

Please print this Form & Rules and bring it and a non-refundable \$50 to registration night on January 29<sup>th</sup> 2024 at the Pierre American Legion Cabin.

**PIERRE POST 8 AMERICAN LEGION AND SOUTH DAKOTA A BASEBALL**

**2024 REGISTRATION**

**PLAYER:** \_\_\_\_\_

**PLAYER Cell Phone:** \_\_\_\_\_

**PARENT/GUARDIAN:** \_\_\_\_\_

**HOME ADDRESS:** \_\_\_\_\_

**PARENT HOME PHONE/CELL PHONE:** \_\_\_\_\_

**PARENT PLACE OF**

**WORK:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_ **PARENT E-**

**MAIL:** \_\_\_\_\_

**In emergency, contact:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**Or** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**DOB:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**FAMILY INSURANCE:**

**FAMILY DOCTOR:**

**ALLERGIES TO MEDICATION:**

**OTHER ALLERGIES OR CONDITIONS OF SIGNIFICANCE:**

**DATE OF LAST TETANUS VACCINATION:**

**DOES PLAYER HAVE:** Epilepsy    Diabetes    Heart Murmur

Asthma    Other(specify)

**IMPORTANT: Players and parents must both sign the release statements on the reverse side of this page before the player will be allowed to practice or play.**

If you're unable to provide all of the information required on this form or the signatures at the sign-up meeting, please mail or deliver the completed form to your player's coach:

**RELEASES – PIERRE POST 8 BASEBALL – 2024**

**PLAYER:**

**Rules:** I agree to abide by the rules of the Pierre Post 8 Baseball program, a copy of which has been provided to me. I understand that if I fail to do so I could be suspended or dismissed from the baseball program.

**Eligibility and Damages:** In consideration for accepting my application for the baseball program, I do hereby indemnify, save, and hold harmless the sponsors, employees and other persons or entities of the Pierre Post 8 Baseball program who might be claimed to be liable for any damages of any kind or nature that may result if I am injured or my property is damaged while participating in the baseball program.

**Medical Care.** I recognize that as a result of baseball participation, emergency medical treatment may be necessary. I do hereby consent in advance to such emergency care, including care as may be deemed necessary under such circumstances.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2024

Player printed name \_\_\_\_\_

Player signature \_\_\_\_\_

**PARENT OR GUARDIAN:**

**Liability and Damages.** I, the undersigned, as the parent, natural guardian, or legal guardian and the person having custody of \_\_\_\_\_, my child, do hereby Consent and give permission for my child to enroll in and participate in the Pierre Post 8 Baseball program for 2024. In consideration for accepting my child's application for the baseball program, I do hereby indemnify, save, and hold harmless the sponsors, employees, and other persons or entities of the Pierre Post 8 Baseball program who might be claimed to be liable for any damages of any kind or nature that may result if my child is injured or my child's property is damaged while participating in the baseball program.

**Medical Care.** I recognize that as a result of baseball participation, emergency medical treatment for the above-named player may be necessary, and I recognize that baseball program personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care for the above-named player, including care as may be deemed necessary under such circumstances.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2024.

Parent/Guardian printed name \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

## PIERRE POST 8 AMERICAN LEGION AND SOUTH DAKOTA A BASEBALL RULES

As a player on a Pierre Post 8 American Legion or Teener Baseball Team you will have the opportunity to play and compete in the sport of baseball, our national pastime. This opportunity is due to the efforts of the American Legion Post 8, the board, volunteers, and financial contributors. You are a member of a successful program, but this programs success does not rest solely with the coaches, the board, and the volunteers. The programs ultimate success depends upon your cooperation and responsible action. A youth program marked by irresponsibility of the participants is likely to fail. The community, the board, parents, and coaches will not accept behavior that is detrimental to the team or individuals participating. Any player who disobeys the rules and guidelines of the baseball program is subject to specific penalties or the loss of playing privileges. Please read the following rules carefully because you will be expected to follow them during the baseball season.

The baseball season begins the day the player signs up to play legion or teener baseball and ends with the last game played. The decision of the coach regarding the disciplinary action is final. Any fact that a reasonable person would use to support a conclusion may be used by the coach to determine whether discipline is necessary.

