

Sandwich Indians Softball

Rules and Expectations

Sandwich Softball Program:

It is a privilege to be part of the Sandwich Softball Program. We demand that players succeed not only as an athlete but first academically. As a member of this high school program, it is important to accept that you are a part of a team, and everyone will have a different role to play. Understanding the role you personally play on the team will be vital to our team's success. Our team not only consists of the players but also parents, coaches, and school officials coordinating their efforts toward a common goal. Therefore, we must establish a culture of open communication amongst all persons involved. Positive and supportive attitudes are key. The coaches have a common goal to make sure that players improve pre-existing skills, and to develop the skills needed to grow as an athlete and young adult. Sacrifice, discipline, teamwork, and work ethic are key characteristics to being successful not only in softball, but in life. Those are a few of the qualities that we try to instill through our program. The coaching staff of the Sandwich High School Softball Team has been hired to coach this sport to the best of their ability under the head coach's philosophy.

Make sure you have on the first day of practice:

- Indoor and outdoor clothes
- Glove
- Physical on file or turned in (freshmen should already have an updated physical)
- Insurance Waiver
- IHSA Drug Form
- Sports fee must be paid (\$85)
- The Rules and Expectations MUST be carefully read by both parents/guardians AND players then signed and turned in to your head coach.

Levels

According to numbers, we have two levels in our program: varsity team and jv team. The first week of practice will determine what level you will play on (all seniors must play varsity) but this is not necessarily set in stone after the first week as we move throughout the seas and experience sickness, absences, or as talent levels change. Varsity level will be for players with skill level and talent appropriate to compete against other varsity programs; jv is used to develop fundamentals and gain more reps to prepare you for the next level.

Questions call or e-mail:

Mattie McGuire, Varsity Coach, mmcguire@sandwich430.org, 815.575.2275

Becky Cassie, Varsity Assistant Coach, kbcaz@comcast.net, 815.739.0423

Cortney Bols, Varsity Assistant Coach, cbols@sandwich430.org, 815.786.5640

Mark Guilinger, JV Coach, mguilinger@sandwich430.org, 630.608.3829

Paige Sartori, Volunteer Coach

Attendance

1. Be on time to all practices, meetings, games, and bus times (If you are early, you're on time; if you're on time, you're late; if you're late, you're running). We keep attendance logs each week for absences and whether it is excused or unexcused, and/or if it had been pre-approved or not. We also ask that parents provide communication of confirmation so that we can all stay on the same page.
 - a. For all away games, players should be at the school ready and to the bus 15 minutes before the bus departure time. If you are late for the bus, it will not wait for you.
 - b. Practice starts at 3:00pm. That gives students 10 minutes to return to lockers after class, change, and report to the gym/field to begin warm ups. Tardiness will result in penalties.
2. Players need to contact their coach PRIOR to practice or games if they will not be in attendance.
3. Excused absences
 - a. Will include but not be limited to deaths in the family, emergency medical treatment, religious commitments on the day(s) of worship, college day visits, and school field trips.
 - b. With any of the above mentioned, please contact your coach to explain the situation as soon as possible. Excused absences will not result in the player sitting a game, but may result in not starting at coach's discretion according to the situation. Coaches and players will converse ahead of time so that everyone understands and is on the same page.
4. Unexcused absences
 - a. Will include but not be limited to family vacations, hair/dress appointments, detentions, going home to study, leaving to get equipment at home, babysitting, jobs, etc.
 - b. A 20-minute detention will count as a tardy.
 - c. If you are unexcused for a game, you will sit for the next game.
 - d. 3 tardies will result in sitting for the next game.
 - e. If you are tardy because you are getting help from a teacher, you must bring a pass from that teacher to practice with the time on it. You have ten minutes from the time on the pass to get to practice.

5. Penalties for Unexcused absences
 - a. 1st Unexcused Absence: Player will not be able to start the next game.
 - b. 2nd Unexcused Absence: Player will be suspended for the next game. She will be expected to attend the game and to support the team in the dugout.
6. If you are at school upon dismissal, you are expected to be at practice.
7. If you are going to miss a practice your coach needs to have already been aware of the absence, but **does not** guarantee that it will be excused.
8. **During Spring Break**, it is required that all players attend practice and games. If there is an issue with this, the player and parent/guardian should set up a meeting to discuss this with their coach. For all practices missed, you will not start the next games, and for all games missed you will have to sit for the next full games.
9. **Any practices or games that are unexcused can result in conditioning and/or extra practice** as determined by the coaches. This is not a punishment, but rather an opportunity for the player to make up for the practice that was missed.

