

# Grapeland Sandies Player Guidelines 2022

## **Player Guidelines:**

### **Discipline Action:**

- 1st offense - Some type of physical discipline (example: running, lunges, etc.)
- 2nd offense - 1 game suspension or physical discipline (whichever will be the most effective for that player)
- 3rd offense - 3 game suspension or possible dismissal from the team

### **Offense:**

Disrespecting coaches, umpires, teammates, other team, and fans  
Unexcused missed practice  
Unexcused missed athletics  
Refusing to ride to or from games on the bus  
No communication about excused missed practice/athletics beforehand  
Foul Language  
ISS  
Tardiness on a consistence basis  
Activities that jeopardize team chemistry (ie. social media, complaining about playing time, talking down about the program, etc.)  
DAEP - automatic dismissal from program  
ETC.

Offenses that are illegal (vaping, drug or alcohol related, theft, ect.) will go straight into a 3rd offense (3 game suspension). The 2nd illegal offense will be automatic dismissal from the team.

These are just examples, there are other offenses that may occur throughout the year. On “gray area” situations, it is always better to ask for permission instead of forgiveness.

### **Tardiness**

**DON'T BE LATE**

There will be a “reminder” if you are late to practice or games. Punctuality is very important in life.

### **Lost Items**

If a player loses any item issues to him from baseball, it will be the responsibility of the player or family to replace or pay for the item.

### **Practice Uniform Rule**

When we have all of our practice gear in, the players must dress the exact same everyday with gear issued for baseball. This includes practice pants, practice hat, practice shirt, belt, socks, etc.

There will be a “reminder” for those who missing uniform items. This shows discipline and responsibility which are valuable in life.

### **Hair:**

A players hair must not be in the face or covering the ears when their hat is on. Players who don't abide by this rule will not play until it is properly fixed.

### **Riding the Bus:**

All players must ride the bus to and from games. Exceptions: family emergency (ie. death in family or sudden immediate family injury), injury to the player that he will need to go to the emergency room, or JV games that are on the road before Varsity games (Players will need to check out with a parent/guardian signature.)

### **Kicked out of Practice**

If a players effort level or attitude isn't up to the standards Coach Lemire wants it to be, Coach Lemire will warn the player that he needs to “pick it up” or he will be kicked out of practice. From that point forward, the decision is up to the player to make a correct response. If he doesn't he will be kicked out of practice and Coach Lemire will send you an email or remind message when it happens. Only Coach Lemire will be able to kick players out of practice.

### **Saturday Practices**

There will be times that we will practice on Saturday. These are not mandatory, but highly recommended.

### **Weight Room**

If a player misses athletics or weight room time, they will not practice that day until he does his lifts. The weight room is a vital part of our baseball program and needs to be taken seriously at all times.

### **Mentor System**

A upperclassmen will be paired up to a underclassmen. If one of the pair violates any rule, they will both be disciplined, but differently.

Example: a sophomore gets ISS, this is the sophomores first offense. The sophomore will run and the senior assigned to him will run as well. The senior's punishment won't be near as much as the sophomore that received ISS. This will make the players think about the actions they make and how it not only affects them, but the people around them.

### **Excused Absence from Practice and Athletics**

If a player has an excused absence, the player and parent (at least the parent) must send an email or remind saying that the player is missing athletics or practice and why. Excused absences are death in family, sickness, doctors appointment, mandatory school related function, etc.

## **Spring Break**

All Varsity players must attend practices and/or games during spring break. JV team do not have to attend but it is highly encourage to attend practice during spring break if in town. If a Varsity player misses practice and/or a game it will fall under a discipline action offense. Both JV and Varsity players have games during spring break.

## **Player Overall Expectations:**

Be coachable

Be the Standard

Be where you're supposed to be and do what you're supposed to do

Be respectful - teammates, coaches, umpires, other team, and fans

Be accountable - no excuses

Leaders-Followers — great teams the players lead, average team only the coaches lead, bad teams no one leads

Don't be afraid to ask for help (on the field and life)

Don't let your teammates down

Be D1 in the classroom

Be D1 in the weight room

Be D1 on the practice field

Take care of each other!

## **Player Game Expectations:**

Compete every pitch

Be relentless

Be selfless - know your role and perfect it

BYOG - Bring Your Own Guts

Leave it all out there and play ball

Be confident

Have great dugout intent

Have fun

Have intensity

Earn the victory

Win every inning

Have some pride

Positive actions need positive reactions.

Have composure when negative actions occur

## **Pitching Expectations**

Throw strikes! No Walks

First pitch strikes

Get to two strikes ASAP

Get an out within 4 pitches

Have a Bulldog Mentality

Have Mound Composure

Control the running game  
Change looks  
Change times to the plate  
Perfect Pickoffs  
Field your position  
Be confident  
Communicate  
Be a 3 pitch guy  
Work both sides of the plate  
Work the thirds early and the black late  
Bare down with 2 outs  
Get the lead off guy every inning

### **Pitcher Mind Set**

1. Perfect Game
2. No Hitter
3. Shut Out
4. Win

### **Hitter Expectations**

Hunt the FB early. Lay off spinners and change-ups early unless plus count shape.  
STBWBB - double like swings with less than 2 strikes  
Have an approach - know what you're looking for  
Two strike approach - change physically and battle/compete  
Do your job whatever it takes  
Be confident - put the pressure on the pitcher  
Be locked/dialed in  
Know the pitcher's misses (up,down,in,out)  
Know the out pitch  
Know the umpire's zone - they're all different  
Know when to eliminate certain pitcher's pitches  
Communicate to each other about the pitcher's pitches (release point, movement, etc.)  
Have anticipation

### **Infield Expectations**

Be ready every pitch (pre-pitch feet and mental work)  
Have great feet  
Anticipate making the great play  
Know the situation  
Move with the pitch  
No throwing errors  
Recognize swings  
Communicate  
Know your environment (wind and surface)

Know your runner (red runner = very fast, etc.)  
Be confident  
Make the routine play routine

### **Outfield Expectations**

Be in the correct pre-pitch position  
Work behind pop-ups  
Work around ground balls  
Communicate - don't hurt each other out there  
Recognize swings  
Know your environment - wind and surface  
Know your runner  
Hit your cut-off - know when to let it loose  
Know the situation  
Back up bases  
Know when to make the great play and don't be afraid to  
Nothing gets past you

### **Catcher Expectations**

Take care of your pitcher  
Communicate - you're the leader of the defense  
Know when to mound visit  
No passed balls  
Receive/frame well  
Make the great block  
Great transfers and throws  
Field your position  
Look to back door runners  
Know the situation  
Be a bulldog  
No drops

### **Base Running Expectations**

Good leads - primary and secondary  
Good body position  
Run hard all the time  
NEVER ASSUME  
Steal signs  
Don't be afraid to be aggressive  
Know the situation  
Good fly ball technique - Hang out/ Hang out tag/back side tag)  
Read ball angle down  
Know the golden rules - don't make the 1st or 3rd out at 3rd, don't run us out of an inning  
Know the outfielders arm

Know where the infield and outfield are playing - great jumps off the bat  
Pick up the coach

**Truth**

Iron sharpens iron, so one man sharpens another (Proverbs 27:17)

**Challenge**

Be the person to leave this world and/or place better than you found it. You can start today.