

# ST. ANTHONY SOFTBALL RULES/EXPECTATIONS

REMIND APP CODE: @SACBSSB

## RESPECT

1. All student athletes will respect themselves, teachers, coaches, teammates, opposing teams, parents and umpires.
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## SAFETY

### PRACTICE/GAMES:

1. No jewelery
  2. No hair clips/No bobby pins
  3. Hair must be completely up and tied back.
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## ACADEMICS

### ELIGIBILITY:

1. Student athletes are required to maintain a 75 or higher in all classes.
  2. Student athletes become ineligible if grades fall under 75. Students athletes become eligible if grades are 75 or higher on the following progress report.
  3. Study hall will be incorporated into Friday practices.
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## UNIFORMITY/PRACTICES/GAMES

### UNIFORMITY:

1. Student athletes need to be suited out in required practice attire: gym uniform and cleats **OR** softball season shirt, gray pants, royal blue socks, and cleats.
2. Student athletes are required to have their gloves and cleats at every practice.
3. Please do not wear game uniform jerseys to practice.
4. Student athletes will be issued a jersey and a softball belt. They are responsible for turning in their jersey and belt to me by the end of the season.
5. Students athletes will be required to purchase gray softball pants (with belt loops), and royal blue tube socks.

### PRACTICE:

1. Practice times are 3:30-5 on days we don't have games.
2. Even if it rains, we will have indoor practice.
3. If the student athlete skips practice for tutorials, I need a note from the teacher.
5. Athletes are required to be on the field, ready to stretch and throw by 3:20 p.m.
6. Athletes are required to take softball equipment out to the field before practice and put it away at the end of practice.
7. Practice attendance will affect playing time and gameday starting lineups.

### GAMES:

1. Game times begin at 4:15.
2. Players must arrive to games by 3:45 p.m.
3. Games are 7 innings or 1 hour and 10 minutes.

## COACH FLORES

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STUDENT ATHLETE SIGNATURE

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PARENT SIGNATURE

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DATE