
Tahoma Softball 2017-18

Commitment & Dedication Proposal



Our priority as the softball coaching staff is to develop student-athletes who will represent the softball program, Tahoma High School, the community, teammates, their families and themselves in a positive manner. We are looking to develop in our student-athletes the confidence, pride, integrity, class, discipline, accountability, teamwork, responsibility and leadership that will help them become not only a better student-athlete, but most importantly a better human being. Student-athletes, parents and coaches are expected to commit and dedicate time and effort to achieve the proposal.

1. Teams

As a student-athlete, it is vital for you to understand that it is an honor and a privilege to be part of this program. It is extremely important to recognize the fact that each member of the program is representing the school, the coaches, the parents and each other. Each team is going to have their own goals and expectations, but the rules and core values will be the same throughout the program.

❖ C – Team

This team is only for the younger players (freshman and sophomores). The idea is to build a foundation, to create solid habits and enrich their love for the game and pride for the program. There may be opportunities for some student-athletes to move to JV when opportunities arise. The foundation and the solid habits must include your grades. What you do on and off the field makes a difference.

❖ JV

The emphasis of the student-athletes on JV is going to be on improving their skills (technical, physical, and psychological) to become a well-rounded athlete with a solid foundation. These student-athletes are the future of the program. There may be opportunity (-ies) during the season for some of the student-athletes to move up to Varsity. Keep in mind that Varsity is our strongest team and to be considered to move up, as a player you need to be ready to learn and most important to compete. Improving your grades is also a key element of being on JV.

❖ Varsity

In order to compete at the highest level possible, the coaches have leaned towards those student-athletes that are technically savvy and have all the characteristics (technical, physical, and psychological) needed to compete at the highest level. Although, winning is the number one priority and focus of Varsity, each student-athlete on Varsity must continue working hard to earn a starting position and playing time each day. They have the responsibility as well to stay on top of their grades and need to be conscious that they are student-athletes first.

2. Expectations

Below you will find the expectations for parents, coaches, and for the student-athletes in our program.

❖ Parents Expectations:

- ✓ Be a role model to your daughter(s), and let them know you love them regardless of the score
- ✓ Expect good sportsmanship, win or lose. Treat visiting teams, parents/guardians and umpires as honored guests. Parents/Guardians, remember that you represent your child, our team, our school and the community.
- ✓ Understand that coaches will not discuss playing time, team placement, team strategy, and/or speak about other student-athletes.
- ✓ Respectful communication between student-athletes and coaches.
- ✓ Wait 24 hours to speak to the coaching staff about the game or other issues that may have occurred during the game.

❖ Coaches Expectations:

- ✓ The coaches will be punctual and on-time and the last ones to leave practice sessions, meetings and events created for the benefit of the program and/or the student-athletes.
- ✓ The coaches shall respect and support contest officials.
- ✓ The coach shall not indulge in conduct, which would incite student-athletes or spectators against the officials or opposite teams.
- ✓ The coaches shall not use pressure on faculty members to give student-athletes special consideration.

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- ✓ The coaches shall avoid the use of alcohol and tobacco products when in contact with student-athletes and school premises.
- ✓ The coaches will encourage the student-athletes on the team to maintain high academic standards and work ethic.
- ✓ The coaches will post important information on the different platforms used by the program.
- ✓ The coaches will keep stats up-to-date for every student-athlete on the program.

❖ **Student-athletes' Expectations:**

- ✓ Attend, be prepared and arrive on time for all practices, games and team functions.
- ✓ Upkeep and care for the equipment given to you.
- ✓ Maintain a supportive and team attitude.
- ✓ Maintain a high level of physical and mental conditioning.
- ✓ Strengthen and/or improve individual skills outside of regular training.
- ✓ Demonstrate exemplary sportsmanship.
- ✓ Report any injury to the coaches and athletic trainer.
- ✓ Take victory modestly and defeat graciously.
- ✓ Respect the Coaches, Umpires, Opponents, Teachers and the Game.
- ✓ Student-athletes are required to attend every event unless cleared by Coaches and Athletic Director

✓ **Student-athletes WILL NOT (playing time or suspension may be issue)**

- Engage in dissent towards an official
- Use profane or vulgar language
- Leave any team function without notifying the Head Coach
- Bullying and Hazing
- Use of any controlled substance (drugs)
- Drink alcoholic beverages
- Smoking of any kind

✓ **Practice and Field Rules (Games/Practice) – (playing time may be affected)**

- Report to training sessions early enough to allow yourself time to prepare (10-15mins)
- You may be required to help with carrying gear, water, etc.
- You will be required to keep the field neat and free of any garbage you may be responsible for.
- During matches you are required to maintain a professional attitude in the dugout. Strongly encouraged is positive reinforcement or congratulations and support for team. "Trash talking" from the sidelines will not be tolerated.
- You are required to remain with the team until dismissed by the Head Coach or otherwise excused.

3. **Program Values**

Below you will find the principles by which the program will stand for:

- ✓ Honesty (Trust)
- ✓ Respect
- ✓ Humility
- ✓ Commitment
- ✓ Forgiveness
- ✓ Openness
- ✓ Family
- ✓ Perseverance

4. **Injuries**

Injuries are part of the game (serious or not). Any injury incurred during the season must be given immediate attention so that you can return to the team right away and healthy.

