

# *Ramona High School*

## *LADY BULLDOG SOFTBALL POLICIES*

- As a member of the Softball team I will not use drugs, steroids, alcohol, or any other performance enhancement illegal drug. Violations will cause removal from the team.
- I will strive to be successful in the classroom. I understand that if I do not perform in the classroom that I will have Softball taken away from me. (6 Week grade checks)
- I will show respect for my parents, coaches, teachers, teammates, opponents, and officials.
- I understand that my actions at school and in the community reflect the Softball program. I will be accountable and not embarrass the Ramona High School Softball program.
- **Hazing, Harassing, or Fighting** will not be tolerated.
- I will **immediately** notify my Coach if I become injured or have symptoms of **heat related illness**.
- I understand the Standards of Practice. If I miss practice I will not start the game. If I have an unexcused absence from practice I understand that I may not get to play in the next game. If this continues I may be removed from the TEAM.
- I will always wear all of my required equipment. I will be CIF and RHS compliant!
- I understand that while the Softball season is “**Active**” (Playoffs, etc.) my commitment will not change and I will fulfill my commitment to my teammates, coaches, and school until the end of the season.
- If I am not a player on the TEAM in good standing at the end of the season, I will not earn a letter!
- When traveling on the TEAM Bus, I will always act respectful and never cause harm to anyone. I will never place my hands or any body part outside the window. I will remove all trash from the seat I use.
- With the current communication technology today, i.e.; Texting, emailing, cell phones, etc. I will always communicate with my head coach should I not be able to attend any team function. (Practice, etc.). Not communicating will be considered an “Un-Excused” absence and consequences will be enforced.
- As a member of the Ramona High School Softball program I will refrain from publicizing any negative comments about my teammates, coaches, opponents, or other support people on communication sites (You Tube, Twitter, My Space, Facebook, message boards, etc.) If I am found to be a ‘negative’ influence on the Team, I will be removed from the team after a meeting with your parents. These sites will be monitored.
- **Being a member of the Ramona High School Softball Program a PRIVILEGE not a right!**

### **AFFIRMATION:**

With my signature below, I agree to abide by the policies above and understand the consequences if I do not.

**Players Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parents Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