Each player is expected to behave in a manner that reflects favorably on the Pierre community and the Post 8 Baseball Program. Each player is expected to respect the game of baseball. You are expected to not use swear words on or off the field. Do not throw or abuse equipment. Your uniforms should be kept clean and in good repair. Your uniform should be worn correctly with the shirt tucked in from the time of warm-ups and calisthenics until the game completion. Your hat should be worn correctly, that is straight forward. Rally caps are acceptable when appropriate. Players will run to and from their positions. Players will run at full speed on all ground balls and fly balls, no matter how 'certain' a putout might appear. No earrings or jewelry are allowed at practice or at games. Have a reasonable haircut. All players are required to help carry equipment at practices and at games. All players are required to perform field maintenance.

**A)** A player who commits any of the following prohibited acts during the baseball season will be suspended by the coach for 10 % of the games. Upon a 2<sup>nd</sup> offense the player will be suspended from the baseball team for the remainder for the season.

- a. A player may not purchase, possess, distribute or use alcohol, tobacco, or illegal drugs. A player may not purchase, possess, distribute or use any prescription drugs without the written consent of a licensed, practicing physician.
- b. A player may not take the property of a teammate, another team or player, or other person with intent to deprive the owner of the property.
- c. A Player may not damage a room, the team bus, or other property. The damage caused by the player is the financial responsibility of the player and the player's parents or guardian. The player may also be suspended for causing such property damage.

**B)** A Player who commits any of the following acts may be suspended for one game. If a more severe penalty can be imposed it will be stated in the specific rule;

- a. A player who is ejected from a Legion or Teener baseball game by an umpire is suspended from the next game at which the player is present and physically able to play. Further punishment may be provided at the coach's discretion.
- b. A player or the player's parent or guardian is expected to notify the coach if the player will miss a game well in advance of the absence. The coach may need to adjust the team roster, if necessary. A player must notify the coach if the player will miss a practice. If a player is late for a practice or a game without a proper excuse, the penalty is to run one set of poles for every minute the player is late. If the player is absent without permission from a game, the minimum penalty is an immediate suspension for one game with a maximum penalty of dismissal from the team. (More detail can be found in the Absence Policy on page 6).
- c. A standard or approved release from must be signed by the parent or guardian of any player who wishes to leave from any away game site with the players parent or guardian.
- d. A player may not have a member of the opposite sex as a guest in the player's hotel room unsupervised by an adult, coach or parent.
- e. All curfews at away games sites will be set by the coach and or chaperone. Players must be in their rooms by curfew.

**C)** Post 8 strictly prohibits any coach, staff member, volunteer, parent, or athlete from engaging in any form of sexual harassment that affects other employees, volunteers, parents or athletes.

- a. Definition. Sexual harassment is unwanted and often persistent sexual attention and any other behavior with sexual overtones that creates a hostile work or training environment. Verbal harassment may be directed toward an individual or be comments about an individual that are intended to be or actually are overheard. Specifically, sexual harassment may include written or verbal abuse or threats with sexual overtones, physical contact, sexually graphic literature, sexual advances, demands for sexual favors, sexually oriented comments, jokes, lewd comments or sexual innuendoes, taunts about body, dress, marital status or sexuality, singling out members of one sex or those with a particular sexual orientation for ridicule or devaluing athletic performance or self-respect, sexual or homophobic graffiti, practical jokes based on sex, intimidating sexual remarks, invitations or familiarity, dismissing the contributions of members of one sex or sexual orientation in meetings or training sessions, or other condescending or patronizing behavior, physical contact such as fondling, pinching or kissing, sex-related vandalism, offensive phone calls or photos, and/or bullying on the basis of sex. Sexual harassment also includes all forms of sexual violence such as sexual assault, sexual battery, rape and sexual coercion, which will be referred to authorities as criminal matters.
- b. Zero Tolerance. Sexual harassment by any individual involved in Post 8 activities shall not be tolerated. If observed, employees, parents, athletes, and volunteers shall immediately act to ask the person to stop such behavior and report such behavior to their respective supervisors, coaches, or the Post 8 Board president. Individuals engaging in sexual harassment shall be subject to immediate termination of employment or association with Post 8.
- c. Confidentiality. All sexual harassment complaints remain confidential unless such confidentiality affects the ability of Post 8 to maintain a safe environment. No punitive or retaliatory action will be taken against anyone who submits a sexual harassment or other complaint.

