

# **SOUTH SIOUX CITY CARDINALS SOFTBALL**

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The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.

-BABE RUTH

## CARDINAL SOFTBALL

### Procedures and Policies

As coaches, we are faced with difficult decisions every day. We take as many opportunities as we can to communicate with our athletes about how these decisions are made and the feelings that can come along with them. We are aware of the excitement and expectations that go along with sports and the opportunities that surround them. I hope you can understand that if we had the ability and opportunity to play all of our athletes every minute of the game, we would; however, you know that this is not possible. One thing that we can ensure is that we are going to do everything to create a positive and supportive environment for our athletes. If you have any questions about decisions or aforementioned items, please use the following chain of command to allow proper communication to take place:

1. Student athlete to coach
2. Student athlete, parent, to coach
3. Activities Director – Jeff Squier
4. Principal – Ashley O’Dell
5. Superintendent – Todd Strom
6. South Sioux City School Board

### Team Policies

The softball team will follow the activities policy set forth in the 2020-2021 South Sioux City School Handbook. That handbook contains policies pertaining to drug and alcohol use, bullying, academics, attendance, violence, among other things and their effect on athletic participation. In addition to the guidelines stated in there, our team will abide by the following policy during the 2020-2021 softball season:

**Attendance:** For us to reach our potential, we need all players at practices and games. Weight-lifting is considered a practice. There are four reasons that can be deemed more important than softball.

1. Family Emergency
2. Academic Concern (please take advantage of before school and WIN time)
3. Illness (coaches may request a doctor’s note)
4. Religious Obligation

If you are going to be gone, it is an expectation that you, as the **player**, let the coaches know beforehand. This includes when you are absent from school and will be missing practice. An unexcused absence occurs when a player missed a game or practice without approval of a coach in advance. Coaches reserve the right to determine if the reason for missing is excusable (ex: family birthday party or vacation would not be a valid reason). If a player has an inexcusable absence it will be dealt with in the following manner:

1. First offense- Meeting with player and coaches
2. Second offense- Meeting with player, coaches, and parent(s)
3. Third Offense--Meeting with player, coaches, parent(s), Athletic Director and a 1 game suspension.

### Athletic Responsibilities:

You are expected to be on time and prepared for all practices and games. On time means that you are early.

- We will start practice on time every day, and you are expected to be on the field with your cleats on and tied; along with your glove and whatever else is needed for the day. Girls who arrive late to practice with a valid note from a teacher or athletic trainer will be excused.
- If we are scheduled to leave school for an away game at a certain time, that is when the bus will leave. We hate to leave someone behind, but must follow the scheduled times so we are not late.
- If we ask players to arrive at the field for a home game at a certain time, that is when you need to be there ready to go.

Being late or unprepared for practice or a game will be dealt with in the following ways:

1. Athletes who arrive late and/or unprepared for practice (this includes sliding gear!) or a home game will remain after practice to run 3 poles. The second offense will result in 6 poles drills, the third 9, etc. Players will be notified in advance when they need to wear pants to practice.
2. Athletes who are not present at the time of bus departure (without communication) will not travel with the team for an away game and will not play that game. They will also follow the procedures listed above for attendance. If that athlete chooses to ride to the game with a parent after missing the bus, she will sit out the first 4 innings of the game and follow the procedures listed above for tardiness.

### **Game Rules**

We require all Varsity players to be present for the JV game and JV players will stay for the Varsity game. If a player violates this, there will be consequences. We prefer all players to ride home on the bus together after away games. This includes all players that travel with the team (ex: JV/Varsity games). If a player intends to ride home with a parent after a game, that must be communicated with the coaches beforehand. Parents must then sign the player out before leaving. Any infraction of this rule will be dealt with on an individual basis. On away trips, always bring money so you can eat when we stop for food. (Remember your manners!)

### **Sportsmanship Expectations**

1. We will sprint on and off the field every game, every inning, no matter what. During the game you are expected to stay focused, especially while you are in the dugout. Do not visit with friends, parents, or fans during the game. You have a very capable coaching staff. Allow them to do their job.
2. Be supportive to your teammates. Everyone has a role. Not everyone will be the star player/starter. If you have concerns regarding your role, address them as a player to the head coach only.
3. Follow the rules. They are fair, simple, and meant to keep our team working together throughout the season. Being a member requires conforming to, and accepting, responsibilities that you have decided by becoming a member of South Sioux City Softball.
4. Treat umpires and opponents with respect. Congratulate the other team after every game. Remember no one is perfect and umpires will make mistakes.
5. You are representation of your school. Act appropriately! No profanity, unsportsmanlike acts, etc. will be tolerated.
6. Throwing any equipment will result in a suspension.
  - 1st offense- 1 game suspension
  - 2nd offense- 3 game suspension
  - 3rd offense- Meeting with parents, Athletic Director, and Coach
7. Immediately after each double-header or game we will have a team meeting. At the close of the meeting you will be dismissed. You may talk with fans, and parents after our meeting.

