

Lago Vista Viking Softball



2022-2023

Player Handbook

Lady Viking Softball Mission Statement

Mission Statement: Lago Vista Softball will provide opportunities for players to succeed on the field and in the classroom. As a coaching staff, we will develop players in the skills of softball and life. We will create an environment of sportsmanship, teamwork, hard work, respect, and appreciation where our players can display their team and individual skills.

Core Values

1.) Give all you have every day in everything you do.

When you give your all as a student-athlete, it shows in your performance on the field and the classroom. Whether it is a practice or a game, be a player that your teammates and coaches can rely on for anything. Know whether you win or lose, pass, or fail, that you did everything you could to succeed.

2.) Be Disciplined

Every athlete will be disciplined, showing a controlled form of behavior representing a Viking student-athlete. When an athlete is disciplined, it shows in the classroom and field. Discipline allows an individual to reduce mistakes, increase awareness and create a better situation.

3.) Be Tough

As athletes, you will encounter injuries that will take you away from playing time. You are still a part of the team and are wanted at every practice and game supporting your teammates. We will follow school and district guidelines for any athletic injury.

4.) Enjoy the Game

As an athlete, enjoy playing the game you love every time you walk through those gates and onto that field. Come to practice with a great attitude and smile because a bad attitude spreads like wildfire. Playing softball will not last forever, so enjoy every minute you are a part of this program and this team. Make memories and friends you will cherish for the rest of your life.

5.) Play Until the Final Out

Never give up whether you are losing by ten or winning by fifteen. Be proud to wear a Viking uniform.

Lago Vista ISD Extracurricular Information

Lago Vista I.S.D. Student-Athlete Handbook and Code of Conduct

The Lago Vista Interscholastic Athletic Program is offered to students who choose to participate in a program outside the regular school curriculum. The student-athlete must understand participation in athletics is a PRIVILEGE, not a right, and a higher standard of conduct is required.

As a participant in the Lago Vista Athletic Program, each athlete makes a commitment to give his/her best, plays to win, follows training guidelines, always exhibits good conduct and fair play so as to be a credit to Lago Vista I.S.D. Athletes, as well as coaches, are always on display. The company we keep and our actions in everyday life, both public and private, reflect our athletic program and school in a positive or negative way. Never forget this.

It is extremely important that everyone understands that situations do arise from time to time and not every situation is listed in the handbook. When this happens, the coaching staff and athletic director, with the assistance of the campus principal, will work together to make the best decision for the program involved.

Athletic Periods

Enrollment in the athletic periods is limited to athletes only. All sports shall practice after school. The athletic period is specifically designed for strength and conditioning. The majority of practice time will be after school. The Athletic Director will work with each head coach to develop the best strength and conditioning program for the benefit of each athlete at LVISD. Those who wish to participate are required to be enrolled in athletics unless there is an academic conflict with scheduling. The sponsor of the sport, principal, and athletic director must agree

upon any exceptions. Successful completion of the off-season program prior to your sport is required. For football and volleyball, successful participation in spring semester off-season is required. For basketball, baseball, softball, and track, successful participation in fall off-season is required. Exceptions to this requirement may be granted to new students.

Drug and Alcohol Use

The following rules apply to all athletes at all times during his/her school career:

No smoking/vaping.

No drinking of alcoholic beverages.

No use or distribution of abusive drugs (marijuana, narcotics, etc.).

No involvement in criminal activity of any kind.

With the first offense, the student-athlete will run twenty (20) miles within one week before he/she is allowed to compete in his/her sport. Running must be done outside practice time and must be done on the Lago Vista High School track. If a second offense occurs during the same school year, the student-athlete will be required to run forty (40) miles within two weeks before he/she is allowed to compete in his/her sport. If a third offense occurs, the student-athlete will be removed from athletics the remainder of the school year and endure suspension from athletics the upcoming school year. The student-athlete may again participate in athletics following the suspension plus completion of forty (40) miles run within two weeks' time on the Lago Vista High School track. The consequence of running does NOT expire at the end of the school year. It must be completed prior to participation in the next sport.

Eligibility When Missing Part of the School Day:

Students must be counted present for 2nd or 6th period to participate in competition that day, unless a recognized exception is presented. Recognizable exceptions include doctors' notes, court papers, immediate family deaths, or other deemed acceptable by the Athletic Director.

General Expectations

The expectations of our athletes can be simplified into three rules known as the Do Right Rules used by Lou Holtz at Notre Dame.

They are as follows:

DO RIGHT.

DO YOUR BEST.

SHOW PEOPLE YOU CARE.

If we all follow these principles, student-athletes will have an athletic experience that is not limited by selfish behavior or lack of self-discipline.

What athletes can expect from our coaches:

WE ARE PEOPLE YOU CAN TRUST.

