

GOALS OF SOFTBALL

1. Have fun!!! (Winning doesn't hurt☺)
2. Play hard – give 100% at all times
3. Improve individually and as a team.
4. Play as a team – on and off the field.
5. Learn basic skills and strategies of the game
6. Grow as a person.

PRACTICE ORGANIZATION

* Come in appropriate dress to practice. I do not want to see your underwear – including sports bras. School dress code still applies whenever you are representing the Vikings. Wearing something close to what you play in would be the best bet. Have outdoor clothes ready each day.

* Be dressed in practice clothes and on the field on time! You should be done stretching by 3:20 (3:15 inside) and playing catch to warm up. Start throwing short and lengthen it out.

* Move quickly to get into position to start a new drill. The less time wasted, the more we learn and the better we will be.

* **When a group activity is stopped to correct one player, pay close attention in order that you will not require the same correction.**

* Always make eye contact when a coach or player is talking to you.

* Perfect practice make perfect. Do drills like they are meant to be done – even when I'm not watching. It's the only way you'll improve.

PLAYING TIME

JUNIOR HIGH

Coaches are expected to play all eligible players, but not all students will necessarily play the same amount of time. The exception would be during tournament play. Winning is important but not the major goal. We want junior high softball players to learn softball skills, team skills, and social skills. These skills are the foundation for JV and varsity ball where playing time is more focused on ability, effort, attitude and coaches' discretion. Winning will become more of a focus, as well as wanting players to strive to improve.

JUNIOR VARSITY

Participation is at a higher level which will require a greater amount of dedication on the part of players. Players are not guaranteed time and the best players will play no matter what grade they are in. This is a team that prepares our players to contend for varsity ball. We have had issues with having enough players. It is possible that players from the varsity will also have to play some JV.

VARSITY

The team goal every year is to make it to the state tournament. This requires that the best players will play regardless of their grade level. We will do our best to get players as much playing time as possible according to their ability/position.

MY TYPE OF PLAYER

1. Is a complete lady at all times, on and off the field.
2. Is a hustler every second in practice and in games. Everybody can shoot for 100% in hustle.
3. Constantly strives to improve her weaknesses.
4. Never alibis, realizes that she has given her best effort, and that there are some things, over which she has no control.
5. Realizes that good and bad habits are being formed all the time.
6. Takes her role on the team seriously and doesn't give up after a bad throw, bad fielding, or bad judgment.
7. An athlete who is mentally tough...a thinker of the game.
8. Tries to help the person rather than hurt her. Realizes softball is a team game and a team is as strong as its weakest player.
9. Never under-rate an opponent. Any player with a softball in her hand is capable of beating you. When we take the field we are also capable of beating anyone.
10. Knows that on an entire squad each of us will not be completely happy with all the decision and procedures during the season. Learns that she must adjust to the team situations,, not the team to hers. She will go along with the decisions that are best for the team...

LETTERING REQUIREMENTS

Varsity letters will be awarded to:

1. Seniors participating the entire year.
2. Players who have participated in 25% of the varsity games during the season. (5 games)
3. Players who were an obvious letter winner and are hurt or suffer an athletic injury in the sport.
4. An award may be withheld if the student does not show the necessary requirements in attendance, attitude, or loyalty to the team and coaches during the season.
5. An award will be withheld if the student has any code of conduct violations.

FIELD CONDUCT

Softball is a sport where judgments are part of the game. They will be made by you, your teammates, your coach, and umpires. Learn to control emotions during the game. Do not let emotions force you into playing a game other than your own. It is an understanding before taking the field that the umpire is in charge and is to be treated with respect. If there is to be any questioning of a call it will be done by the coaches. **Players, parents, spectators, and coaches need to be respectful and show sportsmanship.**

TEAM/PLAYER/PARENT POLICIES

1. Players will abide by Minnesota State High School League Regulations and be an HHS student in good standing. School is your number one priority.
2. Players must ride the team bus to an away game.
3. Players can ride home with their parents only if the **parent** contacts the coach, preferably in writing...texts do not count!
4. Players must abide by all bus rules and keep the bus clean. No aerosols or perfumes. Failure to do so will result in loss of traveling privileges to next away game.
5. Players and parents must respect coaching decisions on who will be playing and the amount of time they will be playing. If you have a question, please ask – I'll listen to your side with an open mind and expect the same in return.
6. You are responsible for your uniform, so take care of it. You will pay for uniforms that are not taken care of properly.
7. All practices are to be attended unless a player is absent from school because of illness, a family emergency or if prearranged with the coach. Failure to obtain the coach's permission to miss or be tardy at a practice will be looked upon as an unexcused absence. This includes detention time and work.
Unexcused absences from practice will be treated as the following:
 - One unexcused absence will result in loss of starting position for the following game.
 - Two unexcused absences will result in the player dressing for the game but not being allowed to play.
 - Third unexcused absence will result in removal from the team for the remainder of the season.
 - Two tardies (3:16 or 3:21) will be treated as an unexcused absence.
 - Unexcused absences from school will result in missing that night's practice or game!
 - Extended trips during the season will cause the player to miss 2 games.
 - Injuries/illnesses requiring a player to sit out of practices for any length of time require a trainer or doctor excuse.
8. Any player that exhibits a negative behavior or attitude towards a teammate, other team, or umpire will be removed from the situation (practice, bus, game, etc) immediately at coaches' discretion.
9. Any parent that exhibits a negative behavior towards any team, umpire, or coaches will immediately be removed from the game at coaches' discretion. As a parent, you are expected to support not only your child, but all players in a positive manner.