8. Be intense and sharp during warm-ups. You will play how you warm up!

### **Cell Phone Usage**

Social media (Twitter, Facebook, Instagram, Snapchat, etc.) shall be used in a positive way to support our teammates and program. It is an expectation that you do not use social media as a sounding board of frustration or negativity toward our softball program or any individual associated with the program. Any infraction of this rule will be dealt with in the following manner:

1. First offense: meeting with player(s) and coaches
2. Second offense: meeting with player(s), coaches, athletic director, parents and one game suspension
3. Third offense: possible dismissal from team

There is no use of cell phones during practice or games. This includes no cell phones in the dugout - even during water breaks. Be sure your cell phone is on silent before each game and practice. Repeated violations of this rule will result in consequences.

### **Equipment Needed by Players:**

1. Softball Glove, Cleats (we can wear metal), Facemask (for anyone who may pitch or play on the infield).
2. Long socks or pants must be worn at every practice and game!
3. Shorts and tee-shirt (we play when it is hot and cold-please be prepared for changing weather)
4. If you wear contact lenses please have an extra pair in your bag
5. Tall red socks for game days.
6. If you use an inhaler it needs to be with you at all practices and games.

### **Equipment Issued to Players:**

1. Uniform Sets (1 or 2)-depending on Varsity or Junior Varsity) No altering of jerseys in any way
- \*\*ALL ISSUED UNIFORM PIECES NEED TO BE RETURNED AT THE END OF SEASON or you will be fined\*\***
2. Team handbook
  3. Practice, Game, and Bus Departing Schedules. Please keep these in a safe spot.

## **Academic Policy:**

We recognize and support the fact that we are all students before we are athletes. Before taking time out of practice for academic concerns, we ask that our athletes make every effort to get academic help during WIN time, cardinal time, class time, and before school. These are support systems that have been designed to help you succeed. If all of these options have been exhausted, and further assistance is needed, it is acceptable to arrive late to practice to receive academic help after school if a valid teacher note is provided. Any class you are missing, it is your responsibility to go to the teacher BEFORE we leave to get missing class work. Leaving for a game does not extend deadlines. We will do our best to help communicate with all players who have missing evidence.

## **Selection of Starters**

Each athlete is expected to give 100% at every practice, as well as games. Starters will be determined by their skill, effort, ability, leadership, attitude, hustle and desire. A starter may be replaced at any time if the previous mentioned requirements are not present in an athlete's performance. Continue to push yourself to become better every day. If you want it, work for it. You must participate in 20% of the varsity games to earn a varsity letter.

## **Miscellaneous**

Any other issue that arises during the season which is not directly stated in the team handbook will be dealt with on an individual basis, and any consequences deemed necessary will be decided upon by the team of coaches and approved by the athletic director.

## **Parents**

From washing uniforms, preparing gear and getting your child to the field on time to finally cheer her on, parenting an athlete can require a lot of time and commitment. We thank you in advance for that. We do ask a few things from you on game days:

1. Be proud of your daughter no matter how she plays that day.
2. Encourage your daughters to play with sportsmanship.
3. Try to avoid contact with your daughter while she is in the dugout. We understand there are times where they may need you, but please try to avoid unnecessary chit chat.
4. Be respectful towards the umpires. Umpires are not our enemy nor are they perfect. Missed calls and bad calls are part of softball.
5. Let the coaches coach. We have many things going on during game time. If you disagree with something we are doing, please wait until after the game.

**PLEASE RETURN THIS PAGE ONLY AFTER SIGNING.**

**We have received the 2020 South Sioux City Softball Handbook, understand the policies and procedures, and agree to follow them set forth by this athletic program.**

\_\_\_\_\_  
**(Player Print)**                      **(Player Signature)**                      **(Date)**

\_\_\_\_\_  
**(Parent Print)**                      **(Parent Signature)**                      **(Date)**

**Handbooks must be signed and returned to Coach McBride before you can practice.**

**Practice starts Monday, August 10 @ 3:45. High School field C.**