



Players Code of Conduct

The Abbotsford Cardinals Baseball Club is highly competitive baseball organization with a premium placed on skill development and dedication. This will involve a large commitment from all the players and all the families involved. Below is an outline of the Club Philosophy and Code of Conduct.

1. There is no guarantee of success in any athletic endeavour. If we prepare and work together the probability of our success is greatly enhanced. This program will be run as close to a college program as possible to prepare a player for the next level. We expect you to exercise self discipline and learn to organize your time so you and the team can accomplish our goals. Above all remember your commitment to the team. Your practice and work ethic are important not only to you but all of us. You must be prepared to work with the program, the coaches and your teammates to achieve success.

Remember there is no “I” in team!

2. Players must be committed to the team concept and be prepared to do whatever is asked of them. Duty rosters will be posted for field maintenance and players will be responsible for Delair and Townline park. All Players are to be in the dugout unless instructed otherwise. Players will be asked to do specific duties be it pull pen, charting, pitch counts, or other duties. Players are asked to pay attention to the game and there is to be no outside interference with players in the dugout, on the field during games or practices by parents or friends. You are considered on Cardinal time from the time you arrive at the park until the last light is turned off in the park.
3. There will be an extensive league, practice, exhibition, tournament and show case schedule with a minimum of 4 to 6 days per week commitment. The schedule will be posted at <https://abbotsfordcardinals.baseballshift.com>. The schedule will be updated as needed. Players will be notified by email and/or texting for last minute changes by Head Coaches.
4. Players must realize that this is a competitive situation where playing time is not guaranteed. There will be constant competition for positions and playing time. This is great for the organization because it continues to raise the standard for the team and we become more competitive on the field in games.
5. Players are responsible for managing their time effectively. You know when games and practices are being scheduled and you need to schedule your



academics accordingly. What this means is when you get a project or a test you need to take advantage of your time away from the field and get the work done. Use your school planner to look ahead and eliminate as many conflicts as possible. Organize yourself so you do not let yourself academically or your teammates on the field.

6. All parks, motels and public area must be treated with respect. We represent the Abbotsford Cardinals Baseball Club when we are in uniform. On a bigger scale you represent the City of Abbotsford, Premier Baseball League and the province of BC when you travel. Any activity that is detrimental to the Baseball Club will result in disciplinary action being taken.
7. Players are expected to sprint everywhere at all times and communicate at all times. Failure to do so will result in reduced playing time.
8. Conditioning will continue to be part of the program to insure that we do not burn out over tournament and 4 game weekends.
9. Proper rest and nutrition is important. Eat before you come to the park. A light snack is all you need between double headers. No more than a sandwich, piece of fruit, energy bar and water or Gatorade. Drink plenty of water to avoid energy loss. Every players on the team needs to have their own water.
10. Players must be on time for practices and games. You must be cleats on ready to go when scheduled. Time to show will be determined by coaching staff prior to games. All players must notify a coach if you are going to be late or absent. Unexcused lateness and absences will result in suspension.
11. Players must respect the opposition and the officials at all times. The coaching staff will take care of any disputed calls. Loud, profane and abusive language will be dealt with by the Head Coach.
12. Any equipment throwing, be it your own or the teams will result in removal from the game.
13. All players are to adhere to curfews when at home or on the road. When on the road players will room together and travel together as a team to the games and back. Travel to the site is the players responsibility. No one other that the players and coaches are allowed in any players rooms. There will be room checks done when on the road. Breaking of curfew will result in immediate removal from any remaining league or tournament games for the weekend.
14. You are expected to wear your uniform properly. Shirts are tucked in and hats on correctly. All facial hair must be clear and tidy and hair is to be at or above the collar. Sideburns trimmed to the bottom of the ear. All visible jewelry is to be removed prior to coming to the park. Chains are to be tucked in or removed.



We are an elite baseball club and we are looked at by many people. Make your first impression count.

15. Players are responsible for the condition of their uniforms. Uniforms will be laundered prior to the start of any game, except double headers or when on the road. Do not show up and pull your uniform out of the bottom of your baseball bag. It should be on a hanger. The clubhouse is available to change in prior to games and as we set new standards for the club. The dugout is not a change room. The clubhouse can be used for storage of excess gear or clothing.
16. Drugs, alcohol and tobacco are prohibited at all times by the Premier Baseball League and the Abbotsford Cardinals Baseball Club. Use before, during or after or when traveling will result in suspension. If this occurs while the team is on the road the player will be sent home immediately at his expense and suspended indefinitely. These infractions will be reviewed by the head coach and general manager.
17. **Rookie.** Under no circumstances will any action be taken against rookies on either team. Team officials are responsible for all players under their control. Any one participating in this type of action will be disciplined by team officials.
18. Disciplinary Policy: All final decisions regarding discipline actions taken will be made by the Head Coach of the respective team. Unexcused lateness or absences will be as follows. A combination of the following; first game/practice missed will be a **warning**; two games/practice missed will be **one game suspension**; three games/practice missed will result in **three game suspension**; four games/practice missed will result in a **four game suspension**; five games/practice will result in **termination from the team**.
19. The scoring tower is not open to the public for viewing a game. It is off limits except for coaches and Board of Directors. The tower will be occupied by the team announcer and scorekeeper. We appreciate everyone's co-operation on this.
20. All code of conduct will apply to all players in the Abbotsford Cardinals Baseball Club.