



**Hornet Baseball  
Team Constitution 2024**

## Team Constitution 2024

### I. Qualifications

- a. Players must meet the academic regulations set by the State of Georgia.
- b. Players must have a current medical physical on file with the school.
- c. Players must have a completed Dragonfly account.

### II. Player Rules and Regulations

#### a. Attendance

- i. Players must attend all games and practices, if unable to attend please give Coach Majors advanced notice. We realize there will be emergency situations or sudden illness, so when that happens you are to bring an excuse the next day printed from a doctor, by email or phone call. **Missed practices may result in being benched for the next game. If a player misses 3 unexcused practices it may be cause for dismissal from the team.**
- ii. Players must be counted present at school in order to attend practice or games. If you are considered absent from school on a Friday you cannot play on Saturday.
- iii. If a player becomes ill and must leave school, he is to notify Coach Majors before going home. I am just a text message away. (Ask the nurse or the front office to notify Coach Majors)

#### b. Timeliness

- i. If a player is late to a practice or game he may have consequences. These could consist of conditioning enhancement exercises or missed playing time.
- ii. Players must be picked up from games and practices within 15 minutes of the time set by Coach Majors. If a player is picked up late 3 times he may be dismissed from the team.

#### c. Behavior

- i. Players will be held to a high standard of behavior at all times. This includes behavior at school, practices, and games and on the bus when we travel.
- ii. Behavior that is unacceptable includes but is not limited to:
  - i. **Profanity**
  - ii. **Abusing equipment**
  - iii. **Rudeness towards teachers, coaches or umpires**
  - iv. **Cheating on an assignment**
  - v. **Smoking, alcohol, or drug use**
  - vi. **Lying to a teacher or coach**
  - vii. **Inappropriate use of technology in school or on the bus**
- iii. If a player engages in unacceptable behavior, consequences will be enforced. These may include conditioning enhancement exercises, missed playing time, or dismissal from the team.
- iv. Behavior that results in an office referral will be handled using the Henry County Student Handbook.
- v. Behavior outside of school may also impact their standing with Hornet Baseball.

#### d. Expectations

- i. Players are to inform any of his coaches of any injury or illness immediately.
- ii. Players are to give 100% in all practices and games and **in the classroom**.
- iii. Players are expected to listen to their coaches at all times.

- iv. If a player has a dispute with the coach or another player, he is to talk to the coach immediately.
- v. Players are to keep all grades above 70% in all classes at all times, Coach Majors will make random grade and behavior checks. If any academic grade is found to be below 70% that player will be on probation (not allowed to play in games) until the grade is above a 70%.
- vi. Players are expected to maintain CLEAN and ORGANIZED facilities at all times. Players will be designated a job and they are expected to perform their job either before or after practice and games. Jobs include but are not limited to:
  - i. Moving screens
  - ii. Raking
  - iii. Picking up trash
  - iv. Organizing equipment
  - v. Sweeping dugouts and locker room
- vii. Players are expected to be properly equipped every practice and every game. Without proper equipment, players may not be allowed to practice. Proper equipment includes:
  - i. Baseball pants
  - ii. Baseball cleats and tennis shoes (No Crocs or slides for practice, Closed toe Crocs are acceptable in the Batting Cages only)
  - iii. A jacket or sweatshirt
  - iv. Long sleeves until it reaches 70°F consistently (3/4 sleeves are acceptable from 60°F to 70°F)
  - v. Baseball glove
  - vi. Baseball hat (Once our hats are handed out players are expected to wear one of their Hampton hats)

#### e. Player Guided Consequences

- i. On January 25, 2024, the team came together to help decide some of the consequences that all players would be accountable for if one of the more common rules or regulations were to be broken.
- ii. The following rule and consequences are as follows:
  - a. **Late to Practice:** 1st offense (3 Poles), 2nd offense (6 poles), 3rd offense (10 poles). Conversations after 3rd.
  - b. **No Call/No Text and no Show to Practice or Game:** Sat 1 game minimum, (Wall Sits 2 mins). Conversations after 3rd.
  - c. **Any Absence from practice (Regardless of reason):** (30 Pushups), Excessive absences in a week = 2, Weekly Restart. (Player will not start next game after 2nd absence in a week. Conversation after 5 total absences.
  - d. **Missing Hat/Pants at Practice:** (2 min Plank) Double Each time. Conversations after 3rd.
  - e. **Hat in Building during School/Teacher Disrespect:** (W runs for Hat, 2 W runs for Teacher Disrespect.) Conversations after 3rd.
  - f. **Leaving Equipment Out:** Full team punishment (1 Triangle for each Item left out)

- g. **Cell Phone out at game/practice:** (Frog hop/Bear Crawls/Squat lunges)  
Common sense will be used for emergency situations but Players should not be on phones during games or practice. Conversations after 3rd

