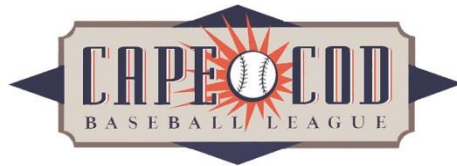


# **WAREHAM GATEMEN**

## **2018 PLAYER & HOST FAMILY HANDBOOK**



**PLEASE KEEP THIS HANDBOOK AVAILABLE FOR REFERENCE**

## **WAREHAM GATEMEN STATEMENT OF PURPOSE**

The Wareham Gatemen is a non-profit organization whose purpose is steadfast: to help young men mature and to become better baseball players. To provide the youth of the community with programs and clinics to keep them engaged in learning and teach them valuable life lessons through baseball. And lastly, to give the community a place to come together and enjoy quality baseball at its purest level.

Our organization pledges a total commitment to help our players prepare themselves for professional baseball and to better the community.

Our coaching staff will always be available and is dedicated to teaching players and the youth of the community the game of (wood bat) baseball.

## WELCOME!

The Wareham Gatemen Organization welcomes you to the Cape Cod Baseball League as a member of the 2018 Wareham Gatemen. We are excited to welcome you to the Gatemen family and the Wareham community at-large. It is our mission to make your experience an unforgettable one.

Wareham, and the surrounding communities of the South Coast, have a long history of sports excellence. Baseball can be traced back to the first mill and factory businesses of the mid to late 1800s that each had their own baseball team. The love for baseball remains strong in the area, and the Gatemen Organization strives to provide the South Coast with a fun, family friendly atmosphere to watch the best college baseball players in the country compete and showcase their abilities to scouts from all 30 Major League Baseball organizations.

The Cape Cod Baseball League presents a great challenge as well as a great opportunity for you as a player. Your success, in essence, is our success. In that same regard, while we want you to have fun, we also demand that you be responsible, caring and respectful of your teammates, the Wareham and South Coasts communities and the Cape Cod community at large. Every member of the Gatemen organization is a volunteer; their year round dedication to the team makes each season special. We look forward to a great summer.

Contracts/ Hardship Applications / Report Date / Injury	TOM GAY, PRESIDENT 508-748-0287 (HOME) 508-990-5561 (CELL) Tom.gay@gatemen.org
Payments / Fees / Travel Reimbursements	JEFF TUFTS, TREASURER 508-726-9260 treasurer@gatemen.org
Contract / Report Date / Injury / Travel / General Issues / Fees / Travel Reimbursements	ANDREW LANG, GM 508-326-1221 (CELL) alang.gatemen@gmail.com DON SNEDDON, MANAGER 949-922-1980 Sneddon_don@yahoo.com
Questions Regarding Problems With Teammates / Housing	TOM CRANE, PLAYER AGENT 508-802-0626 (CELL) Tomcrane619@yahoo.com
Housing (Before / During / Post Season)	MARY CHAPLAIN, HOUSING DIRECTOR 508-758-9551 (HOME) housing@gatemen.org
General Information	PAULA TUFTS, SECRETARY 508-295-0565 508-326-6613 (CELL) Paulatufts4gatemen@gmail.com
Gatemen Website	www.gatemen.org
CCBL Website	www.capecodbaseball.org

**Report dates for all players are Friday, June 1 & Saturday, June 2, 2018**  
**Training camp runs from Sunday, June 3, 2018 – Sunday, June 10, 2018**  
**Regular season runs from Tuesday, June 12, 2018 – Thursday, August 2, 2018**  
**Playoffs run from Saturday, August 4, 2018 – Sunday, August 12, 2018**

## Welcome to the Gatemen Organization:

This handbook is an integral part of helping you acclimate yourself to the Wareham Gatemen organization and to your Cape Cod Baseball League experience. It is critical that you read this handbook in its entirety **AND** that you comprehend it and the responsibilities which you are charged with as one of the top amateur athletes in the nation. It will provide you with essential information about our policies and procedures, as well as housing, employment and travel information.

Wareham and the South Coast communities are close knit communities that takes great pride in the hard working men and women who live here. Our organization takes the same attitude and we expect all players to adopt this attitude while they are here, no matter how brief that may be.

We want your time in Wareham to be fun and exciting and we want you to grow as a person. We are very active in the community and you will experience times when you are out of your comfort zone. Embrace this feeling and learn from it. I promise you that you will grow because of it. Remember, wearing the Gatemen uniform makes you an ambassador of not only our organization but of the Cape Cod Baseball League as well. Take that responsibility seriously.

It is very important for you, the player, to be aware that everyone involved with this organization is a volunteer. We work all year long to offer you one of the most memorable experiences of your life. Many families open their homes and businesses to make your transition to Cape Cod easier.

Take the time to read and re-read the information that is provided in this Handbook. Make sure that you and your appropriate family members discuss the information with each other and sign in the appropriate places before you travel to Cape Cod. The forms attached are available online and must be completed, signed and submitted through our website – [www.gatemen.org](http://www.gatemen.org). As a rule, you will be notified of your housing assignment prior to arrival. Your host family will review the “host family checklist” with you when you arrive in Wareham. The GM and Manager will meet with all players when they arrive in Wareham. Be sure to review the daily schedule examples so you are aware of the time commitment you will be making while you are playing for the Gatemen. Please note that all forms included in the handbook are for reference only. If you have any questions or concerns, please do not hesitate to contact me.

Generally, it has been our experience that any confusion regarding rules and/or responsibilities is a result of a failure to review and discuss the material in this handbook before your arrival. You should not wait until you get here to ask any questions you may have. **I will assume that if you and your parents signed off on this handbook, it means you read, understand and intend to comply with the policies set forth.**

Your experience and our experience involve a considerable investment of time and reciprocal consideration. Should there be something that is of concern to you, for any reason, please bring it to our attention. We want this to be a memorable summer.

Thank you. I look forward to seeing you in June!



