

WILDCAT BASEBALL CODE OF CONDUCT

"As a member of Wildcat Baseball, I commit myself to the quest for a championship because I realize that by doing the things necessary to become a champion on the field, I embody the qualities that are required to be a champion in my life beyond the game."

To play, and live, as a champion, I must...

*Respect the game
Sacrifice self for team
Focus on the task at hand
Work hard in everything I do
Discipline my mind and body
Persevere through adversity
Honor those I represent*

UNDERSTANDING THE WILDCAT POLICY...

Our conduct policy emerges from a core belief that you, the varsity student-athlete at River Falls High School have been entrusted with a precious opportunity. With this opportunity comes responsibility. People inside and outside our community will see and hear you in a variety of situations. These may include media stories and interviews, ballgames, youth clinics, team activities, service projects, or road trips. Our goal is to embrace this responsibility and bring honor to the people we represent: yourself, your family, your team, your school, and your community. You work too hard, and sacrifice too much, to represent them with anything less than your best. In recognition of this reality, the Wildcat Baseball coaching staff expects each student-athlete to:

- **PRIORITIZE YOUR ACADEMICS: you are student first, an athlete second.**
- **STAY AWAY FROM DRUGS AND ALCOHOL**
- **BE ON TIME TO ANY AND EVERY TEAM FUNCTION**
- **BE RESPECTFUL IN APPEARANCE AND BEHAVIOR**

The four points above are guidelines to acceptable behavior. If you have a concern not addressed by these guidelines, please consult Coach Bishop. Otherwise, these guidelines - along with common sense - will lead you to act in such a way that brings honor to our program. Failure to comply with these simple expectations will result in immediate disciplinary action appropriate for the offense, including possible suspension from the team until further discussion.

Wildcat Baseball Team Expectations

Attendance Policy

1. All scheduled team functions, practices, and games are mandatory.
2. Be on the field, with all equipment on and ready to go, on time. By my definition, on time means early. You need to do what you need to do to be on time.
3. School attendance will be checked daily. By school policy, anyone home sick for any part of the school day is ineligible for practice or games that day. Doctor, dental, etc. appointments are excused with the proper form of note turned in to the office.
4. School and team attendance will be monitored daily. Any absence without letting a coach personally know **AHEAD OF TIME** will be considered unexcused. Coaches spend time planning for both practices and games. It is important for them to know **AHEAD OF TIME** if you will not be there. Talk to a coach at school or call and their cell phone. But you must let them know *ahead of time, no exceptions!* Don't let your teammates down. Unexcused absences will result in the following consequences:
 - a. 1st unexcused absence = 1 game suspension
 - b. 2nd unexcused absence = 2 game suspension
 - c. 3rd unexcused absence = season over, 3 strikes and you're out!
5. Communication is the key. If you talk to a coach ahead of time about different situations that may arise, we will be a lot more understanding and willing to work things out.
6. Participating in another sport's organized practice or game play during the season is strongly discouraged. Your teammates are depending on you to be there and be healthy for your current baseball season.

Practice Expectations

1. All players will walk or jog out to their respective practice field, on time.
2. Players will have the appropriate practice apparel and equipment.
3. Players may not wear tanks or cutoff sleeve shirts at any time inside or outside.
4. Your RF Baseball hat will be worn forward at all times unless conditioning.
5. Long sleeves will be worn to outdoor practice until told otherwise. Be prepared and dress for the weather.
6. Players may wear shorts for indoor practices but pants will be worn for all outdoor practices. Varsity and JV players will wear actual baseball pants.
7. No jewelry. It's illegal to wear in games as well.

Pre-Game Expectations

1. All players will dress according to what the team decides as a whole. If the team decides to wear specific shirts or undershirts to school then everyone wears it.
2. Your team hat will be worn to all games. No other hat is acceptable.
3. Players will wear their team pants and an RF Baseball undershirt or pullover to all games. Be sure to pack your neatly folded jersey in your bag.
4. Bus times are final. If you miss the bus it is considered an unexcused absence.
5. All players will ride the team bus to any away game. Only extenuating circumstances will be considered.
6. Players should be already dressed with everything except jersey and spikes when getting off the bus.
7. Put all equipment and bags neatly in the dugout. Jerseys on and tucked in before leaving the dugout for warming up.

Game-Day Expectations

1. All ball players will dress like a ball player. That means wearing RF Baseball apparel during any game. Layering with your team pullover on the outside is a good tip for cold weather games.
2. Players on the bench during the game should be attentively watching. If you're not keeping stats/charts you should be helping with equipment, etc. during games.
3. Players on the bench should jog down to foul pole and back periodically during breaks in the game. It is important that you stay loose and are physically warmed up when called upon so you are not injured.
4. All communication is to be positive in nature. The coaches are there for a reason and will constructively address items that need it.
5. You are representing the River Falls High School and the River Falls Community as a whole. Do not do or say anything that will harm the reputation of this program, your teammates, or yourself. Be respectful to other teams, fans, and coaches, even if they are not respectful to us.

Game Conduct Expectations

1. Learn to control your emotions. Do not hang your head for making a mistake and do not over-celebrate when you do something good. Anger and frustration merely fuel the opposing team.
2. Make the best of your role on any given game day. Whether it be doing charts, being a relief pitcher if needed, or courtesy running for the catcher, every person is important to the team's success. Pouting will not be tolerated and you will be asked to take your negativeness back to the bus.

3. Do NOT question an umpires call, period. Your coach will take care of anything that he may feel needs an explanation.
4. Cheer for our own players, but not against the opposing players. There is a big difference.

Post-Game Expectations

1. Always shake hands with the opposing team and say good game. Nothing further is needed to be said regardless of anything that may have occurred during the game.
2. Make a point to tell the umpires good game and if appropriate shake their hand as well. Catchers and pitchers should always shake the umpire's hand after the game.
3. Home games: all field duties will be completed before anyone leaves the field.
4. Away games: our dugout will be spotless with all equipment and garbage picked up. A travel duties list will give every player a job on every road trip.
5. Your team hat will be worn after every game until you get back to the school.

General Expectations

1. Players will wear their own navy undershirt as part of their game uniform. It must be a solid navy color that matches the jersey.
2. Uniforms will be washed promptly after any game which they get dirty. Wearing a dirty uniform to a game is unacceptable. It also shortens the life of the uniform as they get permanent stains as well.
3. Players will have either white, navy, or black spikes. No flashy gold or silver spikes that stand out and separate you from the team.
4. Your RF Baseball hat will always be worn forward, on and off the field.
5. All players will maintain an acceptable GPA that will be monitored throughout the season. Players will not be allowed to travel with the team if they are failing a class. You are students first, athletes second.
6. Make smart decisions wherever you are. Do not do anything that will disgrace your teammates, this program, or your family.
7. Give 100% every time you step onto the field or into the gym. Playing time is not based completely on talent. Work hard and you WILL see the benefits.