

Team Rules and Expectations

* A successful baseball team must be made up of individuals who are self disciplined.
* Discipline is simply accepting the responsibilities you assumed when you became a Natick High School baseball player. Whether you like the role you have assumed or not, you are held responsible for your actions on and off the field.
* You not only represent and reflect yourself as a person and athlete; you represent and reflect your teammates, your school, your hometown and your family.
* At times you will be asked to do something where you may disagree or not like from a baseball standpoint, but the coaching staff feels that everything we ask you to do is for the betterment of the team, the program, and for you as a baseball player. You may not like it, but you are expected to fulfill the request to the best of your ability.
* A good rule of thumb is: Do the right thing and think before you act!
* Don’t put yourself in a position where you embarrass yourself or your

teammates with your actions, on or off the field.

* Always be on time. Lateness will result in consequences. If you have an emergency situation where you must be late, contact a coach and let them know as soon as possible. DO NOT relay the message to a teammate to give the message for you. It’s YOUR responsibility.
* Priorities- 1) Family Obligations, 2) Academic obligations, 3) Natick High School Baseball obligations.
* Absences- Excused vs Unexcused. These are on a case by case basis. Three strikes policy for unexcused absences - may result in removal from the team. Examples of excused absences - college visits, family/religious obligations, academic obligations. ALL must be communicated to coaching staff with maximum notice prior to the absence from practice or game.
* If a practice is missed the day prior to a game, that player will not START the following game. Excused or Unexcused, No exceptions.
* No individual is more important than the team. We will not sacrifice team rules and expectations because of an individual that does not want to conform. If a problem is detected, it must be cut out before it starts to spread. If you want to be treated like a starter, you need to act like one.
* BE Mentally, Physically, and Emotionally prepared AND engaged for ALL practices and games.
* Physical mistakes are part of the game, mental mistakes are a lack of preparation and attention. Mental mistakes cannot be tolerated.

**Ultimately, the team that makes the fewest mistakes usually wins.**

PLAYER EVALUATION

**EFFORT/ENERGY** -This is what our success will be built on. Each player is

expected to give effort, on and off the field, to become as good as he

can be. Mental and physical energy on assignments on the playing field.

**ATTITUDE**- We believe everyone wants to have a great energy attitude,

but some have difficulty establishing the personal plan, ambition,

personal habits and determination that reflects a positive attitude.

Every player can develop a great attitude by working at it and never

giving in.

**SMARTS** - Baseball smarts. Each player must understand his role in the

total plan of success. Understanding and controlling situations gives

each player an impact on the game. The more a player learns about

game situations the better he will be able to translate, comprehend and

perform.

**INFLUENCE** – Each player has an influence on the team (positive or

negative). There is no middle ground. Every player can be a positive

influence on the team. If a player feels negative, he should be a man,

pack his bag and don’t let the door hit you in the rear on the way out.

**MAKE SOMETHING HAPPEN** – Everyone should try to be the difference

in the game. It is a state of mind that is developed pitch after pitch, in

practices and on game day. You want to be counted on in clutch

situations & be able to perform under pressure. The reality is you must

have the will to win. We must develop this mindset within the core

structure of our group.

“Show me a guy who’s afraid to look bad, and I’ll show you a guy you can beat every time.” ***Lou Brock***

