

## Liberty Patriot's Fastpitch Practice & Playing Time Policy

1. **The coaching staff will make the final call on all playing time issues.** It is strictly the coach's decision, and coaches reserve the right to amend the following rules on an individual basis. Parents should not discuss playing time issues with the coach; playing time issues should be handled between the player and the coach only.
2. All athletes should plan on attending **practice from 2:45 until 5:30 on weekdays, and from 9:00 until 12:00 on Saturday** for the Varsity only. If practice lasts longer than this time period, and an athlete needs to leave for a legitimate reason (family plans, other sport practice, ride issues, etc.), the coaching staff will understand & no punishment will occur.
3. The following rules apply to the given situation:
  - a. **Athlete misses practice due to academic reasons** (needs extra help with math, needs to make up a test, SAT's, etc.): athlete should try to find a time that does not conflict w/ softball first, if this absolutely does not work out then she should bring a note from the said teacher excusing their missed time – athlete will not have any true punishment unless this is repeated several times at which point playing time will be affected
  - b. **Athlete misses a practice due to an excused illness** (includes a parent note given to the coach and/or attendance office if school was missed): no true punishment, but might miss next game if the athlete is still not feeling well – this will be a coaches decision based on individual situations. Note: If you miss a part of school, without a note from a doctor, you will not be able to practice. If you can't practice b/c you missed class for a dentist's or Dr's. app't. and failed to bring in a note, consider this an unexcused absence.
  - c. **Athlete misses practice due to a religious observance:** no punishment.
  - d. **Athlete misses practice due to family emergency:** i.e.: illness in family, death, unforeseen circumstances, etc. – no punishment. Please note: this rule is meant to apply to family *emergencies* only. Family reunions, birthday parties, vacations etc. are not considered an excused absence. In these cases, the player will sit out a *minimum* of two innings during the next game, and may be benched for the entirety of the game – coach's decision.
  - e. **Athlete misses a weekend practice due to summer softball team game/tournament:** no punishment will occur as it is the coaching staff's philosophy that playing in a competitive softball game improves your skills as much as practice. Please do not plan on making a habit of this. A player can only miss a Sat. practice to play for *their own* Summer team – missing practice to play for a team as a pick up player is not acceptable. Note: these rules do not apply to summer team's practices or fundraisers. Missing a high school practice to attend a summer team's practice or fundraiser is not acceptable. It will result in a benching for the entirety of the next game. During the high school season, high school ball comes first.
  - f. **Athlete misses practice for an unexcused reason** (unexcused absence from school, detention, skipping, working, other sport team's game or practice, traveling, etc.): 2 gauntlets & benching for minimum of 2 innings during the next game depending on the circumstance. Note: Player may be benched for the entirety of the game
  - g. **Athlete misses a game for one of the aforementioned unexcused reasons:** 2 gauntlets & benching for the entirety of the next game – athlete may be benched for more than one game depending on the circumstances – coach's decision. If an athlete misses two games for unexcused reasons, the player may be removed from the program
  - h. **Athlete is late for practice or a game for an unexcused reason:** Athlete will run 2 gauntlets, and/or may be benched for a portion of the game.
  - i. **Parents are not to talk with athletes during games unless it is a true emergency:** warning to player involved & possible benching, player will be removed from the program if this becomes a habit
  - j. **All cell phones must be turned off during games:** 2 gauntlets per phone call
  - k. **No sitting on boyfriends laps, no kissing, or otherwise overly cavorting with boyfriends immediately before games or in between games during tournaments:** 2 gauntlets and/or benching for 2 innings to a full game – coaches discretion

By signing below I understand & agree to abide by these rules:

\_\_\_\_\_ parent \_\_\_\_\_ date  
\_\_\_\_\_ athlete \_\_\_\_\_ date