



PAHS CAVALIER BASEBALL CLUB

TEAM STANDARDS FOR PLAYERS

Spring 2020

1. Arrive to practice at least 10 minutes before start time, ready to go with your proper practice attire, footwear and gear.
2. If you need to miss practice or come late to a practice, you need to speak with Coach Joe first.
3. For away games, it is a team standard that ALL PLAYERS ride TOGETHER as a TEAM via bus transportation to and from games. Exceptions are on a case by case basis and must be communicated with a coach 24 hours in advance.
4. Make sure you check the team Group chat on a regular basis for any changes to our plan
5. Team members in violation of ANY VBCPS policies will be dealt with accordingly.
6. The correct attire must be worn to practices and games. Baseball shirt, pants, hat, socks, and belt must be worn unless specified by a coach.

Uniform attire provided separately in the player packet.

7. We will follow the Social media guidelines provided by VBCPS (provided later in packet). We must wait a minimum of two hours for any social media post after a game. We expect our players to remember that you are representing yourself as well as PA Cavalier Baseball.
8. We will be respectful of all employees of PAHS at ALL times. Disrespectful behavior will be defined by the coaching staff and may result in disciplinary action up to and including dismissal from the team.



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TEAM EXPECTATIONS

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1. Players are expected to be accountable for their actions. Remember that when you are a member of this team, you are representing something much bigger than yourself.
2. Players are expected to do well in class – be prepared and do the extra things that will set you up for when you leave PAHS.
3. Take charge of your own baseball development by being open to the learning of new things and adjusting to the coaches' plan for the program. Your job is to play, have fun, and learn. Remember that we (the coaches) make the final decisions – we all need to be constantly thinking 'team' first.
4. We will have tough, honest conversations with each other. BUT we will RESPECT each other.
5. You are also expected to have good sportsmanship toward the opposing team/coaches, and all parents.
6. You will treat umpires with respect. You will only interact with them in a positive way to gain an edge for PA Baseball. Any negative interactions with umpires will be dealt with accordingly.



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PARENT EXPECTATIONS

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What you can do to help PA Cavalier Baseball?

1. Coaching staff's goal to engrain productive life habits. Know our team standards and back us up.
2. Open door policy – Respect the Communication Pipeline
 1. Player to Coach
 2. Parent to Coach
3. Both you and your child should be aware of your words and your body language in regards to player and team performance.
4. Embrace the fact there are only (9) players on the field at a time. Buy into your son being a PA Baseball player over being a starter.
5. Coaches will not talk to parents immediately after games regarding the game or player specifics. Please allow us time for our own reflection. A meeting may be made only if the communication pipeline is respected first.
6. If your son is having problems with something that you feel we need to know about (or with which you think we can help), please do not hesitate to contact us to schedule an appointment. As your son's coaches, we will be more than willing to do whatever we can.
7. All players are to attend Team Bonding Activities and Fundraisers. If there is a conflict, please advise Coach Joe immediately, as soon as the event is scheduled.
8. When it comes to social media about PA Cavalier Baseball, it is our expectation that you abide by the VBCPS policy, and represent our baseball program in a positive manner.
9. Thank you for the support and encouragement of the PA Cavalier Baseball Club.