

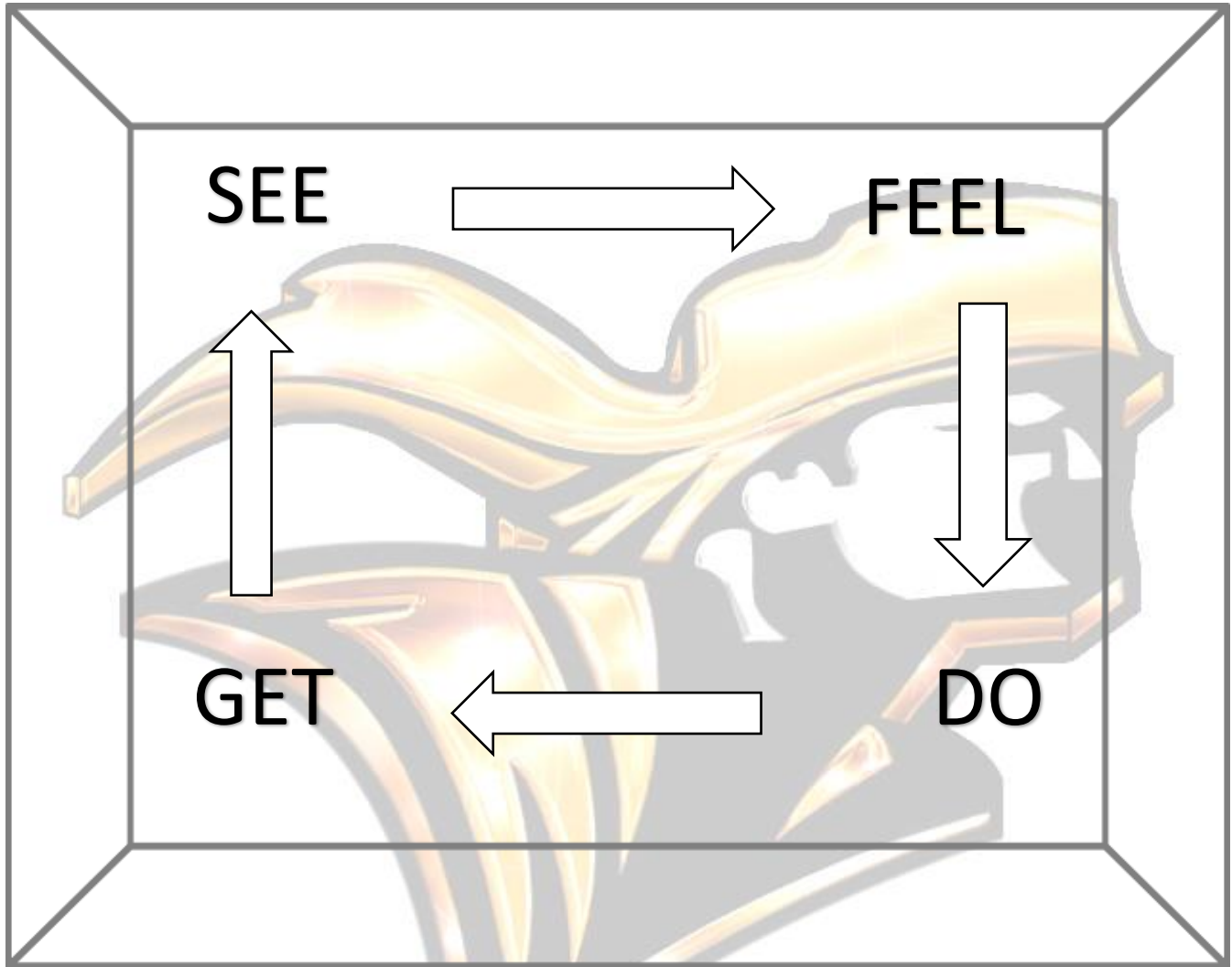
Fort Calhoun Softball 2020



GRIT

Grit: The ability to be persistent in something you feel passionate about and persevere when you face obstacles. To persevere means to stick with it, continue working hard even after experiencing challenges.

THE FRAME – GET WHAT YOU WANT



Three Options to Get the results you want

Change Nothing: Continue to see things the way you have been seeing it. This will mean that you will get the same results.

