

VIRGINIA LEGACY ELITE SOFTBALL ORGANIZATION

Code Of Conduct

We believe that communication is the key to a good experience at VA Legacy Elite. Our goal is to help you understand what is expected of you so that you can be successful.

Our Vision: To be successful both on and off the field.

We will define our own success off the field by our academic accomplishments and on the field by what the group accomplishes. Actions speak louder than words.

I understand the commitment and sacrifice that comes with being a member of the VA Legacy Elite Softball Organization. As a member of the VA Legacy Elite Softball Team I am aware that I am responsible for the following guidelines:

1. Attend **EVERY** scheduled softball event, unless coach grants permission to miss:
 - Practices: Will attend and be on time or earlier. If hurt you still must attend.
 - Games: Arrive 1 hour before. Players at away tournaments must walk in together.
 - Meetings: Attend as required
 - Fundraisers: Bingo
2. Attend all practices...Preparation produces results!
 - Hustle at all games and practices
 - Work hard! Put forth 100% effort all of the time.
 - Overcome adversity! Deal with the circumstances you are dealt. Develop the courage to persevere. Never give up or quit.
3. Complying with the **NO** drinking and **NO** drugs policy:
 - There will be no use of tobacco, alcohol or illegal substances before/at any game or any softball function. There will be **ZERO TOLERANCE** for violations of rules relating to drugs, alcohol and players of the opposite sex being together in hotel rooms.
 - No drug use or smoking at anytime.
 - Remember alcohol is a NCAA banned substance.
 - Alcohol cause injuries...Injuries stop us from meeting our goals as a team.
4. Travel
 - Coaches, Manager and/or chaperones will be in charge of transportation of players.
 - Players are not allowed to drive to away tournaments. No boyfriends at away tournaments or at any practices will be permitted.
 - Players are responsible for one meal a day for tournament weekends. Hotel breakfast and either a lunch or dinner will be provided by VA Legacy Elite.

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Guidelines

EQUIPMENT

Before practice starts players will look at training plan for the day and pull all required equipment. The players are responsible for all equipment. Nobody will leave practice until everything is cleaned up and put away unless granted permission from a coach. The players are responsible for all organization issued equipment or uniform. If it is lost, misplaced or damage because of misuse, those players will be financially responsible to replace it.

AWAY GAMES

There will be absolutely NO DRINKING on away trips. You will be traveling to play softball NOT for entertainment. We are there to get the job done and that is to WIN softball games.

ELECTRONIC DEVICES

No iPods, MP3 players or cell phones are permitted at practice at any time. Leave all cell phones in your car at practice. No texting or phone calls after lights out time has been set. You will not be able to use your cell phone, iPods, etc after games until advised by coaching staff. Again, we believe that there should be a period of learning and bonding after games, win or lose.

GAME DAY EXPECTATIONS

Prior to the start of a game or during a game you should be preparing for game play. You are not to leave the dugout or designated warm-up area, unless released by a Coaching Staff Member. When we have breaks during our games/tournaments we stay together as a team. During the break between games, when we are at tournaments, you will be advised as to when you are permitted to have contact with family/friends and use restroom facilities. Restroom visits comes first then visiting with family/friends. After games, all players are responsible for their equipment, team equipment and dug-out clean up prior to being released.

PLAYING TIME

Players are encouraged to speak with the Coaching Staff regarding issues of playing time. At no time will the Coaching Staff hold discussions with parents regarding playing time at a tournament. There will be a 48 hour rule in place before any discussion with parents.

SOCIAL MEDIA

Please do not put pictures or comments on your Twitter or Facebook accounts that could get you in trouble with Future Colleges and Coaching Staffs (red cups having meaning). As in all the things you do, use good judgment and remember that the most innocent of actions may have negative consequences. Think, than act. Be a positive role model and example to your teammates.

GRADES

It is the responsibility of every member of the VA Legacy Elite Softball Team to perform well academically. Please communicate issues, both positive and negative with the Coaching Staff.

INJURIES

It is your responsibility to bring all injuries to the Coaching Staff before practices, games, etc. You are still required to come to practice to sit and watch if you are injured, a lot can be learned by observation. If you have an injury that is keeping you out of practice or limiting your practice routines, all treatment must be done outside of practice, unless otherwise directed. We will not accept hearing from your parents about injuries prior to hearing from you. Additionally, we will not find out about your injury directly before a practice or game. If you have an issue call Coaching Staff immediately. **BE PROACTIVE not REACTIVE!!!**

APPAREL & EQUIPMENT

Player must practice in VA Legacy Elite practice uniform. Also, team members must take responsibility for care and return of all issued apparel and equipment. If this is not done, a bill for the fair value of such equipments/uniforms will be forwarded to the athlete.

TEAM MEALS & HOTEL

VA Legacy Elite will provide all hotel costs and one meal per day at away tournaments. In most cases breakfast will be provided by hotel. Players will be responsible for one meal per day and all meals traveling to or from the tournament.

