

**LAKE FOREST HIGH SCHOOL
BOYS BASEBALL – TEAM RULES
2008-2009**

I. Curfew

A. Actual Hours

1. Weekdays (no games)
 - No Specific Hours
 - Recommendation: 10:30pm – at home and in bed
2. Weekday – prior to a game
 - 10:30pm or earlier – not strict but recommended
3. Friday – prior to Saturday game or practice
 - 11:00pm – at home and in bed
 - Strictly followed

*All of the above recommendations allow for personal time
as well as proper rest for the athlete.*

B. Penalty for Curfew Infractions

1. Each case will be handled individually
2. Continual and intentional violations could bring about loss of game time and/or possible dismissal from the team.

II. Practice Sessions

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
 - 10 sprints and 10 hallways – inside (one day)
 - 2 base circuits – outside (one day)
 - b. Possible one game suspension – coaches discretion
2. Second Offense
 - a. Additional conditioning (for the whole week)
 - b. Automatic 2 game suspension
3. Third Offense – release from the team

- III. Game Attendance
 - A. Mandatory Attendance
 - 1. May prearrange absence with the coach
 - 2. Illness – call the coach
 - B. Penalty for Unexcused Absence
 - 1. First Offense
 - a. Additional Conditioning and 4 base circuits for a week
 - b. One Game Suspension
 - 2. Second Offense – release from the team
 - C. Extenuating circumstances will always be considered prior to suspension or release from the team

- IV. Vacations and College Visits
 - A. Vacation with Family – if your parents say you are to go with them, you are to go!
 - B. Vacations with Friends – do not plan a trip with your friends – all days will be considered UNEXCUSED (see above)
 - C. College Visits – give the name of the school, date of the visit and the date of your return to the coach prior to departure

All Vacations/College Visits must be confirmed through written communication from the parent to the coach.

- V. School and Class Attendance
 - A. Athletes are expected to be in school and in class DAILY.
 - B. Athletes are expected to follow all school policies.
 - C. Violations will be handled individually; continual and intentional violations could be referred to the Code of Conduct.

- VI. Spring Trip
 - A. Any action considered embarrassing to the school, the team, 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.
 - B. If you are academically ineligible/or under a Code of Conduct Suspension your spring trip eligibility may be jeopardized.

Code of Conduct Violation %				
	VAR	SO	FRA	FRB
10%-	3	3	3	3 games
20%-	7	6	7	6 games
50%-	17	16	16	15 games

Coaching Staff	
Varsity Head Coach - Tom Myers	582-7407
Varsity Asst. Coach – Frank Lesniak	582-7736
Soph. Head Coach - Brad Naughton	582-7325
Soph. Asst. Coach – Kevin Konsler	
Fr. Head Coach – Ray Del Fava	582-7490
Fr. Asst. Coach – Ryan Anderson	