"What you are doing today must be important because you are sacrificing one day of your life for it!"

auter and

-Lou Campanelli

"You can always take what you have and make it better." -Ted Williams

"Work at what doesn't come easy to you."

-Ty Cobb

"A life isn't significant except for its impact on other lives." -Jackie Robinson

"Discipline yourself so no one else has to."

-John Wooden

# **Mustang Baseball**



#### **Rules and Expectations**

All three levels together as one



# **Mustang Pride**

Philosophy-Winning Attitude All Day Every Day!

- In the classroom
- In the community
- On the field



#### **Tulare Western Baseball System**

We operate on the principle that each of us is responsible for finding the answer to success. The loser stops with the problem, the winner seeks to find the answer.

In order to attain real success we must have trust in each other. The coaching staff will make certain decisions, which the players should honor and trust. We trust that you will abide by the following rules.

#### **Rules and Expectations**

1.

2.

3.

Be a student first. You must pass maintain a 2.0 to be eligible to play. We want C's or better. Be on time to practice. If you are late you will NOT start.

Missed practices without prior arrangements will not be tolerated. One missed practice, one game suspension; two, two game suspension; three, you are removed from the team. (Some absences are excusable; contacting your coach will show your responsibility).

"Second guessing" or derogatory remarks made by members of this team to anyone will be dealt with severely.

#### **Rules and Expectations**

As a member of the Tulare Western Baseball team you are representing this program. This means off the field as well as on. Representation includes such things as:

- a. Pictures and interviews for press.
- b. Conduct during playing of the national anthem prior to game.
- c. Clinics or talks to little league groups or service groups.

The publicity you are receiving is due to your team membership; therefore, you are required to represent the program, not your own individual self.

d. Volunteer work days.

 Helmet throwing, use of profanity and/or temper tantrums will not be tolerated.
The use of alcohol and drugs will not be tolerated and will be dealt with severely.

#### **Rules and Expectations**

8.

9.

We feel that appearance is important. a. Neat & well groomed in uniform (shined shoes, clean sanitary socks, etc.).

- b. Hair must be neat and moderately short. extremes are not acceptable.
- c. Absolutely no jewelry allowed!
- We leave as a team and we return as a team. You will be required to follow all the rules on the bus. Proper behavior is mandatory.
- 10. Stealing of someone else's property will NOT be tolerated! It WILL result in removal from the team!
- 11. Unexcused absences, getting sent to the office with a referral, being sent to detention, being sent to In-House (for tardies) are all unacceptable and could be reasons for non starts and or missed games.
- 12. What we do at practice carries over into the game. All above rules must be followed at games as well as practices. Not following the rules may result in removal from team. (PRACTICE MAKES PERFECT).

## **Player Expectations**

- Practice hard ALL the time/ Playing time will be earned.
- Dress for games and practices appropriately.
- Always make the choice to have the right attitude.
- Do things that will make your parents and coaches proud.
- Be a leader not a follower.
- We will travel together as a team. Players and coaches travel to and from games on school buses. Proper behavior is mandatory.
- Keep up your eligibility.
- Coaches will monitor attendance.

# Varsity Program

 The Varsity team is the accumulation of a players hard work and dedication to the program. When they make the varsity team, it means that they are prepared mentally and physically for the grind. This is also the time when the student/athlete decides if playing at the next level is a possibility.

#### **Junior Varsity and Frosh Programs**

- Development phase is the most important part of the athlete's success!
- It will be made a priority to find coaches that are very knowledgeable of the game.
- The lower level coaches will be trusted to coach their teams following the rules of the Varsity Program.
- The placement of an athlete on a team within the program (V-JV-F) will be decided by the coaching staff.
- All coaches will meet once a week to answer questions, comments and concerns within the program.

### Leadership/Motivation

- Attitude-Coaches and Players are expected to have the right attitude at all times.
- Players will lead by example- "Loose lips sink ships!"
- Hustle at all times "Heart outweighs talents."
- There is NO "I" in team.
- Team Goals (always think team first).
- Individual Goals (to win and be successful, the athlete must have goals).