

Bangor Baseball Expectations

- Be at every practice and game.
- Be **ON TIME!!!!!!!** (Ex. Practice starts at 3:15-gym or field is set up and ready to go by 3:15)
- Put your best effort into every aspect of practice
 1. Stretching
 2. Throwing
 3. Drill work
 4. Getting equipment out
 5. Putting equipment away
 6. Listening
 7. Being a teammate
- 1. Represent your school in a positive manner.
 1. The way you dress
 2. The way you speak
 3. How you conduct yourself in school and out.
 4. Social media should be used sparingly!!!!
- 2. Open communication: MY CELL # 610-704-8951
*** IF YOU MISS A PRACTICE OR ARE LATE TO PRACTICE AND I OR ANY COACH DID NOT HAVE PRIOR NOTICE THAT IS CONSIDERED AN UNEXCUSED ABSENCE!!!! **YOU ONLY GET 2!!** AND THAT IS BEING GENEROUS.
ANY PUNISHMENT FROM THE SCHOOL THAT MAKES YOU MISS BASEBALL RELATED FUNCTIONS(PRACTICES AND GAMES) THEY ARE CONSIDERED UNEXCUSED ABSENCE.
 1. Tell me when you can't make a practice
 - a. Very sick
 - b. Death in the family
 - c. Dr. appointment because of injury
 2. Let me know if you are injured or need to see the trainer
 - a. **Do not go to your own doctor BEFORE seeing our trainers!!!!**
- 3. Chain of PLAYER communication
 1. Head coach
 2. Assistant coach

HARD 90 FEET