



Cedar Park Baseball Timberwolves Rules and Procedures



The goal and vision of the LISD athletic staff is to provide student-athletes with the opportunity to understand and exhibit: teamwork, dedication, commitment, as well as the lifelong value of a hard work ethic. Second, the unselfish “team first” attitude will be expressed and reinforced. Third, student-athletes will be encouraged to participate in multiple sports. Finally, athletes will be asked to maintain a high standard of behavior on and off the field. Student-athletes are expected to remain drug/alcohol/nicotine and tobacco free or face suspension or dismissal from the program.

As a new baseball year begins, it is important that players and coaches come to a common understanding as to the rules and regulations which will be in effect the entire school. All of the guidelines set forth by the Leander ISD athletic department will be enforced as well as the following:

APPEARANCE

1. No jewelry will be allowed on the baseball field during game time.
2. Wear issued/purchased practice attire properly at all times. (Hats, shirts, socks, etc.)
3. Athletes will only wear turf shoes and spikes; no other shoes are allowed.
4. The use of face paints, fingernail polish (unless catching), hair dye or bleaching during the school year is prohibited.
5. Athletes that use or are found to be in possession of drugs, alcohol, nicotine or tobacco will be subject to suspension or dismissal from the team.

CLASS BEHAVIOR/GRADES- ELIGIBILITY

1. Your grades and your behavior both on and off the field are your primary responsibilities.
2. UIL requires student-athletes maintain a 70 or above grade average in all courses. Grades will be checked weekly to verify compliance and we are looking for 75 or better.
3. If a player fails any two out of the first three Six Weeks Grading Periods from the beginning of the fall through the third Six Week Grade Check in the fall he can be suspended from baseball for the remainder of the season.

ON-FIELD CONDUCT

1. You will conduct yourself in a first-class manner at all times.
2. Do not dispute an umpire’s call. Ejections due to verbal conflicts may lead to a one game suspension.
3. All players will run to their positions between innings and exhibit hustle at all times while on the field. We will not be out hustled!
4. Throwing of ANY equipment will not be permitted. Violation of this policy could lead to suspension or extra conditioning for the entire TEAM.
5. Players will not be involved in conversations with parents, friends or others during workouts or games. This could lead to removal from the game or practice.

TRAVEL PROCEDURES

All athletes will depart and return as a team on school-approved transportation.

EXCEPTIONS:

1. Travel to and from all away contests with the team. If an extenuating circumstance arises and an athlete needs to ride home with parents/guardians, this must be cleared with the coach before leaving for the contest (at least 24 hours in advance), and a written release must be given from one of your parents/guardians to the coach. Under no circumstances will you be released to ride with anyone other than your parents, or a person designated by your family. (LISD Policy)
2. Any emergency situation including accident or injury.

LETTERING

A player must be on the Varsity lineup card for at least 10 baseball games or is a senior in good standing within the baseball program in the fall of his senior year. Letters can be forfeited for the following reasons: (1) dismissal from the team, (2) quitting or (3) grade ineligibility.

ATTENDANCE OF WORKOUTS

If for some reason you will be absent or late for a practice you will need to personally talk with or call one of your coaches. Parents may also contact coaches to notify of absences. This contact needs to be made by noon so that workout schedules can be adjusted. Please make every opportunity to not schedule doctor visits in the fall until after 3:15 or before practice times during the spring.

Unexcused absences will not be tolerated and will lead to disciplinary action from the coaching staff up to and including extra conditioning, game suspension and/or – if habitual – removal from the program. Absences must be cleared with player's head coach. Spring Break and Saturdays are not excuses to miss workouts. For everyday missed during those days could result in a missed game. Coach Williams can be reached directly at 979-451-1768.

INJURED PLAYERS

Injured players are required to attend all practices and games while undergoing rehabilitation treatment. All players who experience sickness or pain must report it to our Head Athletic Trainer, David Bowman 512-570-1288 or Steffany Austin at 512-570-1287. If a player must stay at home due to sickness, he should call/text his head coach and the head trainer. The coaching staff will get a daily report of all injured/sick players from our head trainer.

TRAINING RULES

The possession or use of alcohol, nicotine, tobacco and illegal drugs is a serious offense. Any occurrence of this nature will be handled in accordance with the Cedar Park High School Student Handbook and the Leander Athletic Policy.

MISCELLANEOUS

1. Cedar Park Athletic Department will provide a locker for each player. Each locker must be locked with a LISD issued lock or one approved by a coach. LISD will not be responsible for lost or stolen items.
2. Cell phones are not allowed to be on during games or in the dugout. If a phone is used during a game that player can be removed from the game and the phone confiscated.

CONFLICTS WITH POLICY OR PERSONNEL

This section is included for conflict resolution purposes between PLAYER and COACH or PARENT and COACH. The player will be present for all meetings. Any conflict with the aforementioned Cedar Park Rules or baseball personnel will be handled in accordance to the following Chain of Command protocol:

1. Player and/or Parent will meet directly with player's coach and head coach at a mutually agreed upon time. (Not after a game).
2. Meet with the Athletic Coordinator at a mutually agreed upon time.

Cedar Park Timberwolves Baseball Code of Conduct

1. Hair will be neatly groomed and will not cover eyes, ears or back of the neck (In compliance with the Leander ISD Athletic Policy). No piercings or non-natural colored hair will be allowed while representing LISD on game days. The athlete must adhere to the LISD dress code, maintain proper dress and appearance, good grooming, and personal cleanliness. All dress, hair, and clothing shall be neat and well-groomed.
2. No facial hair will be allowed and sideburns must be above the ear lobes.
3. No jewelry will be allowed of any kind during games.
4. Players will only wear school issued equipment, no one will dress or groom in a manner that will draw attention to themselves and away from the team.
5. Possession of nicotine and/or tobacco is a violation of the Leander ISD Athletic Policy and all policy and procedures following an infraction will follow LISD Athletic Guidelines and Student Code of Conduct which can be found on our High School website.
6. Anyone found guilty of an alcohol or drug related misdemeanor (*i.e. MIP, PI, et al*) will receive the consequences described under the LISD alcohol and drug policy.
7. Anyone charged with a felony will be suspended from all contests pending the outcome of the judicial system. The punishment will be determined on a case by case basis.
8. Punishment will be carried out at the time of the offense.
9. Athletes placed in ISS will not be allowed to participate in extracurricular competitions until completion of the ISS placement. Consequences for receiving an ISS placement will be determined by the Head Coach and Athletic Coordinator and could include removal from the team/program

Please sign and return to Cedar Park Baseball Coaching Staff

I have read and understand the policies governing the baseball program at Cedar Park High School. I/We will adhere to the rules and regulations as stated by the Cedar Park Baseball Policies, Procedures, and Code of Conduct.

Player Name (Printed)

Player Signature

Date

Baseball Parent or Guardian (Printed)

Baseball Parent or Guardian Signature

Date



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