

Lago Vista Viking Softball



**Player Handbook
2024-2025**

Table of Contents

I.	Viking Softball Mission Statement	3
II.	Core Values	4
III.	Athletes' Character Code	6
IV.	Quotes for Success	7
V.	Lago Vista I.S.D. Student-Athlete Handbook and Code of Conduct	8
VI.	Practice Expectations.	16
VII.	Game Expectations	18
VIII.	Parent/Guardian Expectations	20
IX.	HUDL Responsibilities	22
X.	Coaching Expectations	23

Viking Softball Mission Statement

Lago Vista Softball provides opportunities for players to succeed on the field and in the classroom. Our coaching staff is committed to developing not only softball skills but also essential life skills. We strive to create an environment grounded in integrity, respect, accountability, servant leadership, and sportsmanship, allowing our players to showcase their individual talents as well as their teamwork abilities.

Core Values

1.) Integrity

Integrity refers to the quality of being honest and having strong moral principles. It is about being true to oneself and maintaining consistency in thoughts, words, and actions.

Individuals with integrity act ethically and responsibly, regardless of the circumstances.

They are reliable and trustworthy, making decisions based on fairness and respect for others. In essence, integrity is about doing the right thing, even when no one is watching. It is a vital attribute that fosters trust and builds strong relationships, both personally and athletically.

2.) Respect

Respect is essential in our interactions and relationships. It involves recognizing the worth of others, valuing their opinions, and treating them with dignity. Practicing Respect fosters a positive environment, encourages open communication, and strengthens connections among individuals. By embracing Respect, we create a culture of understanding and cooperation, which benefits everyone involved.

3.) Accountability

Accountability is the process of taking responsibility for one's actions and decisions. It involves being answerable to others and owning the outcomes of those actions. In sports context, accountability can help foster a sense of responsibility among athletes and coaches alike, encouraging them to strive for excellence and improve their performance. By establishing clear expectations and providing feedback, accountability can play a vital role in creating a supportive and productive athletic environment.

4.) Sportsmanship

Sportsmanship refers to the ethical and moral standards expected in sports. It encompasses fairness, respect for opponents, graciousness in winning or losing, and positive behavior towards teammates and officials. Good sportsmanship promotes a positive environment in sports, encouraging healthy competition, cooperation, and mutual respect among all participants. Athletes who practice sportsmanship understand the importance of integrity and the spirit of the game, making it essential for fostering a supportive community in sports.

5.) Servant Leadership

Servant Leadership is a leadership philosophy in which the main goal of the leader is to serve. This approach prioritizes the needs of others, especially team members, and encourages collaboration, empathy, and ethical decision-making. The leader's role is to support and uplift their team, fostering a positive environment that promotes growth and development. By focusing on serving others, Servant Leadership aims to create a more engaged and motivated team, ultimately leading to better organizational outcomes.

Athletes' Character Code and How to be a Leader

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

"Never give up! Failure and rejection are only the first step to succeeding."

-Jim Valvano-

"I can't play being mad. I go out there and have fun. It's a game, and that's how I am going to treat it."

-Ken Griffey Jr-

"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down, and I will not let myself down."

-Mia Hamm-

"There is a way to play this game (softball) physically, but it's the mental part that's going to separate gold from silver and silver from bronze."

-Lisa Fernandez-

"You can't always control the circumstance – only how you react to those circumstances; you can always control your attitude and effort."

-Jennie Finch-

"This game is about the long run. LIFE is about the long run. Pick successes that can build your confidence over time and stay in the process. There is always light at the end of the tunnel, but you can't see the light if you fall into the trap of all the failures trying to pull you down."

-Amanda Scarborough-

"Don't think you're too good to sit and root for your team, be a team player."

-Unknown-

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 notifications.

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>.

