McDonough High School

Lady Hawks Softball Program



McDonough Lady Hawks Softball Handbook

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18. **Our Mission**

Students involved in the McDonough High School Softball Program will have a positive experience which will teach them many valuable life skills such as discipline, respect, hard work, and team work.

1. **Coaching Philosophy**

Young athletes need guidance, positive role modeling, coaching on the field, in the classroom, at home, and in the community. Successful programs are those which take a comprehensive approach to coaching and creating an atmosphere that provide players, coaches, parents, fans, administrators, and the community with a sense of belonging.

As coaches we must be well prepared, well rounded, knowledgeable, and a “student of the game,” who leads by example and sets the standards for academic success, winning, and discipline. Our coaches must drive and motivate athletes to obtain their full potential as a player and a person.

Players gain confidence and a love for the game through positive feedback from the parents, coaches and players. High school softball can be an exciting opportunity for your child to have fun, develop as an individual/team player, learn discipline and responsibility, and mature as a person.

Competition is an important element of any sport and as kids grow they naturally become more competitive. We feel as our role as coaches and that of the parents, is to help the students develop the ability to deal with competition in a healthy way. Effort and attitude is the focus. If we can achieve that, then we have accomplished more than a winning season.

Different expectations from the coach, parent(s) and a player can take away from the experience of the athlete/team. As you read through this handbook please make sure that our philosophy fits with your expectations of what you want for your child.

Interscholastic athletics supplement and support the academic mission of the school system and assist students in their growth and development. Athletics assists in promoting the importance of teamwork, effort, goals, and commitment. Interscholastic athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. All athletes do not perform at the same level, but all can demonstrate effort, dedication, and fair play.

1. **Program Goals**
2. To promote 100% of our players each and every year.
3. To support each and every player in our program.
4. To become better students, athletes, and citizens.
5. To maintain a 2.5 program GPA.
6. To improve individual player skills each and every year.
7. To generate enthusiasm, excitement, and support for MHS softball.
8. To work HARD, play HARD, show RESPECT, and have FUN!
9. **Player Code of Conduct**
* We do not limit ourselves in any way. All things are possible. You have the potential to become everything you are capable of being.
* We intend to promote an environment in which champions can develop and flourish. We recognize the importance of working together.
* We take responsibility for all our actions, their consequences, and our own physical and mental preparation. Excuses are seen by all as failure to take responsibility.
* Despite our aspirations, none of us are perfect. Therefore it is necessary for us to forgive ourselves and each other again and again!
* We keep the lines of communication open and attempt to be straight with each other by speaking clearly and directly. One way we do this is by listening carefully to everyone.
* Anything worth doing is worth having fun doing it. It is our intention to get as much enjoyment as we can from the team, practices, games and other team activities.

**“PROMISE YOURSELF TO GIVE SO MUCH TIME TO THE IMPROVEMENT OF YOURSELF THAT YOU HAVE NO TIME TO CRITICIZE OTHERS.” - J.W. SCOTT**

1. **Players Pre-Season Requirements**

All softball players must complete an Athletic Physical, Code of Conduct, Henry County Consent/Permission, and Concussion forms; all forms must be signed off by the Athletic Director prior to practicing or playing in games with the McDonough High School Softball Program.

**NO ATHLETE WILL BE PERMITTED TO PRACTICE/PLAY IF THIS INFORMATION IS NOT ON FILE WITH THE ATLETHIC OFFICE.**

1. **School/Practice/Game Attendance**

Players are required to be on time to every practice, game, and bus departure. Players must be on time to practice! If you are in school, you are expected to be at practice unless you have made prior arrangements with a coach. If you miss school, you must contact your coach before noon of that day.

Email: chelsea.hardee@henry.k12.ga.us

**\***Team practices are **CLOSED** to family, friends, etc. Practice times are extremely important and the players need this time to focus solely on skill development and game prep. We respectfully request that parents **DO NOT** sit on the bleachers or anywhere on or near the field during practice.

**UNEXCUSED ABSENCE**

Any student with an unexcused absence for **ANY** period during the school will **NOT** be allowed to participate in the following game. The coach reserves the right to take additional disciplinary action against players violating this policy. Unexcused absences from practice/games are defined as: any missed practice/game that is not excused prior to the absence by the coach. Offenses are as follows:

1st Offense: Sit out half of the game

2nd Offense: Sit out the game

3rd Offense: Removed from the team

**Excused Absence**

Any student with an excused absence during the school day must be present for one half day. An excused absence from practice/game is defined as: any missed practice/game that is excused prior to the absence by the coach. For **ALL** absences the coach needs to be notified before or on the day of that absence.

**Suspension**

If a student receives a school suspension, they can **NOT** participate in practice and/ or games on that day. As long as they are suspended, they are not permitted to participate in practices and or games. The coach reserves the right to take additional disciplinary action against players violating this policy.

1. **Tardies**

The following rules will be applied if an athlete is practice and is not excused:

0-5 minutes tardy- The player will run one lap after practice

6-10 minutes tardy- The player will run two laps after practice

11-15 minutes tardy- The player will run laps suicides after practice

16-30 minutes tardy- The player will run laps suicides after practice

30 plus minutes tardy- Same as an unexcused absence

**\****The coach reserves the right to take additional disciplinary action against players violating these rules. Three or more tardiness of 30 minutes or more may be grounds for dismissal from the team.*

1. **Academic Expectations**

The Lady Hawks Softball team will follow the rules of GSHA. If a student has a failing grade in 2 subjects on the December report card, they are ruled ineligible to play for the remainder of the school year, including spring sports.

