



2022-23 Big Sky HS Softball Handbook

Practice Information:

Practice is the most important aspect of our program. Everyone is expected to make EVERY practice. We want to start this season, and every season, off strong and ready to compete with the best teams in the state. This will not be possible if you miss practice.

The MHSA rule on practices states: "No individual shall play in any softball game until each INDIVIDUAL has a minimum of 10 practice sessions of at least one practice session per day on 10 different days prior to the date of the first allowable contest." (You need 10 practice DAYS before you can play in your first game.)

Practice Rules:

My practice rules are straightforward, consistent and fair:

1. If you miss one practice with a medical excuse, then you will be excused from the practice with no penalty. On this note, please try and schedule doctors appointments or anything else around practices if possible. (Drivers ed etc.)
2. If you miss one practice with a family excuse (vacation, etc.) then you will have to make up the conditioning from the practice you missed. You will still miss a start that week as well.
3. During the season, you will not start that week's games for each practice missed.
4. Unexcused practices will not be tolerated.
 - a. 1st offense = 2 days of extra conditioning
 - b. 2nd offense = Potential dismissal from the team.
5. BE ON TIME. If you are late for practice, you will condition after practice. (5 Minutes early is 10 minutes late.)

IF YOU NEED TO MISS PRACTICE FOR ANY REASON OR YOU WILL BE LATE, THEN YOU MUST LET YOUR COACHES KNOW AHEAD OF TIME.

Game Rules:

1. I will not tolerate unsportsmanlike actions towards opposing teams or umpires. If this action takes place, you will not only be removed from the game but will then have extra conditioning for the entire next week to help you concentrate better.
2. If you get ejected from a game I will condition you extra during the next week to help you concentrate better AND you will sit the next game as well (by MHSA rule).
3. Enter EVERY game expecting us to win.

Athlete Expectations and Team Standards:

1. I expect you to be on time and attend every single practice and game.
2. I expect you to practice as hard as you can. Game speed every practice will only make you that much more ready when we put on uniforms.
3. I expect you to listen to all coaches and treat them with respect.
4. I expect you to treat your teammates and their property with respect.
5. I expect you to conduct yourself as a respectable young lady in school, in your community, and in all athletic events. Do not do anything to embarrass this program, yourself, or your family.
6. I expect you to concentrate on your schoolwork, be a lady in class, and hand in every homework assignment.
7. I expect you to never criticize another player or coach.

Coaching Staff Expectation and Standards:

1. We will always be prepared.
2. We will be demanding and fair.
3. We will be willing to talk to you at any time, about any problem or question.
 - a. This will be in a non-combative manner
 - b. We will respond as soon as we are able
4. We will be making decisions based on what is best for the team. Not an individual.
5. We will coach to put the team into a position to win every game.

Parent Expectation and Standards:

1. Parents support our program. Be positive in the stands, at home, and in the community.
2. Release your child to the game. Let them play for themselves.
3. You shall not coach your child or any other players from the sidelines or stands.
4. Encourage your child to communicate with her coaches. If your child has any issue they need to be the ones to come to me.
5. When the game is over, only be positive and encouraging.
6. If your daughter has an issue with playing time or anything else THEY should be one to come to me.

Playing Time:

Varsity playing time is based on production on the field, practice attendance, ability, and work ethic (AKA – Buy-in.) If you buy-in, we will be very good and you will be good individually.

Varsity starting positions are based on:

1. The best player starts.
2. If it is close between two players, work ethic will determine the starter. Coaches may see something that players don't which could result in more or less playing time.

Equipment:

1. You are responsible for all of your equipment. Any lost equipment will result in a fine.
2. You will be issued 3 jerseys. You are responsible for their caring. Do not wear your jersey in public. It is for games only. You may wear your jersey to school for special functions and before games.

Travel Policy:

1. Drinks with a screw type lid only on the bus.
2. Busses are to remain spotless. Conditioning will result if they are not.
3. If you are riding home with your parents, you must have a signed note from a Big Sky administrator before you ride on the bus. Get it signed by an administrator.
4. Wear Big Sky softball gear.
5. You are ambassadors to our school. Show class at all times.

Letter Requirements:

1. Finish the season in good standing.
2. Turn in all of your equipment on time. You will not be eligible for the banquet or awards at the banquet if you have not turned in your equipment.
3. Must play in a game to letter.
4. If you make the playoff roster, then you will receive a letter.

Recruiting & Post High School:

1. During the season our students are expected to be focused on the Big Sky Eagles.
2. The off season is the time when seniors and I will work on what is realistic for them at the next level.
3. I encourage each parent to have a conversation with their child about their realistic expectations of playing at the next level,
 - a. What would they like to pursue educationally?
 - b. Why do they want to play college softball?
 - c. Are they willing to be a walk-on?
 - d. Are they willing to go anywhere in the country to play?
4. The entire process can be complex and I encourage you to work through me at the end of the season.

Conclusion:

We can have a great season this year. We have the athletes to get the job done. My primary job is to get you to believe in yourself, and your teammates. The first step in doing this, and being successful, is to follow these rules and regulations. I expect you to follow these rules, and be accountable if you break one. By joining the team you have agreed to follow our practice, game, and team rules.