WE CARE ABOUT YOU.

WE ARE COMMITTED TO EXCELLENCE.

As a coaching staff, we will try to help each athlete reach his/her full potential. Lago Vista is a place for champions, and we cannot get there without motivation, hard work, and high expectations. Students should not join the athletic program at Lago Vista High School if they do not expect to get coached.

Grooming

The student-athlete should always be in compliance with the LVISD Student Dress Code as outlined in the LVISD Student Handbook. In addition, the following grooming standards shall be required of all student-athletes:

Hair must be neat and appropriate for performance and of a natural hair color.

Boys will have no visible piercings anywhere at any time while representing LVISD.

Girls will have no visible piercings other than earrings.

Student-athletes should dress uniformly to their teammates during travel, when possible.

Game attire will be identical to teammates. Individualism will not be tolerated.

ISS/DAEP

Students assigned to ISS will not be allowed to practice or participate in contests until the conclusion of their ISS placement. Student-athletes will be required to make up all missed practices/games as unexcused absences.

The conclusion of a DAEP assignment does not guarantee reinstatement into the LVISD athletic program. If a student-athlete is assigned DAEP, he or she must make a formal written appeal to the athletic director and principal (or designee) and be interviewed by both to determine if reinstatement into athletics is warranted.

A student-athlete who is suspended from school for any reason will be ineligible from all games and practice activities during the period of suspension.

Mandatory Tryouts:

High school and middle school coaches have the prerogative to cut. Each individual sport will have its own specific policy. High school and middle school team placement will be at the discretion of the respective coaches.

Practice Regulations

A coach must be consulted prior to the event if a student-athlete must miss a practice or game. Missing a game or practice without permission may result in suspension or removal from the team.

- >Obey all rules set by the coach.
- >Profanity will not be tolerated.
- >Poor effort will not be tolerated.
- >No visible jewelry during practice.

Quitting the Team

Students who try out for a sport will be allowed a trial practice period of 2 weeks without consequences.

More than three consecutive unexcused absences in a row will be considered quitting without 8 notification.

A 24-hour period will be allocated before the decision to quit becomes final. After 24 hours, the student-athlete will not be allowed to participate in an upcoming sport season until the sport he/she quit has been completed. To be reinstated as eligible to participate in the next sport, the student-athlete will be required to run twenty (20) miles completed within seven (7) calendar days, with approval from Athletic Director. The mileage must be logged by the student-athlete to include date, start time, and miles completed per session.

Injury Rehab

Our training room will be open prior to school every day. If an athlete is injured to the point he/she feels it necessary to miss a workout, the athlete will be required to participate in that day's activities unless he/she has been seen by the athletic trainer prior.

Traveling

Student-athletes must travel to and from athletic events with the team to participate in the sport. Any other transportation arrangements must be made prior to the athletic contest by contacting the coach of that sport and completing required documentation. Under no circumstances will a student-athlete be released to anyone under the age of 21.

Consequences for Behavior Infractions

Unless otherwise specified above, student-athletes will be assigned the following consequences as a result of behavior infractions:

1. Extra Duty
2. Probation/Suspension from the sport for a specified time.
3. Suspension from the athletic program.

Each sport will have its own discipline management system, defining specific consequences for minor infractions such as practice and game attendance. These will be provided to the student-athletes at the beginning of the respective sports season.

Parents will be notified in cases involving suspension. Every effort will be made to solve behavior problems before they become serious enough for suspension. However, serious misconduct or use of illicit drugs will result in immediate suspension.

Appeals Process

Since only those individuals who are closest to the problem can resolve the vast majority of concerns, it is important that they be contacted FIRST and given an opportunity to respond to any issues or concerns. Most problems will be resolved at this level. In the case of concerns related to student-athlete behavior or performance, the staff member will usually be the classroom teacher or coach. In the case of concerns related to LVISD support staff, the appropriate contact person is the immediate supervisor or administrator.

If the matter is not resolved satisfactorily at the level closest to the problem, patrons, parents, staff members, and others who may have concerns related to district policies or practices should contact the next level of supervision. In the case of student/classroom/teacher issues that have not been resolved satisfactorily, the next step will be to contact the counselor, assistant principal, or principal, depending upon the issue and the remedy being sought. In the case of staff support employees, the next step would be to contact the appropriate supervisor or principal, depending on whether the staff member is assigned to an individual campus staff or to district staff.

If an informal conference does not resolve the problem, parents and students have the right to request a conference in writing with the principal within fifteen (15) days of the time the student or parent knew, or should have known, of the event or series of events causing the complaint. District forms for filing the written complaint are available upon request from the campus administration or District office.

