

2007 Mud Hens Player Agreement

As a player on the Mud Hens I understand the importance of my commitment to the team, good sportsmanship and having a good attitude if we are to achieve our goals this year. I agree to the following:

- I understand being on the Mud Hens is a privilege and should I not do well in school I may not be allowed to be a Mud Hen. I understand and agree that school and family are more important than being a Mud Hen.
- I will be to practice on time. Should I not arrive on time or miss practice(s) frequently I understand this will impact how much I play in the games and that I will be required to run extra laps.
- I will be prepared when I arrive at practice. Bring water or a sports drink.
- I will wear long pants, cleats, cup and a hat at all times on the field.
- I will not wear my hat backwards or without a curl in the bill.
- I will encourage my teammates at all times to do their best.
- I will listen to my Coaches when they're speaking.
- I will hustle at all times and encourage others to do the same.
- I will never "talk trash" to my teammates or the opponents.
- I will make sure my uniform is clean before all games.
- I will keep my hair cut in an athletic manner and out of my eyes and off my collar.
- I will not have a bad attitude for any reason. Being upset or frustrated about something that happens on the field is part of baseball. Learn to deal with failure. It's part of playing any sport. However, if I have an emotional breakdown of any kind I will be removed from the game and

the dugout immediately which hurts my team and is unfair to my teammates who need me. "There's no crying in baseball", *Tom Hanks*.

- I will eat before practice and the games and not during.
- I understand the importance of being well rested the night before games and therefore I will make sure I get a good nights rest before all games.
- I will always be respectful to all Mud Hens Coaching Staff, teammates, opponents, parents and Umpires. Should I disrespect any of them I will be removed immediately from the game, practice and possibly the team.
- I will not talk to my parents or friends during the game. They can get my autograph when the last out is made.
- I am here to learn and enjoy baseball, have fun, meet new friends and to have a greater appreciation and passion for baseball.
- I will never quit or give up if we are losing a game.
- I will always give 110% at practices and games.
- I am very proud to be a Mud Hen and consider it an honor to be on this team.

I accept total responsibility for all my actions both on and off the field and the requirements of me to be a Mud Hen. I won't make excuses or blame others when something doesn't go my way and will do my very best at all times to uphold the above rules which are very fair.

Let's Play Ball !!!

Mud Hens Player

Parent