

Metamora Softball

Welcome to the program! I believe we will have a successful and enjoyable year, and I can't wait to get on the field; however, there are some rules listed below that we need to follow for us to build a successful program together. These I have found to be the seven highly effective habits of successful teams and young adults, and I would encourage you to not only read but also reflect on what they mean to you and your team. Please read and agree to follow the rules below by signing the bottom, and please encourage your parents to read the rules and have them sign off too.

1. **Behave in a manner that will benefit the team all of the time.** This means that we want you to act as a lady on and off the field. You should not become a cancer or a whiner, and you should address problems and challenges as a young lady.
2. **Look respectable and follow team rules on dress.** You may not wear inappropriate clothing or jewelry while performing a duty of the program. You also must dress as the coach deems appropriate. Remember that all of your life, dress will influence people's perception of you, and this is the time to practice reflecting a positive image.
3. **Take responsibility for your actions.** Act as an adult when it comes to responsibility. Call the coaches if you have a problem making it to a team function, and plan ahead for balancing school, family, religion, and sports.
4. **Work to become an all-around player.** You must improve and work at every aspect of the game. This includes the defensive, offensive, leadership, and team aspects of the game.
5. **Stay together as a team.** Support each other by being there for one another. We need to help each other on and off the softball diamond to become better players, students, and citizens by physically, mentally, and emotionally motivating each other to perform at your best.
6. **Perform up to your standard of excellence.** Know your role on the team and strive to achieve excellence in every aspect of your life both on and off the field. Also, remember that we are human—mistakes will happen. Champions make mistakes while trying to achieve excellence, and they never repeat the same mistake twice after realizing the fix for their mistakes.
7. **UNDERSTAND THE ORDER IN WHICH WE WANT TO LIVE OUR LIVES.** Remember that there are many forces pulling on us, and we must learn to prioritize them. God, family, relationships, school, and sports all have their time and place, and as successful people we must know when to make each a priority in our lives.

I agree to live by the above principles. I understand that a lot is asked of me as a player, student, daughter, and member of society, and I accept the challenge of living as a student-athlete in the Metamora softball program.

Athlete _____ Date _____ Parent _____