



## CAPITAL DISTRICT CROSSFIRE TEAM GUIDELINES

Players agree to play solely for the CD Crossfire Fastpitch Softball Team for the period of twelve months, September 01, through August 31st and further agree to all terms and conditions set forth below. Playing pick up games with other travel teams on occasion may be permitted only with Head Coaches permission and must not interfere with players commitment or eligibility on the CD Crossfire team.

I understand the one-half of fee for the season is do upon acceptance of offer to play on CD Crossfire for the given year and remaining balance is due based on your payment contract. Any and all portions of sponsorship funds collected by each player and/or family will be credited toward player team fees. If all fee's are not paid as scheduled, player will not be allowed to play and may result in dismissal from team. If hardship is experienced please see the team manager for possible arrangements.

When ever possible, staff will consider parent input on non game type decisions.

It is our intention to play fall/winter/spring/summer with a goal to get players the most exposure to college coaches as possible. We will have a strong emphasis on showcase tournaments that best fit the needs of our players as a whole. The fall season starts September 1st and usually ends sometime in early November. Winter training/tournaments start Late November/Early December and end when school season begins in March. We have a light practice schedule during school season. The Fall and Winter season is for personal skill and team building along with agility and personal fitness training.

All team equipment, uniforms, team items are the sole ownership of the CD Crossfire Team and are to be returned upon request in a reasonable amount of time, clean and in good condition.

Any funds, personal property or personal time contributed toward purchasing these items are a non refundable usage fee. In the event the player leaves the team or is dismissed from the team, for any reason, all equipment and uniforms must be returned immediately. There are no refunds!

### **As a Player in exchange for the privilege of being on the team, I promise to do the following:**

1. Attend practice on time or notify the coaches (ahead of time if possible) why I am late or unable to attend. On time means on the field, ready to play, not, arrive at practice time, then put on cleats, put up hair, etc..
2. Focus on what the team is doing and try to use the practice/game time to improve skills and physical abilities. (Those who put little or no effort into practice will get little or no playing time.) This includes cheering team during games. The more you communicate and support each other the better you will play!

3. Treat everyone involved with our team with respect. This includes coaches, team mates, officials, opponents, and fans of both teams. I will not make any negative comments about my teammates, parents, opponents, officials or fans.
4. Go to the Head Coach first if I have a problem related to the team. I will not complain to others until I have given the person I have a problem with an opportunity to correct it or work it out.
5. Work hard to develop good habits by practicing with good form and 100% effort. (The habits you develop in practice are the habits that will determine how you play in games.)
6. NO drugs or Alcohol allowed at any time! Remember if you are in the presence of any such illegal behavior you are guilty by association! (Players can be dismissed from the team if engaging in illegal behavior, taking drugs, or drinking alcohol.
7. Spend time needed in addition to team practices to practice personal skills.
8. Understand accepting to play on the Crossfire team is a very big commitment and sometimes a sacrifice. Everyone is important to the success of your team!

**As a parent you understand the following:**

1. Influence my daughter in a positive manner and to abide by the rules of the team.
2. Be an example of good sportsmanship at games by making only positive comments about the players, keeping criticism of the officiating to a minimum of volume and frequency, and treating fans of our opponents with respect. Never to coach from the side lines at any time!
3. Being patient with coaches who may not be giving your daughter the playing time you feel she deserves. (Fees paid to the team are for roster position on the team and do not guarantee any specific amount of playing time. Play time is earned by each individual player, not purchased!)
4. Contact the coaches first if you have a complaint, comment or question either by email, phone call or after practice, but never after any game. Never discuss someone else's daughter in a negative way, Coaches will only have discussions regarding your own daughter.
5. Please make sure your daughter gets to get to practice, games on time, unless you have notified the coaches.
6. Allow coaches to coach my daughter and will refrain from giving instructions. Understand that this can cause confusion for the players and that your daughter needs to focus on what the coaches want them to be doing. CD Crossfire has very qualified coaches with a proven track record.
7. At no time should parents enter dug out or immediate area, practice field, game field unless asked or given permission by a Coach. Please NO Exceptions to the rule.

**We, the coaches, will make all attempts to...**

1. Treat each player like we would want our daughter to be treated.
2. Attempt to play each player as much as possible. This is not always possible but we will do our best. There are no guarantees about player position or playing time and that these decisions are at the sole discretion of the Coaches.

3. Be examples of good sportsmanship and character... most of the time. :)
4. Help to enhance the skills each athlete has to become the best player they can be.
5. Listen to any complaints parents or players may have and respond fairly with understanding and respect. Ultimately, playing time and position placement of the girls will be determined by the coaches, based on what is the best decision for the team.
7. Keep all players and parents as informed as possible, as far in advance as possible. Our primary format for information delivery is e-mail, text

**Additional items:**

1. SCHOOL COMES FIRST. Your grades and class work come before Softball. We are not talking about extra-curricular activities, with some exceptions. I am referring to circumstances that will affect your grades. D
2. All practices and games are mandatory unless permission is given not to attend or an emergency excuses. We know that circumstances will arise when you must miss an event. When this occurs the player is to inform their coach in advance when possible Missed practice without good reason will limit your playing time in the next tournament and if on going may result in being cut from the team.
3. All players are to treat teammates, parents and coaches with respect. Behavior that "puts other players and coaches down," or demonstrates lack of self control will not be tolerated. This includes inappropriate use of social media.
4. WE KNOW THAT BEING PART OF THIS DEMANDING SOFTBALL EXPERIENCE WILL REQUIRE SACRIFICES, adjustments and EXTRAORDINARY COMMITMENT on the part of the players, their families, and the coaches. However, we are working to achieve an extraordinary team and individual success which demands EXTRAORDINARY EFFORT ON ALL OUR PARTS. In return, we have an opportunity to create a positive experience that could affect your lives forever.
5. Players will be constantly evaluated on their demonstration of coachability, hustle, mental and physical toughness,loyalty to the team, what they can do for the team (Not what the team can do for the player) and the desire to improve their skill. Our goal is to field a team of players that consistently will demand more of themselves, than is demanded by the coaches.
6. Cell phones and other devices are not allowed on the ball field or in the dugout, either at practice or at a game. Players may have them in their bat bags, but they must be off and put away out of sight. Let a coach know about any special situations.

Parents Initials \_\_\_\_\_

Players Initials \_\_\_\_\_