

LJHS Softball Athlete Contract

2024/2025 Season

Congratulations on being part of the La Jolla High School softball team. Softball is a difficult game that very few master, so just making the team is an accomplishment.

The coaching staff is dedicated to providing you an educational, safe, and fun season. You will be challenged and you will experience perceived failure. The emphasis will always be on "fail forward": when an athlete does not meet their own expectations, the athlete will strive to improve the next time with a good attitude.

La Jolla High School Softball Player Code of Conduct

By being a part of the La Jolla Softball team, high expectations will be placed on you. The coaching staff will hold every athlete to a high standard and will expect all team members to conduct themselves in a responsible manner. Behavior that is deemed disruptive and detrimental to the team can bring consequences ranging from diminished playing time to dismissal from the team.

Behavior Expectations:

1. All teammates, opponents, umpires, and fans will be treated with respect.
2. See expectation #1. Any disrespect will result in consequences. This is important.
3. The athletes represent La Jolla High School. At all games, athletes will be disciplined, hustle, and do their best to leave the field better than it was found. Do not curse or act inappropriately.
4. Be on time. Warm-ups start on time. Being late will result in consequences for the team.
5. Be prepared with all necessary gear and proper attire.
6. Student athletes have busy lives and may need to miss practice on occasion. Athletes are expected to text Coach Sarain (619 218 8495) at least 1 hour before practice.
7. Practice with intent. You are expected to treat practice just like a game. Practice is the time to learn and improve. We will not coach poor attitudes, we cannot coach effort, and effort comes from the player.
8. Always support your teammates on and off the field. We are in this together.
9. Be coachable. Listen to your coaches' instruction. Ask questions if you are not sure. Be willing to try new positions, new techniques. Be willing to do whatever your team needs you to do.
10. Accept your role on the team. If you do not like it, work harder to change it. Playing time is earned in practice and on the field.
11. Do not transfer blame or make excuses. It is not acceptable. Learn from your mistakes and get better.
12. Do not participate in any club softball games. Participating in club softball games will result in the athlete being ineligible to compete in high school games.
13. Injuries will be taken seriously. It is important that players and parents have open and honest communications with coaches regarding injuries. Playing with soreness and slight pain is part of sports; however, playing injured is not. Health of the player is paramount. If you are injured, you are required to visit your doctor. A doctor's note will be required, and the doctor's orders will be followed by the coach. Injured players are still required to attend practices and games.

Possible Consequences:

1. A verbal warning
2. Team lap/pushups/burpees/squats. The consequences are for the entire team, not just the athlete who broke a rule.
3. Diminished game time. Lack of hustle, not taking a sign, leaving the dugout, disrespectful behavior will result in an immediate benching.
4. Dismissal from practice.
5. Dismissal from the team.

Skill Expectations:

1. Athletes can make a 60' overhand throw with 95% accuracy.
2. Athletes can catch all balls within an arms reach.
3. Athletes understand the basics of base running and defense.
4. Athletes can demonstrate and describe all segments of their swing.
5. Athletes can slide into a base.

Player: _____

Parent: _____

Signature:_____

Signature:_____

Date:_____