**D)** Post 8 strictly prohibits and coach, staff member, volunteer, parent, or athletes from engaging in any form of hazing, initiation rituals, bullying, and physical punishment.

- a. Definition. "Hazing" and inappropriate team initiation or bonding activities are defined as any actions, whether physical, verbal, mental, emotional or psychological, which subject another person, voluntarily or involuntarily, to

any outcome that has the intended or unintended effect of abusing, mistreating, degrading, humiliating, harassing, or intimidating the person, or which may in any fashion compromise the inherent dignity of the person, for the purpose of association with, or induction to, a particular group or team or to control someone younger, weaker or with less power with the intent of harm. Such activities are strictly prohibited, whether initiated by athletes, coaches, staff members, volunteers, or parents. Post 8 is committed to the preservation of civil rights and a safe and non-threatening environment. Athletes should only be asked to engage in activities that are constructive, educational, inspirational, and contributory to intellectual and personal development.

b. Prohibited “Hazing” Behaviors. Following are examples of, but not limited to, prohibited actions and behaviors constituting hazing, initiation rituals or physical punishment. Forcing, requiring, or pressuring an individual to engage, endure or participate in any of the following activities: Consumption of alcohol or other drugs; Ingestion of any substance; Shaving any part of the body; Any activity that is illegal, perverse, publicly indecent or contrary to the individual’s genuine moral beliefs; Tamper with or damage property; Dietary restrictions of any kind unrelated to healthy nutrition; Deprivation of sleep and waking up/disturbing individuals during normal sleep hours; Creation of excessive fatigue unrelated to normal training expectations and activities; Calisthenics or any type of physically abusive exercise unrelated to normal training; Paddling, whipping, beating or physical abuse of any kind; Forced performance of public stunts or buffoonery; Forced tattooing or branding; Road trips, kidnapping, drop-offs, or any other such unplanned activities; Work projects without the participation of the full team membership as planned community service or club service activity; Assigned or endorsed pranks, such as borrowing or stealing items, painting property or objects, or harassing other individuals or groups; Subjecting a member to cruel and unusual psychological conditions; Wearing of apparel in public which is conspicuous, not normally in good taste, or designed to humiliate the individual(s) wearing it; Morally degrading or humiliating games or activities; Verbal or cruel harassment, including yelling and screaming; Line-ups, kangaroo courts or any interrogation not consistent with the legitimate testing for information about the purposes and history of the team; Sexual rituals, assaults and/or required nudity; Collective behavior such as marching that has no relationship to sport training or performance; Activities that promote or encourage the violation of state laws or Post 8 policies; Requiring new members to “greet” initiated members; Requiring the answering of phones or doors with songs, chants, or riddles; Requiring yelling or screaming upon entering or leaving a facility; Deception or threat contrived to convince the new member that he/she will not be permitted to join; Mentally abusive or demeaning behavior.

E) Post 8 strictly prohibits any coach, staff member, volunteer, parent, or athletes from engaging in any form of bullying.

a. Definition. Bullying occurs when there is an imbalance of power and the person who is older, larger, stronger, or more aggressive uses his or her power to control or harm someone in a weaker position. The person bullying has the intent or goal to cause harm (i.e., the act is not accidental) and the action is usually repetitious.

b. Types of Prohibited Bullying Behaviors. Bullying can take many forms. Examples include but are not limited to: name-calling, teasing, socially spreading rumors, purposely leaving people out of groups by telling them or others they are unwanted, breaking up friendships by threatening others or spreading rumors about a friend, or physically hitting, punching, or shoving a person. Using the Internet, email, texting, mobile phones, social media or other digital technologies to do harm to others is bullying and also prohibited.

