

# Columbus High School Softball

## Program Handbook

*“Are you on this team for something to do or are you on this team to do something?” - Anonymous*

This handbook is to be your guide and help answer many of your questions. We are looking forward to the upcoming season. We hope to be the best we can be which will require hard work, leadership and, most importantly, working together as a team.

Being a member on one or both of the teams is a privilege and players must recognize the responsibilities, expectations, and behaviors that go along with their membership. We hope to make this season one to remember.

### Philosophy

The primary goal of the Columbus High School Fast Pitch Softball Program is to develop student athletes of character and integrity who will serve as positive members of the school and local community.

As a program, our goal is to create an environment where student athletes are able to grow as leaders, competitors and teammates. Our mission is to establish a softball program with a tradition of sustained excellence, both academically and athletically. The role of the coaching staff to help guide each player to perform to the best of their ability and to provide a positive environment for the team to succeed.

### Program core values:

- *Respect and Integrity – on and off the field*
- *Enthusiasm - playing with passion and pride for your team*
- *Commitment - dedication to the sport, to our team and to our academics (keep in mind this is a team sport and you are committed to helping the team not just yourself)*
- *Hard Working – striving to do your best for the team everyday*
- *Comradery- dedication to the team*

### We will:

- *Strive to be focused and determined*
- *Strive to be mentally prepared*
- *Strive to be mentally tough*
- *Strive for perfection in fundamentals*
- *Work for the greater good as a family and not as an individual*
- *Strive to have a positive identity*

**Attitude:** Our attitude is defined by our strength of character and our constant pursuit of greatness on the field, in the classroom, and in our community. Strive to always have a positive attitude and want to help each other not just yourself. Everything that you do is reflection on the team...on and off the field. Your actions both positive and negative influences the actions of others. We are a team...we are a family...team before me!

**Commitment:** Our commitment is evident through our actions; making decisions that reflect our pursuit of excellence in all areas of life. Be committed to being the best you can for your teammates.

**Excellence:** Our excellence is defined not by wins and losses, but by our actions on and off the field. We win together and lose together, but if we always strive for excellence we can achieve greatness.

### Teams - Skills, Objectives & Expectations for Each Level

#### JV:

- This level is designed with a balance between participation and competitiveness. The program will allow each participant the opportunity to participate in practice with the objective of improving performance and gaining an opportunity to participate in games.
- The major focus at this level is on developing deeper fundamental and positional skills and to increase knowledge and execution of strategies.
- Emphasis is put on increased competitiveness so that the athlete will be better prepared for the possibility of participating in varsity level athletics.

#### Varsity:

- Varsity participation puts greater emphasis on competitiveness. The expectation will be higher, practices more intense, and there will be more emphasis on winning. Playing time isn't guaranteed at this level.
- Emphasis will be put on intermediate and advanced skills and strategies, along with team building and team chemistry.
- At this level girls are expected to be able to master the fundamental skills and have a good understanding of individual and team concepts.
- Participation at the varsity level requires a much larger commitment to the team and the program.

### Teams - Skills, Objectives & Expectations for Each Level (continued)

#### Expectations of all Columbus High Softball Players:

- Players will be respectful to all students, players, coaches, umpires, teachers and staff.
- Players will exemplify good behavior. You are a representative of this team and your school. Your behaviors reflect on all those involved.
- Players will be accountable, responsible and committed.
- Players will be cooperative and help each other in and out of softball.

## Team Policies

### Blue Devil Softball Violations:

All players will adhere to the Muscogee County School District Student Handbook as well as the Columbus High School Student Handbook. Violation of the 2 handbooks will result in consequences based on the schools discretion as well as discipline handed down from the softball head coach.

