



Oshkosh West Baseball

Rules and Regulations

IT IS A PRIVILEGE TO BE A PART OF THE WILDCAT BASEBALL PROGRAM!

Do your best and your best will be good enough. Remember, it's not always the team with the best athletes that wins, it's the team that is willing to pay prices. Motivation to win is purely and simply ambition, high standards, expectations, and goals. A participant hopes to win but a competitor expects to win. Be a competitor! Scouts and college coaches are always watching.

Discipline - training that develops self-control, character, and efficiency. A habit of caring, wanting to do things right, wanting to learn, to know more about what you are doing, wanting to look good, and give a good impression of yourself.

* **Communication is essential!** -- both on and off the field. If a player wishes to speak to a coach about any personal or team problem, the door is always open. Be honest. Learn to accept criticism as it is intended. **If you cannot attend practice or a game, let coach know as soon as possible.**

Contact information:

Coaches' Office	424-4938	
West Main Office	424-4090	
Coach Gerharz	426-5926	email: tgerharz@fvaathletics.org
Coach Morrison	203-0325	email: smorrison@fvaathletics.org
Coach Kohl	232-0746	
Coach Cholewinski	687-1912	

Our web site – www.fvaathletics.org/baseball/wildcats – has schedules and other information posted.

Oshkosh West baseball players will:

- Abide by the Oshkosh Area School District rules and guidelines.
- Attend all classes and be good students. School comes first.
- Always show respect to teammates, opponents, umpires, coaches, teachers, and parents.
- Attend all practices, meetings, and games, even if injured or ill.
- Be dressed and ready to go 10-15 minutes before practice starts.
- Wear blue, white, or gray shorts and shirts to practice (preferably OW Baseball attire).
- Wear white socks to practices and games.
- Wear gym shoes (running shoes) in gym and on outside runs.
- Wear baseball spikes outside.
- Wear OW baseball cap at all practices/games.
- Wear a protective cup.
- Wear a batting helmet when hitting or baserunning. Wear batting gloves using your own discretion.
- Use an "L" screen when throwing batting practice.
- Have warm clothes at all times for outdoors practices and runs.
- Keep gym doors locked during practices.
- Have an extra glove (in case regular one fails).
- Be athletes: have a good diet; get enough sleep/rest; follow good hygiene practices (shower after games/workouts – use soap and shampoo, wear warm clothes outside); keep your body in top physical condition.
- Be clean-shaven and have an acceptable haircut.
- Tell coach if sick or injured. Coach will refer you to the trainer if necessary.
- Use the ice machine for injuries only.

Oshkosh West baseball players will:

- Take care of the lockers, varsity room, and all facilities and keep them clean.
- Keep equipment clean and put it where it belongs. Put their names on personal equipment.
- Park cars in the student parking lot.
- Be responsible for all equipment issued. You must pay for anything lost, stolen, or damaged. (Uniforms are \$100+, sweat pants \$20, jackets \$75, undershirts \$20, travel bags \$20, game socks/stirrups \$10.) Use a combination lock and secure your locker every day.
- Have pride in yourself, your team, and your performance.
- Promote the Oshkosh West Baseball program around the school and community.

Oshkosh West baseball players will not:

- Be unexcused from or late for class, practices, meetings, or games.
- Ridicule, downgrade, or be disrespectful to teammates, coaches, opponents, umpires, or teachers.
- Second-guess coaches' or teammates' decisions.
- Allow friends, parents, etc. at practices or meetings (unless pre-arranged with coach).
- Interrupt other team's practices, meetings, or games.
- Wear alcohol, tobacco, rock/rap, etc. attire to practices or games.
- Wear jewelry to practices or games.
- Let jobs take precedence over family, school, or athletics.
- Wear spikes in the locker room, gym, or hallways.
- Play on an organized softball team (spring, summer, or fall).
- Eat or drink during games or practices (except water).
- Throw equipment (the team's or your own).
- Lie around or sit at practices without coach's approval.
- Goof around or otherwise misbehave before, during, or after a game, or on a bus.
- Use profanity or obscene gestures.
- Park cars in back of the varsity locker room.
- Quit the team and thus the program.
- Wear any school issued equipment except during practices or games.
- Go into the coaches' office or equipment room without permission from a coach.
- Let your teammates, coaches, school, or family down by breaking rules and regulations.
- Embarrass yourself, team, coaches, school, or family.

Award Eligibility: (letter, mascot, numerals)

1. The athlete must complete the season in good standing.
2. The athlete must fulfill all team-related obligations.
3. The athlete must contribute positively both on and off the field.
4. The athlete must play in 25 % of total innings (unless extenuating circumstances).
5. Varsity letters are given by coaches' discretion.
6. The athlete will not be nominated for all-conference, all-district, or all-state honors if he has violated the training rules part of the athletic code at any time during the season.
7. Varsity team awards such as MVP and captain are given by the discretion of the coaching staff (usually following a team vote).

**** The coaching staff has absolute authority
in the selection and retention of candidates
and baseball players for the team.**