

**LAKE FOREST HIGH SCHOOL  
BOYS' BASEBALL – TEAM RULES  
2011**

**\*\*\*All students are expected to go to class. For the first unexcused absence, you will run for an entire practice. A second will result in a one game suspension. A third will result in a three game suspension. A fourth will result in your dismissal from the team.\*\*\***

**Games**

- A. Mandatory Attendance
- B. Exceptions
  - 1. Illness – when the coach is notified by email/voicemail/note.
  - 2. Personal Business – must be prearranged with the coach
- C. Penalty for Unexcused Absence
  - 1. First Offense
    - a. Additional conditioning
      - Ten sprints
      - Two base circuits – outside (one day)
    - b. Two game suspension
  - 2. Second Offense
    - a. Dismissal from the team

**Practice**

- D. Mandatory Attendance
- E. Penalty for Unexcused Absence
  - 1. First Offense
    - a. Additional Conditioning
    - b. One Game Suspension
  - 2. Second Offense
    - a. Additional Conditioning
    - b. Three Game Suspension
  - 3. Third Offense
    - a. Dismissal from the team
- F. Extenuating circumstances will always be considered prior to suspension or release from the team

**\*\* All Saturday detentions will be considered unexcused absences\*\***

**Tardiness**

- G. All players are expected to be on time for all practices, games, and other baseball related activities.
- H. Penalties are as follows:
  - 1. Practice- extra running
  - 2. Home games- player will not play in that game

3. Bus for away games- bus leaves exactly at announced time.  
Player is expected to arrive at the game but will not play in that game

### **General Conduct on Field**

- I. Players will hustle on and off the field at all times.
- J. Players will run out all balls put in play- if you do not, you will be pulled from the game immediately.
- K. Shirts will be tucked in at all times.
- L. Hats will be worn any time you are on the field, even if you are just warming up another player (always forward too).
- M. No swearing.
- N. No complaining to the umpires EVER!
- O. Helmets never hit the ground.
- P. Players will be responsible for field and equipment maintenance.

### **General Conduct off Field**

- Q. MAKE GOOD DECISIONS

### **Athletic Academic Eligibility**

#### **Scholastic Standing-IHSA**

- A. You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) .5 credit courses (two full credits).
- B. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

#### **Eligibility Procedures**

The athletic office pulls grades every Thursday from Power School. Grades are again verified on Friday. On Friday at 3:10, letters are mailed home that will affect the following week (Monday – Saturday).

#### **1<sup>st</sup> offense> (week one)**

Letter sent home: Notification sent to Parents, Coach, Counselor, Athletic Director

Student will attend mandatory study tables Mon-Thurs 3:10-4:00. May attend practice/games after 4:00. Check with coach on expectations.  
Athlete will not be able to participate in contests that week (M-Sat.)

**2<sup>nd</sup> consecutive offense> (week two)**

Same as above

**3<sup>rd</sup> consecutive offense> (week three)**

Same as above including a Team Suspension. At this time, **NO games** and **NO practice** will be allowed.

Athlete has one more week to pull their credits up to a 2.0.

**4<sup>th</sup> consecutive offense> (week four)**

After four consecutive weeks, if the athlete is still not passing, the athlete will be removed from the team. All PE requirements will need to be addressed and will be the athlete's responsibility to make up any classes. Also, the athlete will be unable to attend the end of season team banquet and will not finish the season on the final roster.

**If an athlete is ineligible one week, but gets their grades above the 2.0 weekly credits, the following week without reaching 4 consecutive weeks, they are reset to 1<sup>st</sup> offense status. (i.e.; ineligible weeks 1 & 2, grades ok week 3, returned to eligible status, ineligible week 4- this would be treated as a new 1st offense.)**

**Spring Trip (Varsity Only)**

- R. Any action considered embarrassing to the school, the team, and the coaches or detrimental to the team atmosphere will be handled quickly and severely. If necessary the player could be sent home at the family's expense. Each case will be handled individually and dismissal from the team is a strong possibility.
- S. If you are academically ineligible/or under a Code of Conduct Suspension your spring trip eligibility may be jeopardized.

<b><u>Coaching Staff</u></b>	
Varsity Head Coach – Ray Del Fava	847-791-3902
Varsity Asst. Coach – Brian Wilhelm	847-902-4911
Soph. Head Coach – Frank Lesniak	630-546-1350
Soph. Asst. Coach – Sean Saylor	217-370-9968
Fr. Head Coach – Joe DeRosa	773-799-4265
Fr. Asst. Coach – Mike Nilles	847-668-5260