

WHS

Fastpitch

Player/Parent

Handbook

2015

Varsity Head Coach - Brent Grothe
Varsity Asst. - Jason Michael
JV Coach - Scott James

Panther Pride

Purpose - If you don't know the purpose of a thing, you will abuse that thing. What is the purpose of softball in your life? What is your purpose in playing? Knowing the answers to those questions will determine the course of your season.

Respect - Respect is something that is given rather than earned. The respect you give to the game and to your teammates will largely determine how much influence you have as a member of your team.

Improvement - Each day is ripe for personal victory, a chance to meet another goal, an opportunity to improve. Approach each drill, practice, and encounter with a teammate as a way to improve and you will grow as a person and athlete.

Discipline - Take the time to go the extra mile, learn to focus your attention and effort, push yourself physically, choose the hard way over the easy way out - this is discipline. Stay with physical challenges and put teammates first.

Excellence - Refuse to compromise what you know to be true and right, do the absolute best you can with the talents you've been given, never slacken or let up. Refuse to be mediocre in your efforts. Choose to become an excellent teammate.

“One of the ultimate tests of personal character is the willingness and ability to do the right thing despite the costs and risks - to do it without any expectation of approval or advantage, but simply because it is the right thing to do.” Michael Josephson

The Athletic Attitude

Understand and model the Core Covenants of the team. Be aggressive, enthusiastic, confident, disciplined, and compete fearlessly. Be intelligent enough to listen and develop the ability to learn and work. Have faith in the people you are working with, don't let your teammates down and always put the team ahead of yourself. Maintain integrity and your sense of humor. Give your team an attitude of gratitude.
(from Bruce E. Brown)

25 Questions for Fastpitch Athletes

1. Do you aggressively pursue team goals with an "attack" mentality?
2. Do you love playing, practicing, and being part of a team?
3. Do you demonstrate and share your love with your teammates?
4. Do you and your team carry their confidence quietly?
5. Do you demonstrate team discipline when you are away from the team?
6. Does your team compete fearlessly or fearfully?
7. Can you stay positive, enthusiastic, and confident no matter what?
8. Do you look at the person who is speaking?
9. Can you take correction as a compliment from the coach?
10. Does your team have a teachable spirit?
11. Do people trust your work ethic even when they are not watching?
12. Are you a great practice player?
13. Do your teammates trust you?
14. Who do you trust on the team - who can you count on to give their best effort at all times?
15. Does your team display a collective responsibility?
16. Do you want to be known as a great teammate?
17. How can you not let your teammates down?
18. Are you always able to put the team ahead of yourself?
19. Do you understand the role(s) you play on this team?
20. Do you know what you stand for as a person and athlete?
21. Does the situation determine your response or do your beliefs determine your response in every situation you will face?
22. Do you have a team of integrity?
23. Can you have fun without losing focus?
24. Are you able to keep things in perspective?
25. Does your team have a sense of humor?

Expectations for Practices and Games

In addition to the rules and regulations outlined in the athletic code, the following situations are absolutes for players in the program.

- 1. ATTEND ALL PRACTICES** - You will be expected to attend all practices from the beginning of the season until the end. The one exception to this is if you are not in school that day. No school, no practice. Unexcused absences from practice will result in no playing time in the next game or possible removal from the team. If you must miss a practice for an appointment or an emergency, make sure you contact the coach or the athletic department in advance. You cannot miss any part of practices or games to participate in club sports.
- 2. BE ON TIME** - to practice, to games and to any team meetings. Be early.
- 3. TRAVEL** - Players are expected to travel to and from all away games on the bus. Conduct expectations are high. For practices, unless a player has been cleared to drive herself only to practice, all players will be expected to ride a bus to practice. No exceptions.

Expectations for Behavior

- 1. SHOW RESPECT** - Show respect to coaches, fellow players, officials, parents, and teachers. In other words - listen when spoken to, give eye contact, give direct and honest replies, follow instructions without questioning, hold yourself and teammates accountable, help others without being asked, go the extra mile.
- 2. SPEAK WITH GOOD PURPOSE** - Avoid at all times talking negatively about teammates, coaches, etc. Avoid at all times second-guessing and speculating on decisions by coaches. Avoid profanity at all times. Gossip destroys a team and pollutes your character. A critical spirit brings others down, dries up your bones, and comes back to haunt you. Foul language makes you appear classless and out of control. If you don't have something good to say, don't say anything at all. One more time, and listen carefully - the vicious habits of gossip, criticism, and profanity have no place on or off the field in Wenatchee High School Softball. You will be held accountable. Discipline yourself, tame your tongue, build good habits, and mature into a classy player and a leader.
- 3. LIVE UNDIVIDED** - Live in integrity with yourself, your team, and your coaches by being honest with your inner self. You know if you are giving everything you have in practice and games, you know when your deepest intentions are being matched by your actions...and you know when you are failing in these things and dividing yourself. Commit yourself to being an integrated person, player and teammate. It's hard but worth it.

