**Westside High School 2025 Girls Varsity Softball Team Code of Conduct**

Dear Westside High School Varsity Softball Team Members,

As a member of the Westside High School Girls Varsity Softball Team, you represent our school, community, and the values we uphold. This Code of Conduct outlines the expectations and responsibilities to ensure a positive, respectful, and successful season. By adhering to these guidelines, you contribute to a team environment that fosters sportsmanship, teamwork, and personal growth.

**Code of Conduct**

**1. Respect for Coaches**

* **Listen Attentively**: Pay full attention to coaches during practices, games, and team meetings. Follow their instructions promptly and respectfully.
* **Communicate Professionally**: Address coaches with respect, using appropriate language and tone. If you have concerns or questions, approach coaches calmly and at an appropriate time, such as after practice or during designated meetings.
* **Accept Feedback**: Embrace constructive criticism as an opportunity for growth. Coaches provide guidance to help you improve as an athlete and teammate.
* **Punctuality**: Arrive on time for practices, games, and team events as directed by the coaching staff. Notify coaches promptly if you are unable to attend or will be late.

**2. Respect for Teammates**

* **Encourage and Support**: Foster a positive team environment by uplifting your teammates. Offer encouragement during practices and games, regardless of performance.
* **Resolve Conflicts Respectfully**: Address disagreements with teammates calmly and privately. Seek assistance from a coach if a conflict cannot be resolved.
* **Inclusivity**: Treat all teammates with kindness and respect, regardless of skill level, background, or role on the team. Bullying, gossip, or exclusionary behavior will not be tolerated.
* **Teamwork**: Work collaboratively with your teammates to achieve team goals. Celebrate successes together and support each other through challenges.

**3. Respect for Opponents and Officials**

* **Sportsmanship**: Compete with integrity and respect for opposing teams. Avoid trash-talking, taunting, or any behavior that disrespects opponents.
* **Respect Officials**: Accept umpire decisions gracefully, even if you disagree. Only coaches should address officials regarding calls or concerns.
* **Handshake Etiquette**: Participate in post-game handshakes with opponents, demonstrating sportsmanship and gratitude for the opportunity to compete.

**4. Attendance and Commitment**

* **Attendance**: Attend all practices, games, and team events unless excused by a coach in advance. Unexcused absences may result in disciplinary action, such as reduced playing time.
* **Preparedness**: Come prepared with appropriate attire, equipment, and a positive attitude. Ensure all uniforms and equipment are maintained and brought to every game and practice.
* **Academic Priority**: Maintain academic eligibility as per Westside High School and [insert state athletic association, e.g., GHSA] guidelines. Schoolwork comes first, and you are expected to balance academics and athletics responsibly.

**5. Behavior at Games and Practices**

* **Positive Attitude**: Display enthusiasm and effort at all times. Avoid negative body language, complaining, or disruptive behavior.
* **Focus**: Stay engaged during practices and games. Avoid distractions such as excessive phone use or side conversations.
* **Safety**: Follow all safety protocols, including proper use of equipment and adherence to warm-up and training guidelines to prevent injuries.

**6. Representation of Westside High School**

* **Conduct in Public**: As a representative of Westside High School, maintain appropriate behavior at school, during travel, and at all team-related events. This includes on social media, where posts should reflect positively on the team and school.
* **Uniform and Appearance**: Wear team uniforms and gear appropriately and with pride. Follow any dress code guidelines for games, travel, or team events.
* **Community Engagement**: Participate in team-related community service or school events when required, demonstrating leadership and school spirit.

**7. Health and Wellness**

* **Physical Health**: Report injuries or health concerns to coaches immediately to ensure proper care and prevent further harm.
* **Nutrition and Rest**: Maintain a healthy lifestyle, including proper nutrition, hydration, and rest, to perform at your best.
* **Substance-Free**: The use of alcohol, tobacco, vaping, or illegal substances is strictly prohibited. Violations will result in disciplinary action, including possible suspension or removal from the team, per school and athletic association policies.

**8. Disciplinary Actions**

Violations of this Code of Conduct may result in consequences, including but not limited to:

* Verbal or written warnings
* Reduced playing time
* Suspension from games or practices
* Removal from the team
* Additional school disciplinary measures Coaches will address violations on a case-by-case basis, in accordance with Westside High School and [insert state athletic association] policies.

**Expectations for the 2025 Season**

* **Commitment to Excellence**: Strive to improve your skills, work ethic, and attitude daily. Give your best effort in every drill, play, and game.
* **Team Unity**: Place team goals above individual achievements. Support your teammates and contribute to a cohesive, positive team culture.
* **Leadership**: As a varsity athlete, set an example for younger athletes and peers at Westside High School. Demonstrate leadership both on and off the field.
* **Fun and Passion**: Enjoy the game of softball and play with passion. Celebrate the opportunity to compete and grow as part of this team.

**Acknowledgment**

By signing below, you acknowledge that you have read, understand, and agree to abide by the Westside High School 2025 Girls Varsity Softball Team Code of Conduct. Failure to adhere to these expectations may result in disciplinary action, as outlined above.

**Player Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Player Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This Code of Conduct is designed to promote a respectful, supportive, and competitive environment for the Westside High School Girls Varsity Softball Team. Let’s make the 2025 season one of pride, teamwork, and success!

Sincerely, **Westside High School Athletic Department** **Head Coach: Lance ONeil**