***Deerfield High School***

***Softball***

***Team Expectations***

**Practice…**

-ALL practices are **MANDATORY**. If there is a practice you will not be able to attend, you must tell Coach Douglas/ Coach Kuhn prior to the date of the missed practice. ( Via: Remind 101 and email) The consequence for missing a practice is the loss of starting the game.

-All players are required to wear long pants, t-shirt, and cleats to practice

-You will be provided with an equipment schedule. During your week, you are responsible for grabbing the team equipment

**-Each situation is different and, therefore, the coaching staff (possibly with the consultation of the DHS administration) will review each incident and apply an appropriate consequence. We understand that there are times when an absence is absolutely necessary.**

**Games…**

-If you miss a game, you will not start the next game

-Always check your bag before you leave home. Make sure you have everything you need.

-You are expected to be dressed prior to getting on the bus. The uniform should be tucked in and you will not be allowed to put your cleats on until you get to the field.

-During your equipment week, for away games, you are responsible for picking up and returning all equipment from the training area.

-On game days, we will dress as a team to school. This will be decided at practice the day before.

-Players are expected to take the bus to and from all away games. If a parent needs to drive a player home from a game, please contact Coach Douglas and the athletic office at least 24 hours prior. Athletic director: [nflannery@dist113.org](mailto:nflannery@dist113.org) Coach Douglas: [sdouglas@dist113.org](mailto:sdouglas@dist113.org) Coach Kuhn: [kkuhn@dist113.org](mailto:kkuhn@dist113.org)

**Flexibility -**

Players must be available to play for any level. With small numbers certain circumstances could occur in which players might be playing for Varsity or JV.

**Lockers…**

+ Use your assigned locker all season. Do not share lockers

-Only softball related material should be kept in your locker.

**Trainer…**

-If at any point during the season, you find it necessary to see the trainer during the day, they arrive at school at …..

-Please see the trainer for any injury as soon as possible.

-Notify Coach Douglas/ Coach Kuhn immediately if you need to see the trainer.

**School…**

-You must be in school for at least half of the day to participate in practices and/or games.

-School is the reason that we are here. If you are not doing well in a class, let Coach know as soon as possible we can help you or find you help.

**General…**

-Cell phones may not be used during games or practice.

-Please eat three healthy meals each day and stay hydrated. Practices and games take a lot of energy and the team is counting on you.

-Hustle 100% of the time.

-Be unselfish and give respect to your teammates.

-Be prompt for all meetings and practices (ready to go).

-Always leave the bus, the field, the locker-room and anywhere else cleaner than you found it.

-**Understand that you are a representative of Deerfield High School. Accept this honor with pride and do your best to uphold a standard of excellence.**

**Communication….**

* Remind 101
* Google classroom

**We are ONE team and if one of us does not meet these requirements, it will affect the whole team.**

I understand the stated expectations and procedures and am willing to follow these guidelines. I know that although I am an individual, I am a part of a team that needs me to be at all practices and games in order to succeed.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_