Team Philosophy

Who you are determines what you do.

If who you are, or your philosophy of life is, “*it’s all about me,*” you will work hard only for yourself and everything that happens you will see only through the lense of how it affects you personally. You will rarely if ever go the extra mile, help a teammate get better, carry gear, or speak up when it will help others. You will take everything personally, want all the attention, gossip, be critical of others, and you will be known as a selfish player.

If who you are, or your philosophy of life is, “*it’s all about you,*” you will work hard for your teammates and everything that happens you will see through the lense of how it affects your teammates. You’ll offer to shag batting practice, carry gear, feed the pitching machine, give soft toss to a teammate after practice, and you will speak up when you know it will help the team. You won’t take things personally, you’ll give praise and credit to your teammates as well as to your opponents, and you will be known as an selfless team player. Each day, if you will strive for the *Double Win* - namely, win one: you improve as a person and player and, win two: you help your teammates improve as people and players each day then, if all players commit to the *Double Win*, you will find that this will create a powerful team attitude and synergy, lead to improved skills, and will build a strong, unified team. Everything else takes care of itself.

You cannot fake or pretend to be a team player. Sooner or later your real self emerges, especially when things get tough. Integrity demands, in order for you to be an undivided person, that selflessness be a commitment you make each day. You can change and become a selfless, loving player if you aren’t one now. It’s an inner commitment, an act of your will, and something you practice each day, just like hitting or any other part of softball, except this practice has everything to do with character and who you will be for the rest of your life.

Program Philosophy

An athletic program should develop two things in each athlete: character and skills. Skilled players lacking in character will never fully develop. Players with character and limited skills will improve and become the best they can possibly become. Skills are rarely learned correctly without character.

Strong character is shown by the willingness of a player to live in integrity, speak well of others, commit to change and growth, be flexible, stay balanced, learn from failure, be responsible and take ownership, and to live in the present moment without fear of tomorrow or regret over yesterday. Character will be emphasized.

Skills will be taught on all levels. Players will understand that muscle memory learned by correctly doing the same movement repeatedly is key to becoming better.

They will learn that the mental part of the game is a huge factor in determining success, that little things done well lead to superior results, and that “good enough” is the enemy of the best.

On all levels we will be working toward a productive, positive experience for all players in a competitive, intense, fun environment.

Lettering Criteria

To earn a Varsity letter, a player must participate in half of all Varsity regular season games. Participation is defined as an appearance in a game for any reason.

Unusual or exceptional circumstances may dictate that a letter be awarded to a player who does not meet the half of all game requirements. This decision is left to the discretion of the coaching staff.

Under no circumstances will a player be given a letter if they are dismissed from the team or if they do not complete the season for reasons other than health, injury, or untimely personal circumstances.

Player Communication with the Coach

1. OFF THE FIELD - this is the time to talk about personal things and concerns. Schedule a time with your coach before school, at lunch or at the completion of a practice. I want and like to spend time with you but it needs to be arranged.

2. DURING PRACTICE - practice is the time to work on problem areas and weaknesses. Practices are structured and designed to push you to improve. There will be much positive reinforcement sandwiched around some occasional negative as well, all done to help you improve. We will stay on task and focused on what we are learning that day.

3. DURING THE GAME - Commands and points will be made in a quick, short, specific fashion. We are there to get the job done. There’s no coddling or timeout to soothe feelings or issues. Our focus is on strategy, performance, and team play. Personal issues and concerns take a back seat. The game is the focus.

Parent Communication with the Coach

As the parent of three daughters, I understand that your daughter is #1 with you, as she should be. It is my intention to never embarrass, cut down, degrade, or disrespect your daughter in public or private but I will always be honest.

As a coach, however, the team is #1 with me. All of the decisions I make will be based upon what is best for the team as a whole. I will not explain or justify strategy, position, or playing time to parents.

