

Lacey Township High School



2023 Lacey Lions Softball Program

Parent/Student-Athlete Handbook

Welcome to the 2023 Season of Lacey Twp. H.S. Softball!



Thank you for your anticipated dedication, desire and motivation. Always try to do your best when you are on or off the field and have no regrets when it comes to your effort and performance.

The development and success of our program relies on our athletes to be:

- Committed 100% to this program & your education
- Have a positive attitude
- Strive to be a **TEAM** player at all times
- Have the desire and dedication to excel
- Be responsible
- Be well trained & conditioned

Lacey Twp. Softball Coaching Staff

Head Coach: Christina Pollino - Varsity

Assistant Coach : Aly Smialowicz

Assistant Coach: Dave Leonard

A FEW “UNWRITTEN” LACEY LION RULES

EFFORT AND ATTITUDE

There are two things you CAN control: Your EFFORT and ATTITUDE. Setting YOUR priorities and eliminating all other distractions. Come early or stay late when necessary. Be motivated by an inner desire to improve yourself. Give 100% EFFORT and possess a POSITIVE ATTITUDE.

BE PATIENT WITH YOUR PACE OF PROGRESS

BE ACCOUNTABLE AND RESPONSIBLE

RESPECT FOR THE PROGRAM AND THE TEAM

TEAM FIRST INDIVIDUAL SECOND

PLAY WITH DISCIPLINE

**IF YOU ARE NOT PLAYING, CHEER FOR THOSE WHO ARE
HUSTLE EVERYWHERE**

Lacey Twp. Softball – Program Goals

- To reach our full potential as athletes and people
- To leave Lacey Softball a better program than before
- To represent LTHS with class
- To understand my responsibility as a role model
- To be accountable for my actions
- To challenge myself and teammates to excellence
- To work to meet team and individual goals
- To look back on the season with no regrets
- To compete at the top level in the state

Lacey Twp. Softball Program Coaching Philosophy

It is the goal of the Lacey Twp. softball coaching staff to provide student athletes with the opportunity to experience success in a variety of situations, both individual and team, on and off the field of play. Athletes will be challenged to reach their full potential, encouraged to develop emotional maturity, and will have the opportunity to learn how to deal with success and failure. Not only will players learn the physical skills of softball, they can learn other life-long skills such as: self-confidence, self-discipline, self-motivation, goal-setting, teamwork, cooperation, sportsmanship, and leadership.

Our coaching staff believes that players are students first, and athletes second. We recognize and support obligations to family, school and softball. Players will learn about commitment, dedication and balancing many obligations.

Decisions made by the Lacey Twp. softball coaching staff will be based on what is good for the softball program, what is good for the team, what is good for the individual, and what is good for Lacey Twp. High School. Our coaches will strive to win, however, winning is defined in many ways as a result of goal-setting and thus **our top priority will always focus on building young ladies of strong character through our softball program.**

Expectations of Lacey Twp. Softball Coaches

Supporters of the Lacey Twp. High Softball Program can expect the following from the softball coaching staff:

- They will be a positive role model
- They will be a leader and a motivator
- They will be a firm and fair disciplinarian
- They will follow the “Team first, individuals second” belief
- They will be committed to the softball program, to the team, to the players, to the parents, and to Lacey Twp. High School
- They will be positive, supportive, enthusiastic, and encouraging
- They will be fully prepared and organized for each practice and game
- They will be honest with players and parents about roles on the team
- They will communicate well with each other, players, parents, and administrators
- They will follow and uphold all LTHS and softball team expectations

Lacey Softball Team Expectations

Varsity Team Expectations:

The varsity team represents the highest level of competition here at Lacey Township High School. Our ultimate goal is to strive to win the state softball championship as we incorporate and apply our vision, values & beliefs. As a member of the varsity team you are not guaranteed equal opportunity to participate in every game. Every team member has a role and that role is very important. While each role may not be equal in playing time, they are all equal in their measure of importance to the team and to our overall performance. Our goal is to complete a varsity team with the 11/12 best players in the program. Any freshmen, sophomore, junior, or senior can play/start on the varsity team.

Junior Varsity Team Expectations:

The goal of the junior varsity softball program is to prepare players for the varsity program. JV games allow players to gain experience in game situations and improve their skills for varsity readiness. To achieve this goal, any freshman, sophomore, or junior may be asked to play in a junior varsity game. Some players may be used on both the junior varsity and varsity teams. As with the varsity program, each player has a role and some roles will include more playing time than others. Not every player will be guaranteed playing time.

Freshman Team Expectations:

It is the goal of the Freshman coaching staff to provide student athletes with the opportunity to experience success in a variety of situations, both individual and team, on and off the field of play. Athletes will be challenged to reach their full potential, encouraged to develop emotional maturity, and will have the opportunity to learn how to deal with success and failure. Not only will players learn the physical skills of softball, they can learn other life-long skills such as: self-confidence, self-discipline, self-motivation, goal-setting, teamwork, cooperation, sportsmanship, and leadership.