Change what you Feel or Do: You will see some minor results, but it won't bring the big change you desire. This new action will continue to seem like hard work.

Change what you See: By changing how you see a situation and everyone involved, you will quickly change what you are feeling, doing, and getting. Change in seeing gives you the possibility for big changes in the results you desire.

The frame only works to the positive when you change your view.

PIONEER Pledge to BE POSITIVE

I pledge to be a positive person and positive influence on my family, friends, teammates and school. I understand that a Positive Attitude is not a feeling or emotion. It is a Decision.

I will decide and vow to stay positive in the face of negativity.

When I am surrounded by pessimism, I will choose optimism.

When I feel fear, I will find strength.

When I want to hate, I will choose love.

When I want to be bitter, I will choose to get better.

When I experience a challenge, I will look for opportunity.

When I'm faced with adversity, I will conquer it.

When I experience a set-back, I will move forward.

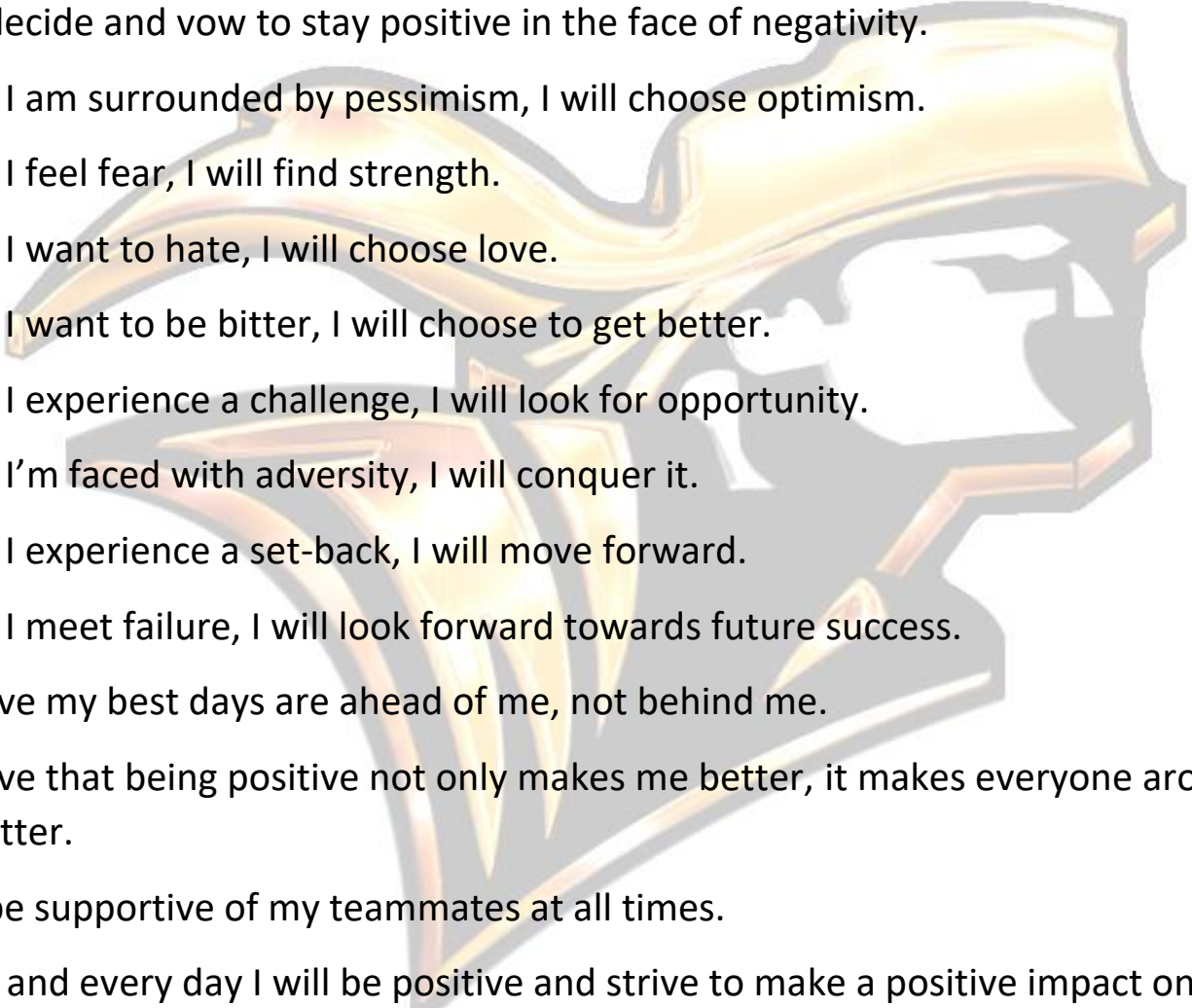
When I meet failure, I will look forward towards future success.