Andrew Lang, General Manager  
[alang.gatemen@gmail.com](mailto:alang.gatemen@gmail.com)  
(508) 326-1221 (Cell)

## **IMPORTANT!!!!**

**Failure to comply with any area of this handbook may result in immediate dismissal from the team. This will result in a loss of travel reimbursement and your college coach will be officially notified of your non-compliance.**

### **PLAYER RESPONSIBILITIES**

- To read this Handbook and discuss it with your parent(s).
- To comply with the provisions of this Handbook as well as the Cape Cod Baseball League Code of Conduct (included in your package).
- To provide for your financial requirements.
- To have personal transportation whenever possible.
- To communicate any difficulties with your Coaches; you do not have authority to decide policy.
- To make travel arrangements and advise the General Manager of your plans.
- To inform appropriate parties of any medications and/or allergies you may possess.
- To adhere to NCAA policy restrictions.

You must discuss acceptable procedures for use of house facilities (e.g., kitchen, laundry room, computer use, etc.) with your host family. Also, based on the generous hospitality and low rent requirements, we expect you to be kind enough to provide some assistance in the home from time to time. Complete the housing checklist with your host family and return it to the Player Agent within one week of arrival to Wareham. If you have any housing concerns during the summer, your first step is to bring them to the attention of the Player Agent immediately. The Manager, GM and the Housing Chairperson will work together with you to resolve any issue promptly.

### **FEE OBLIGATIONS:**

- All fees must be paid by either check, cash or through the website. Cash or check payments must be mailed to:  
Wareham Gatemen Baseball  
Attn: Andrew R. Lang  
115 Orchard Street  
New Bedford, MA 02740
- Fees may include Room & Board and a meals fee. All meals fees are NONREFUNDABLE.
- A player fee invoice will be sent once we have processed your paperwork.
- Full Summer Players: Fees include Room & Board (\$725) + Meals (\$125); Total \$850
- Temp Players: Fees include a meals fee. Meals (\$125); Total \$125
- Full payment is required NLT March 1, 2018, or within 10 days of submitting all forms.
- Last week of season player: Fees include a meals fee. Meals (\$50); Total \$50
- Full payment is required upon arrival to Wareham.
- In the past, we wasted an incredible amount of time chasing payments, so your understanding and assistance is greatly appreciated.
- Players leaving early due to injury will be refunded remaining balance of Room & Board.
- All checks are to be made payable to the Wareham Gatemen Baseball, Inc.
- If you need financial assistance, please contact the GM ASAP.
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### **NOTE: DO NOT GIVE ANY RENT MONIES TO HOST FAMILIES**

- The General Manager will ensure that players meet their fee obligation. IF YOU DO NOT ACCEPT A JOB, YOU ARE STILL RESPONSIBLE TO PAY THE SAME FEES AS OTHERS.
- Failure to pay fees on time will result in the loss of playing time. Also, this failure may be grounds for dismissal from the organization.
- Do not put pressure on the organization by not paying your fees. Host families are paid by the organization to help defray the cost of hosting players and do not deal with any collection of rent during the season.

After completion of a full season, reimbursement for travel expense from Wareham (if applicable) will be disbursed to remaining full summer players. Any and all outstanding expenses must be settled to qualify for reimbursement or your travel will be at your expense. Settlement may include a commensurate reduction in travel expense. Any travel reimbursement is contingent upon host family notification to the Housing Director and the General Manager that no expense is outstanding and that all equipment has been returned to the Equipment Manager.

Please remember that you are a guest. Additional persons and/or parties are not authorized. All questions regarding expenses shall be directed to the GM prior to making travel arrangements. It is up to you to make arrangements for families, friends or girlfriends to stay in area hotels/motels. Host families are not allowed to have any other person overnight in their home other than their assigned ballplayer(s) or Gatemen teammates with their host family's permission.

## **TRAVEL**

**AIR** – Our recommendation is to book flights to and from either Logan Airport in Boston or as an alternative, Green Airport in Providence, RI. The airport is actually in Warwick, but is referred to as if it were in Providence. There are several discounted airlines available at both airports. Other airlines may also offer specials on their web sites.

**AIRLINE TICKETS** – Purchase round-trip (coach) airfare with a departure date of August 15th. This will cover all of the regular season and the playoffs. We strongly suggest purchasing the option to change the date of your trip home. If you arrive in Wareham after 11pm and before 7am, you will be responsible to find, and pay for, overnight lodging.

**BUS** – Plymouth & Brockton Bus and Peter Pan Bus Lines runs regular round-trip service between Logan Airport and the Wareham area and less frequent runs from Providence to the area. There are numerous bus drop off points in the area. Players will be picked up at the respective bus lines drop off points, but we cannot guarantee pickup from the airport. Please coordinate bus and flight schedules, either online or by phone when making your flight arrangements as buses may not be available at all hours of the day and night. Once you know your flight arrangements, notify the General Manager to insure that we have time to be available for your arrival. Please refer to the P&B website <http://www.p-b.com/Sched-Logan.html> for more information.

**BY CAR** – Players who are able to bring their own vehicle for the summer are a huge help to everyone. If you belong to a motor club such as AAA, they will assist you in providing maps and directions. The advent of mobile apps on smart phones (Google Maps, Waze) as well as GPS devices will provide accurate directions as well.

**CAR POOL** – If you are traveling by car, and you can arrange to travel with a teammate, it may be a prudent choice for companionship and safety. Travel expenses will apply to the driver only. Personal arrangements between players regarding expenses and reimbursement are not the responsibility of the Gatemen. Expense monies will be paid to only one player – the driver.

**TRAVEL MONEY ALLOTMENT** – The Gatemen reimburse for travel back home or to school ONLY. Travel to Wareham is at your expense. If you plan on making a stop to visit family or friends, the Gatemen will only reimburse for travel to your first destination.

Any and all travel money will be paid out AFTER the end of the season and before you depart from Wareham. Checks will be disbursed by the Treasurer.

Travel money will be paid only to players who registered on Pointstreak, are designated as full summer players, complete the season (including any playoffs), have financial clearance (to insure that there are no outstanding bills) from the Housing Chairperson and Equipment Manager, and who are eligible to receive reimbursement. Players who are forced to shorten their season due to injury, or due to a family emergency (verification needed), and are NOT recalled by their coach/college before completion of the season will be provided a pro-rated reimbursement of room & board fee along with travel reimbursement.

