***Crosby Cougars***



***SOFTBALL MANUAL***

***2016***

***W.I.N***

***What’s Important Now***

***CROSBY COUGAR SOFTBALL***

***CORE COVENANTS***



**COACHING PHILOSOPHY**

The Coaching philosophy of this program is based on the following:

1. Learn to build and create team unity, build strong character, and to work through tough challenges.
2. Prepare all student-athletes to be more successful in their personal and future professional careers.
3. Teach the athletes’ to appreciate what they have and to excel to be the best they can be.
4. Develop the athletes’ personal strength and confidence based on their own lessons and challenges: Time Management, Personal Responsibility, and Accountability to themselves, their families, teammates, and school.

1. Through the game learn life lessons, set goals, work through adversity, and learn to earn success with an individual and team effort.

With this philosophy we feel that this program can be one of the best in the state. We hope everyone in the program has a great time and develops life long memories.

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Parent Information

Your role is essential to the team’s success.

Be POSITIVE with your daughter; let her know she is accomplishing something by simply being part of the team.

Do not offer excuses for her if she is not playing. There is usually a reason for it. Encourage her to work hard and be her best. Tell her she will get her chance – There is a role for everyone.

Insist on good grades. Softball is secondary to academic success. Our expectation is that your daughter learns to manage her time efficiently so she is successful in her academic areas.

Be loyal to the program and to the coaches. When coaches, players, and parents are all believing in each other and supporting each other, the sky is the limit.

Insist on your daughter’s respect for team rules, school rules, game officials and sportsmanship. Do not let her make fools out of her family, school, and team by some gesture or incident whereby she will bring shame. Self-respect begins with self control.

Encourage your daughter to play for the love of the game, not a scholarship. This eases a lot of pressure on a youngster. Scholarships are something that are in the hands of college recruiters, we do not give them out. Some great players fizzle because the pressure on them to get a scholarship was so great. Players become selfish, ect. Insist on unselfishness. Usually, good things happen to the unselfish, hard-working athlete.

Be a good fan. As a fan, you are entitled to yell your head off if you like. (Please do) We want to remain positive towards the opponent, all coaches, all players, and yes even umpires. Please do not come over to the dugout during games ( Food, Drinks, Extra coaching). If there is an emergency, and you are needed, we will come and find you.

The first step in elevating any conflict is for the player to come talk to the coach. We are here because we love coaching and working with your kids. There are many times we do not realize your daughter has a problem, so communication is essential.

**WHAT WE EXPECT OF A COUGAR ATHLETE**

**“WIN!!!”**

1. PRIDE WITH POISE.

2. BE POSITIVE.

3. SET GOALS AND STRIVE TO ACHIEVE THEM.

4. BE PROMPT - BE EARLY - NEVER MISS A PRACTICE.

5. NEVER GIVE UP!!!

6. ALWAYS, ALWAYS THINK IN TERMS OF WINNING.

7. PAY THE PRICE TO BE A WINNER…….EFFORT

 ……..SWEAT

 ……..SACRIFICE

8. HAVE THE COURAGE TO SAY NO TO ANYONE OR ANYTHING THAT WILL HURT OUR TEAM.

9. STRIVE FOR PERFECTION…SEE HOW MUCH YOU CAN DO, NOT HOW LITTLE.

10. LOOK IN THE MIRROR AND EVALUATE YOURSELF. ASK, “AM I PAYING THE PRICE FOR THE COUGARS TO WIN?”

11. THINK IN TERMS OF TEAM, NOT “I”. INDIVIDUAL GLORY COMES AFTER TEAM SUCCESS.

12. REMEMBER THAT A COACH’S CRITICISM IS CONSTRUCTIVE AND FOR YOUR IMPROVEMENT NOT TO DEMORALIZE YOU.

**ACADEMICS AND SCHOOL ROUTINE**

All athletes are expected to be in regular attendance. As a coaching staff we are extremely concerned with the attendance of our athletes. It is a state law that if a student misses 10% of a class, she may not receive credit for that course even if she is passing. It is very important for our student athletes to be in school and at practice.

Your conduct in class should be ABOVE THAT OF OTHER STUDENTS. They are looking to you for leadership. You must be a leader in behavior and in supporting your faculty and administration. If you need extra help in a subject, ask your teacher if you can come early, before school, lunch period, or any time the teacher will allow. Most teachers will be more than happy to help you if you show proper respect and display an interested attitude of desiring to learn. These things will have a direct bearing on the kind of support we will receive from the faculty and administration. WE NEED THEIR SUPPORT.

