



Mountain View High School Bruins Softball Program



***Are you interested in becoming a member of the Mountain View
High School Softball program?***

***Contact Coach Herring @ the email address
below for further information.
Or join the GroupMe!***

#MVHStheBEST

<https://tinyurl.com/MVHS-Softball>

shawnherring@alpinedistrict.org





Mountain View High School Bruins Softball Program



***Main GroupMe
(Everyone)***



***2023/24
Daily Schedule***



***2023/24
Disclosure***



***2024 Spring
Schedule***

Emphasize the Power of YET

Your athlete needs to know they won't be the best overnight. Greatness is a constant work in progress. "I can't figure this out...yet."



Ask open ended Questions

Give them room to express and explain what they think of their situation. "Tell me what you thought of practice."



Validate Emotions

Your athlete is COMPETITIVE!
With that comes a lot of emotion. Let them know their emotions are valid & expected.



Boast about their Effort

Let your children catch you talking about their efforts & hard work to others. It's a great way to highlight the positive behavior you love.



Highlight Courage & Bravery

These are 2 things that your athlete will need the rest of their life. It's the best way to turn any loss into a win and foster a growth mindset.



"I love to watch you play/compete"

Does your athlete know that you love watching them play & compete? This is the number one thing you can tell your athlete after competition.



Turn the Car Ride into a Coffin

Avoid debriefing your child's performance on the car ride home. Allow them time to process and come to you when they're ready.



Discuss Athletic Expenses

They have enough to focus on when it comes to their performance. Money and costs should not be one of them.



Overemphasize Success

Success should be part of the equation but not all of it. Talk about what leads to success instead



Catastrophize

Things are rarely "always" and "never." This is also true for your athlete. Help yourself and your athlete to frame events in proper context.



Overvalue Stats

There are many ways your athlete impacts the game. Some of them show up in the stat sheet, but some of the most important ones never do.



Belittle their Coach in Front of Them

Whether you like it or not, coach needs to be the expert for your athlete. Don't make your child choose between parent or coach.





Upcoming



Thursday – Oct 26
Callie Huff's House
Uniform Creation for
Grip It & Rip It

ISLAND WARRIORS SOFTBALL PRESENTS

GRIP IT & R.I.P. IT

3 GAME ROUND ROBIN

OCT 28

COSTUMES ENCOURAGED!

\$300 PER TEAM
UMPIRE FEES INCLUDED

10U
12U
14U
16U

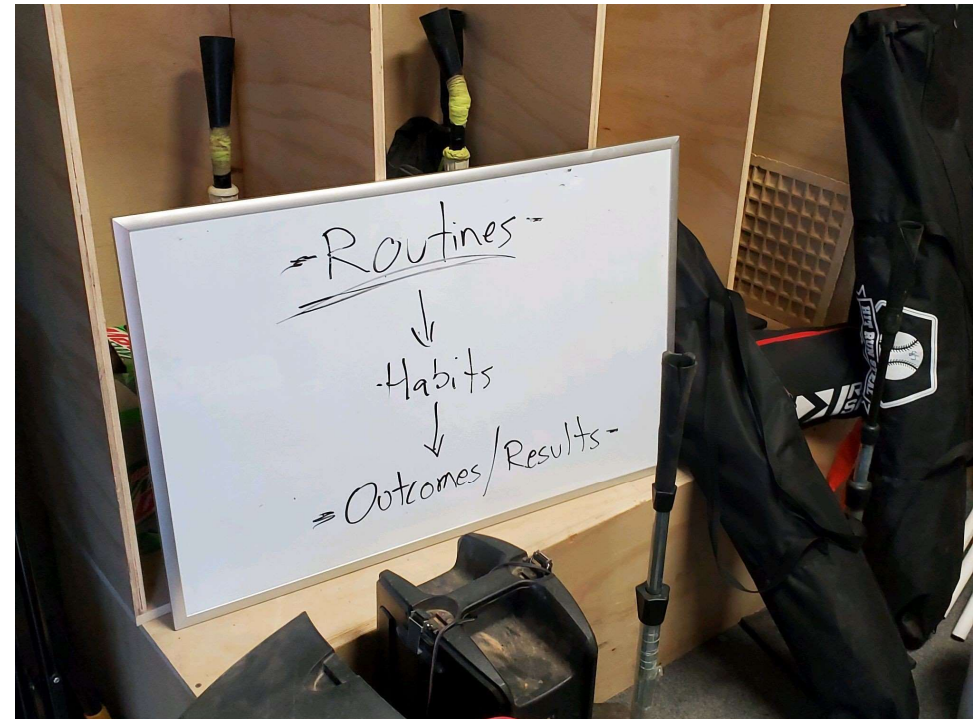
OREM LAKESIDE SPORTS COMPLEX
CONCESSIONS AVAILABLE
CONTACT: JEN LANG AT 801.735.6644



