

5 Steps to an Ejection

CBUA-LB Presentation
John Young

Following these steps gives you credibility when you eject.

1. Ignore
2. Acknowledge
3. Respond
4. Warn
5. Eject

Ignore (minor complaints)



Acknowledge (non-verbal) Eye contact especially with bench, assistant coaches.



Respond (professionally). Let them know you heard them.
“Coach, I had that pitch outside.”



Warn (Can be written OR verbal). Don't warn unless prepared to back it up!



It doesn't have to include the word "warning."

It can be "**That's enough.**" Include a hand signal so everyone watching is clear you are saying that the behavior needs to end.



Eject—This can't be overturned. Once you signal,
“Somebody's got to go!”



Avoid things like “Don’t
say another word.”

Most phrases that begin
“You’re _____” will lead to
an ejection (fill in the blank)

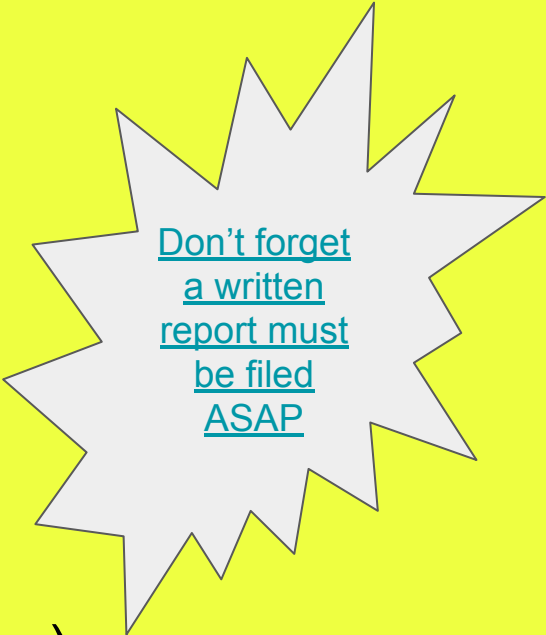
Here's one using the acronym "**I A.R.W.E.**"

(pronounced "I Are We"):

"I Always Recognize When to Eject."

Each word corresponds to a step:

- **I – Ignore** (Let minor comments go.)
- **A – Acknowledge** (Show you've heard them.)
- **R – Respond** (Give a brief, professional reply.)
- **W – Warn** (Clearly state consequences.)
- **E – Eject** (When necessary, take action.)



Don't forget
a written
report must
be filed
ASAP