Practice Expectations

1. **Team Commitment:** Softball is a team sport where success relies on the participation of every member. If you need to miss practice for an academic commitment, please inform the Coaches in advance. For non-academic absences, the Coach will determine whether the absence is excused or unexcused. If attending a tutoring session is necessary, please communicate this to us.
2. **Punctuality:** Arriving late to practice will result in running foul poles for each minute of tardiness, unless the lateness is excused.
3. **Injury and Illness:** If players are injured or unable to practice due to illness, this will be considered an exception. It is essential for players to communicate any such circumstances to the Coaches.
4. **Preparation:** Always come prepared for practice; forgetting equipment is not acceptable. Student-athletes should organize their gear for both class and practice the night before.
5. **Attire Requirements:** Proper attire is mandatory for both practices and games. Players are required to wear either a blue Lago softball shirt with black shorts, a black softball shirt with black shorts, or blue softball pants with a black shirt, white socks, and a white belt. Alternative combinations include white softball pants with a blue shirt, blue socks, and a blue belt. Attire should be appropriate for the weather and activity planned for practice. All clothing must fit well and not be revealing. Jewelry must be removed before attending practice or games. It is advisable to bring long sleeves or a sweatshirt, as weather conditions can change. Failure to match team attire will result in running foul poles; players not in uniform for a game will not participate.

6. **Makeup Practices:** All missed practices, regardless of whether they are excused or unexcused, must be made up. For a no-call, no-show at practice, players are required to run six foul poles, hit 300 balls off the tee, and have a captain stay after to throw with them. If a player has a second no-call, no-show, the requirements increase to eight foul poles and 400 balls off the tee. A player will need to meet with the Coaches after a third offense to discuss further actions.
7. **Makeup for Excused Absences:** For excused missed practices, players must complete hitting 200 balls off the tee, run four foul poles, and throw with a captain. If a player misses a game without prior notification, they must run eight foul poles and hit 400 balls off the tee, including absences due to vacations during the season. Conversely, for excused game absences, the requirements are five foul poles and 300 balls off the tee.

Game Expectations

1. **Access Restrictions:** Parents are not permitted inside the gate, dugout, or field under any circumstances. In the event of an injury, a parent or guardian will be escorted inside only if necessary.
2. **Seating Arrangement:** At away games, a designated area will be assigned for the Varsity team to sit while the JV team plays until it is time to warm up and hit. All team members must sit together as a cohesive unit. Friends or significant others are not allowed to sit with the team during either the Varsity or JV games. The focus is on supporting your teammates.
3. **Injury Reporting:** If you sustain an injury, it is imperative to inform us immediately so that appropriate measures can be taken to ensure your well-being and health.
4. **Field Conduct:** Athletes are expected to follow all instructions from the coaching staff without question. Disrespect towards any coach, umpire, administrator, or parent is unacceptable and will not be tolerated. The Head Coach will address any instances of disrespectful behavior. Good sportsmanship is fundamental to our athletic program. Engaging in fights or exhibiting public displays of bad temper will be considered unsportsmanlike conduct and will be addressed accordingly. When wearing the uniform or any LVHS Softball gear, you represent our school, our program, and your family; therefore, please conduct yourself appropriately. Public displays of affection, loud behavior, and negative remarks about other teams will also be addressed.
5. **Focus on the Game:** It is crucial that players do not look at or listen to anyone in the stands. Such behavior will not be tolerated and may result in removal from the game.
6. **Restroom Policy:** If you need to use the restroom during an away game, whether in the dugout or the bleachers, please adhere to the "rule of two." This rule is in place

for your safety and that of your teammates. Always remain aware of your surroundings.