Practices

1. All practices are closed to parents/guardians and fans.
2. Injured or ineligible players are expected to attend practices and give the time to their teammates unless they are getting help from a teacher.
3. Safety is a number one priority of the coaches. Unsafe behavior will not be tolerated at any time, and if done willfully may result in unexcused dismissal of practice.
4. Clothing
 - a. Make sure you have clothing and shoes for both indoor and outdoor practices, and the various weather conditions daily.
 - b. Be prepared for diving and sliding at every practice both indoors and outdoors.
 - c. For the first week of practice, varsity **MUST** wear Sandwich gear and jv is encouraged to. We are creating a culture of team and community unity and pride. See coaches for additional apparel if needed so we can help with that.
5. Practice effort
 - a. Practice does not make perfect, practice makes competitors. Athletes will be expected to give 100% effort at every practice to make us game-ready.

Games

1. Players will be in charge of getting all equipment needed for home AND away games.
2. No player is dismissed until all equipment has been put away and the field has been tended to. Failure to do so will result in a consequence determined by the coach.
3. Every player is required to ride the bus to all away games. JV and freshman players may be allowed to ride back from games with their parent/guardian **AFTER** they are signed out with the coaching staff. A player can only go home with **HER** parent; players **MAY NOT** go home with another player. Varsity players will always be expected to ride home on the bus as a team.

4. Once in the dugout or on the field, there is to be **no contact with parents/guardians, friends, boyfriends, etc.** so that we may begin our TEAM warm ups. If it is imperative that you speak with them, clear it with your coach before doing so.
5. Players are expected to be cheering for their teammates, even if not on the field.
6. Every player needs to have the proper attire for each game (jersey, softball pants, socks, cleats, etc.)
7. Players will dress in Sandwich gear on game days during school to build team and school spirit for our sport.

Playing Time

1. Is **NEVER** up for discussion or debate.
2. Playing time will be determined by practice attendance, positive attitudes, work ethic, and skill level (to be determined through coach's observation). The coaching staff, and the coaching staff alone, are responsible for creating lineups and determining game time that is due to the list above.
3. There is **no guarantee** that everyone will get playing time. Players must be aware of this factor joining a team sport that consists of limited positions.
4. If you are concerned about your playing time, you may approach a coach after practice to discuss the issue in order to understand what needs to change or improve in order to earn more playing time. Ex: "I would like to see more playing time. What can **I** do during practices or what do **I** need to improve to get on the field during a game?"
5. If needed, coaches at all levels have the right to "cut" any player or ask any player to leave practice who lacks proper attitude, work ethic, willingness to learn and/or follow the coach's philosophy, and for any behavior that brings a negative outlook to the softball program. As a part of the Sandwich Softball Program, we will always represent our school and community in a positive way. Remember, as coaches we not only care for our players as athletes, but are also involved in developing character outside of sports.

Injuries

1. Injuries need to be documented. If a player is injured during a practice or game, they need to report it to their coach and the athletic trainer.
2. Keep in mind there is a difference between being hurt and being injured. If you feel the need to ice during practice because of an injury, you will be out the rest of practice. This will result in missing out on drills which may affect a coaches' decision for lineups.
3. Wear safety equipment such as helmets, mouth guards, masks, and sliding pads to help avoid injuries.
4. If you are injured, you **are required** to attend all practices and games to support your team.

Cell Phones

1. Cell phones **are not** to be at practices or games, it should be in your locker or bag and on silent at all times.
 - a. If a player is waiting on an important phone call, they must explain the circumstances to their coach. It will be the coach's decision if the cell phone is allowed to stay on during a practice or game.
 - b. If a player has a cell phone out or doesn't follow the above rules, the player will receive a consequence according to the coach.
 - c. On away game days, players will be asked to call their parents/guardians to let them know they are 15 minutes away from the high school. Rides **need to be on time** to pick players up after practices or games.