- ✓ You must inform coaches of any injuries
- ✓ If you see a medical provider you must bring the doctor's note to athletic trainer
- ✓ Follow athletic trainer's return to play protocols
- ✓ Student-athlete must be cleared before returning to play

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- ❖ **Serious Injuries Protocol (911 emergencies):**
 - ✓ 911 will be called in case of any emergencies
 - ✓ Parent/guardian/Emergency Contact will be called
 - ✓ Athletic Director and Athletic Trainer will be inform about the situation
 - ✓ Coaches or Athletic Trainer (if present) will fill out Injury Report
- ❖ **Injured student-athletes are required to attend every event unless cleared by Coaches and Athletic Director**

5. Important to Know

- ❖ **Grades**
 - ✓ Our student-athletes number one goal is to succeed in school. Playing sports is a privalegde and needs to be earned. Therefore the following guidelines will be in effect:
 - If a student-athlete has a GPA < 2.0 she will not be allowed to compete until the grades go back to at least a 2.0. This is required by the district for eligibility.
 - Starting **this year**, every player must have a GPA ≥ 2.7 in order to be a starter.
 - ✓ Mandatory study halls may be in place during the season as needed. Every member of the team must attend these activities regardless of their grades or the school where they are attending. Coaches will let the student-athletes know in advance. It is very important that we stay on top of the grades during the season, academics comes first.
- ❖ **Ejections/Suspensions**
 - ✓ Any athlete and coach that is suspended may not attend contests or be at a home or away facilities as a spectator during the suspension period. The athlete and the coach must apply in writing through the school district process to seek reinstatement/reduction. In addition, the individual must complete the NFHS Sportsmanship course prior to returning to events. This course can be accessed at www.nfhslearn.com. A copy of the NFHS Sportsmanship Course certificate must be submitted with the written request for reinstatement/reduction. A player ejected a second time in the same school year, will be ineligible for the remainder of the school year with the right to appeal to league athletic directors. Parents you may also get suspended during the season, and depending on the circumstances, you may not be allow to attend the next match.
- ❖ **Uniforms and Equipment:**
 - ✓ The student-athletes are responsible for the care of the uniforms and the equipment. In the case a uniform/equipment is lost or damaged the student-athlete's family will be responsible financially for such item(s).
- ❖ **Lettermen**
 - ✓ Student-athletes will receive lettering award based on the following requirements:
 - The student-athlete will have no ejections or suspensions of any sort during the entire season.
 - Be academically eligible for the entire season.
 - The student-athlete must have suited up to at least 50% of the Varsity games to letter.
- ❖ **NPSL Web site**
 - ✓ Please visit the NPSL website (<http://www.npslathletics.org>) to see updates and information about the teams, results, schedule, etc.
- ❖ **Dress Code**
 - ✓ The purpose of the Tahoma Bears Softball dress code is to create a professional, safe, and respectful environment where student-athletes can place their sole focus on learning. Both students and coaches follow the norms of professional dress. The dress code is in effect from the start of the school day until students have completed all their activities for the day (end of practice or games). Coaches believe ladies can and should be ladies on and off the field, therefore they should dress accordingly.

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- ✓ On the field – *conduct yourself as a lady*
 - All student athletes will have their alternate uniforms available at all matches
 - Uniforms must be clean
 - All accessories (armbands, wristbands, and arm sleeves) must be of the same color as the uniform
 - All t-shirts worn underneath game jerseys must be either white or blue

- ✓ Off the field – *conduct yourself as a lady*
 - Shirts may not be excessively baggy or revealing
 - Pajama pants are never acceptable
 - Shorts must be of appropriate length
 - Skirts may be worn at an appropriate length
 - Text on clothing or accessories that promotes violence, alcohol, gangs, tobacco, drugs or that is derogatory to any other persons is not permitted at any time

6. Contact Information

The coaching staff will be using **TeamSnap** to communicate with the student-athletes to send out announcements, calendar/game events, etc. Parents, our doors are open and the coaching staff is willing to answer any questions, or concerns that you may have. Even though face-to-face conversations are ideal and most appropriate at times, we are always able to get back to you via emails.

- ❖ Varsity Head Coach – Christina Millán
crios77@aol.com

- ❖ JV Coach – Jordan Walley
jordanwalley@hotmail.com

- ❖ C-Team Coach – Curtis Elliott
curtiseelliott@gmail.com

- ❖ Volunteer Coach – Roberto Rios

- ❖ Volunteer Coach – Clare Nance

- ❖ Volunteer Coach – Bailey Pricco

- ❖ Athletic Director – Tony Davis
tdavis@tahasd.us

By signing this *Commitment & Dedication Proposal*, I understand the participation in school activities requires the student-athletes and their parent(s)/guardian(s) to read and acknowledge the understanding of the sport's standards in which they will be participating as outline by the WIAA, Tahoma School District and Tahoma High School, and by the Tahoma Bears Softball program.

Student-athletes and parent(s)/guardian(s) are expected to read the Tahoma School District's Handbook on school activities and adhere to these rules: Student-athletes will adhere to the standards and guidelines set forth NFHS rules.

This *Commitment & Dedication Proposal* is effective during the entire school year.

Thank you,

Coaching Staff

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COPY FOR COACHES – PARENTS/GUARDIAN & STUDENT-ATHLETE MUST SIGN

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Thank you,

Coaching Staff

Parent(s)/Guardian(s) Name

Parent(s)/Guardian(s) Signature

Student-Athlete's Name

Student-Athlete's Signature