NO PASS, NO PLAY has been a part of athletics for such a long time, there should be no excuses for not knowing the consequences of failing a class. Although the legislature has changed the rule to some degree, a student athlete that fails and is out of competition hurts the team. If the team cannot count on an individual to be disciplined and dedicated to passing, how can the team count on that individual to be disciplined and dedicated to building and maintaining a winning tradition at Crosby.

The coaches realize that very few high school athletes will make a living playing or being involved in athletics after they graduate from Crosby High School. We are all concerned and dedicated to the academic achievement of each Cougar athlete. A well rounded and useful education is the main purpose for attending school; all other activities should enhance and extend that education.

On the following pages are some suggestions and hints on how your student athlete can obtain the kind of education she can use in later life to become a productive and contributing member of our society. Please read over these with your athlete and discuss other ways in which she can reach her full potential.

**STUDY SUGGESTIONS THAT WORK**

The grades you make this year can pave your way for later success by helping you enter the college you want, obtaining the job you want later in life, and perhaps receiving a college scholarship upon high school graduation.

Efficient ways of study are not a matter of guess. Psychologists have been working for years on how to study. Research on the best method of study has been conducted at top universities including Stanford, Ohio State, and Chicago University. Careful experiments with groups of students have shed light on ways to efficient study methods. By utilizing these techniques, you should learn more easily, remember longer, and save hours of study time.

The suggestions that follow are based on the results of these experiments:

1. **Make and Keep a Study Schedule**

Set aside certain hours each day for homework. Keep the same schedule faithfully from day to day. The amount of time needed to study will vary with the individual student and the courses on her schedule.

2. **Study in a Suitable Place – The Same Place Each Day**

Is concentration one of your study problems? Experts tell us that the right surroundings will help you greatly in concentration. Your study desk or table should be in a quiet place, as free from distractions as possible. You will concentrate better if you study in the same place every day.

3. **Collect All The Materials You need Before You Begin**

Your study desk or table should have certain standard equipment – paper, pen, pencil, eraser, and a dictionary. For certain assignments you’ll need a ruler, paste, compass, or scissors. With all your materials at hand, you can study without interruption.

4. **Don’t Wait For Inspiration To Strike – It Probably Won’t**

We can learn a lesson about studying from observing an athlete. Can you imagine seeing an athlete who is training for a mile sitting on the field waiting for inspiration to strike before he starts to practice? He trains strenuously day after day whether he wants to or not. Like the athlete, we train for our tests and examinations by doing things we are expected to do over a long period of time.

5. **A Well Kept Notebook Can Help Raise Your Grades**

Guidance counselors tell us that there is a definite relationship between the orderliness of a student’s notebook and the grades she makes. Set aside a special section for each of the subjects on your schedule. When your teachers announce important dates for tests and examinations, you will find how priceless orderly notes can be.

6. **Make A Careful Record Of Your Assignments**

Why lose time phoning all over town to find someone who knows the assignment? Put it down in black and white – in detail – in a place in your notebook. Knowing just what you are expected to do and when you are expected to do it is the first long step toward completing important assignments successfully.

7. **Use “Trade Secrets” For Successful Study**

Flash cards are “magic helpers.” On the front side of a small card you write an important term in history, biology, English, etc and on the back, a definition or an important fact about that term. Carry your flash cards with you. At off times, take them out and ask yourself the meaning of the term. If you don’t know, turn to the other side and review the answer.

The “divided page” is another trick of the study trade. Make a dividing line down the center of a sheet of notebook paper. Then write the “self-recitation” method of study. Cover the right hand side and try to give the answer. Then check and re-check until you are sure you know the material.

A simple, but effective, study device is a “cover card”. As you are studying, look at your notebook or textbook and read what you are trying to memorize. Then use your “cover card” to conceal what you have just read, and try reciting or writing the facts from memory. Check until you are sure you have mastered these facts.

8. **Good Notes Are Your Insurance Against Forgetting**

Learn to take notes efficiently as your teachers stress important points in class and as you study your assignments. Good notes are a “must” for test reviewing. Without notes, you will often need to reread the whole assignment before a test. With them, you can call the main points to mind in just a fraction of the time. The time you spend in taking notes is not time lost, but time saved.

**THREE GREAT RULES**

**FOR GREAT GRADES!!**

**1. Always Attend Class!**

**11. Always Be On Time!!**

**A. To Class**

 **B. With Assignments**

**111. Do something Extra!!!**

The University Interscholastic League and the Texas Education Agency have enacted a No Pass – No Play rule for all Texas High School athletic participants. This is a great advantage for our athletic teams because all we have to do is commit ourselves to these three rules and everyone will remain eligible while other teams struggle to keep players on the field. If our team commits, everyone will be eligible and we will have a much better chance of obtaining a championship next season. JUST FOLLOW THESE RULES!!!

