

2016 Garden City Lady Buffalo
Softball



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GCHS Lady Buff Softball - Program Goals

- To Strive to reach our full potential as athletes and people
- To make GCHS softball a better program each year
- To represent GCHS with class and pride
- To understand my responsibility as a role model and leader of the school
- To be accountable for my actions
- To challenge myself and teammates to achieve excellence, on the field and in the classroom
- To work to meet team and individual goals
- To look back on the season with no regrets
- To compete at the highest level in the state

“There are only two options regarding commitment. You’re either in or out. There’s no such thing as a life in-between” – Pat Riley

Program Philosophy

The focus of Garden City High School softball will be to consistently strive to compete at the top level of Kansas High School athletics. We will accomplish this by developing student-athletes that will be successful at home, in the community, in the classroom, and on the playing field. These girls will be encouraged to grow as leaders, competitors, and teammates.

What we believe in:

1. **Integrity** – Being a leader and doing the right thing even when no one is watching.
2. **Commitment** – Willingness to do whatever is necessary for the team. Always striving to be the very best. Wiling to make personal sacrifices to improve yourself and your team.
3. **Hard Work** – Being able to compete at the best of your ability every single day no matter the situation.
4. **Passion** – Learn to embrace the things that are not fun because they make you better. Bring the same energy and effort to practice and offseason as you would if it was the state championship.

We get there by being:

1. Focused and determined
2. Mentally prepared and mentally tough
3. Perfect in our fundamentals
4. Relentless in our pursuit of success

Rule of Thumb

Is it best for GCHS?

Is it best for the team?

Is it best for me?

In this order!

GCHS Softball Tryouts

Any female student at Garden City High School who wishes to try out shall be given the opportunity to be a member of the team.

- Choosing players to be a part of the Junior Varsity or Varsity team will be the responsibility of the coaching staff. Decisions will be based solely off of tryout performance. Performance during the summer or recommendations from other coaches will not play a factor in this decision making process.
- All coaches will participate in the evaluation of players.
- Each student-athlete will be provided an equal opportunity to demonstrate their proficiency in all skills in the most fair and objective setting possible.
- Players will be evaluated in the following areas: base running, fielding, throwing, catching, pitching, and hitting. Character traits will also be taken into consideration, things such as: Coachability, Attitude, Teamwork, Effort, Leadership, and Discipline.
- Student-Athletes will be notified of final rosters after the last day of tryouts.
- The coaching staff reserves the right to remove anyone from the team at any time during the season, who does not abide by team policies and rules or is seen as a detriment to the team.

Team Expectations

Varsity Team Expectations:

This is the highest level of competition for a GCHS softball player. The ultimate goal of this team is to win the KSHSAA state softball championship. Varsity players are not guaranteed equal participation in each game. We feel that every athlete selected to be a part of this team will play a vital role in the success of the team. Each role will not be equal in playing time, but they are of equal importance to the overall success of the team. Participation at the varsity level is open to all freshmen, sophomore, junior and senior athletes that make the GCHS softball team. Players may move between JV and Varsity teams throughout the year at the discretion of the coaching staff.

Junior Varsity Team Expectations:

The purpose of the junior varsity team will be to develop skills and knowledge essential to participating at the varsity level. Junior varsity games will put the athletes in situations where they can gain in-game experience without the pressure of the varsity setting. Junior varsity athletes will participate in the same skill development throughout the season the varsity players go through, and will have access to teaching from the varsity coaches. As with the varsity team playing time will not be equal, however, the coaches will be urged to ensure each individual gains game experience in every contest. Participation at the JV level is open to all freshmen, sophomore, and junior athletes that make the GCHS softball team.

***“The strength of the team is each individual member. The Strength of each member is the team.” –
Phil Jackson***

Player Expectations

1. Team First Attitude – unselfish, positive, encouraging, and supportive. No negativity.
2. Be Coachable – accept constructive criticism and always strive to get better.
3. Only worry about the two things in your control in games and practice, Attitude and Effort.
4. Lead by example, be self-motivated and self-disciplined.
5. Be a positive role model, you represent GCHS and the softball program.
6. Follow all school, classroom, team, and household rules.
7. Always strive to get better, dedicate yourself to practice and off-season.
8. Understand and accept your role on the team.
9. The facilities, equipment, and your teammates are valuable to you, treat them as such.