I believe my best days are ahead of me, not behind me.

I believe that being positive not only makes me better, it makes everyone around me better.

I will be supportive of my teammates at all times.

Today and every day I will be positive and strive to make a positive impact on my environment.



Fort Calhoun Softball Program Overview/Expectations

Coaching Staff and Contact Information

- Head Coach: Ginger Appel
 - Cell Phone: 402-210-6602
 - Home Phone: 402-468-4043
 - Email: gappel@ftcpioneers.org
- Assistant Coach: Mandy Taylor

2020 Season Overview

- Start of Season, August 10
- First Game, August 18 – Jamboree / August 20 First Official Game of the Season
- Sub Districts, October 5
- District Finals, October 9-10
- State, October 14-16
- Practice Schedule on Non-Game Days
 - Monday – Thursday, 3:30pm-5:30pm
 - Friday, 2:00pm-4:00pm
 - No practice scheduled on Labor Day, September 7.

Participation: Practice/Games/Team Functions

- Participation is mandatory for all practices, games and team functions. Any conflicts should be communicated to the Head Coach as soon as you are aware.

Playing Time

- The coaching staff will evaluate each player during practice and games. Playing time will be determined based on attitude, effort, knowledge of the game, and talent.

3 Step Communication Process

- Player meets with Head Coach
- Player and Parents meet with Head Coach
- Player, Parents, and Head Coach meet with the Athletic Director

Softball Program General Understanding

- Participation in the Softball Program is a privilege not a right. All players agree to follow the standards and expectations placed upon them. Anytime expectations are not being met, players will be subject to disciplinary action or dismissal from the team. The Coaching Staff will evaluate each situation and determine the appropriate action to take.

Fort Calhoun Softball Player Standards/Expectations

- **Academics**
 - Academic responsibility is your top priority. Please make sure you plan accordingly to ensure all your work is handed in on time and you allow yourself time to prepare for exams. If you face challenges in any of your classes, please communicate this to the Head Coach.
- **Attitude and Respect**
 - Players will show respect for, be considerate of, and display a positive attitude towards teammates, coaches, umpires, opposing players and parents. Players are also expected to respect the property of their teammates and the program.
- **Conduct**
 - Players will conduct themselves in a proper and well-behaved manner during practice, games, all team functions, during school, and at all Fort Calhoun functions. Players will follow the Fort Calhoun High School Student and Activity Handbooks. As a member of the Softball program, you are expected to set an example 365 days are year.
- **Drugs/Alcohol/Tobacco**
 - The use or possession of illegal drugs, alcohol, or tobacco by any player is prohibited. Use of prescription drugs in a way other than what they have been prescribed for will not be tolerated. This is not limited to our softball season. As a member of the Softball program, you are expected to set an example 365 days are year.
- **Emotions**
 - Always control your emotions and display good sportsmanship. No profanity, no throwing equipment, no arguing with teammates, coaches, opponents or umpires. No negative remarks towards/to teammates, coaches, opponents or umpires.
- **Integrity / Honesty**
 - All players are expected to be honest in all situations. Integrity goes deeper than mere honesty, it is the Value one place upon oneself.
- **Cell Phones**
 - Players will leave their cell phones in their bag and on vibrate while at practice and during games. If there is an emergency parents should contact the Head Coach.

