



PLAYER EXPECTATIONS

Eligibility:

- Athletics are a part of the educational program. *Academics come before athletics.*
 - Players are required to pass grade checks to participate in practices and games, which come out every other week.
 - If a player is in jeopardy of failing a class or needs extra time to put into their studies, please talk with the coach and we will accommodate.
- Athletics/Activities are **voluntary**. Participation is not required for graduation and thus, being on a sports team is a **privilege**, which must be earned, and is **not a right**.
- With that **privilege** come **responsibilities** to maintain the established standards of conduct as defined in this document as well as school, district, and [MSHSL](#) policies and procedures.

Attendance:

- Regular attendance at practices is essential for the success of individual players and the team.
- If a player is going to be late or miss a game or practice, they are responsible for letting the coach know **before** the game or practice they will miss in order for it to be considered excused - the sooner the better.
- Excused absences include: illness, injury, school-related activity and *pre-arranged absences*. If a student athlete is at school, it is expected that they will also be at practice/games. Players must be at school from 4th hour through the end of the day to participate in practices and games.

Equipment:

- Transporting equipment to, during and from practices, is the responsibility of the players.
- Setting up and cleaning up equipment/stations/dugouts during practices and games is the responsibility of the players. Ask the coach at the beginning of each practice what equipment can be set up.
- Equipment is expensive. It's important that players respect the equipment they use.
- Players' personal equipment is their responsibility.
- Team members should never leave practice or games without making sure all equipment is put away.
- Required equipment for practices: appropriate shirt (tee, long sleeve, sweatshirt, jacket), softball pants, sliding gear (sliders, sliding shorts, softball pants, etc.), shoes (sneakers and spikes), accessories (sunglasses, visor/hat, etc.) and cold weather gear (jacket, hats, mittens, etc.) ***It is very important that players are prepared for both inside and outside practices every day.***

Dugout Rules:

- All trash should be removed from the dugout after each game and practice. Leave it cleaner than you found it.
- No parents/family/friends in the dugout - and the players should not leave the dugout during practice or games.
- Phones off when in the dugout.
- No pop, energy drinks, carbonated beverages, etc. on the bench during practices or games.
- Positive energy!
- The dugout should never be quiet, unless the coach is talking. Cheer on your teammates (not against the other team) and communicate always!
- Pay attention and always be ready to go in the game.

Practices:

- Our program practices Monday-Friday, from March 10th through the last game of the season.
- Indoor practices are held at the high school gym or the Dugout. Start time and duration of indoor practices are dependent on the collective spring sport rotation, determined by the school's scheduling. Indoor practice times vary due to space restrictions and will be communicated on a case-by-case basis.
- Outdoor practices are held at the high school for 2 hours. Each team's start and end time may vary

slightly. Refer to your daughter's coach for exact practice times.

- Varsity: field 2
- JV: field 6
- B: field 8
- Pitchers and catchers should expect to have some additional practice hours. The frequency of these practices will depend on the number of games/week and will be communicated in advance and will be held immediately before or after our scheduled practice time, depending on our scheduled start time. These practices will not interfere with school hours.

Games:

- Home games are played at high school, on the respective practice fields.
- [Metro East Conference website](#) provides information about game dates, start time, location, bus departures, and postponed games.
 - If there are cancellations or changes in the schedule, parents will be notified via email by the parent rep or the coach. The players are notified by the coach on the Band app.
 - Please note - the MEC website will list changes *before* the coaches are notified. If you have not heard from the coach, please check the website to verify before asking.
- Players must be at the field, ready to warm up 1 hour and 15 minutes prior to game start time.
- Players and managers are the only ones to sit in our dugout during a game and should not be visiting with other non-players (including family members, friends, etc.) during games.
- Jewelry is allowed, except for smart watches or any other smart wearables. It is highly encouraged that players do not wear jewelry during practices and games to avoid injury.
- Everyone must wear the same uniform (including socks, long sleeves, etc.) during games.
- No unsportsmanlike conduct will be tolerated.