The Gatemen travel allotment covers return travel expenses ONLY. Reimbursement for air travel is broken down by US Time Zones (time zone chart below). Airfare reimbursements do not cover business or first class tickets, extra baggage charges or any “add-ons” provided by the particular airline. For travel by car, the maximum reimbursement amount is \$1000.

Travel expenses are defined as actual transportation costs i.e. airfare if travel by plane and mileage (.40/mile) if travel by car and you retained the car during the summer. Other costs such as hotels and meals are not included.

Anyone who drives the player(s) to Wareham and leaves with the car will not receive a reimbursement. Anyone who comes to Wareham at the end of the season to bring a player home will not receive a reimbursement. Additionally, in a situation where a parent who drives a player to Wareham and retains the car during their stay will not be eligible for a travel reimbursement if the player is injured and has to go home during that time period.

<b>TIME ZONE</b>	<b>MAXIMUM REIMBURSEMENT* (Up to \$)</b>
Pacific	\$500
Mountain	\$375
Central	\$275
Eastern	\$200

Players traveling by air are to submit ticket receipt for airfare home to GM in order to receive reimbursement check. This means that if you leave Wareham without submitting your receipt for airfare home you will NOT receive a travel reimbursement. If the cost of your airfare home is more than the maximum reimbursement for the time zone you are traveling to, you will receive the maximum reimbursement amount. If the cost of your airfare home is less than the maximum reimbursement for the time zone you are traveling to, you will be reimbursed the cost of the ticket.

Travel expenses for temporary players are the responsibility of the player. If a temporary player is switched to a full summer player, fees and travel reimbursement will be subject to the Fees Obligation and Travel Money Allotment above.

Any player signed during the last week of the season does NOT qualify for a travel reimbursement.

**TRAVEL ARRANGEMENTS** – Travel arrangements may be coordinated with the GM, but they remain the responsibility of the player.

Players are expected to arrive no later than Saturday, June 2nd with the first team practice scheduled for Sunday, June 3rd @ TBD. Exceptions include participating in the NCAA tournament or completion of any outstanding academic requirements. If delayed for either reason, you are required to report to Wareham NLT 5 days upon returning to campus after completion of either NCAA tournament play or academic makeup. You are expected to report to the team regardless of a potential invitation to Team

USA tryouts. In every case, you must make contact with the GM prior to arrival to advise him of your actual date of departure and your mode of travel as well as the date and approximate time of your arrival.

In the event you have not been assigned a host family upon arrival on Cape Cod, contact Mary Chaplain: Housing Director at [housing@gatemen.org](mailto:housing@gatemen.org). She will provide directions and/or transportation to your host family location (if absolutely necessary), as well as make proper introductions and assist in getting the player settled. All players flying are responsible for transportation from the airport to the Wareham area. We strongly recommend utilizing bus transportation.

All players will travel to and from games on approved transportation only. Bus transportation will be provided for all games. In the event that such transportation is unavailable, players and coaches will use personal vehicles for transportation. For those who will have a vehicle for the summer, be sure you have current and sufficient insurance coverage. There will be no exceptions made in this area.

**NOTE: Barring any family emergency or a season ending injury (fatigue is not considered a season ending injury), all players registered as full summer players are required to stay for the entire season. The season includes any playoff games that may be played. Travel reimbursements or Room & Board pro-rata reimbursements will not be paid out to players who leave before the season ends. All travel reimbursements and room & board pro rata reimbursements will be given to the player by check before departure from Wareham.**

## TRANSPORTATION

The South Coast area and Cape Cod are mostly rural areas and do not have much in the way of public transportation. It is necessary to have a car to get from one place to another, including travel to and from the field/job and in rare instances, games. This is an important responsibility that should be discussed between the player and his family prior to his departure for Wareham. If a player does not have the ability to have his own car we do our best to place him in an area near another player who does have a car for the summer.

## HOUSING

We are very fortunate to have families who willingly share their homes with players. They welcome the opportunity to make new friends while enjoying a summer of great baseball. Some of our host families are veterans while others are new to the program. The generosity of our host families is absolutely essential to the success of our franchise.

To ensure safe and suitable accommodations for all players, host families are interviewed and their homes visited by members of the Housing Committee. Each family is required to sign the Host Family Responsibility Acknowledgment Form.

Inexpensive housing is an important aspect of the Cape Cod Baseball League. You are expected to be considerate of your host(s) and abide by any reasonable requests and rules. You are required to treat host families with respect at all times. No player is authorized to incur ANY FINANCIAL EXPENSE beyond what is allowed in this Handbook.

Housing for players and coaches will be arranged by the Housing Committee in consultation with the GM. We make every attempt to house players from the same college with the same host family or in close proximity, but cannot guarantee this arrangement due to job location, host family location and number of players without vehicles.



Each host family is different, and therefore, each family will provide slightly different accommodations. The majority of host families go to both home and away games. Every host family looks forward to meeting you, getting to know you and making you feel at home.

Host families are given the following information about the player(s) staying with them when housing assignments are made in May:

PLAYER'S NAME

PLAYER'S CELL

PLAYER'S PARENT'S NAMES

HOME TELEPHONE NUMBER AND/OR CELL

Upon receiving this information, host families are asked to contact both the player and his parents prior to the player's arrival in order to initiate communication. This also provides an opportunity for both parties to ask questions. Host families will also receive the information off of the 2018 Player Questionnaire for information about allergies, etc. If you do not have pets, please let us know on the 2018 Player Questionnaire. You may have an allergy without knowing.

NOTE: You are not entitled to make decisions regarding housing without consultation with the Housing Director and GM. All players are assigned and required to stay with a host family. Players are not permitted to stay with family at other locations for more than 1 night. Disrespect and/or abuse of housing arrangements may result in an immediate dismissal from the team.

Player's Responsibilities:

If a player has his own vehicle he must give the following information to the Gatemen Player Agent:

Year

Make & Model

Color

License plate number

All players must discuss the use of house facilities (kitchen, laundry room, etc.) with your host family upon arrival using the Housing Checklist as your guide.

