



**2016**

**Cougar Softball**

**Handbook**

## Cougar Softball Program

We believe in the pursuit of excellence both on and off the field. We believe in a fundamentally sound team and team-oriented individuals. To achieve these goals, takes commitment, honor, courage, understanding, and teamwork. These ideals are what we value as a program, what we will exhibit as coaches, and what we expect from our players.

### **Commitment**

- Be reliable – Your team-mates need to know they can count on you.....every practice and every game.
- To work hard in the classroom and on the softball field
- To exhibit a high degree of character and integrity in striving to reach team and individual goals.

### **Honor**

- Actions and behaviors that reflect positively on us as individuals, on our team, our school, and our community.
- Be honest and truthful in our dealings with each other and with those outside our program.
- Each of us is responsible for our own actions and for keeping our word.

### **Courage**

- To meet the demands of our sport and the program.
- To make decisions in the best interest of the team.
- To exhibit the moral and mental strength to do what is right.
- To own your triumphs and your mistakes with no excuses.

### **Understanding**

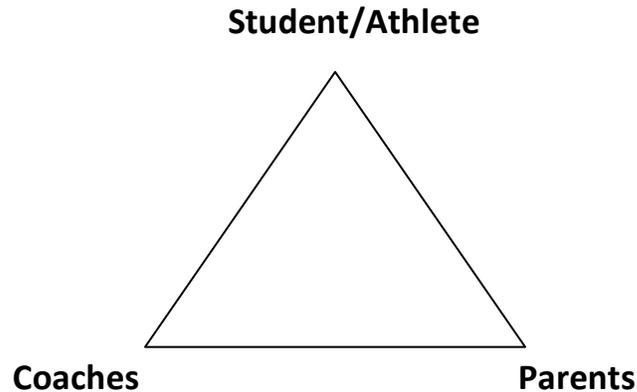
- “Control the controllable” – know that you can only control what you contribute to the team; both on and off the field.
- Hard work and commitment to something you enjoy.....Will lead to its success.

### **Teamwork**

- Work together as a team to improve the quality of our game, our program, and ourselves.
- Care for the well-being of each other.
- Contribute to the success of others.

**A number of factors determine the outcome of a game. By adopting the above ideals, we believe that we put ourselves in a better position to win. This is why our practices will be characterized by high-level intensity and game level enthusiasm. This will prepare players for game situations, allowing them to experience the joy and excitement of a game well played.....win or lose.**

## Coaches Philosophy



Our goal is to create a “Student-Athlete” centered program. To do this, as coaches and parents, we must work together to support:

The promotion of learning,  
Life skills  
Healthy lifestyle  
Sportsmanship  
& Citizenship

We hope to be approachable and supportive, to guide them to success as student-athletes....as well as young citizens in our community.

By its inherent nature, athletics are structured so that winning is the goal. While we will strive on a daily basis to be able to compete at a high level of play.....our priority is to build well rounded student-athletes, who know how to win with class....and yet lose with dignity; which are key life lessons. In life, our student-athletes will be faced with many forms of adversity and challenges, and will face losses far more severe than any they may experience on the field.

On the professional level....winning is required. At the collegiate level....winning has become expected. At the high school level ....winning should be a pleasant by-product of what we as coaches are really supposed to be doing; which is developing young people into productive citizens.

## Program Policies

**\*\*\* Players will be expected to attend all activities of the MVHS softball program, with only excused absences (as defined in this handbook) being the exception. Failure to comply can result in expulsion from the team.**

1. Maintaining academic standards is a must. Coaches will do random grade and attendance checks. Tutorials are available if you need help.
2. Players understand that we are a Softball Program, with a common goal of reaching the post season. Just because a player is chosen to play on the varsity team during tryouts, does not mean they are guaranteed that spot. The coaches can make changes as needed, to ensure that the “necessary” 9 players are on the field to try to win games at the varsity level; to work towards getting the MVHS Softball Program to the post season. We are not necessarily looking for the best players....but for the right players.
3. Be on time to practices, games, and related activities. All team members will practice. However, athletes must earn the right to play by demonstrating dedication to the team, a positive attitude, and consistent skill. It will be expected that every player arrive to practice prepared to *practice perfect*.
4. Excused absences will result in the player not being able to start in the following game.  
Unexcused absences and tardiness:
  1. First Offense: the entire team will participate in the consequence
  2. Second Offense: the entire team will participate in the consequence and the player will be required to stay after practice
5. Poise is essential to superior performance. Helmet and bat throwing, use of profanity, and temper tantrums, do not display poise. Furthermore, negative attitudes toward the program, coaches, players, officials, or others will not be tolerated and may result in dismissal.
6. Sportsmanship is important, as is loyalty to school, coaching staff, and team members. Exhibit sportsmanship at all times. Show respect to coaches, teammates, opponents, and officials.
7. Use of alcohol, tobacco, or narcotics will result in disciplinary actions set forth by the District; as well as further disciplinary action set forth by the team. Multiple offenses will result in dismissal from the team.
8. Team members are responsible for their own equipment. School equipment and game uniforms must be properly cared for and returned at the end of the season. (uniforms laundered)
9. Players who appear in varsity level games during the season will earn their letter. Student managers who make a significant contribution to the team may also earn a letter.
10. If a player misses practice due to illness or injury, they will not be allowed to participate in practice or games without a note-of-release from parents, doctor, or trainer.

