

## Lebanon Junior High Player, Parent, and Coach Contract

### 1.) Coaches Responsibilities

1. Treat all players and families with respect and fairness
2. Create an atmosphere that balances the fun of the game with the competition of the game so the girls want to return and play the next season
3. Teach proper fundamentals and techniques
4. Ability to push all levels of players towards improvement
5. Set a tone of maximum effort for players and other coaches to achieve team goals
6. Always willing to listen to the needs of a player and work to overcome obstacles that might arise
7. Always willing to discuss any decisions with a player or parent (at appropriate times – see parent's responsibilities)
8. Provide the proper balance between player development and team performance
9. Make decisions in the best interest of the team
10. Represent the Lebanon Warrior tradition of excellence and graciousness

### 2.) Parent's Responsibilities

1. Set a positive attitude towards coaches, players, other families, umpires, and opponents
2. Realize there are not many more years of these games for your daughter and focus on the journey; not the result! In just a few short years, they will play their last game, so sit back and enjoy it!
3. Work with your daughter away from practice/game times to improve on any areas that need improvement
  - a. During practice and games, coaching from the sideline is not productive and usually produces negative results. Feel free to work with your daughter during the week, but at practices watch and enjoy!!
4. **Understand that playing time is not guaranteed** and will be based solely on the discretion of the coaching staff. Sometimes decisions on positions can come down to items such as strategy or synergies between players.
5. Offer support to the team, coaches, and players in any way you can be of assistance during the season
6. While it is normal for a parent's heart to react when you believe your daughter is struggling, work to keep the feedback positive, especially immediately after a game or practice
7. Please observe the 24-hour rule when talking to a coach about any decisions, playing time, etc.
  - a. The coaches will be willing to discuss any concerns in a discreet environment, anytime 24 hours or later after the game/practice of the concern and with only the head coach or coaching staff and never with other parents or players.
8. Let the coaches know of any outside influences that might cause changes to a player's attitude or performance so that they can factor that into any decisions that are made.
9. Dream big for your daughter, but be objective with your evaluation of her skills and abilities, especially when you provide her feedback. With consistent practice, repetitions, and a love for the game, all players will improve.
10. ALWAYS be your daughter's biggest cheerleader and work with the coaches and team to help improve her skills to levels she never dreamed of

### 3.) Player's Responsibilities

1. Treat coaches, parents, team members, umpires, and opponents with **respect and courtesy at all times**, both when we win and when we lose.
2. **Represent your school, team, family, and self at all times.** Keep in mind the name on the front of the jersey (team name), means a lot more than the name on the back of the jersey (your name)
3. Understand the concept of synergy, that a TEAM is more powerful than a collection of talent by:
  - a. Always support and cheer for your team members
  - b. Listen to the coaches and accept feedback on ways to improve. We all have strengths and weaknesses
  - c. Let your love for the game be contagious in everything you do with the team

- d. Understand that a team is only as strong as the members and offer your support and encouragement to all on the team
  - e. Be honest with your abilities, but dream BIG. Never let anyone tell you that you cannot do something.
  - f. Be the hardest worker on the team in practices and games
  - g. Never, ever be afraid to ask questions if you do not understand something
  - h. Never, never, never quit!!! Until a game ends, you always have a chance!!
4. Play any position, bat anywhere in the lineup, or execute any play that is asked of you with everything you have inside.
  5. Understand there are three items you can bring to a team that requires absolutely zero talent:
    - a. Hustle
    - b. Attitude
    - c. Effort
  6. **Respect the game by hustling on and off the field, giving your absolute best effort, and balancing your graciousness with all-out intensity at both practices and games**

#### 4.) Team Rules & Consequences

1. **School Code of Conduct will be applied to our season.**
  - a. If a player cannot maintain the GPA required to play, they will not be playing until GPA has improved 2024 - 2.0 GPA.
  - b. If a player is suspended from school, they may not participate in practices or games.
  - c. If a player is suspended 2 or more times during the season, they will be removed from the team.
2. **Attendance at practices and games** is critically important as many concepts, strategies, and plays will be implemented in a quick timeframe.
  - a. If you are sick, injured, or have to miss a practice because of something outside your control, the PLAYER must notify the head coach before the practice or game time. You can do this through:
    - i. Phone Call or Text I took out team sideline as choice 1
    - ii. GroupMe or GameChanger (or other communication app)
    - iii. Face to Face

**Consequences (for 4.2.a):** 1st will be a verbal warning; 2nd benched for 1 game; 3rd benched for 2 games; 4th removal from the team.
3. When practice or game time starts, you need to be ready to take the field with equipment, proper clothing  
**Consequences (for 4.3):** 1st will be a verbal warning; 2nd bottom of the line-up or benched for a game; 3rd benched for a game; 4th removed from the team.
4. Parents or family members are not allowed in the dugout without the coach's permission, except for injury
5. If the National Anthem is played, vacate the dugout, remove helmets, and stand quietly, respectfully facing the flag (Looking for equipment in the dugout is not an excuse)
6. Display an attitude of thanks when dealing with parents as they are sacrificing so you can play this game
7. **You are responsible to bring and take back all equipment needed for practices and games**
8. Use of social media to disparage other players, teams, or schools or to puff up yourself or your team is not allowed under any circumstances. If in doubt, don't post
9. Insubordination of any coach or disrespect towards players, umpires, or other teams is not acceptable

By signing the team acknowledgment form, I fully understand my responsibilities and team rules and will abide by them during the season.

Players Name \_\_\_\_\_ Player Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Name \_\_\_\_\_ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_