

**Triangle Lightning Softball
Player Contract**

Congratulations! You have been offered an opportunity to play softball for the Triangle Lightning Organization! The upcoming season will be filled with hard work, long weekends, and many successful tournament games.

As a Triangle Lightning Player:

1. I will attend every team practice and tournament game. The only approved exceptions are illness, injury, church events, or required school events (homework does not qualify as a school event).
 - a. Missed Practice Penalty:
 - i. If you miss the practice before a tournament, playing time may be compromised.
 - b. Missed Game Penalty:
 - i.
2. I will maintain a minimum academic grade point average of 2.5 on a 4.0 scale (extenuating circumstances should be discussed with my coach as soon as possible). If my GPA falls below this level, I will inform my coach.
3. I will make full use of each practice by:
 - a. Arriving at least 10 minutes before each scheduled start.
 - b. Ensuring I have all of my necessary equipment, including glove, bat, sliders, cleats, etc.
 - c. Understanding and focusing on the objective of each practice.
 - d. Following instructions of all coaches.
 - e. Encouraging and supporting my teammates.
4. I will prepare for each game by:
 - a. Getting a minimum of 8 hours of sleep each night prior to the games.
 - b. Making certain to arrive at each game at the appropriate time as directed by my coach.
 - i. Includes: Dressed / Cleats On / Warm Up Stations set up.
 - c. Guaranteeing that I have my equipment, fluids, snacks, etc.
 - d. Focusing on the game and my part in our team's game plan.
5. During each game, I will:
 - a. Stay focused and competitive whether on the field or in the dug-out.
 - b. Ignore all distractions off the field (friends, parents, etc).
 - c. Compete and always play to win.
 - d. Give 110% to my team.
6. Between games I will:
 - a. Rest, hydrate, and replenish as needed.
 - b. Abide by the curfew set by my Head Coach/Team Captains for overnight tournaments.

I understand that I represent the Triangle Lightning Organization, even when I am not at practice or when wearing my colors at a game. I will always conduct myself in an appropriate manner both on and off the field. This includes my behavior on social media accounts. If I am involved in any illegal activity or incident involving the police, I will personally inform my coaches and my team members, and then agree to sit the bench during the next scheduled game or games as determined by my head coach.

Player Signature _____

Date _____

Parent Signature _____

Date _____

Triangle Lightning Softball
Parent Contract

Congratulations! Your daughter has been offered an opportunity to play softball for the Triangle Lightning Organization!

As her parent/guardian, I have read and agree that:

1. I have been informed of my approximate annual player fee with the understanding that my exact fee will be determined at a later date by my team's approved budget. I agree to make all payments for fees, merchandise, etc... to the Triangle Lightning Organization.
2. I also understand that if my daughter quits, is released, gets injured, or does not finish the year for any reason, the player fees are non-refundable.
3. I can discuss my daughter's skill development, conditioning, and recommended additional instruction with her coaches. However, the subjects of playing time, playing positions, and batting orders are solely at the discretion of her coaches and are not open for discussion at any time.
4. I will provide/arrange transportation and encourage my daughter to attend every team practice and tournament game. The only approved exceptions are illness, injury, church events, or required school events (homework does not qualify as a school event).
5. I will encourage my daughter to maintain a minimum academic grade point average of 2.5 on a 4.0 scale (extenuating circumstances should be discussed with the coach as soon as possible). If her GPA falls below this level, I will inform her coach.
6. I will encourage my daughter to make full use of each practice.
7. I will encourage my daughter to prepare for each game.
8. I will try to attend as many practices and games as possible during the tournament season.
9. During tournament games:
 - a. I will respect my daughter's role as a team player and not distract her from her duties.
 - b. I will only encourage the players and refrain from any negative comments.
10. Between games, I will have my daughter:
 - a. Rest, hydrate, and replenish as needed.
 - b. Abide by any curfew set by our Head Coach/Team Captains for overnight tournaments.
11. Communication with coaching staff
 - a. 24 Hour Rule

Parent Signature _____

Date _____

Triangle Lightning Softball

Application to Coach

(Please Print)

Date: _____

First Name: _____ **Last Name:** _____

Mailing Address: _____

City: _____ **Zip:** _____

Circle the age group you wish to coach: 10U 12U 14U 16U 18U

Have you ever played softball? **Yes** **No**

If Yes, position, when, and where:

Have you ever coached softball? **Yes** **No**

If Yes, when and where:

Are you interested in: **Head Coach** **Assistant Coach**

Does your work schedule require you to travel? **Yes** **No**

By signing this application and returning it to the Triangle Lightning Softball Board, I am authorizing Triangle Lightning Softball to conduct a juvenile crimes background check at their discretion. I have received and read Guidelines for Coaches and by signing this application, I agree to abide by these Guidelines.

Signature: _____ **Date:** _____

Triangle Lightning Softball

GUIDELINES FOR COACHES

1. Purpose

- a. To promote and perpetuate the athletic skills of girls fastpitch softball.
- b. To develop a spirit of fair play and sportsmanship for the betterment of youth sports.
- c. To provide a program that is safe, fun and challenging for all participants.
- d. To treat each player as an individual remembering the large spread of emotional and physical development.
- e. To provide an organization in which softball is played for the girls and not the adults!

As a coach, you must recognize that our program is designed and operated to be competitive in nature. You have a responsibility to select and play athletes that possess skills necessary to win the game in every given situation.