Parent/Guardian Expectations

1. **Pick-Up Procedures:** All players and managers are expected to be picked up promptly at the end of each practice. Our coaching staff is dedicated to our athletes, but we also value our family time. If you anticipate being late, please arrange for alternative transportation in advance. In case of an emergency, contact Coach Cole to inform him of the situation so adjustments can be made.
2. **Addressing Concerns:** For any inquiries related to the handbook or the program concerning your child, please follow the appropriate procedures. Contact Coach Cole via phone or email to schedule a meeting during his conference time. Please note that coaches will not discuss other players with anyone who is not their parent, and discussions regarding playing time will not occur. Each practice and game is recorded for players to review and identify areas for improvement.
3. **Earning Positions:** Each player must earn their position on the team; there are no favorites. We are committed to putting the best nine players on the field to maximize the opportunity for LVHS Softball's success. Athletes may schedule a meeting with Coach Cole to discuss their playing time. Please be advised that coaches will not hold conferences on game days, and follow-ups for unresolved issues should be directed to Coach Cole.
4. **Issue Resolution:** For all softball-related concerns, please first reach out to Coach Cole, who will involve Coach Woods as needed. Should Coach Cole be unable to resolve the issue, he will consult with the administration team at a convenient time. All team-related problems will be handled internally. Coaches will not publicly discuss issues. For direct communication, please use the following contact information:
 - Head Coach Michael Cole: mcole@lagovistaisd.net

- Varsity Assistant Kristen Woods: kwoods@lagovistaisd.net
- Head JV Coach Grace Rohne: grohne@lagovistaisd.net
- Girls Athletic Coordinator Megan Alexander: malexander@lagovistaisd.net
- Athletic Director Craten Phillips: cphillips@lagovistaisd.net

5. **Modeling Behavior:** Parents play a crucial role in supporting their child's performance and that of their teammates by exhibiting appropriate behavior during games. It is important to refrain from making negative remarks about other athletes or coaches, as players can hear these comments. If disruptive behavior occurs, the Head Coach will notify the administrator on duty. To foster resilience in our athletes, parents should model composure and positivity, especially in challenging situations.
6. **Coaching Guidance:** Players should receive guidance from only three instructional voices during games: Coach Cole, Coach Woods, and Coach Rohne. To prevent confusion, please do not interfere with the coaches' advice during practices or games. Allow your daughter to focus on her enjoyment of the game without external pressure.
7. **Respectful Interaction:** Parents are encouraged to maintain a positive demeanor and refrain from negative interactions with umpires, opposing team players, or coaches.
8. **Practice Attendance:** Parents are welcome to attend practices but should avoid becoming distractions to the players.

Thank you for your cooperation and support in creating a positive environment for our athletes.

HUDL Responsibilities

All softball practices, athletic periods, and games will be recorded to enhance player development. Each session will be captured from a minimum of two different angles by designated student video coordinators/managers.

Players and parents will have access to HUDL, a platform designed to facilitate video review for skill improvement. Comprehensive information on downloading HUDL, signing in, and navigating the platform will be provided to both players and parents. Coaches will upload videos daily for viewing.

The coaching staff will review the viewing time of each player the following day and seek feedback regarding the videos. Engaging with these recordings will be beneficial for discussions with coaches. Coaches will communicate daily about the upload schedule, specific videos to watch, and address any potential challenges.

The recordings will include all angles of the field, bullpens, and batting cages, accessible to parents and players each day. For any inquiries regarding HUDL, please reach out to Coach Cole.

Softball Program Coaching Structure

The softball program will be led by three dedicated coaches: Head Coach Michael Cole, Assistant Varsity Coach Kristen Woods, and Head JV Coach Grace Rohne. Each coach is expected to fulfill their responsibilities in a timely manner, adhering to all rules and regulations set forth by the school district, administrators, and the state of Texas.

Coaches will engage in regular communication and meetings to discuss program updates and upcoming plans. Any issues related to the team should be directed to Coach Cole. All coaches are expected to uphold the highest standards of conduct and demonstrate professional behavior without exception.

To ensure clear communication, coaches will manage all messages through the team app, keeping all athletes informed of expectations and requirements. Additionally, coaches will adhere to the established code of ethics and the 14 legal duties associated with coaching.