- Practice
 - Review Practice Plan – The Practice Plan is intended for team use only. This should NOT be sent to anyone outside of our Team.
 - Attire: TShirt (Communicated by Head Coach Weekly), Black Pants, and White Socks.
 - Cleats and Athletic Shoes are required.
 - Arrival Time: 15 minutes prior to start time or as soon as you can after school.
 - We will meet as a team in the picnic area by the parking lot.
 - Field Prep / Equipment Out
 - All players are expected to help, everyone is part of the team.
 - Practice Conduct
 - All players are expected to follow directions from any coach the first time they are asked.
 - Give 100% Effort 100% of the time.
 - Hustle from drill to drill (No Walking!!)
 - Support & Encourage each other / high fives are awesome!
 - Communicate, Communicate, Communicate
 - Positive Attitude at ALL times. Remember Attitude is a decision you make.
 - Behaviors that will not be tolerated at any time;
 - Failing to perform assigned duties
 - Laziness or slacking off in any way
 - Negative attitude/comments towards teammates or coaches.
 - Clean Up
 - All players are expected to help, everyone is part of the team.
 - Travel
 - All players will be responsible to find transportation to practice. Please ensure driving laws for the State of Nebraska are being followed. These can be found at <https://dmv.nebraska.gov/dl/driver-licensing-services>
 - Drivers ages 14 and 15, should not transport anyone other than immediate family.
 - Drivers age 16 and 6 months or less should not transport more than 1 non-family member.
 - If you are unable to find transportation to practice, please communicate with the Head Coach. We will figure out a plan together.

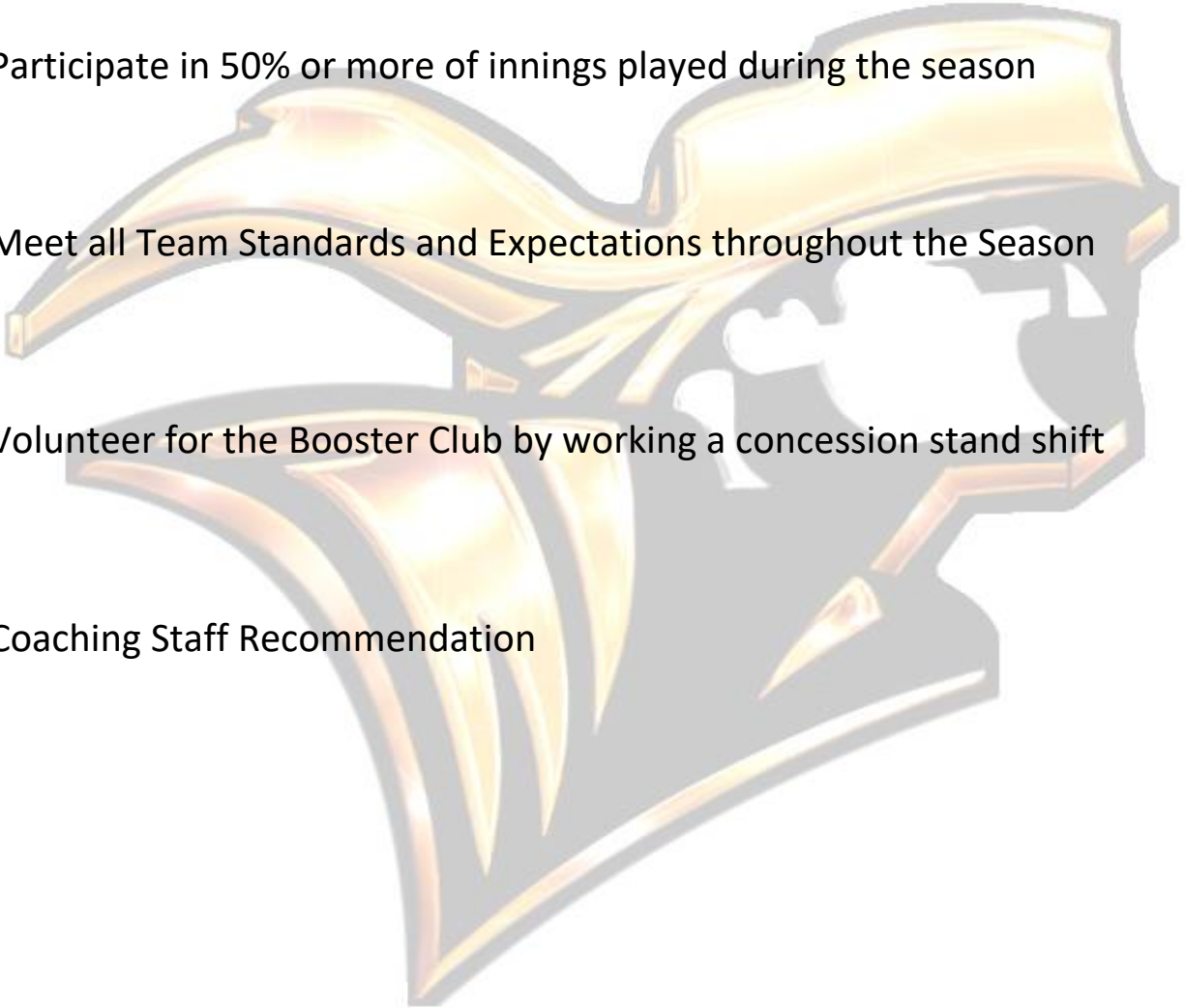
- Game Days
 - Attire at School
 - Home and Away Games, Team TShirt and Jeans.
 - Game Attire
 - Jersey, Pants, Belt, White Socks, Cleats, and any personal equipment needed. Jerseys tucked in, pants buttoned, and belts fastened.
 - Field Prep / Home Games
 - All players are expected to help.
 - Equipment / Away Games
 - All players are expected to help carryover equipment.
 - Game Conduct
 - Support & Encourage each other / high fives are awesome!
 - Communicate, Communicate, Communicate
 - Positive Attitude at ALL times. Remember Attitude is a decision you make.
 - Behaviors that will not be tolerated at any time;
 - Negative attitude/comments towards teammates, coaches, opponents, umpires and fans.
 - Communication with anyone outside of the dugout during warmups/game time.
 - Travel
 - All players will be transported to away games in school vehicles. Players are encouraged to ride home with the team. If they choose to ride home with their parents, the Head Coach must be notified 24 hours in advance and a signed note from the player's parents is required.