## Cougar Softball Parents, “Friends & Family” Code of Conduct

1. Please get involved!! We are all a part of a softball family. Get involved through fundraising, field prep, concessions, providing team meals, and game attendance. We need and appreciate your help.
2. We will try our best to end practices on time. Please be understanding if we run long by a few minutes to finish up. Honking your horn does not help. (It is the responsibility of your child to inform you of schedule changes, not the coaches).
3. The coach’s job is to coach, while the parents/family friends “job” is to support the team in a positive manner.
4. Parents/Family & friends must remain in spectators areas at all times. Please refrain from entering the dugout or from talking with the players during a contest. If you need to communicate with **your** child please do so through the dugout coach.
5. There may be times **your** player has complaints or issues with the program or coaches. **Players** must address an issue with the Head Coach first before a parent may get involved.
6. Do not approach coaches prior to, during, or following a contest. If you have things that you wish to discuss about **your** child, please wait until after a practice; or you may e-mail (lindseygrosch89@gmail.com) to set up a more appropriate time.
7. **\*\*\*Coaches will not discuss playing time, game strategy, play calling, etc. before, during, or after a contest.\*\*\*** If you would like to speak with a coach we ask that you set an appointment at an appropriate time; again, via e-mail (lindseygrosch89@gmail.com).
8. Playing time is earned. Hard work and dedication, along with positive attitude will always be considered first; with skill and understanding of game situations to be the final factor.
9. **\*\*\*Because of the potential negative impact on the team; repetitive poor parent/family & friend behavior may result in that individual being restricted or dismissed from attending practices and/or games. We reserve the right to sit your player until this is complied with\*\*\***
10. Sportsmanship does not only apply to the players, but to the parents as well. Show respect and good sportsmanship to all participating players, coaches, and officials.

Our practices are always open for parents to watch. But please remain in the spectator areas.

**We thank you for your support!**

## **2016 Cougar Fundraising**

All of our players are asked to please participate in some form of fundraising. Every year our sports programs face budget crunches from the school district. Because of this, the money raised from fundraising is necessary for the purchase of: new uniforms, softball equipment, field maintenance equipment, team activities, awards, charter buses, etc. We, as a team, need to work on this task together. Following is a list of some fundraising activities that the players can choose from:

- **Poster/Calendar Advertisement**
  - \$100.00 – Business card placed on our team poster, 250 to be distributed throughout the community.
- **Outfield Fence Banner**
  - 3' x 5' banner - \$200.00 for one year, \$350 for 2 years or \$500 for 3 years
- **Flat Donation**
- **2016 “Meet the Team dinner” tickets:**
  - Take Me Out to the Ball Game!!  
March 15, 2016 @ 5:30. MVHS cafeteria with silent auction.  
\$10.00 each or \$30 for a family of 4

We've come up with a list of 15 themes for Silent Auction baskets. From that list, the players will be asked to choose a theme, team up with a player of their choice and canvas the business community for items to fill their basket. We welcome other themes and ideas for items to be auctioned off, but we do ask that the kids consult with the coaches first to be sure that we don't double up on themes.

## **Go Cougs!!**

## Parent Volunteer Form

**Dear Parents,**

**We would love for you to get involved!** If you can coordinate or help with any of the following activities, please let us know. Your help, participation, and support are greatly appreciated!

1. **Varsity or JV Field Prep. & Maintenance.** Help with pre- game field preparation; and light maintenance during practice week. Equipment provided by program.
2. **Player Rides Coordinator.** Help organize transportation for those players needing rides to local games, activities, etc. (player/parent roster provided)
3. **JV Scorebook.** Preferably someone who has done this before...but you can be taught. It would also be good if this person could attend as many games as possible, to keep the book consistent.
4. **Host a Team Dinner.** Please specify date and your address.
5. \_\_\_\_\_  
\_\_\_\_\_

If you would like to volunteer for one of these duties, please give information below. Or, if you would just like to help someone with any of the above activities, please let us know.

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

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Position/Activity: \_\_\_\_\_

Type of help? \_\_\_\_\_

\* Please return form to coaches so that we may contact you. **Thank you!**



## Cougar Softball Parent/Player Contract

I have read and received all of the information given to me regarding my/my child's participation in the Mt View High School Softball program. I fully understand the policies of both the Athletic Dept. and that of the Softball Program.

I agree to honor all aspects of the policies and guidelines set forth by the Athletic Dept. and The Mt View Softball Program, and I am fully aware that failure to abide by the above mentioned policies and guidelines can result in a temporary and possibly permanent expulsion from the team.

Student Athlete Signature:

\_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature:

\_\_\_\_\_ Date: \_\_\_\_\_