

# Heritage Girls Softball Player & Parent Expectations and Team Policies

## **Academic Expectations**

The primary responsibility as a member of the Heritage Girls Softball program is to be a student first, athlete second. The coaching staff fully expects all of our players to be good students. As a staff we will monitor and check the progress of all our players. While in the classroom setting, our athletes are expected to be prompt, attentive, honest and respectful at all times.

***Littleton Public Schools Academic Eligibility Policy:** Academic eligibility is monitored on a weekly basis. If a student athlete is failing 2 or more classes, she will not be able to participate. A student has the opportunity to regain eligibility the following week by improving his/her academic standing. The student athlete may participate in practice at the coach's discretion, but will not wear a uniform during the period of ineligibility.*

***Heritage Girl Softball Eligibility Policy:** Student-Athletes MUST speak face to face with their coaches when they are failing one or more classes. It is in their best interest to be up front and honest about their academic standing so we can help them improve their grades.*

## **Practice Expectations**

Softball practice will be held from 4:00-6:00 Monday through Friday unless we have a scheduled game or of course unforeseen weather conditions. Changes will be delivered through team snap app. Athletes must be on the field and warming up by 4:00. If you have an injury, please see the trainer **before** practice to see what's wrong and/or ice.

“Practice doesn't make perfect, perfect practice makes perfect.” Practice is the most important aspect of winning. Our practices will be more demanding than any game situation. Concentration, hard work, intensity, and enthusiasm will be expected of you through every practice. Responsibility starts with showing up on time to every practice. If you are going to be late or miss practice for any reason you must personally inform the coach, no exceptions. Your undivided attention is needed when any coach is talking or giving instruction. Any concerns a player may have can be discussed after practice with the coaches.

## **Game Conduct**

Stay attentive, focused, and enthused at all times and be prepared both physically and mentally when your name is called. No one athlete is more important than another in the Heritage Girls Softball Program. Be supportive of your teammates while on the field and on the bench.

## **Attendance**

The only reason to ever miss a practice or a game is because of an excused absence. Those absences would include:

- Sickness (having an excused absence from school)

- Family emergencies (communicated with your coach by the parents and player) Any other reason needs to be communicated with your coach in advance if at all possible. Though the reason may be excused by the coach, it may still result in a loss of playing time.

### Missed Practices

If you attend school you are expected to be at practice unless you have cleared your absence with the coach earlier in the school day or before the start of practice. If you are not attending school that day due to illness, please call and leave a message for your coach. Missing practice on the day before a game, either excused or unexcused may result in loss of playing time

### **Tardy Policy**

Players are required to be on time to all meetings, practices, and game departures. If you are running late, a coach needs to be notified as soon as possible. Failure to follow this policy may result in loss of playing time, starting position, or one game suspension.

### **Coach/ Athlete/ Parents Communication**

In order for the season to run as smooth as possible, all lines of communication must be open. Athlete to coach and coach to athlete should be the main lines of communication. Every athlete and parents may have their own philosophy in regards to playing time, strategy, and style of play. Those specific topics are at the discretion of the coach and are not open to discussion with anyone not on the team or the coaching staff. We are working to grow your daughters into strong women who can learn to self-advocate. Thus, any discussion on playing time should be athlete to coach and coach to athlete. We are committed to helping your daughters achieve goals they set for themselves and we would be happy to discuss any questions or concerns regarding those matters.

Together the coaches, players, and parents can build a better Softball program for our student Athletes here at Heritage High School.

Player's Printed Name: \_\_\_\_\_

Player's Signature: \_\_\_\_\_

Parent's Printed Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_