All players, whether living at home or with a host family, must follow the nightly curfew rules:

Sunday Night – Thursday Night: 12:00 AM

Friday & Saturday Nights: 1:00 AM

The Player Agent, GM and Manager will monitor observance of the team curfew rules but nightly curfew checks may be done by any member of the Gatemen Organization. Curfew checks may be done by phone or in person.

Penalties for violating the team curfew rules are as follows:

1st Violation – 2 game suspension

2nd Violation – 5 game suspension, parents and college coach are notified

3rd Violation – Dismissal from the team and the league, parents, college coach and CCBL Commissioner are notified.

All players must stay with their host family unless they receive express permission from the GM. If a player is allowed to spend a night at a place other than their host family, they must provide the GM with the following information:

Name of person(s) they are staying with  
Contact information of that person(s)  
Address of where they will be staying

There is no guarantee that permission will be given.

If permission is given, players are NOT to spend more than one (1) night away from their host family's home.

Players are NOT to have a guest(s) stay with them at their host family's home. Any guests visiting a player must make other accommodations for their stay. Guests MUST be out of the host family's home by 11:00 PM.

Players who have family events (i.e., weddings) must get prior approval from the GM. Players will be responsible for all travel arrangements to and from the event, including the travel costs. No travel reimbursements will be provided for this travel.

A player who has been released, dismissed or is leaving the team for any other reason must leave their host family within 48 hours unless absolutely necessary.

Players should be sure to have enough spending money to pay for miscellaneous expenses such as lunch, snacks, personal items and local travel. Host families are not responsible for any expenses you may incur and are instructed not to advance funds to the players. Players are expected to contribute gas money to any teammates who provide them with transportation to and from the field and other places.

All players are given the option to work while they are with the Gatemen. We highly recommend that you take advantage of our employment programs. All players should note that they will be required to participate in community outreach programs of the Gatemen organization in and around the South Coast. Please refer to the "Employment" section for more information.

All players who choose not to take advantage of the employment program must be up and out of their host family's house by 10:00 AM (Monday – Friday). Players who choose not to work should note that they will be required to participate in community outreach programs provided by the Gatemen Organization in and around the South Coast.

Players who decide or are required to enroll in summer school must have their own vehicle.

Should you encounter an emergency of any nature during your stay in Wareham, please call the GM, Player Agent and/or the Manager immediately.

#### Host Family Responsibilities:

Host families will provide a bedroom with a bed (including bedding, linens, and blankets), towels and breakfast for the player(s) assigned to their home. Host families receive a stipend of \$72.50 per week. Any additional meals must be worked out directly with your host family. While most host families do provide lunch and dinner for their players, it is not required of them. Please take advantage of sitting down for meals with your host family, it's a great way to get to know them.

Host families will review the Housing Checklist (attached) with each player upon his arrival so that everyone understands the house rules. The host family and player(s) are required to sign the Checklist form and return it to the Player Agent.

Host families WILL NOT provide accommodations for a player's family or friends. Please visit the Cape Cod Chamber of Commerce website ([capecodchamber.org](http://capecodchamber.org)) to assist in locating hotels or bed & breakfast style accommodations in the local area.

Except in an emergency situation, **players are not permitted to use host family vehicles.** A player's use of a host family vehicle can be interpreted as a violation of NCAA Rules. Every effort will be made to place at least one (1) player with a vehicle with every host family. If this is not possible, every effort will be made to place players without vehicles within close proximity to players with vehicles. No player will be stranded without a ride to and from the field.

Host families are not financially responsible for any medical or shopping expenses incurred by any player; neither is the Gatemen Organization.

**Host Families are not obligated to provide transportation.**

Host families should not house a player discharged from or released by the team after forty eight (48) hours.

If any problems arise, players and host families should contact the Director of Housing, Player Agent, or GM. (Please see their contact information above.) They will work with the parties to solve the problem as best they can.

## **EMPLOYMENT**

Many players work summer jobs in order to defray some of their expenses. Some do not. It is a choice that must be made PRIOR to coming to Wareham. Whether you accept a job or not, you will be required to perform community service work. This may include our annual free kids' clinic, school reading programs, community outreach programs or other fund raising activities. Much of the support that we receive as a volunteer organization is due in part to the relationships that we build through our efforts in the community. Many players before you, pro and non-pro, have paved the way for you through their efforts doing the same things that will be required of you. Players play an integral role to preserve these relationships for the Gatemen and for future players. **All players are required, by Massachusetts Law (MA Gen L ch 6 § 172H), Cape Cod Baseball League and the Gatemen organization, to submit to a CORI background check. A CORI form will be provided to the player to fill out for submittal.**

Over 1000 Major Leaguers have spent their summer on the Cape. A brief Cape Cod Baseball League Alumni listing follows:

Matt Harvey, Chris Sale, Todd Frazier, Justin Smoak, Dallas Keuchel, Mark Teixeira, Chase Utley, Matt Wieters, Kolton Wong, Buster Posey, Jeff Bagwell, Mitch Moreland, Barry Zito, John Farrell, Lance Berkman, Buck Showalter, Jason Varitek, Darin Erstad, Evan Longoria, Tim Lincecum, Thurman Munson, Mo Vaughn, Mark Mulder, Braden Loper, Ben Sheets, Nomar Garciaparra, Billy Wagner, Todd Helton, Jeff Kent, Matt Morris, Eric Milton, Frank Thomas, Jeff Weaver, Josh Fogg, Mike Lowell, Kris Bryant, Robin Ventura, Kevin Millar, Eric Wedge, Joe Girardi, Chris Ray, Jacoby Ellsbury and Kevin Youkilis. The Gatemen had major contributors for the last two teams to win the World Series; Kyle

Schwarber (Cubs), George Springer (Houston Astros, 2017 World Series MVP), and Dallas Keuchel (Houston Astros).

To continue this tradition, you are required to:

1. Report to your job or community service assignment as scheduled ON TIME.
2. Call the person in charge PRIOR to your scheduled start time if you will be absent.
3. Continue to work as assigned until the end of the season.

Jobs and service work are an important part of the Cape League tradition. You represent the Gatemen organization, your families (home and host), your college/university as well as yourself. You are expected to respect the interests of the Cape Cod Baseball League, the Wareham Gatemen, the people who employ you and the communities we play in. Without their involvement, you would not have this once in a life-time opportunity.