### III. Parent Behavior and Expectations

- a. Parents are to display appropriate behavior at all times. Parents are not to criticize any player.
- b. Parents are NOT to COACH players during a game or practice. Encourage and cheer, but DO NOT tell players how to hit, where to hit, or when to run. If a parent attempts to “coach” during games or practices I will ask you to be quiet. If the problem persists you will be asked to leave the area. Repeated attempts may hurt your son’s playing time.
- c. Parents are to **reinforce** coaching and discipline. **Do not undermine** the coaching staff by “recoaching” or trying to change something the coaching staff here has worked hard to accomplish. This is not only detrimental to the program it confuses a young man who is already going through several changes as an adolescent.
- d. Parents are not allowed to talk to players in the dugout. If you want to deliver them a Gatorade, etc. please do so, if possible, before the game. If it is delivered during the game please do not linger and talk with your player.
- e. Parents are to provide transportation at the appropriate times for practices and games. (You may need to coordinate with other parents for carpools)
- f. Parents are expected to attend parent meetings.
- g. We encourage all parents to participate in the booster club. This not only helps your son but also the program as a whole. **If you want to have a say in what the booster club does you will have to pay your booster club dues.** As a team, we discuss leaving a Legacy all the time. Part of the legacy you can leave as a parent is a strong booster club that helps the program function at its best.
- h. Parents are expected to provide their son with the necessary equipment.

### IV. Outside Teams

- a. **Any player who plays baseball for HHS may not be allowed to play with any other team during our season.** I believe it would be detrimental to the player and our team if he plays too many games and practices too much. Playing for two teams takes away focus that we try to maintain for winning a region championship and beyond. **Now, I cannot stop you from participating with your “travel team” but when I or one of the other coaches notices a tired arm, a lack of effort, or an injury due to “travel team” baseball. Your son will sit the bench (at practice or games) until he regains his strength and attitude. This is not to punish them but to help them recover from too much baseball. If this happens to occur on a game day or the day before a game be prepared for your son not to play. I take very seriously the health of the young athletes at our school and will do whatever it takes to maintain their health.**
- b. Another issue that I will not tolerate will be making any travel team decisions such as; “what hat do you like? What jersey color do you like for our summer team?” Etc. to be made at practice. Please do not bring jerseys or hats to practice to see which one the boys like. This breeds discontent between players who may not be on that team or any other team. It also forces the players’ focus to shift during the season and they may lose that Hornet Pride that we encourage here at Hampton High School. Pride in our school is something I encourage all students, especially student-athletes.

## **V. Uniforms and equipment**

- a. The team will issue jerseys; it is the responsibility of the student to make sure their uniform is washed and ready to go for each game.
- b. Dirty uniforms due to them not being taken care of may result in being benched for that game.
- c. Lost or damaged uniforms must be paid for at the current replacement cost.
- d. Varsity players will be issued 2 hats and JV players will receive 1 hat at the cost of the team/booster club. They may keep these hats.
- e. We will buy jackets/hoodies, pants, socks and belts, if needed (which the players get to keep) as a team at the cost of the parents (this will be discussed at the first parent meeting)
- f. Many returning players already have a purple Hampton batting helmet. It is my intention to purchase helmets for those who do not yet have one.
- g. Players must provide for their own cleats, glove(s) and a bat if they choose.
- h. A players bat bag should contain:
  1. A jacket
  2. Extra socks
  3. Bug spray
  4. Sun screen
  5. All other baseball equipment

## **VI. Transportation**

- a. All players will be transported by bus to games, unless otherwise scheduled.
- b. All players are required to ride the bus back to the school after away games. (Some exceptions may be in effect for Saturday Tournaments)
- c. There will be a seating chart for all bus rides.

## **VII. Communication**

- a. All communication including absence excuses, requests or any other notes need to be written or emailed.
- b. There will be several types of communication throughout the season including typed letters sent home, verbal meetings, and REMIND messages
- c. Please keep all communication positive whether verbal or written.

## **VIII. Schedules**

- a. Region Schedules are set by the region secretary
- b. Any other games are at the coach's discretion.
- c. Practice schedules are also made by the coach and may be subject to change.
- d. If there is a change in a schedule, a REMIND message will be sent and it will also be the responsibility of the player to make sure their parents are notified.
- e. In the event of inclement weather, we will use the gym when possible working together with other spring sports. There may be times when we have a "classroom" session to discuss strategy and some of the intricacies of the game.

## **IX. Fees**

- a. Player fees of \$350 is determined based on the Athletic fee, basic needs of the program, Spirit pack, and fundraising needed to continue growth of the program. Basic needs of the program include but are not limited to:

- i. Game balls
  - ii. Practice Balls
  - iii. Dirt
  - iv. Field Dry and Conditioner
  - v. Helmets
  - vi. Tees
  - vii. Belts
- b. All fees from the any previous year must be paid before allowed to tryout or compete in any games for the upcoming season.

**X. Volunteer Coaches**

- a. In the event that we employ volunteer or community coaches, they will be assisting in some of the skill teachings. They will assist in many aspects of the game however all decisions about playing time and discipline will be made by the head coach. **The head coach will be the one that parents should consult if you have a question or concern about your player or the team.**

## Hornet Baseball Team Constitution Agreement

I, \_\_\_\_\_, have read, understand and agree to all  
(Print Player Name)  
articles in the previous Hornet Baseball Team Constitution.

I, \_\_\_\_\_, have read, understand and agree to all  
(Print Parent Name)  
articles in the previous Hornet Baseball Team Constitution.

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Detach next sheet. You keep the rest and return the last sheet to the Coach.

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