

# Garrison Lady Bulldog Softball

## Expectations and Guidelines

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The fastpitch player is proud of how dirty she can get. On a normal family dinner outing, she takes up to an hour primping to get ready, and she still feels somewhat self-conscious. However, between tournament games she'll strut into any restaurant with a streak of dirt across her face, ratted sweaty hair, a dirt stained shirt, bloody knees, and brown socks (they used to be white) with sandals with a toe sticking out, and yell, "Let's eat!"

The fastpitch player is diligent and hard working. She knows the value of hard work. She understands that you get out of something what you put in. She is competitive and doesn't give up very easily. She learns teamwork and spirit. Most of all she learns to respect all, but fear none.

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**SELF DISCIPLINE**

合作

**TEAMWORK**

相信

**BELIEF**

### I. Practice Expectations

#### a. What to bring

- i. Have your glove (they are expensive – take proper care of it and always have a ball in it when it is stored),
- ii. Assigned helmet
- iii. Wear your cleats – but always be prepared for bad weather and have shoes for indoor practice
- iv. Remove ALL jewelry
- v. Wear correct practice clothes (pants preferred), always be prepared for cold weather with a hoody, and sunglasses
- vi. Bring a water bottle – even in the cold you can get dehydrated
- vii. Hair ties – always have extra!

#### b. During practice

- i. Dynamic warm-up
- ii. Sprints (remember we time base sprints)
- iii. Drills (remember we will be recording release times)
- iv. Practice is what determines playing time. We will be charting your growth as a player, but you must be willing to work hard to get better. This is the **self-discipline** part of the game.
- v. Helmets, helmets, helmets. We worked hard to fix them up, now remember the helmet rule: On your head, in your hands, on the hook, or in your bag.
- vi. Equipment set up and clean up
- vii. Field maintenance – no one leaves till all is done

#### c. Practice times

- i. Scheduled practice time is the start time – NOT the arrival time. Be ready to practice ON TIME! Part of getting done on time is starting on time. Players who are repeatedly late will earn a loss in playing time.
- ii. We will begin at 3:30. Track athletes are to report to the field ASAP! Coach Williams and I are in contact. We want success in all you choose to participate in!
- d. Practice absences
  - i. It is extremely important to attend practice every day. If you must miss a practice, you MUST inform one of your coaches of your absence, regardless of the reason (in writing or by phone). Telling a friend or teammate to relay the message is not acceptable. Unexcused absences will result in the loss of playing time.
    - 1. Excused absences
      - a. You are home ill (parent note or call please)
      - b. Serious illness of family member
      - c. Death in the family
  - ii. If you are absent from practice the day before a game, you will not be allowed to start in the game, no matter what the reason. This is due to anything new we have put on the field. (only exception is track athletes at a meet)

## II. Game Expectations

- a. Before the game
  - i. Home games – pregame snack (provided by families). No player will leave campus. The safety of each of these young ladies is our number one priority; therefore they will not be allowed to go off campus. We will eat as a team before games and either watch a movie or do homework in an assigned area.
  - ii. Away games – bring a snack and be on the bus on time, personal listening devices, ALL UNIFORMS (pants, top, undershirts, sliders, socks, hoody), and sunglasses
  - iii. We ride to and from games as a team. Unless extenuating circumstances arise.
- b. During the game
  - i. Stay in the dugout with your team.
  - ii. Be supportive at all times, learn the cheers, make some noise, and enjoy the game.
  - iii. Pay attention to the game. Call out what the runners are doing while we are on defense, watch the other team while we are on offense (can you catch their signs?, can you pick up on what they are trying to do?) **Teamwork**, in other words!
  - iv. When coaches are speaking, you are listening.
  - v. Always be prepared to play anything you are called upon to play.
  - vi. Next four batters up should be out and swinging bats, everyone else is out in the outfield doing leads offs from pitcher's warm up tosses
- c. Other game situations

- i. Remember umpires are people too. And yes people make bad calls. However, only the coach is allowed to discuss the situation with the umpire. Your job is to keep your cool and stay in the game.
    - ii. Strikes outs are part of the game, but no matter what the call we will RUN OUT THE PLAY! You never know, that ball might have been dropped behind you.
    - iii. Helmets, helmets, helmets. We worked hard to fix them up, now remember the helmet rule: On your head, in your hands, on the hook, or in your bag.
  - d. After the game
    - i. First and foremost, we thank our opponents for a good game. And we thank the umpires!
    - ii. Away games, clean up the dugout, get your assigned equipment to the bus, and let's head out.
    - iii. Home games, clean out the dugout, get your assigned field work done, get your assigned equipment stored, and meet at the dugout.
- III. Goals
  - a. Playoffs!!
  - b. Setting goals is a huge part of success. We have team goals: 1)Playoffs!, 2) Being the word "TEAM" 3) Everyone in the line-up get on base every game, 4) Give and take constructive criticism, 5) Bring "ALL" equipment
  - c. In order to attain these team goals, we must each set and reach for individual goals:
    - i. Make the fundamental plays every time
    - ii. Take time off my base running
    - iii. Become an excellent bunter – no matter what the situation, I can and will put a bunt down when called upon
    - iv. Work on that skill that will make you a better teammate: chasing down that long fly ball, laying off the rise ball, hitting the change up, making the backhand play, hitting the cut off with a long line drive throw, throwing the change up in any situation
    - v. Learn a new position
    - vi. Learn to steal my opponents signs
- IV. Conduct
  - a. Ladies we are and ladies we will act like.
  - b. Be the team that is remembered for your manners and be invited to return.
  - c. In the classroom be a leader, on the field be an example, and in public be invisible.
  - d. Take care of yourself. Eat right and go to bed on time. Games nights, be in bed by ten.
  - e. We are students, so being at school the day of games and the day after games is important. We want teachers to be our supporters so we need to be in their class just like we want them at our games.