Finding jobs is a very difficult undertaking. If the actions of a player cause a job to be lost, it may result in a larger and intolerable number of opportunities to be lost for a succeeding year's players. If you have a problem with your job: TELL YOUR COACH IMMEDIATELY. The Coach will discuss the problem with the Jobs Chairperson. They will work to resolve the problem.

NOTE: You are not entitled to make decisions regarding jobs without consultation with the coach and the organization. This includes swapping days with a teammate when family is in town. Disrespect and/or abuse of your job may result in immediate dismissal from the team.

### **ENTERTAINMENT**

In some cases, telephones, televisions, satellite dishes, computers, DVD players, and other valuables are a part of a host family's property. We are grateful and sensitive for the kindness our host families provide. Generosity is not expected to become a burden for homeowners. Please respect the nature and benefit of the security provided by not adding expenses to their generosity (for example – unpaid pay-per-view movies).

Any added expense must have the host family's prior knowledge and express permission prior to incurring the expense (See Travel Money Allotment above).

### **MEDICAL**

It is your responsibility to advise the coaching/medical staff of any medicines you take for any reason. A trainer will be available at all Cape Cod Baseball League games. There are two hospitals located within 10-15 minutes of the ball field in the unlikely event of a serious injury.

Your existing personal and/or family coverage is your primary insurance coverage. The Cape Cod Baseball League Insurance is a secondary coverage that includes a \$500.00 deductible.

### **FAMILY/RELATIVE/FRIEND VISITS**

Please visit the Cape Cod Chamber of Commerce website ([capecodchamber.org](http://capecodchamber.org)) to assist in locating hotels or bed & breakfast style accommodations in the local area.

### **EARLY TERMINATION FEE**

If a full summer player leaves before the end of the Gatemen season for a reason other than a confirmed family emergency or season ending injury, that player will be charged with an “Early Termination Fee” of \$500. If the Gatemen organization terminates a full summer player for reasons related to on field performance, that player’s travel allotment will include travel expenses to and from Wareham.

### **MISCELLANEOUS**

#### **Uniforms:**

There will be no deviation from the standard Wareham Gatemen team uniform. If uniform repairs or replacements are necessary, notify the GM.

Sweatshirts, BP Shirts and shorts, white sanitaries and caps, ONLY, may be retained at the end of the season. All other equipment must be returned to the Equipment Manager or his designee prior to your departure. Replacement costs for unaccounted equipment and apparel will be deducted from any monies owed to the player in question. Wooden bats will be provided for players, players may bring their own wooden bats as long as they conform to NCAA and CCBL regulations. Composite type wooden bats are not allowed in the Cape Cod Baseball League.

#### **Finances:**

The Coach can be contacted if emergency assistance is required during the season, but your financial needs are your responsibility.

#### **Tobacco:**

The Cape Cod Baseball League joins the NCAA and the Commonwealth of Mass. in prohibiting the use of any and all tobacco products on the fields and school property. Tobacco products cannot be used or carried by a player, coach or member of the umpire crew at any time. A player caught will be ejected along with the Manager for that game. The franchise itself will be fined \$250.00 for each infraction and the player/coach suspended for one game each. The team will make every effort to recoup the money from player/coach travel pay and salary if necessary.

#### **Alcohol:**

The legal drinking age in Massachusetts is 21!!

In accordance with the Cape Cod Baseball League alcohol policy, no alcohol will be allowed at any function involving Wareham Gatemen players. It shall be the policy of the Wareham Gatemen that no alcohol is to be served to any players under any circumstances, on or off the field; this includes at host families residences. Host families will lose their housing privileges if alcohol is provided to players.

#### **Community Service:**

All players must participate in community service during their stay with the Gatemen. All players are required to perform a minimum of 15 hours of community service over the course of the summer. The entire team will be participating in our annual movie night at Wareham Crossing (date TBD). There will be several mandatory autograph signing sessions throughout the season. Please be aware that you will be autographing numerous items for promotions, donations, auctions, prizes and other general fundraising as need be. All players are required to fill out the CORI form. Most of our work is with children and the Commonwealth of Massachusetts requires any and all individuals working with children be subject to a background check.

#### Behavior:

First and foremost, you are an adult. We respect you not only as a gifted athlete but just as importantly; we respect you as a grown man. In that same vein, we expect that you will treat your teammates, opponents, fans and all members of the Gatemen family with the utmost respect. While we expect and encourage you to be competitive and to play to the best of your abilities, we ask that you please consider that you are playing in a family environment. Excessive use of foul language is inexcusable. In essence, our philosophy is that an athlete can play to win without compromising his image and dignity or his team's image within the community.

#### Team functions:

We will have several team outings including a First Pitch Night at the start of the season, several functions involving the host families throughout the season and an Awards Banquet/Breakup dinner at the conclusion of the campaign. Visiting parents and families are cordially invited to all team events. Appropriate dress for formal functions includes dress pants / khakis and a collared shirt.

#### Other:

College or University T-shirt: Please bring two with you to Wareham. These shirts will be signed by you and raffled off to fans at home games throughout the season. This activity is an important part of our fundraising and is requested of all players.

**All DRAFT ELIGIBLE players must keep in close contact with the Head Coach and GM throughout the college season. You will need to inform them of MLB clubs who have expressed interest in drafting you, a schedule of pre-draft workouts (when, where and what club), and the contact information of your advisor, if you have one. Your draft status will directly impact whether you come to Wareham so we need to stay updated and in contact.**

Bank Account: Eastern Bank (branches located in Wareham, Marion and Mattapoisett) offers free banking service. Please list P. O. Box 287, Wareham, MA 02571 as your home address for bank statement mailing purposes.

The team travels to all away games by bus. You will ride the bus at all times and observe team rules regarding the use of the same. The bus must be kept clean. Cleats may not be worn on the bus. All food and drinks must be taken off the bus.

We assign bat kids (young boys and girls) for every game – home and away. Please be courteous to them, use appropriate language and help them feel like part of the team. They may be riding the bus with you to and from away games.