In order for our teams to be competitive, the emphasis for all practices and games must be:

1. Skill Development
2. Competitive/Winning Attitude
3. Teamwork and Player Involvement
4. Have Fun!

Our coaches are expected to take the field in every game with the sole objective of winning; however, an attitude of Winning at all Costs is counterproductive to the purpose of our Program. Our coaches should never risk the health or emotional welfare of our athletes in any game situation. Winning is more fun than losing, but positive experiences can be gained by players and coaches in a loss situation. As a Triangle Lightning Coach, your emphasis should always be focused on providing a positive game experience no matter the outcome of the game.

This organization does not have mandatory play rules as is customarily found in recreational league play. Each athlete has to earn and maintain their position throughout the season. As a coach, it is your responsibility to objectively rate and rank players utilizing practice sessions and actual game statistics.

2. Selection of Head Coaches

Serving as a Lightning Softball Coach is a privilege. All Head Coaching positions are assigned by the Triangle Lightning Board (hereafter referred to as Board). Any person wishing to coach a Lightning Softball team is required to submit a Coaching application to the Board each session. The Board *reserves the right to assign all coaches to teams on an annual basis*. No coach is guaranteed to return to the same team in the following season. During the season, any coaching changes must be approved by the Board. Failure to allow the Guidelines for Coaches will result in loss of coaching privileges.

3. Head Coach Responsibilities

As a Head Coach in Triangle Lightning Softball, please be aware that you are responsible for the actions of your COACHES, PLAYERS, AND PARENTS at all practice and game events. Head Coaches will make every effort to see that anyone involved with their team knows and understands the purpose of our program, all rules pertaining to the game and the Triangle Lightning Player/Parent Rules. A copy of the Guidelines for Coaches and Triangle Lightning Player/Parent rules will be provided to each Head Coach prior to the start of each season.

As a Head Coach in Triangle Lightning Softball, you will be asked to select and recommend your assistant coach(s) to the Board for approval. All Assistant Coaches must be approved by the Board.

As a Head Coach, you and your coaches will be given the responsibility to evaluate potential athletes during a defined try out period (usually late August or early Sept) and select your team. The number of players on your team will be determined based on your recommendation and approved by the Board. Final team rosters will be approved by the Board based on timelines set each season. Once a team roster is approved, any additions or deletions must be approved by the Board.

In the event that a rostered player on a Lightning team is needed on another Lightning team, Head Coaches must use the following procedure:

- Before any player or parent is contacted, the Head Coaches of both teams must discuss the situation and agree upon the roster change. If both Head Coaches agree, the player and parent can be contacted for approval and a roster change can be recommended to the Board.

- If after discussing the situation the Head Coach cannot agree on a change, the Head Coach with the need can bring the request to the Board for review. If the Board determines the roster change is in the best interest of the Organization, the player and parent can be contacted and the roster changed.

UNDER NO CIRCUMSTANCE SHOULD ANY PLAYER OR PARENT BE CONTACTED ABOUT A POTENTIAL ROSTER CHANGE BEFORE HEAD COACHES HAVE DISCUSSED THE SITUATION.

In the event that as a Head Coach you feel you must drop a player from your roster for any reason (discipline, attendance, etc), you must present the situation to the Board prior to any action being taken or any discussion with the player/parent. If the Board feels the situation warrants dropping the player from the team roster, the player will be notified in writing by the Board of the decision.

Our organization's number one emphasis is skill development. In order to accomplish this, Head Coaches should make every attempt to hold a minimum of 2 team practices each week (April-August). In addition to team practices, Head Coaches should encourage their players to implement daily individual routines (conditioning, strength training, personal instruction, etc). In the event that coaches' work schedules interfere with weekly team practices, Head Coaches are encouraged to coordinate with each other to set up multi team practice sessions.

4. Coaches Standards

All Triangle Lightning Coaches must meet standards set forth by the Board. These are:

1. Member of National Fastpitch Coaches Association. (Fee paid by Board)
2. Attend Triangle Lightning Preseason Coaching Skills and First Aid Seminar.
3. Wear approved coaching hats/shirts during all tournament games.
4. Conduct themselves in a professional manner any time they represent the Lightning Organization.

5. Disciplinary Action

The game of softball is fun, action packed and sometimes very emotional. Due to this fact, conflicts during games will invariably arise. In order for Triangle Lightning Softball to be considered a professional organization and adhere to our purpose (#2 under Purpose), Disciplinary Actions for Coaches (Head Coaches/Assistant Coaches/Players) have been developed and approved by the Triangle Lightning Softball Board.

1. A Game Ejection of a Coach resulting from:
 - a. Striking an Umpire, Field Director, Coach or Player.
 - b. Any incident during a game or tournament resulting in an arrest.

Triangle Lightning Softball

Player Application

(Please Print)

Date: _____

First Name: _____ Last Name: _____

Mailing Address: _____

City: _____ Zip: _____ Graduation Year: _____

What are your softball aspirations?

Have you ever played Travel Softball? ___ Yes ___ No

If Yes, position, when, and who with:

Do you want to play college softball? ___ Yes ___ No

If Yes, list your top 10 schools:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

What other sport(s) do you play other than Softball? _____ Travel: ___ YES ___ NO

_____ Travel: ___ YES ___ NO