depending on the individual situation the student athlete may be allowed to practice without competitive contest participation determined after a hearing with the head coach and athletic director.**

6. Student Athletes with outstanding suspensions cannot participate in summer activities.

- a. **Our program lives by a “3 strikes you're out” policy regarding minor violations. If a player is consistently involved in any behavior, which the coaching staff feels is anti-productive to our baseball program, the player will be asked to turn in his gear and no longer be a part of the Warrior Baseball Program.**

1st Offense-conference. 2nd Offense- Parent Conversation. 3rd Offense-dismissal from team.

- b. **Report all injuries promptly to a coach and trainer. Players must be evaluated by the**

Athletic Trainer employed by Fox High School prior to going to personal doctors. If there is an injury issue, the Trainer will refer you to a specialist. Any athlete that has gone to a doctor will need a release to play before a coach can allow the athlete to resume activity.

D. Athletic lockers and locks will be assigned to all baseball players. The cost of the locks will be \$1.00. Failure to return locks at the end of the season will result in a \$10 fee. Stealing will not be tolerated—any player found to have stolen from a teammate, will be immediately dismissed from the team and reported to the proper authorities. Keep the locker room clean. It is the player’s responsibility to secure personal belongings and school equipment—if it is not locked up—it will probably be stolen.

D. Baseball players are required to ride the bus to games. Parent/Guardian may take their child after a game when they are signed out. A note can also be provided granting permission to do so. To insure the safety of the child, a member of the coaching staff must see the parent/guardian.

BASEBALL CONDUCT

E. Be on time for all baseball related activities.

F. Practice hard at game tempo. We will not coach poor attitudes.

G. All players are required to help carry equipment at practices and at games-- these tasks will be assigned.

H. Players must be dressed in their issued baseball gear. All players must have long sleeves and have a jacket available.

a. Required practice gear for everyday is a glove, baseball shoes, tennis shoes, jock, cup, sweatshirt, jacket, FHS practice baseball t-shirt/pants, and your FHS baseball hat.

b. Hats must be worn with the bill facing forward.

c. Jewelry is NOT allowed. Please leave your earrings, necklaces, watches, etc. in your locker before you come out to practice. Get used to it now, jewelry is not allowed in games!!

I. Players will sprint to and from their positions. Players will run at full speed on all ground balls and fly balls, no matter how “inevitable” a putout might appear.

J. Accept your role. If you do not like it work harder to change it.

K. Disrespect for coaches, faculty and staff will not be tolerated.

L. If you have a concern or problem with another player, a coach, playing time, etc. you must adhere to the following steps to resolve the problem.

a. Player should talk to your coach FIRST about the concern or problem you have. Coaches will not address parents or other concerned individuals until the player has voiced their concerns.

b. The coach will get back to the player within 24 hours with a response.

c. If a solution between the player and the coach has not resolved the issue, then the parent may contact the coach to voice their concern or issue.

d. If all the above steps have not resolved the concern or issue, a meeting between the athletic director, coach and parent can take place.

M. Throwing and/or abuse of equipment are prohibited. In the event that equipment is thrown/abused and damaged, the player will be expected to reimburse Fox High for replacement costs.

N. No outside food is allowed in the dugout during a game.

O. No spectators are allowed in the dugout during a game. This includes parents, family members, friends, girlfriends, scouts, etc. Before games, players will not be allowed to socialize or visit. This time begins 1 hour prior to game time until dismissed by coaches following the game.

P. Players are allowed to leave the dugout during a game for the following reasons only: to

retrieve a foul ball, go to the bathroom, warm up/stretch/throw, or in a medical or weather related emergency. Players are expected to perform the necessary function and return to the dugout without incident.

PARENTS ROLE IN PROGRAM

- We have a great group of kids in our baseball program. I want to thank you for the job you have done raising them. The 3 biggest things that worry me about today's young people are responsibility, selfishness, and respect for others. Please read the list of expectations we have on our baseball players.
 - We want to have the classiest kids in the school and promote a positive image of our program and Fox High School.
 - When we need something done, it helps when our administrators and people in the community appreciate the way our kids conduct themselves.
1. Be a good sport and a great fan. Support the team, and at the same time be your son's greatest fan.
 2. Attend as many games as possible.
 3. Be a model, not a critic; model appropriate behavior, poise, and confidence.
 4. Please do not vocalize, comment, or gesture in any way to opponents, fans, or umpires. Negative comments do not help our team. Please let coaches handle this. If you feel you need to continue to interact in any way with umpires, the coach or administrator will have you removed from the field.
 5. View the game with team goals in mind.
 6. Leave the coaching decisions to the coaches. Everyone is entitled to his/her opinion and second guessing is common among spectators in all sports. Criticism of coaches, umpires, and players undermines the program and ultimately ends up hurting the kids.
 7. Accept the results of each game; do not make excuses. Demonstrate winning and losing with dignity.
 8. Aid in fundraisers if possible.
 9. Follow proper communication guidelines if you have concerns about the program.
 10. Be an encourager- encourage athletes to keep their perspective in both victory and defeat.

Communication Guidelines

1. Open door policy for all: Coaches will be available to discuss player/parent concerns.
2. Coach/Parent meetings
 - Can be initiated by either party
 - Keep emotions under control. Come to listen as well as to speak. Keep to the facts - not opinions, hearsay, or gossip.
 - Keep the team first and the player's position with the team foremost in your thoughts and actions.
 - Follow chain of command:
 1. Head coach of your son's team
 2. Head coach of the program
 3. Athletic Director
 4. Principal
 - 5. Don't approach coaches before, during or after games with concerns. Please make an appointment and the coaches will do their best to accommodate you.

GRADES

- Athletes intending on playing baseball during spring semester have to earn 3.0

credits the previous semester.

In accordance with our belief that playing baseball at Fox is a privilege and not a right, the Fox Warrior Baseball Coaching Staff has set high academic standards for athletes. As with all privileges, game time must be earned. The number one reason that our student athletes are at Fox High is to receive a quality education.

- One way a player earns his privilege to play is to not have any “F” ’s. These grades are initially based upon the 1st eight week grading period of the second semester. Grade updates will also be required throughout the season. If the criteria are not met, the student athlete will be suspended from GAME PLAY until requirement is met. During this suspension time, the student athlete will schedule meeting times with their teachers immediately after school in order to improve the grade. Following the help session, the student athlete will then be expected to come down for the remainder of practice with his teammates.

As a coaching staff we understand that this will be a large time commitment to check everyone's grades but we feel this is something that is important to the success of each individual. In order for our baseball program to be successful, we must focus on the development of the whole person.

Playing time will be determined based on ability, attitude, and work ethic.

OBJECTIVES OF WARRIOR BASEBALL

1. To promote a positive image of our program, Fox High School, and our community.
2. To develop the individual socially, academically and athletically.
3. To be the best prepared mentally and physically.
4. To be TEAM conscious.
5. To learn how to compete.
6. To learn how to win—consistently and with class.

WARRIOR EFFORT

Effort is a matter of individual character rather than something to be rewarded. It is basic.

BELIEVE

Believe in each other and the things not yet seen.

Empower people by encouragement.

Learn and push toward the goal.

Influence by being a positive role model.

Expect great effort all the time.

Visualize success.

Enjoy the high school baseball experience.