The Gatemen employ a full-time trainer. A copy of your Insurance Form (which is given to you/your parents to complete) will be given to him/her. It is important that you keep him/her closely advised as to allergies and any medication that you are taking for any reason.

The Gatemen have a locker room facilities located at our field. You will be assigned an individual, full-size locker with your own combination lock. It is required that you use your locks to prevent mishaps. All locks must be returned to the equipment manager upon your release, dismissal from the team, voluntary dismissal from the team or the end of our season, including the playoffs.

All Gatemen players are issued two game hats only, one all navy and one camo. If you need to replace a hat it will be at your cost. Keep good care of your hats.

We provide laundry service on a daily basis for your complete uniform ONLY (Jersey & Pants). All other items are the player's responsibility. Your uniform will be sorted and laid out prior to your arrival for your next game. Shower facilities are available in the locker room.

We have arrangements with the YMCA for a special rate for the summer for Gatemen players and coaches. The facility is located within one mile of Spillane Field. Please be respectful and considerate to all YMCA members and staff if you choose to workout at their facility. We mainly use the weight room on school grounds at no cost. This weight room has everything a player could need.

The Wareham Gatemen Organization expressly prohibits the flying of drones over the field of play or any of the Gatemen facilities while any team or league function is occurring. Violation of this policy could result in banishment from attending Gatemen games, fines and or criminal prosecution.

### **WAREHAM GATEMEN CODE OF CONDUCT**

Players, coaches and other team personnel shall conduct themselves both on and off the field in a manner so as to encourage good sportsmanship, wholesome recreation and good relationships in the community. Conduct which is deemed inappropriate, detrimental, illegal or not in keeping with the purpose and traditions of the Wareham Gatemen Baseball team, the CCBL or in violation of any official baseball rule, Corporate or League By-Laws, or the Handbook will subject the violators to disciplinary proceedings.

#### **DISCIPLINARY PROCEEDINGS / DUE PROCESS**

All disciplinary proceedings are subject to the following:

a. All players, coaches, interns or other team personnel shall be accorded due process whenever punitive action is contemplated against them for violation of any team or CCBL rule or when it is alleged that any player, coach, intern and/or other team personnel committed an act which is illegal or which is deemed to be inappropriate, detrimental or not in keeping with the purposes and traditions of the team or the CCBL. Unless specifically set forth herein, this Section 3 shall not apply to penalties prescribed in the NCAA Baseball Rules Book.

b. The President or General Manager (whichever is appropriate) shall notify said individual or individuals that the team intends to investigate any such acts. The President / GM shall immediately appoint a nonpartisan individual to conduct an investigation into the allegations and report back his/her findings as soon as practical. Upon receipt of the investigator's report the President/GM shall afford an opportunity for the accused to be heard prior to undertaking any punitive action. After reviewing all the evidence presented by the investigator and the accused (if any) the President / GM shall issue a written decision and advise the party what, if any punitive action is to be taken.

c. If an aggrieved party wishes to appeal the findings or penalty assessed by the President or GM, such appeal must be delivered in hand to President if the GM assessed the penalty or to the GM if the President assessed the penalty within twenty-four (24) hours of receipt of the decision by the aggrieved party. In the event that both the President and GM participated jointly in the penalty assessment, the appeal must then be served in hand upon the Senior Vice President with copies of the notice of appeal given to the President and GM. The Executive Committee, under the direction of the Senior Vice President shall meet and review the appeal and shall afford an opportunity for the accused to be heard and to present evidence in his/her defense. Said review shall commence within 48 hours of receipt of the appeal by the Committee or as soon as practical. The burden shall be on the person taking the appeal to demonstrate by clear and

convincing evidence that the decision of the President/GM was not justified. Upon such a showing, the Executive Committee shall have the authority to reverse, modify or lessen the penalty imposed by the President/GM. The Executive Committee shall render its decision within twenty-four (24) hours of the hearing. The decision of the Executive Committee shall be final with no further right of appeal.

If you should have any questions about any of the information provided above, please contact the President or GM.

## **CAPE COD BASEBALL LEAGUE CODE OF CONDUCT**

### **CODE OF CONDUCT POLICY**

The Cape Cod Baseball League would like to welcome the group of student-athletes who will be participating this season. We are very proud of the quality of baseball played from year-to-year and even more proud of the manner in which our student-athletes conduct themselves each summer. We have every reason to anticipate that with your participation and cooperation, this season will be our best yet.

To that effect, each of you has already received from your team General Manager a handbook outlining what is expected from you during your time with us. In addition to the necessary information about travel arrangements, jobs, host families and commitment to your team for the entire season, it has been made clear to you what kind of behavior is unacceptable and what the team's response will be if you violate those expectations. The purpose of this policy is to advise you what the CCBL expectations are and what due process will be afforded you should any serious violation occur.

Conduct detrimental to any franchise's reputation is also conduct detrimental to the Cape Cod Baseball League. Therefore, it is very important for you to know the kind of behavior that will lead to serious disciplinary action from the team and/or the league. You should be aware that both entities may review any issue that arises and take appropriate action. Individual circumstances vary, as do some of the franchise guidelines and policies. However, the CCBL expectations are clear. These will be shared with every team member in June when CCBL officials meet with each franchise.

Here are some, though not all, of the issues that are considered important:

**TOBACCO** – The Cape Cod Baseball League and its franchises prohibit the use of all tobacco products at all locations at the ball park at all times. Further, the Massachusetts Education Reform Laws require that all school buildings, fields, busses and property be completely tobacco-free.

**ALCOHOL** – The legal drinking age in Massachusetts is 21. Any underage team member or CCBL intern apprehended for an alcohol violation will be immediately suspended from the team or CCBL position and their college coach/advisor notified. Pending the result of a hearing, the team member may be sent home at their own expense. Team members should be aware that Massachusetts enforces DUI offenses very aggressively and stringently.

**DRUGS AND CONTROLLED SUBSTANCES** – The franchises and the CCBL forbid the selling or use of illegal drugs or controlled substances by players of any age. Confirmed violations will result in the offender being sent home at their own expense. Massachusetts law is particularly harsh on the selling of drugs within the proximity of school grounds. Most of the Cape Cod Baseball League fields are located within those outlined zones and violations in this regard within those zones carry mandatory penalties which are severe.

