

HUDSON HEAT PLAYER CONTRACT

PLAYERS

- I will arrive at least fifteen (15) minutes prior to the start of practices and one hour and fifteen minutes (1hr 15min) minutes prior to the start of games.
- In order to avoid injury, I will properly warm up prior to the start of any practice- including throwing.
- I will treat teammates, coaches and opposing teams and coaches and umpires with respect.
- I will respect and accept all official's calls and decisions without argument.
- I will win with dignity, lose without excuses.
- I will adhere to all league and team rules.
- I will conduct myself in a manner that represents good character and sportsmanship.
- I promise to go to bed a reasonable hour the night before games and tournaments. This will ensure that I can play my best and be the best teammate possible for my team.
- I will be sure to have only healthy snacks and beverages in the dugout. (i.e. no candy, soda etc.)
- I will carry all my own equipment to and from the field.
- I will know where my equipment is in the dugout at all times. I will store it safely to prevent injury and/or damage to equipment.
- I will pay attention to the game on the field at all times. I will watch and pay attention for base running instructions from the base coaches and not from fans watching the game, including parents. I will NOT question a coach about player position or playing time during a game. Either about myself or in second hand conversation to others. There are proper times and places for this. Tournament weekends or games aren't one.
- I will agree to NOT: use foul language, physical aggression, and uncooperative behavior/body language (including: facial expressions, back talk, body gestures that criticize any member of the coaching staff or players), arrive to practices, tournaments and team functions at designated time (that means I will be ready to walk onto the field and play the game at all times regardless of position or playing status). When in the game, I will pay attention to the game and be ready to make a play to help my team at all times.
- **I will REMAIN IN THE DUGOUT at all times unless on the field.** I will not leave the dugout without permission from a coach. This includes bathroom breaks, speaking to a parent, retrieving additional water/snacks etc.
- I understand that to ensure the safety of our athletes, 'horse-play' will not be tolerated in the dugout or on the field. This includes, but is not limited to, piggy-backs, physically carrying another player, throwing objects at another player, intentionally pushing/shoving/hitting another player, throwing equipment in the dugout or on the field out of frustration etc.
- I will be aware and understand that there will be the consequences for not following these rules and that they are:
 - Change of playing position and or, reduced playing time
 - Removal from the game/ lineup
 - Released from the team
 - Running sprints, laps, etc.
- Should I have any questions concerning specific playing time, positions(s), and/or concerns regarding interest in specific areas of the game, I may discuss this matter with the coaches directly at the appropriate time and place (outside of games, practices, the team dug out)
- ***GUEST PLAYING: Players rostered with the Hudson Heat are prohibited from guest-playing or substituting for any other travel team without the prior written consent of their Hudson Heat Head Coach/Coaching Staff. The Heat Coaching Staff reserves the absolute right to grant or deny permission at their sole discretion. Criteria for denial may include, but are not limited to: player fatigue, injury prevention, scheduling conflicts, or proximity to upcoming Heat tournaments and activities. To request a waiver, the coach of the borrowing team must contact the Heat Head Coach directly. Official permission or denial will only be valid if documented in writing via email or text message between both coaching staffs.***