FUND RAISING

All participants are required to send two people on their designated night to work bingo. In addition to bingo, all girls will send out 25/25 letters in February and work sponsored tournaments. It is your responsibility to cover your bingo night, missing your session will not be tolerated.

COMMUNICATION

Often there are changes in our schedule or information that we need to get to you in a timely manner. You may call any of us at any time. **We expect you to check your email and text at least every morning and every evening. Any email or text sent must be responded by 10am the next morning.** We expect you to check your cell phone messages when needed and to respond appropriately.

APPEARANCE

We expect our players to act with integrity and respect at all times. All of the rules described in this document are to be followed anytime you are representing VA Legacy Elite Softball. This means that if you are wearing anything that says VA Legacy Elite Softball, these rules apply. **Shirts must be tucked in at practice, games and traveling.**

CURFEW

Curfew the night before home games is 11:30pm. We have a curfew so that all of you put your cell phones away and go to bed. Curfew on the road will be assigned and room checks will be done. If you need to leave your room at any time after curfew, you must call a coaching staff member. You must be in your designated room and all joining rooms must have door shut between them after curfew. No exceptions! Persons not on our team will not be permitted in hotel rooms without the permission of the head coach or chaperones. **All players will adhere to curfew and lights out.**

ROAD TRIPS/HOTEL

Do not prop doors open when leaving your room. You are not allowed to have visitors (non-team members) unless approved by the Coaching Staff. All visitors must be met in the Hotel Lobby Area. You are not permitted to leave the hotel at anytime unless approved by the Coaching Staff. We will travel as a team in airports, buses, etc. You must work the "buddy system" when traveling. **Never go anywhere alone or without permission.** We will eat all meals together as a team at tournaments. Parents and siblings are invited to join the group.

Failure to follow any of the above rules will result in being placed on probation. Additional offenses will result in suspension and in extreme cases, dismissal from the team.

SAMPLES OF PROBATION

Considered a warning
Additional running
Set up and clean up duty

SAMPLES OF SUSPENSION

Suspended from all softball activities (practice, games, etc)
Sent home from practice
Removal from game or suspended from playing in up-coming games
Removal from competition site

TERMINATION

No longer a member of the softball organization

VIRGINIA LEGACY ELITE SOFTBALL ORGANIZATION
Code Of Conduct & Guidelines Acknowledgement Form

By signing below, both the Athlete and Parent/Guardian acknowledge that together they received a copy of the VA Legacy Elite Softball Organization Code of Conduct and Guidelines. We have read all four pages given to keep and this final fifth page to turn in to the Coaching Staff in its entirety and understand what is expected as a member of this organization. As always, the Coaching Staff is here for your assistance if you have any questions in regards to the Code of Conduct and/or Guidelines.

Athlete Name (Printed)

Athlete Signature

Date

Parent/Guardian Signature

Date

VIRGINIA LEGACY ELITE SOFTBALL ORGANIZATION

Waiver

PLAYER'S NAME: _____ BIRTHDATE: _____

PARENTS (S)/GUARDIAN(S) NAME(S): _____

ADDRESS: _____

Fast Pitch Softball is an exciting sport which may involve collisions with other players, the ball or the ground. The sport is often played in hot, humid weather. Because of these conditions, which are a part of the game, players are exposed to risk of serious injury. Injuries could include, but are not limited to, broken bones, concussions, paralysis, damage to internal organs and even death. Such injuries can result in short term loss of function and/or long term impairment of physical abilities. In an effort to make the game of softball as safe as possible, the coaches of this team will teach the players the skills and rules of softball. Players must follow the coaches' instruction, rules and policies to reduce the possibility of injury. Team rules and policies are distributed to players and parents at a preseason meeting.

I/We, the undersigned, have read the warning above and understand that fast pitch softball is physical sport and that there are risks involved in participation. I/We further understand that there is a possibility that my/our daughter could be injured as a result of her participation.

I/We understand that the team carries medical team insurance to cover players who are members of the team on an "excess" basis only, and that my/our personal insurance will be utilized first.

I/We hereby, on behalf of my/our child and for myself/us, my/our child's heirs, executors and administrators do waive, release and forever discharge any and all rights and claims for damages which I/we or my/our child may have or which may hereafter accrue me/us or my child against the Galaxy of Stars Events and/or VA Legacy Elite Softball Organizations and its respective officers, representatives, successors and coaches for any injury incurred during tryouts, practice, games or supervised team travel to and from same; and by signing where designated below, acknowledge that I/we, as parent(s) or guardian(s), has/have received, read, fully understand and agree to all the terms and conditions of this waiver.

I/We hereby certify that she is physically fit to take part in the softball program. I/We further authorize the coaches to use his/her best judgment to protect, assist and seek medical attention for the above named minor in the event of an accident or injury.

HEALTH RESTRICTIONS: Yes No

If Yes, please explain: _____

Parent(s)/Guardian(s) Signature(s)

Date