The first rule is: **Always Attend Class!** Far and away the most common reason for a “D” or an “F” grade is missing too many classes. Don’t play around. Don’t miss a class for any reason. Plan your doctor appointment or any other appointment very carefully. Don’t look for an excuse to miss but take pride in perfect attendance. If you’re not feeling well, suck it up and go to class. If you are really, really sick, stay home, get well and be responsible for getting your homework assignments. If you lounge around and watch TV all day, then cruise around in your car at night, YOU HAVE MADE A PLAN TO FAIL. WINNERS PLAN TO WIN!

The second rule is **Always be on Time!** The second most common reason for bad grades is Tardies! Don’t play around in the hall. Most teachers hate or refuse to give good grades to someone who is late all the time, no matter how smart that person may be. A teacher is also more apt to give a student extra consideration at grade time, if attendance and tardies have been perfect. The second part of rule two is to be on time with all assignments. Teachers, like coaches, are not interested in excuses. If you have to stay up past midnight or get up at 4:00 a.m., so what. Get it done! If you procrastinate and watch a TV program or do anything but study, YOU HAVE MADE A PLAN TO FAIL. WINNERS PLAN TO WIN!

The third rule is amazing. It’s amazing because of the shock value to teachers. Most teachers are just thankful if a kid behaves in class and looks halfway attentive. But, here you come with **something extra!** Tell the teacher with sincerity you were really getting into the subject and did extra work. Don’t ask for bonus points, but do ask the teacher to evaluate your extra work. Your teacher will be dazzled. She might not even be able to finish her lunch. If you are between a C and a D at grade time and you have done extra work on your own, the big majority of teachers will give you the higher grade. Aren’t coaches expecting extra efforts from great players and great teams? Well, do it in the classroom. JUST PLAN TO WIN!

**GENERAL HOME TREATMENT GUIDELINES FOR COMMON ATHLETIC INJURIES**

**INJURY:**

 **SPRAINS…Stretch or tear to a ligament**

 **STRAINS…Stretch or tear to a muscle or tendon**

 **CONTUSIONS…Bruise to a muscle, tendon, or other**

**TREATMENT:**

 **“RICE”**

 1. R=REST-----------Rest the area, non-weight bearing if so advised

 2. I=ICE---------------Ice area for 15 minutes and wait at least an hour in between treatments

 3. C=COMPRESS--Compression wrap or Ace wrap the area, rewrap if too tight and loosen at bedtime

 4. E=ELEVATE-----Elevate area as much as possible

 5. Watch for a great amount of swelling

 6. Watch for a great amount of pain

 7. Watch for discoloration in the urine

 8. Watch for fever

**\*Never put heat on an acute (new) injury unless directed to by a doctor.** Heat will make the injury feel better for the short term. However, heat causes an acute injury to swell more and take longer to heal. Heat treatments usually may begin three days after the injury but very rarely before.

**INJURY**

 **HEAD INJURY…**Any trauma to the head or brain

**TREATMENT:**

1. Keep in mind that any head injury, however minor, has the potential to become serious and life threatening

 2. Limit activity for 24-48 hours

 3. Do NOT give any pain relievers such as Tylenol or aspirin

 4. Look for the following signs and symptoms:

 -increased drowsiness…athlete should be awakened every two hours during the night

 -nausea and vomiting

 -slowing of pulse

 -continued or worsening headache

 -any pain in the neck

 -bleeding or clear fluid from the ears or nose

 -weakness in either the arms or legs

 -convulsions

 -unusual or strange behavior

 -unequal pupil size

 -blurred vision

 -inability to control bowel or urination

 5. If there are any one of the signs or symptoms present…athlete needs medical attention ASAP!

**PREVENTION OF HEAT ILLNESSES:**

1. Acclimatization…get used to the heat and activity in the heat slowly

2. Continue conditioning…athlete must be in top shape throughout the season

 3. Fluid intake and replacement…athletes must have fluids every 20 minutes during physical activity and should replace their fluids before the following practice

 \*Weigh before practice

 \*Weigh after practice

 \*For every pound lost at practice, the athlete must drink 16 oz. of fluid

 \*Weigh the following day before practice…athlete must have regained his weight…if not, the athlete is going into practice already dehydrated!