Offseason



11/2/2023			B	
11/3/2023	Open Gym(s) - 5-7 pm		A	Cages and West
11/4/2023				
11/5/2023				
11/6/2023	Open Gym(s) - 2:30-5 pm	BASKETBALL TRYOUTS	B	Cages and West
11/7/2023		BASKETBALL TRYOUTS	A	
11/8/2023	Open Gym(s) - 1:30-3:30 pm		B	Cages and West
11/9/2023	Open Gym(s) - 6-8 pm		A	Pitchers/Catchers ONLY
11/10/2023	Open Gym(s) - 2:15-5:15 pm	** Veteran's Day Observed **	B	Cages and West
11/11/2023		** Veteran's Day **		
11/12/2023				
11/13/2023	Open Gym(s) - 2:30-4:30 pm	Shawn Gone	A	Cages and West
11/14/2023		Shawn Gone	B	
11/15/2023	Open Gym(s) - 3:30-5:30 pm	Shawn Gone	A	Cages and West
11/16/2023	Open Gym(s) - 2:30-4:30 pm		B	Cages and West
11/17/2023	Open Gym(s) - 2:30-4:30 pm		A	Cages and West
11/18/2023				
11/19/2023				
11/20/2023	Open Gym(s) - 2:30-4:30 pm		B	
11/21/2023			A	
11/22/2023		** NO SCHOOL **		
11/23/2023	** Thanksgiving **	** NO SCHOOL **		





Winter Workouts



Catcher – Everyday Drills 2

Best to do these drills in pair(s) w/ 1 catcher roughly 6 feet directly across from the other

- Glove Flips – 3x12
- Blocking 3-Way – LT, RT, Mid – 9x2
 - No Ball
 - Alternate Catchers each set of 9
 - Catcher point/call out direction
- Blocking
 - Block
 - Pickup (push ball into ground)
 - Bounce Up – Throw (no ball needed)
- Low Ball Framing
- Framing
- 3 Plate Catch/Frame (from machine) x 3
 - Full distance – 43 Feet (Catch 2)
 - Move up 10 feet (Catch 2)
 - Move up 10 feet (Catch 2)
- Throw Downs
 - 1B, 2B, 3B
 - Bunt Coverage

DEFENSIVE DRILLS - Catching

NOTES:

Exercises to Strengthen the Throwing Arm in Softball Weights or bands (or body weight) 10-15 Reps (3 Sets)

#1: Push-ups

#2: Shoulder Fly

The shoulder fly exercise can be done with either dumbbells or resistance bands. This is a great workout for targeting the deltoid muscles, which are responsible for shoulder flexion and abduction. By strengthening these muscles, you can improve your throwing range and accuracy.

#3: Tricep Dips

(Dumbell, Band or Body) The triceps are an essential muscle group for throwing a softball, as they are responsible for extending the elbow during the throwing motion. By performing triceps dips, you can develop the strength and endurance of these muscles, allowing you to throw with more power and consistency.

#4: Bicep Curls

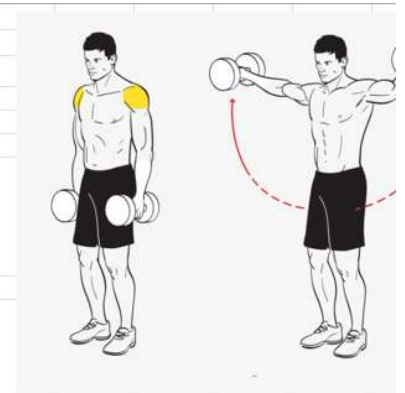
the triceps are crucial for extending the elbow during the throwing motion, the biceps are responsible for flexing the elbow.

#5: Wrist Curls

wrist muscles are critical for generating snap and speed in the throwing motion.

#6: Wall Throws with Medicine Balls

This is also one of the most effective exercises to strengthen your throwing arm for softball.





14u Spring Season



tba



Softball Disclosure



ITEMS NEEDED FOR ALL ATHLETIC TRYOUTS

- Completed Pre-Participation Medical Exam/History aka Sports Physical.
- Pre-participation physical exam date should be performed on or after March 10th to be valid for the following school YEAR through July 15th of that year. (Example: March 10, 2023 good thru July 15, 2024).
- Completed Register My Athlete registration.
 - <https://registermyathlete.com/>
 - Completed Participation consent and Liability Disclosure Document (done within Register My Athlete).