Fort Calhoun Softball Parent Standards/Expectations

- Show positive support and encouragement for your daughter, for all members of the team, coaching staff and for the softball program.
- Avoid “coaching” from the stands. This causes confusion and added pressure to your daughter and members of the team. Sit back and enjoy!
- Demonstrate sportsmanship at all games.
- Support the coaching staff in public around other parents and fans.
- Avoid speaking negatively about the coach or any members of the softball team in front of your daughter. It may create a major barrier in your daughter’s relationships with their teammates and coaching staff.
- Encourage your daughter to communicate any concerns they have with the Head Coach. This is a great opportunity for them to take responsibility and be accountable for the outcome they desire.
- Follow the 3 step communication process when you have a concern
 - Player meets with Head Coach
 - Player and parents meet with Head Coach
 - Player, parents, and Head Coach meet with the Athletic Director
 - Express concerns in a calm and civil manner, at the right time and in the proper setting.
- One of the goals of the coaching staff is to ensure parents, players and coaches have a positive experience during the 2020 Season. It is our experience that conversations about playing time, game strategies, other players on the team, and anything that can be considered negative usually results in a ping pong match (point and counter point). Therefore we will not participate in those conversations.
 - The following topics are open for discussion.
 - Does my daughter work hard and have a positive attitude?
 - Is my daughter a positive addition to the team?
 - Where is my daughter’s skill level at in terms of defense, offense and overall knowledge of the game?
 - What are her strengths and what does she do well?
 - In what areas does my daughter need to improve?
 - What can I do to help?

Fort Calhoun Softball Varsity Letter Requirements

- Participate in all practices and games
- Participate in 50% or more of innings played during the season
- Meet all Team Standards and Expectations throughout the Season
- Volunteer for the Booster Club by working a concession stand shift
- Coaching Staff Recommendation



Fort Calhoun Softball Player / Parent Receipt of Team Standards and Expectations

I have read and understand the Fort Calhoun Softball Programs standards and expectations. I have been given the opportunity to ask questions in regards to the standards and expectations set. I am aware of the consequences if the standard and expectations are not met. I agree to represent the Fort Calhoun program in a positive manner at all times.

Player (Please Print)

Player Signature

Date

Parent Signature

Date

Parent Signature

Date