### Late to Practice or Leaving Early and Game Days

- Players arriving late to practice must talk to Coach Wilson after practice about their tardy. Consequence for being late will take place after practice. **If you cannot stay after practice for disciplinary reasons you will sit out the first half of practice the next day. If there is a game the next day, you will sit out the first half of the game.**
- Failure to have proper equipment or uniform/practice clothes will result in discipline action and sitting out the game or practice.
- Players arriving late to a game must report to coach Wilson immediately. **Players will sit the bench for 2 innings or possibly the whole game. A player that is late to a game must also talk with Coach Wilson after the game.**
- Tutoring after school is considered excusable as long as the player provides a pass from the teacher.
- Leaving early for Doctor Appointments are allowed but will result in a disciplinary consequence the next day after practice. **If there is a game the next day they will sit out 2 or more innings.**
- Church related activities: if you need to leave early for church related activities it will be considered excused but you will have to meet with coach Wilson after practice or game the next day for conditioning.
- Missing practice for any reason other than an emergency type situation or a death in the family is considered unexcused. Missing practice keeps the team from being able to practice as a cohesive unit. If you plan to miss practice you must report the absence in advance to coach Wilson and stay after practice the next day for disciplinary consequence. **If a game is the next day...you will not play. If it is an away game you will not travel.**
- **ANY TIME THAT YOU WILL BE LATE OR MISS PRACTICE YOU MUST TALK TO COACH WILSON AND COACH WILSON ONLY! FAILURE TO COMMUNICATE WITH COACH WILSON WILL RESULT IN LOSS OF PLAYING TIME. SENDING WORD THROUGH A TEAMMATE, YOUR PARENT, OR ANOTHER COACH IS UNACCEPTABLE!**
- Detention- If you are late due to detention you must have a note from the teacher and must stay after practice with Coach Wilson.
- ISS- if you are in school suspension you may not participate in practice or games for the days that you have ISS. As well as the next day of practice and or game.
- OSS- you will be asked to resign from the softball team.
- **Leaving for hitting/pitching lessons will not be allowed. Leaving for individual lessons takes time away from working with the team therefore please try to schedule lessons after practice**
- **Attitude- attitude that promotes negative well-being towards the team, an individual on the team, or a coach will not be tolerated. Players are to motivate each other in a positive way to help promote the team in a positive light. Failure to be a positive role model for the team will result in loss of playing time or removal from the team per head coach's decision.**

- Game Time Attitude- If at any time during the game you show poor sportsmanship of any kind you will be pulled from the game. This includes but is not limited to:
  - Poor body language/throwing equipment
  - Talking back to a coach
  - Bad attitude
  - Not running all the way through first base

**\*\*THE COACHING STAFF TAKES ALL OF THE ABOVE VERY SERIOUS AND YOU AS A PLAYER SHOULD AS WELL. PLEASE BE PREPARED FOR THESE CONSEQUENCES IF YOU FAIL TO ADHERE TO THE GUIDELINES.\*\***

### **School Attendance and Policy:**

Players are required to be in attendance at school the entire day of a game unless properly excused.

Excused absences include:

- School related activities
- Medical appointments
- One period or less in the school health office
- Funeral or family medical/legal emergencies
- Student safety issues

If the absence is due to any other reason, the student will be declared ineligible for that day's events.

**\*It is at the sole discretion of the head softball coach to remove a player from the team for the following infractions:**

1. Fighting during school or during softball
2. Cheating on assignments, tests, quizzes, projects, and homework
3. Drinking and or smoking (of any nature)
4. Poor attitude

**If at any time (in season or out of season) that you are written up at school, you must notify the head coach immediately. This includes but not limited to: detention, OSS, ISS, honor council**

### **Communication/Parent Responsibility:**

It is the sole responsibility of the player to communicate with the head coach. Players are also responsible for relaying information to their parents. Players must report absences in advance not the parent. Likewise, the player must relay any pertinent information to their parents after practices and games. Parents please do not text or call the coach until you have double-checked with your player in regards to information. **DO NOT EMAIL THE COACH IN REGARDS TO YOUR DAUGHTER'S PLAYING TIME.**

**If at any time you are in trouble at home and lose cell phone privileges, you must notify the head coach immediately through a parent phone or at school the next morning by 8:10am**

### **Talking to coaches and the role of a parent:**

Coaches will not talk to parents about their player after a game in concerns to game playing time. Coaches will not discuss playing time or other players with a parent. If you need to meet with the head coach about the overall well-being of your child, please make an appointment. Only the player should meet with the coach to discuss playing time.

### **Expectations of all Parents:**

- **Parents will be respectful to all players, coaches, umpires, teachers and staff.**

- Parents will exemplify good behavior. You are supporter of the CHS Softball Team and the school. Your behaviors reflect on all those involved.
- Parents are fans and supporters of the overall program. They are not a part of the CHS softball team. Parents do not play a role on the team nor do they get to have input.

There is not room on the softball team for both the player and the parent. Parents support and encourage. They do not get involved with the day to day operations or how to run the program.

### **Academics:**

CHS states that students must be making satisfactory progress towards the school's requirements for graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress.