 4. Cold water is the best fluid for athletes…sports drinks are good but not in excess

 5. Stay away from tea, cokes, or other drinks high in sugar and caffeine

 6. **Do not drink energy drinks during the season!**

 7. Proper nutrition is vital for athletes at any level

 8. Proper rest is also key for highly active athletes

Dear Lady Cougars,

I would like to congratulate you on making the junior varsity or varsity softball team. Being a part of this team carries a lot of responsibilities and expectations. I am going to list and explain what is expected of you on and off the field. You will find a contract that you and your parents/guardian will sign at the end of the expectations. If you feel you cannot sign this contract we will discuss and resolve your reasons or you will be dismissed from the team.

***1. Grades***

You must maintain your grades. Do not be afraid to ask for help.

 A. There will be tutorials offered every Tuesday and Thursday after school for all students. These are MANDATORY. It will be required for you to attend tutorials before school if additional help is needed.

 B. In a better way to monitor your academic performance, the lowest grade acceptable will be a 80. Any grade 80 and below requires tutorials every Tues. and Thursday afternoon. I will check to make sure that you are attending.

 1. To regain eligibility, you must pass ALL classes at progress report time.

***2. Practice***

Practice is mandatory---not an option. Being a member of this team means having to make sacrifices. Feeling bad is not a reason to stay home. If you are sick in bed call me BEFORE practice. If you are absent from school call and leave me a message. Having cramps, a cold, headache, or an injury does not excuse you from practice. You are expected to be at practice and stand on the side.

***3. Teammates***

Respect your teammates. Do not borrow your teammate’s equipment without permission. Being friends and respecting each other as individuals will keep the team united.

***4. Classroom Behavior***

You are expected to go to class to learn and not to be a class clown or disrespectful to your teachers or classmates. Stay focused on what is important—a solid educational foundation for your future, and building a strong and successful softball program.

***5. Attendance—school & practice***

Coming to school is not an option. Missing school or being late the day after a game is not acceptable. Good student-athletes are able to handle long trips and school. Make-ups will be assigned and must be completed before playing in upcoming games. Missing games or practices in order to play with another team is UNACCEPTABLE and discipline will be handled accordingly. You are telling me the other team is more important than the commitment you have made to your teammates at the high school and could result in your removal from the team.

Please make all appointments as late as possible. This includes pitching lessons, hitting lessons, dr. appointments, etc.

**LADY COUGAR SOFTBALL PLAYER’S CONTRACT:**

I HEREBY PROMISE TO DEDICATE MYSELF TO THE LADY COUGAR SOFTBALL TEAM. I WILL DO WHAT IS RIGHT, I WILL DO MY BEST AND I WILL TREAT OTHERS AS I WISH TO BE TREATED.

1. I **WILL** BE ON TIME FOR ALL SOFTBALL ACTIVITIES. “Early is on time, On time is late, and Late is unacceptable.”
2. I **WILL** PRACTICE HARD AND AT GAME SPEED. “We step up All the time”
3. I **WILL** SPRINT ON AND OFF THE FIELD ALL THE TIME.
4. I **WILL** BE COACHABLE. I **WILL** KNOW MY ROLE.
5. I **WILL NOT** SHOW DISRESPECT FOR COACHES, FACULTY, AND STAFF. IT **WILL NOT** BE TOLERATED.
6. I **WILL** BE PROPERLY DRESS AT ALL TIMES.
7. I **WILL NOT** THROW EQUIPMENT. EVEN IF IT IS MINE. THIS WILL RESULT IN DISCIPLINARY ACTION.
8. I **WILL** TAKE CARE OF MY HEALTH, MY RELATIONSHIP WITH MY TEAMMATES AND MY PERSONAL LIFE OFF THE FIELD.
9. I **WILL NOT** USE ALCOHOL OR ANY OTHER DRUGS. SUCH BEHAVIORS WILL RESULT IN PUNISHMENT THAT WILL FOLLOW THE CROSBY ATHLEIC/STUDENT HANDBOOK POLICY.
10. I **WILL** LEAD BY EXAMPLE ON AND OFF THE FIELD.
11. I **WILL** SET AN EXAMPLE AND A HIGH STANDARD FOR FUTURE LADY COUGARS TO FOLLOW.

ATHLETE’S SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2016 Crosby Softball**

**Practice Clothes**

**Monday – Grey Shirt / White Pants**

**Tuesday– Red Shirt / Grey Pants**

**Wednesday – Grey Shirt / White Pants**

**Thursday - Red Shirt / Grey Pants**

**Friday Red Shirt / White Pants**

**Saturday – Grey Shirt / White Pants**

**Scrimmage Games Varsity**

**Red Crosby Camo Softball Shirt**

**White Pants – Red Socks**

**Scrimmage Games JV**

**Red Crosby Softball Shirt**

**White Pants – Red Socks**