Travel Policies:

- Departure times are listed on MEC website. Note that those times are when the bus leaves, not when you should arrive. Give yourself adequate time to get onto the bus prior to departure time.
- All team members will ride the bus to and from away games.
- If players plan to ride home with parents/guardians, parents/guardians must notify the coach at least 24 hours in advance and in writing/email to gain permission, per district travel policy.
- Bring food for the bus ride - it is not provided.
- Be respectful of the bus and bus driver. Leave the bus cleaner than you found it.
- For safety purposes, stay seated while the bus is moving. No portion of the body should extend through an open window.
- The girls should be picked up at the high school after away games.

Playing Time, Positions and Move-Ups:

- Each team has many roles all of which hold value and are necessary for success.
- Players' roles on this team may be different from the role they held on a previous team.
- Players with versatility naturally have a better chance to increase playing time and opportunity to fill specific roles at a higher level as the season progresses.
- The positions may be the same or different from what the player has played on other teams. Each team is different, and the coach will play the players in positions that best help **this team**.
- Players will win a position at practice, not during a game.
- We won't have a player play a position where we don't think she can be successful.
- When we set teams early in the season, that does not mean those teams are locked and final. We are prepared for fluidity between teams based on needs at the different levels as the season progresses. If your daughter aspires to play on a team above her age level, as coaches we encourage her to work hard, be a leader on her team and make herself as versatile as possible.
- In any event, if you have a concern during the season, please talk with the coach as soon as possible. We are happy to address any of your questions.

Communication:

- Communication is required for success.
- Weekly communications are sent from the parent rep to all parent emails. Updates will be sent via email as well.
- Parents may talk with the coach before/after practices and games in person, via phone call, email or the Band app.
- Players will receive weekly schedules and updates via Band app.
- Players may talk with the coach before/after practices and games in person or via the Band app.
- Coaches request that parents are not addressing concerns during a practice or game. The coach has a responsibility to the entire team and cannot be pulled aside to give the conversations the attention they deserve. We also ask for 24-hour wait to address frustration, to keep conversations productive and respectful.

Responsibilities and Attitude:

- Be coachable and a sponge.
- Exhibit a positive attitude during practices and games.
- Be a team player. Never do anything that could destroy team morale.
- Conduct yourself with humility, dignity, honor and graciousness on and off the field. Be humble in victory and gracious in defeat. Represent yourself, your team, your school and your town well.
- Work hard and challenge yourself each day that gets you closer to your team and personal goals. Commit to the idea that our team will always be working harder than our opponents.
- Be on time for meetings, practices, transportation departures and other team-related activities. Times listed are start times.
- Show up ready to compete every day. Practice with the same intensity you have in games.
- Be respectful of your coach, teammates, opponents, umpires, and fans at all times. Even if they aren't showing the same respect.
- Accept that adversity is natural and will be a part of this season in one way or another. Be able to accept criticism. Practice self-discipline and learn to accept adversity and criticism with it in a positive mindset and opportunity to improve.
- Hustle always.
- Understand that everything a coach does has a purpose to make the team better.
- Prepare yourself mentally each day.
- As a player, it is important for your teammates and coach to trust you and vice versa. You build trust by following through with expectations and responsibilities, and doing what you say you will do.
- Don't give up. Finish everything you do.

PARENT EXPECTATIONS

- Clear and open communication
- Encourage your daughter to prioritize academics
- Support healthy habits in your daughter
- Be positive and support your daughter and all team members.
- Be respectful of the decisions of the officials - no yelling at umpires if you disagree with a call.
- Respect the opponents' fans, coaches and players.
- Respect the decisions of the coaches. If you have questions regarding any decision the coaches make, take time (outside of practices and games) to ask the coaches for understanding.
- Understand that the coaching staff is concerned with making all players not only better athletes but better people too.
- Do not coach your daughter from the sidelines. If you have questions about what your daughter is doing, please ask the coach (outside of the practice, at least 24 hours after a game).
- Do not criticize your daughter, other team members or the coach with destructive comments.
- Parent-coach partnership - working together.

Softball is an extracurricular school activity requiring extra hours, hard work and real dedication. Cooperation from the parents and players is needed and appreciated. As the coach, our main goal is to play/practice to our potential, learn, grow, develop softball and life skills and have fun while doing it!

COACH CONTACT

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