

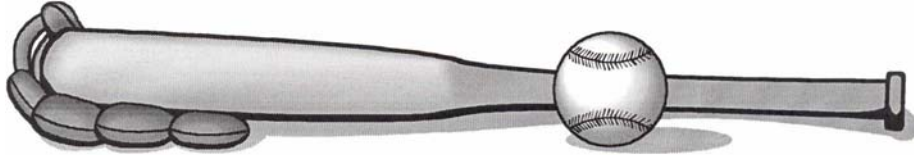
Plainfield North High School

Softball

Parent/Player

Handbook

Plainfield North High School
(Building a Tradition of Excellence)



The girls' softball program offers competition for Plainfield North girls on the freshmen, sophomore and varsity levels. The season begins on **February 26th** and ends in late May. Practice hours range from 2 to 3 hours, six days a week. Vacations during Spring break are discouraged and not recommended. Softball in Plainfield is a **TOTAL COMMITMENT.** Success comes from hard work, self-discipline and total teamwork.

COACHES

Head Coach: George Sam
Varsity Assistant Coach: Amber Briddick
Head Sophomore Coach: Katie Johnson
Head Freshmen: Ryan Maita
Assistant: Christina Narciso

2007

PLAINFIELD SOFTBALL

Dear Parents and Student Athletes:

The "student first, athlete second, and winning third," philosophy means that we are trying to make our student athletes better people for life. We believe winning is important, but that it is not as important as the development of the athletes. We challenge our athletes to explore new opportunities, ideas and personalities that will encourage them to be wiser, deeper, and stronger. The heart of our coaching philosophy revolves around having fun and developing our athletes physically, psychologically, and socially.

The following guidelines have been set for the 2007 softball season Plainfield North. The softball staff feels that our athletes need to be a notch above regular students, more is asked of them and more is expected of them. We expect your daughter to give her best at all times and show class on and off the field, win or lose. The athletes are representing our school, our town, your family, the coaching staff and, most importantly themselves. Sportsmanship is the key to success.

WARNINGS AND DISMISSAL

In accordance with the Plainfield North's athletic code as defined in the student handbook, any conduct, which a coach feels is not in the best interest of the athlete, school or team, may result in dismissal from the team. All coaches are committed to the idea that a student athlete should be a positive leader in the classroom and in the pool.

Our softball season is very short, covering the months of February, March, April, and May. We request that the athletes be in attendance at all practices and games. Spring Break vacations are not recommended. For every game the athlete misses on vacation she will have to sit that many games out when she returns. For every two days of practice the athlete misses she will have to sit out an additional game when she returns. If they miss a practice or game for any reason other than illness or family emergency the following shall occur.

Excused absences

- Approved by coach
- Doctor or dentist if NO other date is possible (**with a note from doctor**)
- Illness
- Death in the family
- Other family emergencies

Unexcused absences

- Lack of communication with coach about "no shows" to games or practice
- Work
- Not having a ride

1. **Practice** - First Unexcused = Verbal warning (extra work ex. Running)
 Second Unexcused = Sit out next game
 Third Unexcused = Dismissal from team
 Excessive excused = Loss of playing time
2. **Game** - First Unexcused = Sit out next game
 Second Unexcused = possible dismissal from the team

GENERAL CONDUCT RULES

1. NO negative communication with the Umpires
 2. NO ONE uses profane language.
 3. NO ONE throws helmets or bats in anger or disgust with her performance or a decision that goes against the team.
 4. We will sprint on and off the field: pitchers and catchers may jog.
 5. Everyone will run out base on balls, this means sprint to 1st base on ball 4. If it is a wild pitch on ball 4, think 2nd and listen to coach
 6. Run out every hit, this includes one hoppers to the pitcher or long fly balls to the outfield.
 7. If you are removed from the game you will act in a respectable fashion, this means no temper tantrums!
 8. During the game there will be no talking to spectators, friends, etc. Remain on the bench unless you have game duties elsewhere.(1st base coach, get catcher dressed, throw with outfielders, or warm up your pitcher)
 9. All conversation on the field and in the dug out should be directed towards the game in progress.
 10. Everyone will help with the gear for both home and away games. This includes to and from the bus.
 11. Shake hands with opponents after the game - win or lose.
 12. Poise and class will win a lot of games
 13. Last and most important: Find a way to help the team if you are not in the game:
 - a. Warm up pitchers (must wear mask)
 - b. Warm up outfielders
 - c. Warm up new players getting ready to go into game
 - d. Help keep charts, if needed
 - e. Try to pick up opposing teams signs
- **The fastest way to get into a ballgame is to show you are trying to help the team when you are not playing. Don't mope or sulk because you are not playing. Only 10 players can be in the line-up at one time.**

WE HAVE READ THE SOFTBALL HANDBOOK AND UNDERSTAND THE CONTENT. WE AGREE THAT WE WILL COMPLY WITH THE GUIDELINES.

Date

Parent/Guardian Signature

Athletes Signature