USD #457 Drug/Alcohol Policy

No student, at any time, shall consume, use, or possess controlled substances, alcohol, or tobacco. This prohibition applies at all times, regardless of whether a student is on school premises, or directly participating in, or at, a school sponsored event.

GCHS softball drug/alcohol use penalties (penalties are over the course of a GCHS career, not yearly):

- First Violation – One week suspension, could result in multiple games
- Second Violation – Year long suspension
- Third Violation – Indefinite suspension

Attendance and Academic Policy

Players are required to be in attendance at school the **ENTIRE DAY** of a game unless the absence is properly excused. Excused absences include: School related activities, medical appointments, funeral, legal excuse, student safety issues. The following, but not limited to, are examples of inexcusable absences: Missed bus, oversleeping, flat tire, taking sibling to school, etc. Players must also **NOT** have an unexcused absence in order to practice; all athletes are expected to be at school **ON TIME EVERY DAY**.

Academics are the most important part of your high school experience. 2 or more F's will make an individual ineligible if taking a full course load. Seniors be aware that if you are taking only 5 classes you must be passing all of them. If someone is ineligible for multiple weeks in a row, the coaching staff has the discretion to remove them from the team so they can focus on their grades.

“You have to be great at both – great at sports and great at dedicating yourself to academics.” – Justin Tuck

Parent Expectations

Parents are an important part of our softball family, and since they are also associated with the program, they are also expected to adhere to the following expectations:

1. Be aware of your daughter's needs, feelings, and concerns
2. Support the "team first" attitude
3. Demonstrate sportsmanship at all games
4. Attend as many games as possible so you get a full and complete picture of the program
5. Understand and respect the point of view of: your daughter, other athletes and parents, and the coaches
6. Show positive support and encouragement for not only your daughter, but all of the athletes, and the program as a whole
7. If you have a conflict, allow 24 hours before initiating communication with coaches or administration. Coaches and players will not be able to discuss issues with you at games or practice. All meetings will be held at the coach's or AD's office.

Things parents may not ask about:

1. Playing time
2. Game Strategy
3. Other Players on the team

Things parents are encouraged to ask about:

1. Does my child work hard and have a positive attitude?
2. How would you evaluate my child in terms of her offensive, defensive, and/or team skills?
3. In what areas does my child need to improve?
4. Is my child a positive addition to the team?
5. Is there any way I can help the team?

Conflicts will be resolved in a 5 step process:

1. Athlete meets with individual and/or head coach
2. Athlete and parent meet with individual coach and head coach
3. Athlete, parent, and head coach meet with athletic director
4. Athlete, parent, head coach, and AD meet with principal
5. Athlete, parent, head coach, AD, and principal meet with superintendent

"Never let the fear of striking out get in your way." – "Babe" Ruth

Practice Policies

1. Practice times and location may vary day to day – plan accordingly. All practices are mandatory.
2. Practices are for players only.
3. Practices begin on time.
4. Unexcused absences from practice will result in a loss of playing time. All absences must be excused by the head coach 24 hours in advance. Makeup work and tests are not excused and should be done in the morning; teachers get to school at 7:40am.
5. Everyone takes care of equipment. All equipment should be put away in an orderly fashion; no one will leave practice until everything is in order. If coaches have to do it, you will pay for it.
6. Dugout and storage facilities will be kept clean.
7. Absolutely no cell phones at practice leave them in your car.
8. Bats, helmets and gloves will never be thrown.
9. No swearing, complaining or excuses. ZERO NEGATIVITY. Replace them with support and encouragement.
10. Hustle all the time, hustle means sprint. SPRINT EVERYWHERE!

Game Day Policies

1. Travel to games should be focused on the task at hand, no horseplay on the bus. These are business trips.
2. Dugout should be focused on the game, watch for tendencies, support teammates.
3. Bad sportsmanship will not be tolerated. The only people allowed to talk to the umpires are the coaches.
4. Players are required to ride to and from games on the bus.
5. Respect the rules of the bus and the bus driver. Always thank them after every trip.
6. The bus will be cleaner when we get off of it then when we got on it.
7. Losing is not funny.

Things to Live By

- The real you is the person you display on Facebook/twitter/Instagram; be careful
- Be five minutes early
- If you are not playing cheer for those who are
- Always tell the truth
- Losing should not make you happy
- Hustle everywhere

“I may win and I may lose, but I will never be defeated.” – Emmitt Smith