Please see Board Policy for complete details about the formal complaint process at

<http://www.lagovistaisd.net/page/lhs.STEPS>.

Team/Player Rules and Expectations

- 1). Softball is an athletic activity in which the group's success depends on the presence of everyone on the team. If you must miss practice for an academic function, let the Coaches know as soon as possible. If you must miss practice for a non-academic reason, it is up to the Coaches discretion whether it will be excused or unexcused. Please let us know if you need to attend a tutoring session.
- 2). Each player must have a copy of the handbook.
- 3). If you are late for practice, get with one of the Coaches, and they will have you stretch, run, and the reasoning behind your tardy will be discussed.
- 4). Do not disrespect any coach, umpire, administrator, or parent for any reason, no exceptions. This type of behavior will be addressed if it occurs.
- 5). **Parents are not allowed inside the gate, dugout or field for any reason, no exceptions.** If there is an injury, your parent/guardian will be escorted inside the gate, dugout, or field by the administrator on duty if needed.
- 6). At away games, Coach Cole or Coach Woods will designate a spot in the bleachers for Varsity to sit while JV is playing until it is time to go warm-up and hit. The entire varsity team is to sit together in one section. When Varsity is playing, JV will sit in the bleachers Coaches designate. No family, friends, boyfriends can sit with anyone on the team during the Varsity game and the same for the JV game. You are there to support your teammates.
- 7). Assigned attire for practice and games is required. Failure to wear appropriate clothing for activities assigned will be addressed individually. All clothing should fit properly and not be revealing. See Coach Woods with any attire problems, discuss issues, and get the correct sizes. If you come onto the softball field with any jewelry on, it will be addressed. Always pack long sleeves or a sweatshirt for practice as the weather can change drastically.

8). Always be prepared to play; forgetting equipment is unacceptable; student-athletes should prepare for class and practice the night before. Please respect all equipment and facilities, including other schools.

9). If you are injured, we need to know immediately, so the appropriate actions are taken to make sure you are taken care of and stay healthy.

10). Field Conduct: Athletes will obey all instructions by the coaching staff without question.

Disrespect at practice or in a game will be dealt with on a case-by-case basis. Good sportsmanship is the essence of any athletic program. Fighting and public displays of a bad temper constitute un-sportsmanlike conduct and will result in disciplinary action. When you are in uniform (or any LVHS Softball Gear), you reflect our school, our program, and your family- so please act accordingly. Public display of affection, loud "clowning," badmouthing of other teams, will be addressed.

11). One of the most important rules is that there is absolutely no reason any player should be looking or listening to anyone in the stands. That behavior will not be tolerated and will result in possible removal from the game.

12). If you must use the restroom during an away game, whether you are in the dugout or the bleachers, use the rule of two. This rule is for your safety as well as your teammates. Be aware of your surroundings at all times.

Parent Rules and Expectations

- 1). All players and managers should be picked up every day after practice. The coaches in our program love our athletes and our job; however, we have families that we look forward to seeing. Therefore, please be aware that if coaches must wait for your daughter twice (for more than 20 minutes) to be picked up from a game or practice, you will need to conference with the coaching staff on a solution. Please make alternate arrangements for your child in advance, or if there is an emergency or you will be late, contact Coach Cole and let him know so he can adjust schedules.
- 2). In the event of questions concerning any part of the handbook or program concerning your child, specific procedures must be followed to address the situation adequately. Call or email the Coach Cole to make an appointment to meet during his conference. No coach will talk about any other player with someone that is not his or her parent. Please understand that playtime will not be discussed for any reason. Every player must earn their spot just like the person next to them, there are no favorites, and we will put the best nine on the field that gives LVHS Softball the best opportunity to win and succeed as a team. The athlete may address any questions regarding their playing time by scheduling a conference with Coach Cole. Coaches will not conference on gamedays for any reason, no exception. Please contact Coach Cole for a follow-up conference if a problem is not solved.
- 3.) For all Softball, issues go to Coach Cole first, who will bring in Coach Woods. If Coach Cole cannot handle the problem, he will consult with the administration team at the convenience of the coaches and administrator due to the importance of focusing on the softball season. Coach Cole and Coach Woods will handle all problems within the team and not air out any issues.
- 4.) **All LVHS Softball practices are closed to spectators.**

Contact information for the coaches and administrators is as follows:

Head Coach Michael Cole, mcole@lagovistaisd.net

Varsity Assistant Kristen Woods, kwoods@lagovistaisd.net

Girls Athletic Coordinator Tara Domel, tdomel@lagovistaisd.net

Athletic Director Craten Phillips, cphillips@lagovistaisd.net

5). To help the performance of your child and her teammates, the most critical contribution a parent can make during games is to model the appropriate behavior. We must calm down players who can hear their parents making discouraging remarks about other athletes and the coaches. If a parent is causing problems by degrading coaches or disrespecting umpires, etc. the Head Coach will contact the administrator on duty to address the situation. **If parents expect their children to react to the game's difficulties with poise, they must model it. No one is perfect, everyone makes mistakes, and the only way to overcome this type of adversity is to give positive reinforcement.**

6). Players only need two instructional voices offering advice, Coach Cole and Coach Woods. Please do not distract your child from advice coaches are giving them during games; this type of distraction causes confusion among coaches and players. Please let the coaches do their jobs. **Let your daughter play the game and enjoy herself without worrying about the stress of what is happening outside the fence.**

7). Parents are not allowed to interact with umpires for any reason.