You are a student first and an athlete second. Your academics are priority. All students must maintain passing marks in all classes. Students who receive a failing mark will need to go to mandatory tutoring for the class that they are failing.

A player on probation for failing grades will be eligible to participate with the team; however the student must provide progress reports from the teacher of the failing class.

If the failing mark does not return to passing after tutoring and progress reports, the student will then be ineligible to participate in games.

### **Lettering Framework**

Lettering is limited to Varsity players only.

### **Practice Policies**

#### **SUMMER**

Summer conditioning and workouts will be ran and coordinated by our strength and conditioning coach, Coach Peters. He has put together a unique workout plan to help strengthen and prepare our team. Players are allowed to miss 3 total times.

Summer practice will take place from June-July. Summer practice can be in the morning or evening depending on availability. A summer schedule will be sent out. Players are allowed to miss 3 total times.

FCA CAMP will be in July. This softball camp is mandatory for Varsity players and optional for JV.

#### **SEASON**

### **Dress Code**

- All players will wear CHS softball or CHS school apparel. Non CHS apparel will not be worn to practice at any time this is including summer and fall practices.
- Orange, blue, black, or white apparel is also allowed.
- Non CHS colors unless stated as CHS apparel will not be worn.
- Failure to comply with the dress code will result in conditioning at end of practice.

## Practice Procedures

- Practice begins promptly at 3:50pm (you should arrive no later than 3:35). This means that you are ready to go and all equipment is out, set up, and you're ready to practice! All practices are mandatory.
  - Practices are for players only.
  - Practices begin on time – show up prepared. If you have to be late, hustle.
  - Unexcused absences from practice can result in loss of playing time. Illness, family emergencies and school related issues are excused (see Team Policies). Too much homework and vacations are not excused.
  - ALWAYS be prepared for indoor and outdoor practices. Weather is unpredictable. You should keep tennis shoes, cleats, pants, and shorts in your bag at all times.
  - EVERYONE takes care of equipment and field maintenance. Practice plans will be posted before each practice and all equipment and stations should be set up accordingly. NO ONE leaves practice until everything is cleaned up, put away, and field has been maintained. (exact duties and responsibilities will be based upon team groups)
  - Dugout will be kept clean at all times, please clean up after yourself!
  - NO CELL PHONES. If you must use yours, ASK FIRST!
  - Bats, helmets, and gloves will NEVER be thrown.
  - No swearing, complaining or excuses. No negative talk and no bad attitudes. We will not dwell on mistakes or problems. We will work toward getting better and finding solutions.
  - Hustle does not mean jog. Hustle means sprint and we sprint EVERYWHERE.
- \*\*EVERYONE HAS A ROLE ON THE TEAM...DO YOUR PART...WE ARE AS STRONG AS OUR WEAKEST LINK.**

## Equipment and Field Maintenance

**\*\*Everything we do...we do as a TEAM! No one person is greater than the next. It takes the whole team to be a team and to be successful!\*\***

## Game Day Policies

- Come to games fully dressed. Lack of uniform: You will sit out of the game
- The bench should be focused. Steal signs from the other team, watch for tendencies and support your teammates.
- Players will not argue with coaches, teammates or umpires. Bad sportsmanship will not be tolerated. Win and lose with class.
- Please limit communication with family during game time. Your main focus is the game! No communication with friends during game time.

## Out of season guidelines

While the team is not in season, it is still your responsibility to maintain all rules stated above. Detention, ISS, OSS, and poor attitude, are all infractions that can and will result in further disciplinary actions from the head coach. These infractions can result in disciplinary actions during the upcoming season and or removal from the team. You are representing the team during season and during the off-season. **DO NOT CAUSE A NEGATIVE PERCEPTION OF THE CHS SOFTBALL TEAM.**

### **Bus Policies**

- Players are required to ride the bus to all games and back to the school.
- All players are responsible for loading and unloading the bus of bags and equipment. Please do not simply get your items and walk away, this is a team effort! This includes ice coolers, snacks, and first-aid kit.
- Bus is to remain clean. All garbage must be picked-up and disposed of.
- Always respect the bus rules and bus driver. Thank them after each trip.

Please sign and return this page stating that you have read and understand the expectations and guidelines for the softball team. Player and parent must sign.

Please do not sign and return if you have not read the handbook.

Player Name: \_\_\_\_\_

Player Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_