

Bullard Panthers Player Guidelines 2020

Player Guidelines:

Discipline Action:

1st offense - Some type of physical discipline (example: running, lunging, etc.)

2nd offense - 1 game suspension or physical discipline (whichever will sting the most)

3rd offense - 3 game suspension or possible dismissal from the team

Offense:

Disrespecting coaches, umpires, teammates, other team, and fans

Unexcused missed practice

Unexcused missed athletics

Refusing to ride to or from games on the bus

No communication about excused missed practice/athletics beforehand

Foul Language

ISS

Tardiness on a consistence basis

Activities that jeopardize team chemistry (ie. social media, complaining about playing time, talking down about the program, etc.)

DAEP - automatic dismissal from program

ETC.

Offenses that are illegal (vaping, drug or alcohol related, theft, ect.) will go straight into a 3rd offense (3 game suspension). The 2nd illegal offense will be automatic dismissal from the team.

These are just examples, there are other offenses that may occur throughout the year. On “gray area” situations, it is always better to ask for permission instead of forgiveness.

Tardiness

DON'T BE LATE

There will be a “reminder” if you are late to practice or games. Punctuality is very important in life.

Lost Items

If a player loses any item issues to him from baseball, it will be the responsibility of the player or family to replace or pay for the item.

Practice Uniform Rule

When we have all of our practice gear in, the players must dress the exact same everyday with gear issued for baseball. This includes practice pants, practice hat, practice shirt, belt, socks, etc.

There will be a “reminder” for those who missing uniform items. This shows discipline and responsibility which are valuable in life.

Hair:

A players hair must not be in the face or covering the ears when their hat is on. Players who don't abide by this rule will not play until it is properly fixed.

Riding the Bus:

All players must ride the bus to and from games. The only exception is if there is a family emergency (ie. death in family or sudden immediate family injury) or injury to the player that he will need to go to the emergency room. This will need to be approved at least a day before the game (unless of sudden emergency).

Kicked out of Practice

If a players effort level or attitude isn't up to the standards Coach Lemire wants it to be, Coach Lemire will warn the player that he needs to “pick it up” or he will be kicked out of practice. From that point forward, the decision is up to the player to make a correct response. If he doesn't he will be kicked out of practice and Coach Lemire will send you an email or remind message when it happens. Only Coach Lemire will be able to kick players out of practice. I've only kicked one player of out practice my entire coaching career.

Saturday Practices

There will be times that we will practice on Saturday. These are not mandatory, but highly recommended. A player will not be punished or lose possible playing time if they do not attend.

Weight Room

If a player misses athletics or weight room time, they will not practice that day. Instead they lift during practice time. The weight room is a vital part of our baseball program and needs to be taken seriously at all times.

Mentor System

A upperclassmen will be paired up to a underclassmen. If one of the pair violates any rule, they will both be disciplined, but differently.

Example: a sophomore gets ISS, this is the sophomores first offense. The sophomore will run and the senior assigned to him will run as well. The senior's punishment won't be near as much as the sophomore that received ISS. This will make the players think about the actions they make and how it not only affects them, but the people around them.

Excused Absence from Practice and Athletics

If a player has an excused absence, the player and parent (at least the parent) must send an email or remind saying that the player is missing athletics or practice and why. Excused absences are death in family, sickness, doctors appointment, mandatory school related function, etc. **I will need a doctors note if the player is missing for a medical reason for 3 consecutive days.**

Spring Break

All Varsity players must attend practices and/or games during spring break. JV team do not have to attend but it is highly encourage to attend practice during spring break if in town. If a Varsity player misses practice and/or a game it will fall under a discipline action offense.

Player Overall Expectations:

Be coachable

Be the Standard

Be where you're supposed to be and do what you're supposed to do

Be respectful - teammates, coaches, umpires, other team, and fans

Be accountable - no excuses

Leaders-Followers — great teams the players lead, average team only the coaches lead, bad teams no one leads

Don't be afraid to ask for help (on the field and life)

Don't let your teammates down

Be D1 in the classroom

Be D1 in the weight room

Be D1 on the practice field

Take care of each other!

Player Game Expectations:

Compete every pitch

Be relentless

Be selfless - know your role and perfect it

BYOG - Bring Your Own Guts
Leave it all out there and play ball
Be confident
Have great dugout intent
Have fun
Have intensity
Earn the victory
Win every inning
Have some pride
Positive actions need positive reactions.
Have composure when negative actions occur

Pitching Expectations

Throw strikes! No Walks
 First pitch strikes
 Get to two strikes ASAP
 Get an out within 4 pitches
Have a Bulldog Mentality
Have Mound Composure
Control the running game
 Change looks
 Change times to the plate
 Pickoffs
Field your position
Be confident
Communicate
Be a 3 pitch guy
Work both sides of the plate
Work the thirds early and the black late
Bare down with 2 outs
Get the lead off guy every inning

Pitcher Mind Set

1. Perfect Game
2. No Hitter
3. Shut Out
4. Win

Hitter Expectations

Hunt the FB early. Lay off spinners and change-ups early unless hanging.
STBWBB - double like swings with less than 2 strikes
Have an approach - know what you're looking for
Two strike approach - change physically and battle/compete

Do your job whatever it takes
Be confident - put the pressure on the pitcher
Be locked/dialed in
Know the pitcher's misses (up,down,in,out)
Know the out pitch
Know the umpire's zone - they're all different
Know when to eliminate pitcher's pitches
Communicate to each other about the pitcher's pitches (release point, movement, etc.)
Have anticipation

Infield Expectations

Be ready every pitch (pre-pitch feet and mental work)
Have great feet
Anticipate making the great play
Know the situation
Move with the pitch
No throwing errors
Recognize swings
Communicate
Know your environment (wind and surface)
Know your runner (red runner = very fast)
Be confident
Make the routine play routine

Outfield Expectations

Be in the correct pre-pitch position
Work behind pop-ups
Work around ground balls
Communicate - don't hurt each other out there
Recognize swings
Know your environment - wind and surface
Know your runner
Hit your cut-off - know when to let lit loose
Know the situation
Back up bases
Know when to make the great play and don't be afraid to
Nothing gets past you

Catcher Expectations

Take care of your pitcher

Communicate - you're the leader of the defense
Know when to mound visit
No passed balls
Receive/frame well
Make the great block
Great transfers and throws
Field your position
Look to back door runners
Know the situation
Be a bulldog
No drops

Base Running Expectations

Good leads - primary and secondary
Good body position
Run hard all the time
NEVER ASSUME
Steal signs
Don't be afraid to be aggressive
Know the situation
Good fly ball technique - tag/half way/quarter way tag/back side tag)
Read ball angle down
Know the golden rules - don't make the 1st or 3rd out at 3rd, don't run us out of an inning
Know the outfielders arm
Know where the infield and outfield are playing - great jumps off the bat
Pick up the coach

Truth

Iron sharpens iron, so one man sharpens another (Proverbs 27:17)

Challenge

Be the person to leave this world and/or place better than you found it. You can start today.