Player HUDL Responsibilities

There will be at least two different angles of recording for all practices and games by student video coordinators / managers chosen. When the season starts, the coaching staff will determine the amount of time required to watch videos. As a player, you will be required to log in to Hudl and watch the videos of yourself. These recordings are to help you be a better softball player. If you watch the videos, you will see what you are doing right, wrong, and areas for improvement. Watching video will lead to conversations on what you can do to improve as a player and teammate.

You will be given the information needed to download Hudl, how to sign in, and watch videos. Once you have this information a coach will upload videos daily for players to watch. The following day Coaching staff will check the amount of time players watched video and ask your opinion. If you watched the video, it will help you in your meetings with your coaches. During practices, we will split into groups at times. If pitchers and catchers are recorded, only the pitchers and catchers are required to watch. You will be informed daily by a coach when the video will be uploaded, what will be uploaded, what you are supposed to watch and if there were any difficulties.

Coaching Expectations

This softball program will have two coaches, Head Coach Michael Cole and, Assistant Varsity Coach Kristen Woods. Each coach is required to handle his or her responsibilities in a timely manner following all rules and regulations given to them by the school district, administrators, and the state of Texas. Coaches will communicate and meet regularly to discuss the program and upcoming plans. If there are any issues on the JV team, go to the Coach Woods first; if she cannot handle the problem, Coach Cole will take over. All coaches will be held to a higher standard and display proper behavior with no exceptions. The Coaches will handle all messages through the team app to ensure all athletes know what is expected. Coaches will follow the standard code of ethics and the 14 legal duties of a coach.

Athletes' Character Code and How to be a Leader In This Program

Moral Values	Actions In Life	Actions In Sport
Be Respectful	Be respectful of other people. Be respectful of others' property. Be respectful of the environment. Be respectful of yourself.	Be respectful of the game and to its rules and traditions. Be respectful of your opponents. Be respectful of the officials. Be respectful in victory and defeat
Be Responsible	Fulfill your obligations. Be dependable. Be in control of yourself. Be persistent.	Prepare yourself to do your best. Be punctual for practices and games. Be self-disciplined. Be cooperative with your teammates.
Be Caring	Be compassionate and have empathy. Be forgiving. Be generous and kind. Avoid being selfish or mean.	Help your teammates play better. Support teammates in trouble. Be generous with praise, stingy with criticism. Play for the team, not yourself.
Be Honest	Be truthful and forthright. Act with integrity. Be trustworthy. Be courageous to do the right thing.	Play by the spirit of the rules. Be loyal to the team. Play drug free. Admit to your own mistakes.
Be Fair	Follow the Golden Rule. Be tolerant of others. Be willing to share. Avoid taking advantage of others.	Treat other athletes as you wish to be treated. Be fair to all athletes, including those who are different. Give other players and opportunity. Play to win within the rules.
Be A Good Citizen	Obey the laws and rules Be educated and stay informed. Contribute to the community. Protect others.	Be a good role model. Strive for excellence Give back to the sport. Encourage teammates to be good citizens.

Quotes for Success

“Champions aren’t made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill”

-Muhammad Ali

Winning isn’t everything but striving to win is; “The spirit, the will to win, and the will to excel are the things that endure.”

-Vince Lombardi

“Character is what you are in the dark”

-Russell Gough

“The shortest and surest way to live with honor in the world is to be in reality what we appear to be.”

-Socrates

“Effective teamwork begins and ends with communication.”

-Mike Krzyzewski

“Every game is an opportunity to measure yourself against your own potential.”

-Bud Wilkinson

“It’s hard to beat a person who never gives up.”

-Babe Ruth

“I love it when people doubt me. It makes me work harder to prove them wrong.”

-Derek Jeter

“Make sure your worst enemy doesn’t live between your ears. Self-doubt kills dreams. You are more capable than you think.”

-Kris Bryant

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is what others merely think you are.”

-John Wooden

Appendix C References

Garman, J., & Gromacki, M. (2011). *Softball skills & drills*. Champaign, IL: Human Kinetics.