



SO CAL REBELS GOLD TEAM HAND BOOK

PLAYER & PARENT CONDUCT, EXPECTATIONS AND SANCTIONS

CONDUCT

As a member of the So Cal Rebels Gold, you are expected to conduct yourself in a manner which brings credit to yourself, your team, and the organization, both on and off the field. This conduct is expected whether you are representing your team at an athletic contest, or you are involved in a non-athletic activity. As a team member you accept this responsibility, knowing your personal conduct is an important aspect of how other people will interact with you. The coaches and your teammates are depending on you to do your very best in preparation for performance of your athletic skills. Including, but not limited to:

- Participate in a sportsmanlike and safe manner at all times, treating all participants and coaches with respect.
- Cooperate with coaches, other participants and officials at all times.
- Refrain from the use profanity or obscene gestures.
- Never intentionally physically hurt or cause harm to another participant or official.
- Continue an expectation of excellent in the classroom; student athletes who achieve their best academically will set themselves apart for the future.

MISCONDUCT

A player's inappropriate behavior and/or failure to comply with team policies and procedures may result in that player being suspended or dismissed from the team. Player misconduct includes, but is not limited to:

Alcohol, Tobacco &/or Drug Use (Tobacco covers cigarettes, cigars, e cigarettes, vaping & Juul use)

- **The consumption or possession of alcohol, tobacco or drugs on any team sponsored trip or activity will result in immediate dismissal from the team.**
- Stealing and/or accessory to theft
- Vandalism
- Disturbing the peace
- Physical and/or verbal abuse
- Harassment and/or bullying
- Dishonesty
- Inappropriate social media postings (see social media below)



Social Media

The So Cal Rebels Gold Org. understands the popularity and usefulness of social media sites and supports its use by players and parents provided you refrain from the use of inappropriate and offensive behaviors. Examples and expectations including but not limited to:

- Photos, videos, comments or posts violating the conduct code.
- Photos, videos, comments or posts that are unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity.

Before participating in any online community, be aware that any information you post becomes public knowledge. Whether it is a photo, video and/or text, that message becomes out of your control once posted online

- You should not post information that would cause embarrassment to yourself, family or team.
- Be aware that posting specific information such as your address, birthday, phone number, etc., puts you in a situation where you could be vulnerable.
- Exercise caution with who you add as a “friend” or “follower” on social networking sites.
- Understand coaches can and do monitor players social media.

Player/Participant Expectations:

- I will attend all practices and team functions or notify the coach (ahead of time) if I will be late or unable to attend. I understand that missing practices and team functions will affect my playing time and excessive absence can be grounds for dismissal
- I will focus my efforts at all practices, team functions and games with a good attitude and with a 100% effort at all times. I will be accountable for work ethics to improve my personal softball skills and to be a positive influence to my team while improving myself as an athlete. Those who put little effort into practice will get little playing time. **We practice how we expect to play.**
- I will treat coaches, teammates, umpires and others with respect and professionalism because I am an elite athlete. I will communicate and support my coaches and teammates because it will improve the growth of our team.
- I will go to my head coach first with any problems related to the team or players.
- I will allow myself to be coachable by my coaches and am willing to work with them to improve my softball skill to the highest level.

Parents &/or Guardians Expectations



- Commit to the same dedication, commitment and respect of all coaches, participants and other families.
- Abide by the 48 hour rule, which states, “if I disagree or have concerns regarding coaching around a game or practice, you will wait 48 hours before addressing it with a coach.” This will give both parties time to reflect and think about the best outcome for the athlete.
- Focusing on your child only will disrupt and fragment the team, *I promise to support the entire team to the best of my ability.*
- I will not coach from the stands by giving any signs, signals or coaching instructions. *Cheering and encouraging statements are encouraged and appreciated by the team and coaching staff.*
- During games the coaches, managers and players are the only ones allowed in the dugout. *Players with permission* are allowed to leave the dugout to obtain necessary items (water, medication, etc.) If a player leaves the dugout to talk with a parent without permission, I understand my child’s playing time may be affected.
- Abide by all athletic facility rules and understand you are a representative of this organization, your daughter and family when attending athletic events.

SANCTIONS

Preliminary Action: The head coach will discuss any violation of the player conduct code and possible sanctions with player and parent or guardian.

Disciplinary Actions: Sanctions may include, but are not limited to, the following

- Immediate dismissal from the team

NOTE: at the coaches discretion a player may be asked to leave the team at any time. No refunds will be provided if player is asked to leave due to violation of code of conduct.

TRAVEL

Participation in the **So Cal Rebels Gold Org.** requires travel. We will attend several out of state tournaments and will involve traveling, please plan accordingly.

By signing below, we acknowledge we have received, read and understand this **So Cal Rebels Gold Org.** Parent/Player Handbook and agree to abide by the rules and expectations set forth.

Note: Upon signing below, you recognize that you have accepted a position on the So Cal Rebels Gold Org. and a *non-refundable* deposit is due. This will be applied towards your player fees.

Player Signature: _____ Date: _____



Player Written Name: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Written Name: _____