**SOCIAL HOSTING AND FURNISHING** – Massachusetts has a strong "Social Host" statute (MGL Chapter 138, Section 34). It is illegal under state law for any person to furnish alcoholic beverages to a



person under the age of 21. The word “furnish” is defined as supplying, giving, providing or allowing any underage person to possess alcohol on their premises or property. In addition, the host may be responsible for drivers of any age who leave the premises under the influence of alcohol.

**INTERNET AND ELECTRONIC MEDIA** – All team personnel, whether uniformed or non-uniformed, should be aware of the risks, dangers and potential for exposure when participating on Websites such as, but not limited to, myspace.com, youtube.com and facebook.com. Any activity and/or participation on these types of sites which is deemed detrimental to the Cape Cod Baseball League and/or its franchises will be grounds for swift and severe disciplinary action, which may result in immediate suspension or expulsion from the league. It is strongly recommended that any participation on these types of Websites be ended before the start of our playing season, and that no participation take place during our season. Any disciplinary action taken by the CCBL will also be reported to the appropriate university officials.

**CRIMINAL ACTION** – If a player is arrested for a criminal action, he will be suspended for a period of time so that fact-finding can take place before the team or CCBL takes any further appropriate action. The CCBL Commissioner must immediately be notified of this action by the franchise General Manager. The parents and college coach/advisor of the student-athlete that has been charged may be notified.

**CIVIL LAW VIOLATIONS** – These include but are not limited to Firearms (Massachusetts has a strict gun law), Town By-Laws, Motor Vehicle Offenses, Sexual Laws and Regulations (including date rape, assault), Hazing, Hate Language and the Use of False Identification for the purpose of purchasing or being served alcoholic beverages. Committing any of these violations brings unfavorable publicity to both the franchise and the CCBL, and will be dealt with seriously after the facts have been reviewed by the appropriate authorities. Please ask questions when you arrive in order to better understand the local priorities and “sensitivities”.

**DUE PROCESS** – The steps that will be taken in response to serious violations and the sanctions that may be imposed have been outlined in your team’s Code of Conduct manual that has been provided to you. Offenders will have the opportunity to appeal any decisions, either with an appropriate panel from the franchise and/or from the CCBL. Team members and CCBL interns should understand that there may be times that the CCBL will impose additional sanctions on the student-athlete.

This policy underscores our concerns about these important matters. Please read it carefully, and if you have any questions, make sure you get answers from your General Manager, Coach, host family or any CCBL official. There should be no confusion about these issues as the CCBL is taking a zero tolerance approach with this policy.

## **CODE OF CONDUCT PROCEDURES**

The Cape Cod Baseball League has a lengthy history of providing wholesome entertainment and player development in a safe and productive manner. Our high profile players and significant visibility make it incumbent on us to proactively address potential issues of responsibility for our student athletes.

To that end, the Cape Cod Baseball League has established and implemented the following Code of Conduct policy and guidelines. The purpose of this section of our Handbook and By-Law is to effectively manage the behavioral expectations of our student athletes, team management, players, coaches and CCBL interns with complete compliance and adherence in a zero tolerance manner.

## **GUIDELINES**

1. These guidelines are for internal use. The actual policy, which appears after this section, is the portion to be provided to all team members (uniformed or not), team interns, CCBL interns, broadcasters, trainers, house parents and employers. The CCBL treats this policy very seriously and there is complete expectation that these guidelines and policy will be enforced and adhered to without exception.
2. Each team is required to furnish the CCBL President and Commissioner with a copy of their Code of Conduct manual by May 1st of the upcoming season.
3. Each franchise is required to provide their Code of Conduct manual along with the CCBL Code of Conduct Policy to their respective players, coaches, trainers, interns, broadcasters and any individual who will be part of the team operation for the upcoming season whether they are uniformed or non-uniformed, on-field or off-field personnel. It is also strongly suggested that the individual team and CCBL Code of Conduct Policy also be provided to host families and employers. Each franchise is urged to have all recipients of the individual team and CCBL Code of Conduct Policy sign and return a copy of the policy stating they have read, understand and agree to abide by this policy. This also applies to CCBL interns who are not associated with any franchise, but are expected to follow the same policies, procedures and guidelines. The responsibility for CCBL interns lies with the CCBL official delegated to that responsibility as directed by the CCBL President.
4. Each franchise is expected to maintain those signed documents on file. These are not required to be submitted to the CCBL, but the CCBL reserves the right to inspect those files at any time as part of an audit.
5. Each franchise is required to notify the CCBL Commissioner via e-mail within 24 hours with details if any of their personnel are involved in:
  - a) Any violation that requires disciplinary action; or
  - b) Any incident that involves police intervention; or
  - c) Any incident that could be construed as behavior that is adverse to the CCBL Code of Conduct Policy; or
  - d) Any incident that is not in the best interests of the CCBL and/or franchise(s) involved.
6. Failure on the part of any franchise to satisfy their duties under this policy will result in a penalty as determined by majority vote of the CCBL Executive Committee.

## **EXAMPLES OF PAYER'S DAILY SCHEDULE (Subject to change)**

### **HOME GAMES**

#### 5:30 GAME (SUNDAYS)

10:00 – 10:45 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:15 INDIVIDUAL EARLY WORK  
12:15 MEETING + TEAM FUNDY  
3:05 – 3:50 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
4:35 – 4:45 INFIELD / OUTFIELD  
5:00 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
5:30 GAME

#### 6:30 GAME (MONDAY – SATURDAY)

10:00 – 10:45 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:15 INDIVIDUAL EARLY WORK  
12:15 MEETING + TEAM FUNDY  
4:05 – 4:50 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
5:35 – 5:45 INFIELD / OUTFIELD  
6:00 - ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
6:30 GAME