Player Conduct

1. You represent Sandwich softball. All players must respect the coaches, umpires, bus drivers, teachers, administrators, parents, other athletes, school and equipment. Disrespect **will not** be tolerated and will lead to suspension of playing time. If it continues the player will be removed from the team.
 - a. Players should refer to their coach either as Mr./Miss or Coach
2. While players are in the dugout, it is expected that they are alert and aware of what is going on. This includes practices and during the games.
3. Equipment is to be respected; if you throw equipment at any time during the game, you **will immediately be removed** from the game. Bad sportsmanship **will not** be tolerated not only in terms of how we treat our opponents, but our teammates as well.
4. Arguing or refusing to do any reasonable request made by a coach will result in automatic termination from the team.
5. Practice structure created by the coach **is not** up for discussion; complaining will not be tolerated and will result in a consequence for the team.
6. Under no circumstance should a player be allowed to speak inappropriately to a coach or teammate.
7. Hazing, bullying, or any other type of disrespect towards your teammates **will not** be tolerated. If anyone is disrespecting another player, they will be removed from the team. If hazing of any kind happens, coaches may not always be aware. This is something that needs to be reported to a coach so it can be dealt with appropriately.
8. If a player is ever asked to leave practice due to bad behavior or for any reason it will be counted as an unexcused absence.
9. If you at any point have thoughts of quitting, **talk with your coach directly** before making that decision. If you do decide to quit the team, you need to talk to a coach **directly** (not via email, text, or another athlete). If you turn in your jersey and/or tell a coach you quit, **you will be removed** from the team roster.

Social Media

1. **NEVER** post pictures from the locker room, practice, or games without the permission of the athletic director or head coach.
2. It is absolutely inappropriate for any athlete to post anything on social media (facebook, twitter, snapchat, etc.) that talks negative about a practice, game, another player, or coach. This **will not** be tolerated and the first offense will be a one game suspension; the second offense will remove the player from the team.
3. Reminder that anything occurring outside of practice can still affect your status on the team. We represent the program in school, practice/games, & outside of school.

Uniforms/Equipment

All players will respect the school equipment at all times. Players will be responsible for taking care of the uniform they are given and returning it after the season is over. If they do not return their uniform or if there is any damage to school property they will be held liable.

Captains

Captains will be decided by the coaches at all levels. This decision should be based on the following criteria:

1. The player supports all decisions made by the coaching staff and will speak up to those who do not.
2. They display a great work ethic and encourage other players who do not.
3. Player is a good student and never has an issue with academic eligibility.
4. Player is a leader on and off of the field.
5. Player displays and sets the example of having good morals.

If a captain is selected and at any time does not follow these guidelines they can be terminated as team captain.

Concerns

If there are concerns at any level for any reason please contact the coach. Please follow the correct order of intervention when handling a problem or concern:

1. Player should contact or talk with the coach
2. Parents should contact the coach
3. Parents should contact the head varsity coach
4. Parent can contact the athletic director

We need to handle situations appropriately and adult-like in order to maintain structure and come to the best and most reasonable conclusion of any situation. Therefore, please make sure you contact your coach and then head varsity coach first before directly seeing Mr. Gipe. Most concerns can be taken care of with a simple conversation. As coaches, we are also responsible for the growth of these young teenage athletes and encourage the open communication & respect between parents and coaches in order to set positive examples to our players of how to communicate as adults.

***All final decisions will be made by the coach according to the head coach's philosophy**

***Please detach this sheet and fill out the form below. Turn it in to your coach during the first day of try-outs.*

Year in school: Freshmen Sophomore Junior Senior

(Please write names below.)

I, _____ (player), have reviewed and understand the sandwich softball handbook, and will follow the expectations set by the coaches for the 2022 softball season.

I, _____ (parent/guardian), have reviewed and understand the sandwich softball handbook, and will follow the expectations set by the coaches for the 2022 softball season.

Signatures:

Player: _____ Date: _____

Parent/Guardian: _____ Date: _____

Contact Information:

Player's Name:

Player's Phone Number

Parent/Guardian's Name:

Parent/Guardian's Number:

Emergency Contact's Name:

Emergency Contact's Number:

Emergency Contact's Relation to Player:
