

VON STEUBEN BASEBALL TEAM POLICIES

Welcome to the Von Steuben Panthers Baseball Program. On behalf of our coaching staff let me be the first to congratulate you on making the Panthers baseball Team. We look forward to working with you and watching you develop as a person and player. We believe that abiding by our team policies and procedures will go a long way towards making your baseball experience a positive one.

Philosophy and Principles of Baseball

We believe that participation in interscholastic sports is a privilege, not a right. Therefore, certain responsibilities and expectations will be placed on those wishing to participate in baseball. Those wishing to participate are making a commitment to the team and will be expected to follow the rules and policies as set forth by the program. Baseball is not the #1 priority. It should take its place behind **family, religion, and school**.

Athletics play an important part in the educational process. There are a number of lessons and principles to be learned from athletic participation. Among these are:

- **Learning to compete within a given set of rules.**
- **Learning the importance of constructive release of energies.**
- **Learning to accept direction and correction.**
- **Learning how to understand other people's feelings and attitudes.**
- **Learning how to manage time.**
- **Learning how to be a member of a group or team.**
- **Learning to deal with success and failure.**
- **Learning the importance of self-discipline.**
- **Learning how to persevere toward a goal.**
- **Learning to think under pressure.**
- **Learning how to be loyal to a situation, cause, and team.**

Practices & Games

- **All practices & games are mandatory! If you are going to be absent, you must call your coach and leave a message stating that you will be absent that day and the reason for your absence. Try and contact your coach as soon as you know that you must be absent.**

Coach Numbers:	Cott	773-430-9501
	Dichristina	630-546-2760
	Negron	773-259-5905

- **The only absences which will be considered excused are those which are due to sickness, family emergencies, or religious holidays. If you are absent from practice with an excused absence, but fail to notify your coach that you will not be there, that day will be considered unexcused.**

Absence Rules:

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| 1 Unexcused Absence: | Will not be allowed to start in next Game |
| 2 Unexcused Absences: | Will not be allowed to play in next Game |
| 3 Unexcused Absences: | Dropped from team |

TARDIES

- **FOR PRACTICES & GAMES: ALL PLAYERS MUST BE IN THE GYM/FIELD & DRESSED AT LEAST 10 MINUTES PRIOR TO THE START**

DRESS & APPEARANCE

- **Wearing jewelry of any type will not be permitted during games. Do not wear it to practice, and DO NOT ASK THE COACHES TO HOLD JEWELRY.**
- **Players should always have a clean uniform and shoes.**
- **All players should be in uniform prior to getting on the bus for away games.**
- **On away games players should meet at the field one and a half hours prior to the start of the game unless otherwise stated by coach.**
- **On home games players should meet at the field two hours prior to the start of the game unless otherwise stated by coach.**
- **Keep your hands off other people's property. This goes for in school and away from school.**

CONDUCT

- **You will be expected to conduct yourself in a first class manner at all times. You are representing the Panthers baseball program.**
- **Swearing will not be tolerated.**
- **Treat all officials with respect. Letting a bad feeling show towards them will only cause harm to the team.**
- **Do not talk to people behind the bench or in the stands after warm-ups begin.**

These policies are set to help you and our teams become the best that we can be. Remember that there is only one place where success comes ahead of work, in the dictionary!
