



Players Contract

I have agreed to become a member of the Nor Cal Oaks Baseball Club. As a member of this team, I will do my best to obey these rules & regulations:

- 1.** I will always hustle. I will hustle on & off the field, on every ball I hit, on the bases & in the field.
- 2.** I will respect my coaches & parents & do as they ask. I understand that they come from a place of experience & want to help me become the best I can be.
- 3.** I will not use profanity, drugs, alcohol or tobacco. I will always set a good example & represent my team with class.
- 4.** I will practice good sportsmanship before, during & after games. I will appreciate the good play of our opponents & remain humble during my shining moments.
- 5.** I will treat all opposing players, coaches & fans with respect. The only difference between us is that they are pulling for the other side.
- 6.** I will respect decisions made by the umpires. I cannot change their decisions, & I recognize my reaction may reflect poorly on both me & my team.
- 7.** I will handle winning with class & losing with grace. A player's true character is shown in handling both winning & losing with similar reflection & appreciation.
- 8.** I will never quit. No matter the score, inning or number of outs, I will always give my best. My teammates deserve nothing less.
- 9.** I will work hard when no one is watching. My work ethic is based on the hard work I put in during games & practices as well as at home.
- 10.** I will never throw a bat or other equipment in anger. Not only is this unsafe, but it is a selfish display of poor self-control & bad sportsmanship.
- 11.** I will always prioritize safety of myself & others around me. I will be properly equipped & aware of my surroundings when throwing a ball or swinging a bat.
- 12.** I will treat practices seriously as an opportunity to become the best player I can be. Practice is my time to polish my tools while the game is my time to shine.
- 13.** I will practice self-control, setting a positive example for others. I will not get down on myself when things aren't going my way.

14. I will always support & encourage my teammates. I will be helpful & courteous, treating my teammates the way I would want to be treated.

15. I will respect the facilities we are provided for practices & games. I will not damage equipment, I will clean up when we're done & I will treat it as I would my home.

16. I will represent my team with class. I understand that how I behave & present myself will reflect either positively or negatively on my teammates & coaches.

17. I will remain in the dugout during games at all times, unless approved by a coach. My focus needs to be between the lines.

18. I understand my grades in school & behavior at home & outside of baseball may impact my position on the team.

19. I will embrace my role, position on the field & in the lineup, & I will not complain or feel sorry for myself. This is a team, & I will always do what is necessary for the team to be successful.

20. I will learn from my mistakes. I will make mistakes, but I will use them as opportunities to learn. I will always do my best to follow these rules. My coaches, parents and I understand that we are not perfect, but repeated violations can & will impact my standing on this team. Depending on the severity & frequency of my infractions, I may see less playing time, a diminished role or complete removal from the team. These rules aren't meant to scare me. These are rules I embrace to help me become a better player, teammate & person. I understand these rules, & I will do my best to always represent my teammates well.

PLAYER SIGNATURE

DATE