1. **Athletes Dress Code (Practice, Game and Game Day Attire)**

Athletes will dress appropriately as determined by the coaches.

The athletes are representing MHS and should dress in a way that will bring pride and respect to their program and to the community.

The athletes are not permitted to wear: halter-tops, low cut shirts or blouse that shows cleavage, miniskirts, biker shorts…etc. During practice and games no jewelry or metal shall be worn. **NO EXCEPTIONS!**

**J**. **Holidays and Breaks**

In addition to player-scheduled practices, the coaching staff typically do not schedule practices during breaks. In the event a practice is scheduled, it is not mandatory but players are highly encouraged to be present.

1. **Transportation**

All players are required to ride to and from games on the team bus, unless they are riding home with their parent. If a player is riding home with another player, their parent needs to write a note stating that their child has permission to ride with whomever. This note needs to include a phone number in the event a coach needs to contact the parent to verify the note.

1. **Parent/ Coach Relationship**

Both parenting and coaching are very difficult. By establishing and understanding between coaches and parents, both are better able to accept the actions of others and provide a more positive experience for everyone. Parents have the rights to know and understand the expectations placed on them and their child.

**Communication parents should expect from their child’s coach:**

1. Expectations the coach has for your child as well as for other players on the team
2. Locations and times of practice and games
3. Team requirements (special equipment needed, school and team rules, and snacks)

**Communication coaches expect from parents**

1. Concerns regarding their daughter, expressed directly to the coach at the appropriate time and place.
2. Notification of any schedule conflicts well in advance

**Appropriate concerns to discuss with the coach**

1. Improvements that your daughter needs to make
2. Concerns about your daughter’s behavior

\*It can be very difficult to accept that your daughter is not playing as much as you and she had hoped or playing a certain position that they had in mind. Coaches make decisions based on what they believe are in the best interest of all student athletes participating.

Issues NOT appropriate for discussing with the coach:

1. How much playing time each athlete is getting
2. Team strategy
3. Play calling
4. Coming to the dugout/fence to talk to the athlete
5. Coaching from the sidelines
6. Confronting coach(s) before, during or after a game
7. Any situation that deals with other student athletes.

Parents should not attempt to address coaches immediately after games and practices. Coaches have many post game/practice responsibilities, including supervision of players. Also, the postgame/practice period is often emotionally charged, and not conducive to productive discussion. If a parent feels a need to communicate a concern, the parent should contact the coach and/or athletic director via email with their concerns or to arrange a later meeting.

**Parent Expectation**

 Parents are expected to pick their child up on time such as 6:30 and immediately after a game. If coaches are forced to wait for parents to pick their child without proper communication more than twice, that is grounds for player dismissal.

Our coaching staff is always willing to sit-down and discuss any concerns you may have with our program. All meeting will involve two coaches and the MHS athletic director present in conjunction with the parent(s). Feel free to contact us to set up a meeting on a non-game day.

1. **Sportsmanship**

The Lady Hawks Softball team will NOT tolerate inappropriate behavior or unsportsmanship conduct by ANY of its participants including spectators, parents, coaches, athletes, or students. If a spectator, parent or student is observed acting inappropriately, the administration expects it to cease and desist immediately. If not, that spectator may be asked to leave by an official, school personnel, administrator, or police officer. If the person resists leaving, the police will be called and he/she will be charged accordingly. That spectator may forfeit his/her privilege of attending future games- either home or away. If removed from a game, the spectator may have an opportunity to meet with school administration to try and resolve the issue. If the spectator shows up to future contest without resolving the issue he/she will be charged with trespassing. **If a Lady Hawks’ softball player or parent acts inappropriately, the coach is expected to take disciplinary action. This may include suspension or removal from the team.**

1. **Awards**

All MHS Softball team players COMPLETING the season and upholding the policies of the handbook will receive an award.

1. **Fees**

All players are required to pay a mandatory $150.00 team fee which includes the athletic fee. Any student with ANY outstanding debts are ineligible to participate in any sports/activities until debts are cleared.

1. **Discipline**

Disciplined athletes will be the cornerstone of the MHS Softball team. Players will conduct themselves in a professional manner reflective of the program. Stealing, fighting, cursing, bullying and other prohibited activities, whether in or out of school, will NOT be tolerated. Any player found in violation of this will be REMOVED from the team. A player can be DISMISSED from practice for behavior detrimental to the team. Should this happen, twice, the player could be SUSPENDED from the team. Depending of the severity of the infraction, an IMMEDIATE REMOVAL from the team will occur.

REMINDER:

Please remember that we realize that not every possible event or circumstance that could potentially go wrong/happen during the season may be covered in the handbook. Events and clarifications not covered in this handbook will be resolved at the discretion of the head coach in collaboration with the Athletic Director. We apologize if we over looked some things. Please feel free to bring it to our attention. We look forward to having an amazing Softball season!



McDonough High School Player & Parent Contract

I/We\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the parent(s)/ guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read the contents of this handbook with our athlete. We clearly understand as a parent and participant the expectations and policies that will contribute to the success of our daughter and the team. We acknowledge that the expectations and policies that will govern to 2019 softball team are fair and consistent. As a caring member of McDonough High School softball team, we agree to uphold these expectations to the best of our abilities. We also accept our role and responsibilities to ensure that our student becomes a positive and valued member of the team.

Parent/ Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_

Participant Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_