**Pine Tree Pirates Player Guidelines**

**Player Guidelines:**

**Discipline Action:**

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

**2nd offense** - 1 game suspension or physical discipline (whichever will be the most

effective for that player)

**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 consistent basis

Activities that jeopardize team chemistry (ie. social media, complaining about

playing time, talking down about the program, etc.)

ECC - if a player receives ECC for a second time, that player will be dismissed from the team

ETC.

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 are missing uniform items. This shows discipline and

responsibility which are valuable in life.

**Hair:**

A player's 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. Exceptions: family emergency (ie. death in

family or sudden immediate family injury), injury to the player that he will need to go to the

emergency room, or JV games that are on the road before Varsity games (Players will need to

check out with a parent/guardian signature.)

**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 SportsYou message when

it happens. Only Coach Lemire will be able to kick players out of practice.

**Saturday Practices**

There will be times that we will practice on Saturday. These are not mandatory, but highly

recommended.

**Weight Room**

If a player misses athletics or weight room time, they will not practice that day until he does his

lifts. The weight room is a vital part of our baseball program and needs to be taken seriously at

all times.

**Mentor System**

An upperclassmen will be paired up to an underclassmen. If one of the pair violates any rule, they

will both be disciplined, but differently.

Example: a sophomore gets ISS, this is the sophomore's 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 SportsYou saying that the player is missing athletics or practice and why. Excused absences

are death in the family, sickness, doctors appointments, mandatory school related functions, etc.)

**Spring Break**

All players must attend practices and/or games during spring break.

**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

Perfect 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

Understand Command vs. Control

Control - Having the ability to throw each of your pitches consistently for strikes anywhere inside of the strike zone with correct shape, late movement, and velocity. (The Strike Zone).

Command - Having the ability to throw each of your pitches with the correct shape, late movement, and velocity to a pinpoint location. (Glove Locations)

**Three Ways to Attack Hitters:**

1. Inside/Outside (Rocking Chair)

2. Up/Down (Elevator Shaft)

3. Throttle (Shifting Gears or Velocity)

**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 plus count shape.

STBWBB - double like swings with less than 2 strikes

Have an approach - know what you’re looking for and have a plan

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 certain pitcher’s pitches

Communicate to each other about the pitcher’s pitches (release point, movement, etc.)

Have anticipation

Know and understand breaking ball “shapes”

**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, etc.)

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 it 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 - Hang out/ Hang out 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 outfielder’s arms

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. Right now, learn how to be a

great son, teammate, and person. For the future, begin to learn how to become a great father and

husband!! If you leave this program without learning life lessons we (you and coaches) all have failed!