## **Post 8 Baseball Mission and Philosophy** (Adopted February 25<sup>th</sup>, 2014)

**Mission:** To provide an opportunity for players aged 13-18 to develop baseball skills and achieve team success in an environment that promotes teamwork, sportsmanship, and respect.

**Philosophy:** Pierre Post 8 American Legion Baseball for high school aged players has been in existence since the 1930s, and VFW Teener baseball, originally a program for players aged 13-15, has been in existence in Pierre since the 1950s. Although the makeup and structure of the Legion and Teener programs have changed over the years, Pierre's Teener and Legion programs have provided a quality baseball experience for players and fans for decades.

Pierre Post 8 Legion and Teener Baseball provides players aged 13 to 18 an opportunity to play competitive baseball. Post 8 Baseball represents a significant change from players' earlier experiences, providing the opportunity to practice every day, to play for paid coaches with significant baseball experience, including many with college baseball experience, and to play competitive teams from around the state.

The Post 8 program strives to provide players with ample practice time and game experience. We recognize that players develop at different rates and we have tried to structure our program accordingly. The Post 8 program provides players with the opportunity to gain a basic understanding of the rules and concepts of the game of baseball, to acquire basic baseball skills, and to play baseball in an atmosphere that promotes good sportsmanship and respect for teammates, opponents, coaches, game officials, and for the game itself.

Philosophies and opinions vary as to how youth baseball programs should be structured, and those discussions have occurred frequently within the Post 8 baseball program and the Post 8 Baseball Board. Our program structure represents a compromise between two schools of thought relating to player development and player selection. Players at the high school level (age 15-18) must earn their spots, and the best players will play on the highest level team. However, middle school players (age 13-14) vary widely in physical and emotional development and in terms of baseball experience, making it difficult to predict the player's eventual ability level. Our 13-14 players are divided and assigned to teams based on age so that they can develop at their own pace and so that more players can be retained in the program.

Post 8 Varsity. The Varsity consists of the best players in the Post 8 program aged 14-18 as selected by the coaching staff. The goal of the Varsity team is to win within the parameters of good sportsmanship and respect for the game. Coaches determine playing time, positions, lineups, and strategy.

Junior Legion. The Junior Legion level was introduced in South Dakota in 2013 for players aged 17 and under. The Junior Legion team consists of the best Post 8 players aged 17 and under who are not members of the Varsity team. South Dakota American Legion Baseball holds a separate state tournament for the Junior Legion level. The Junior Legion team is intended to develop younger players for possible Varsity play in subsequent seasons and to enable players to participate at a competitive level of baseball as Junior Legion players.

13-14 Teener Teams. The number of teener teams each year will largely be determined by the number of players that register. For many years we have fielded a minimum of two teams, one for 13's and one for 14's. Due to larger number of athletes registering in the past several years we have also been able to field a combined 13-14 teener team. Legion coaches determine the rosters and base their decisions on skill level, age, as well as the school grade of each player. Those players that are 14 years of age and/or have more highly developed skills will play on the U14 team. Those 13-year-old players that have more highly developed skills will play on the U13 team. If we do have enough athletes to field a third team it will consist of players that are either 13 or 14 years of age and whose skills are still developing.

Playing Time. Playing time is determined by the coaches. There is no guarantee of playing time. Post 8's philosophy is that playing time is earned by productive practice, hard work, dedication, and ability. The coaches determine playing time and position assignments.

Player Absence Policy. If a player misses practice or a game for an activity camp, family activities, or other reasons, the player will sit with the team in uniform but will not play in at least one game. The game in which the player will sit will be the game immediately after or immediately before the missed game or practice. The coaches have discretion to determine whether the player will sit for the preceding or following game and whether the player will sit for more than one game. Exceptions will be made at the coach's discretion for family emergencies or special occasions such as weddings and funerals, but not for family vacations. It is the player's responsibility to notify the coach of absences, and the coach may extend the penalty if no notification was given.

Grievances. Grievances should be brought to the Post 8 Baseball Board. The grievance will be considered by the board or the board's executive committee not later than the next board meeting. The board will consider the issue and prescribe a course of action. Grievances may be filed by players, parents, or coaches and should be stated in writing using the grievance form on the Post 8 website.