### **AWAY GAMES**

#### **@ COTIUT (39 MIN W/OUT TRAFFIC)**

#### 4:30 GAME

9:30 – 10:15 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:00 – 12:00 INDIVIDUAL EARLY WORK  
12:00 MEETING + TEAM FUNDY  
12:45 – 1:45 BUS  
2:00 – 2:20 TEAM ACTIVATION  
2:20 – 2:50 PITCHERS' + POSITION PLAYER THROWING PROGRAM  
2:50 – 3:00 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
3:00 – 3:35 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
3:35 – 4:00 REST / EAT / CHANGE  
4:00 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
4:30 GAME

#### 5:00 GAME

9:45 – 10:30 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:15 – 12:15 INDIVIDUAL EARLY WORK  
12:15 MEETING + TEAM FUNDY  
1:15 – 2:15 BUS  
2:35 – 2:55 TEAM ACTIVATION  
2:55 – 3:20 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
3:20 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
3:30 – 4:05 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
4:05 – 4:30 REST / EAT / CHANGE  
4:30 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE

5:00 GAME

**@ Y-D (41 MIN W/OUT TRAFFIC)**

**4:30 GAME**

9:30 – 10:15 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:00 – 12:00 INDIVIDUAL EARLY WORK  
12:00 MEETING + TEAM FUNDY  
12:45 – 1:45 BUS  
2:00 – 2:20 TEAM ACTIVATION  
2:20 – 2:50 PITCHERS' + POSITION PLAYER THROWING PROGRAM  
2:50 – 3:00 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
3:00 – 3:35 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
3:35 – 4:00 REST / EAT / CHANGE  
4:00 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
4:30 GAME

**5:00 GAME**

9:45 – 10:30 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:15 – 12:15 INDIVIDUAL EARLY WORK  
12:15 MEETING + TEAM FUNDY  
1:15 – 2:15 BUS  
2:35 – 2:55 TEAM ACTIVATION  
2:55 – 3:20 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
3:20 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
3:30 – 4:05 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
4:05 – 4:30 REST / EAT / CHANGE  
4:30 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
5:00 GAME

**@ BREWSTER (55 MIN W/OUT TRAFFIC)**

**4:30 GAME**

9:15 – 10:00 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
10:30 INDIVIDUAL EARLY WORK  
11:30 MEETING + TEAM FUNDY  
12:30 – 1:40 BUS  
2:00 – 2:20 TEAM ACTIVATION  
2:20 – 2:50 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
2:50 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
3:00 – 3:35 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
4:00 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
4:30 GAME

**5:00 GAME**

9:30 – 10:15 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:00 INDIVIDUAL EARLY WORK  
12:00 MEETING + TEAM FUNDY  
1:00 – 2:10 BUS  
2:25 – 2:45 TEAM ACTIVATION  
2:45 – 3:20 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
3:20 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
3:30 – 4:05 BP (3 GROUPS-HIT/DEFENSE/BASE RUN OR BUNT)

4:30 ACTIVATE/THROW/BREAKS & LEADS/HITTING ROUTINE  
5:00 GAME

**@ HARWICH (49 MIN W/OUT TRAFFIC)**

5:30 GAME

10:00 – 10:45 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:30 INDIVIDUAL EARLY WORK  
12:30 MEETING + TEAM FUNDY  
1:30 – 2:50 BUS  
3:05 – 3:25 TEAM ACTIVATION  
3:25 – 3:50 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
3:50 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
4:00 – 4:35 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
5:00 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
5:30 GAME

6:30 GAME

11:00 – 11:45 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
12:30 INDIVIDUAL EARLY WORK  
1:30 MEETING + TEAM FUNDY  
2:30 – 3:50 BUS  
4:05 – 4:25 TEAM ACTIVATION  
4:25 – 4:50 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
4:50 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
5:00 – 5:35 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
6:00 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
6:30 GAME

**@ FALMOUTH (32 MIN W/OUT TRAFFIC)**

6:00 GAME

10:15 – 11:00 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:45 INDIVIDUAL EARLY WORK  
12:45 MEETING + TEAM FUNDY  
2:15 – 3:15 BUS  
3:35 – TEAM ACTIVATION  
3:35 – 4:20 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
4:20 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
4:30 – 5:05 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
5:30 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
6:00 GAME

**@ HYANNIS (44 MIN W/OUT TRAFFIC)**

6:00 GAME

10:15 – 11:00 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:45 INDIVIDUAL EARLY WORK  
12:45 MEETING + TEAM FUNDY  
2:10 – 3:15 BUS  
3:35 – TEAM ACTIVATION  
3:35 – 4:20 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
4:20 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS

4:30 – 5:05 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
5:30 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
6:00 GAME

**@ BOURNE (16 MIN W/OUT TRAFFIC)**

6:00 GAME

10:15 – 11:00 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
11:45 INDIVIDUAL EARLY WORK  
12:45 MEETING + TEAM FUNDY  
2:45 – 3:15 BUS  
3:35 – 3:55 TEAM ACTIVATION  
3:55 – 4:20 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
4:20 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
4:30 – 5:05 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
5:30 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
6:00 GAME

**@ CHATHAM (59 MIN W/OUT TRAFFIC)**

7:00 GAME

11:00 – 11:45 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
12:30 INDIVIDUAL EARLY WORK  
1:30 MEETING + TEAM FUNDY  
3:00 – 4:15 BUS  
4:35 – 4:55 TEAM ACTIVATION  
4:55 – 5:20 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
5:20 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
5:30 – 6:05 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
6:30 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
7:00 GAME

**@ ORLEANS (57 MIN W/OUT TRAFFIC)**

7:00 GAME

11:00 – 11:45 STRENGTH & CONDITIONING @ GATEMEN FACILITY  
12:30 INDIVIDUAL EARLY WORK  
1:30 MEETING + TEAM FUNDY  
3:00 – 4:15 BUS  
4:35 – 4:55 TEAM ACTIVATION  
4:55 – 5:20 PITCHERS' + POSITION PLAYERS THROWING PROGRAM  
5:20 INFIELD OUTFIELD OR MASS GB'S + CUTOFFS & RELAYS  
5:30 – 6:05 BP (3 GROUPS-HIT / DEFENSE / BASE RUN OR BUNT)  
6:30 ACTIVATE / THROW / BREAKS & LEADS / HITTING ROUTINE  
7:00 GAME