Fundraisers



2024 Softball Team Costs

- Each girl will be required to fundraise (or pay) for her participation in the program.
- Team costs will be approximately 850 dollars per girl. This cost covers:
 - Spirit pack items
 - Uniforms (to be turned in after season (Except for Senior Keeper)
 - Required "participation fee"
 - In-state tournaments

Donations

Banner Sales

- Banner sales are the lifeblood of our program. Not only do banner sales help cover individual players' team costs, they help support the program by paying for:
 - Assistant coaches & Performances Coaches
 - Equipment
 - Travel
 - Team meals
 - Extra Activities
 - Etc, Etc, Etc!





Freshmen



- For Freshman:
 - 9th grade Participation form (school to school form) for joining the B4/B8 class at MVHS.
 - 9th grade students MUST have second lunch at the junior high. This allows schedule to better align and results in less missed classes.
- School Transfer approval if student attended a different school the previous year
- <https://registermyathlete.com/>



Spring Schedule



Date	Opponent	Notes
Feb 11-25	** Moratorium **	Pitchers/Catchers can still work w/ coaches
Feb 26-27	TRYOUTS	
4-Mar	Away @ Skyline	3pm first pitch
8-Mar	Grand County Tournament	JV (3 games)
9-Mar	Grand County Tournament	V (3 games)
tbd	St George Tournament	VARSITY ONLY
19-Mar	Away @ American Fork	
20-Mar	Away @ Lone Peak	
21-Mar	Away @ Orem	
26-Mar	Away @ Uintah	
28-Mar	HOME v Payson	
April 1-5	SPRING BREAK	** We will Practice and do any makeup games **
9-Apr	Away @ Timpanogos	
11-Apr	HOME v Provo	
16-Apr	HOME v Orem	
18-Apr	HOME v Uintah	
19-Apr	AWAY @ West Lake	
23-Apr	Away @ Payson	
25-Apr	HOME v Timpanogos	SENIOR NIGHT
29-Apr	Away @ Provo	
4-May	PROM	Regionals: May 3-4 - 1st Round



<https://docs.google.com/spreadsheets/d/1YFfZTiegY4wK3OebdvrLdDkMFWxkU-As/edit?usp=sharing&ouid=116862654474106259213&rtpof=true&sd=true>



Spring Expectations



Grades

No more than 1 "F" or "I" in the previous terms grades. Periodic grade checks will occur, athletes will be ineligible to play if they have 2 current "F" grades.

2.0 or greater for both cumulative GPA and the last completed term. Let's strive to do better, if anyone has under a 3.0 GPA, we will discuss during practice (or B4/8 Class) on what we can do to bring up grades.

Practice Expectations

- With very few exceptions, it is expected that each girl will be at each practice. Possible exceptions may include a wedding of an immediate family member, a funeral, or illness, etc
- If a player is injured, she should attend practice UNLESS she is working with our trainer or at a doctor's appointment.
- Missed practice time will result in a loss of playing time in upcoming games.

Tardiness / Late to Practices/Games

- Don't be!



50 Mental Hacks



MOUNTAIN VIEW
SOFTBALL



BRUINS

**HACKS AREN'T JUST FOR THE
CAGE!!**

**50 MENTAL HACKS FOR ALL
MVHS SOFTBALL PLAYERS**



**VISUALIZE SUCCESSFUL PLAYS BEFORE STEPPING ONTO THE
FIELD.**

Visualization can also have a positive impact on an athlete's confidence and overall performance. A study published in the Journal of Applied Sport Psychology examined the effects of mental imagery on gymnasts.

The results showed that gymnasts who used visualization techniques reported higher levels of confidence, improved focus, and performed better during competitions compared to those who did not engage in visualization.





!! Homework !!

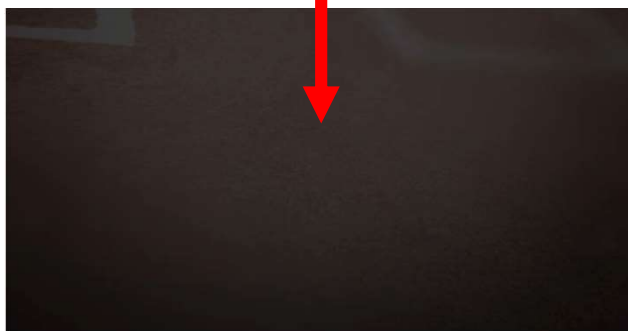


Watch at least 2 full games!!

Report on what games(s) and observations

Workout @ home or gym

Watch this video





new



*Nicole and Rob
Talk about stuff!*



Tweet



Aaron Kallhoff
@CoachAKallhoff

...

...

Bad Teams ... There is no standards

Average Teams ... COACHES remind the team of the standards

Good Teams ... LEADERS remind the team of the standards

Championship Teams ... EVERYONE in the program actions display the standards

A Coach's Diary

Questions? Comments? Concerns?