

EHS BASEBALL - PLAYER CONTRACT

RULE #1

**AT ALL TIMES BE WHERE YOU ARE SUPPOSED TO BE;
DOING WHAT YOU ARE SUPPOSED TO BE DOING;
WHEN YOU ARE SUPPOSED TO BE DOING IT!!**

1. I will always strive to be the best that I can be in the classroom as well on the baseball field.
2. I will conduct myself with class as a person as well as a player on and off the field.
3. I will be on time every day for practice, meetings, and games, properly wearing the correct uniform.
4. I understand that long hair, facial hair, earrings, and other piercings will not be allowed.
5. I will strive to be a complete player by taking the necessary repetitions needed to execute the fundamentals of baseball on a daily basis.
6. I will accept constructive coaching to make myself a better player.
7. I believe if I study the game, there is always something I can learn to improve my game.
8. There is always at least one part of my game that can be improved. Therefore, sitting down at practice is not acceptable and will not be tolerated.
9. I will avoid being over confident. One of the greatest disservice's that I can do to myself and my teammates is not to respect my opponent. Remember; everyone wants to beat the best.
10. I am willing to work every day to improve our baseball complex and to help with any field maintenance and other facility clean up that is necessary.
11. I will avoid the comfort zone. This is the place where I can become satisfied with my individual or our team performances. If I enter the comfort zone, I will prevent myself and our team from reaching our full potential. Great players and championship teams never enter the comfort zone.
12. I will play every game like it is the last game I am ever going to play, so I won't have any regrets.
13. I will practice positive thinking and mental imagery to make myself a better player. Mental imagery is where I see myself doing something successfully, before I do it.....and then doing it.
14. I will participate in all fundraising activities as required.
15. I understand that I represent my school, teammates, coaches, and family both on and off the field and I will conduct myself according to team rules and regulations.
16. I fully understand that there are consequences to all of my actions and I will accept them in a positive manner.

BASEBALL is a TEAM sport! I believe the team is the most important. It must be "we before me " to help our team reach its potential. In other words: T E A M - Together Everyone Achieves More.

I understand that only nine can start and play at the same time. Therefore I will accept my role with a positive attitude whether I am a STARTER, ROLE-PLAYER or NEVER GET TO PLAY at all.

If I feel that I have been treated unfairly or I am unhappy with my role on the team, I will discuss my feelings as soon as possible at an appropriate time with my head coach. If I am unable to accept my role on the team and conduct myself as a team player, then I will no longer have the opportunity to be a member of the Escambia Baseball Program.

Signed: _____

Date: _____