However, I will be more than willing to talk with parents in a scheduled time about any other issues that may be affecting your daughter which I may need to know. Problem solving together is often very helpful in getting a young girl through tough times in her life.

A suggestion: if your daughter expresses frustration or is upset about her coach or teammates, listen to her and then encourage her to talk with the coach or fellow players about her concerns. This will help her to mature. Taking her side and agreeing with her can be harmful to her attitude, performance and personal growth.

Communication lines need to be open, honest, and in the best interests of the athlete, your daughter. As a coach, I want her to learn to take her place on the field and in the world armed with courage, strong character, and respect. From my standpoint, the best advice you can give your daughter regarding softball is to tell her to come to practice each day intending to work hard and break a good sweat, to ask for extra help after practice when she needs it, to be focused and intense each moment, to practice and play with passion, and to put the needs of her team above her own personal concerns. This works well.

Placement on Teams

Junior Varsity - Ideally younger players will play on the Junior Varsity in order to improve their skills enough to eventually play at the Varsity level. On occasion, a younger player who shows both physical and emotional maturity may play at the Varsity level.

Varsity - The 12-14 players with the most skill, strongest work ethic, and deepest character will compete at the Varsity level. A young player will not be placed on the Varsity if she is not going to get the playing time to improve, or if she is not emotionally or physically ready to compete at that level.

Evaluation of Player Skills - Players will be evaluated in the following areas: strength, quickness, speed, throwing, fielding, hitting, pitching, and attitude. Players will be evaluated in these areas by all coaches and will be placed on teams or cut depending upon the needs of each team and the numbers in the program that particular year.

Potential Cutting of Players

Our program may not have the resources or field space to accommodate all of the girls who want to play softball every year. Because of these limitations, some players might be cut during the first week of the season during tryouts based on several factors. A player may be moved down to a different team or removed from the program at any time during the season.

1. Numbers - a large turnout will sometimes mean that girls will be cut to keep teams at a reasonable size of 12-14 players per team. These numbers will allow coaches to work individually with players and best serve those who are participating.

2. Year in School - As players progress through the program, the coaching staff will be looking for players who have the potential to compete at the Varsity level. If a junior or senior is not progressing or showing improvement, they may be cut if numbers dictate.

3. Ability - A player may be cut at any grade level if it is perceived that their abilities will not lead to consistent participation in the program.

4. Coachability - A player who has good skills but does not have a good attitude or a desire to work hard and improve may be cut or moved to another team at any time. Players need to be able to take instruction and put that instruction into practice.

Miscellaneous Details

Coach contact information

**Brent Grothe - Varsity Coach, School phone : 663-8117 ext. 708
Cell phone : 509 679 5761 email : grothe.b@wenatcheeschools.org>**

Jason Michael - Assistant Varsity/Pitching Coach - Phone: 663-0555

Scott James - JV Coach - Phone: 509 293 1554

Team Requirements

Varsity equipment: Purple socks, black Under Armour shirt, cleats, glove.

JV : Purple socks, black short or long sleeve tee, glove, cleats.

Weekend/Spring Break Dates To Keep:

Varsity and JV teams: Check the posted online schedule to determine which weekends need to be kept open for games and playoffs.

Mandatory Varsity Retreat : Friday night, March 13 into Saturday March 14. Details after varsity team is set.

Varsity and JV teams: leave Spring Break open April 2nd and 3rd for practice.

Team Dinners : variable, after practices as scheduled.

Injury Procedures

- 1. Notify coach immediately.**
- 2. Coach administers proper first aid. Call parent if necessary.**
- 3. Referral to WHS athletic trainer or to hospital/doctor if necessary.**
- 4. Clearance from doctor and WHS athletic trainer before resuming.**
- 5. Measures taken to prevent further injury.**

Team Rules

- 1. Be to practices and games on time.**
 - 2. Be respectful to coaches and teammates always.**
 - 3. Don't let your teammates down.**
 - 4. Avoid profanity, gossip, and criticism.**
- Consequences: Loss of playing time, practice privilege, or removal from team.**

Travel/out of school expectations

Know and follow the athletic code, act classy and respectful, think of others first.

Athletic Department Info

You can find schedules, most forms and other information by going to our athletic office website at [//athletics.wsd.wednet.edu/](http://athletics.wsd.wednet.edu/) or feel free to call us at 663-3384 between 7:30 a.m. and 4 p.m. Monday through Friday.