Expectations of a Lacey Softball Player:

- A team first attitude- unselfish, positive, encouraging, and supportive
- A coachable attitude- willing to listen, improve, and accept constructive criticism
- A loyal commitment to Lacey Softball and the entire program, supporting all teammates and coaches. Understand and accept your role on the team
- A commitment to give your very best effort, every day-every play
- Be self-motivated and self disciplined . Follow all school, classroom, and team rules
- Be a positive role model- you represent Lacey Softball & Lacey Township High School

Expectations of Parents/Guardians/Spectators

Parents of athletes in the Lacey softball program are expected to adhere to the following expectations:

- Attend as many games as possible so you get a full and complete picture of the program.
- Support the “team first, individual second” belief.
- Demonstrate sportsmanship at all games.
- Show positive support and encouragement for your daughter, for all members of the team, coaches and for the Lacey softball program
- Let 24 hours elapse before initiating communication with the 4-step process below. Do not try to resolve a conflict with a coach before or directly after a game. Encourage your daughter to begin the 4-step communication process:

1. Athlete meets with their individual coach and head coach.

2. Athlete and parent(s) meet with individual coach and head coach.

3. Athlete, parent, and head coach meet with the athletic director.

4. Athlete, parent, head coach, and AD meet with the principal.

~Most of the time a conflict will be solved after Step 1.

Things parents may not ask about:













- o Playing time
- o Choices made by coach (starting positions and/or batting order)
- o Game strategies
- o Other players on the team


Things parents may want to ask about:

- o Does my child work hard and have a positive attitude?
- o How would you evaluate my child in terms of her offensive, defensive and / or team skills?
- o In what area(s) does my child need to improve?
- o Is my child a positive addition to the team?
- o What can I do to help?

In order to run a classy and successful program, we all need to be supportive and respectful of each other.


General Team Information


-  All weekday practices (when school is in session) will begin @ 2:00
-  There will be a practice before every scrimmage and game, **NO MATTER** what day of the week
-  When weather prevents outdoor practice. Always be prepared to practice on all types of surfaces
-  You may not re-enter the school after practice or a game without your coach
-  Whenever school is canceled, practice is canceled. However, there will be practices and games during Spring Break. Before scheduling a vacation remember that you are in softball season and you have already made a commitment to your coaches, team and yourself
-  If you are late or miss practice for any reason, you must inform a coach in person. If absent from school you must leave a message with attendance and return to practice with a doctors note
-  Players are responsible for their equipment and remembering to bring their gear back and forth to practices and games
-  In all matters concerning academics and athletics, academic concerns will receive top priority
-  Always follow the ideals of sportsmanship, ethical conduct and fair play. Your attitude and behavior could result in loss of playing time
-  Establish and maintain a working relationship with your teammates & coaches
-  Act respectful towards your teammates, coaches, opposing teams and umpires at all time
-  The coaching staff has the right to remove any player from any level from the team who has 10 unexcused absences.


 Only the coach may question an official before, during or after the game. No player should ever question the official, failure to comply with this rule will result in a “Reminder”


 Follow all team rules and all instructions given by any team captain(s)


Eligibility


 If you are on a full schedule you can only fail one class to be eligible. If you have an abbreviated schedule then you must pass all your classes. Although you may be eligible with failing only one class your remaining on the team will be at the coach's discretion as the successful completion of your studies is a top priority


 You must clear all fines with the front office to be able to play


 In the event you receive a first suspension during the softball season, a four day co-curricular suspension will be imposed. A 2nd suspension will result in a 15 day co-curricular suspension; A 3rd suspension will result in a 45 day co-curricular restriction and you will be ineligible to play during that time


 You must have a physical for the current year, either signed or initialed by the school doctor even if you have your own physical


 Outside employment or activities that interfere with practice or games need to be discussed with your coach for his consideration and decision

 Any unexcused absence will result in a game suspension, if not already released from the team






 If you miss a practice the day before a game due to sickness, college visitation, injury, etc. you will be unable to start the game but you will be eligible to play

 If you miss practice the day before a game due to detention or any other unexcused reason, you will be unable to play in the game. You will be expected to dress in your uniform and sit on the bench during the game





 **MOST IMPORTANT:** 2 unexcused absences can result in removal from the team. 1 unexcused absence from a game can result in removal from the team

 If you are able to participate in an athletic program after school then you must be dressed and participate in your gym class. If you do not dress for gym you will not participate in softball that day even if it means missing playing time in a game. This counts as an unexcused practice




Medical Procedures

-  You are to notify your coach immediately if you become injured or are experiencing pain
-  You are to notify your coach before and after seeing the trainer
-  Being taped before practice will not be accepted as a reason for continual lateness.
-  Whenever you go to a doctor, you must return with a note clearly stating that you are able to play
-  Stated again, you may not participate AT ALL if you do not have an updated physical cleared through the nurse's office. This is not my rule but is **STATE LAW**






Safety Measures

-  You are to notify your coach immediately if you become aware of an unsafe field conditions
-  No jewelry is to be worn during practice or a game
-  No cleats are to be worn in the school at anytime
-  No inappropriate behavior or language will be tolerated






Away Game Policy

-  Players are expected to travel on the bus as a team to the games
-  Players should complete the Travel Consent Form so they can go home with a parent/guardian. Players should always alert their coach when they are leaving the field.
-  Players will never be released to anyone other than their parent or guardian, with the coach observing the parent/guardian picking up the athlete

Team Management

-  The use of tobacco, alcohol or drugs will not be tolerated. (Refer to your drug/alcohol policy form)
-  Any practice time missed due to detention or suspension will be made up after practice
-  Players are prohibited from wearing any practice clothes displaying improper messages
-  The rules and regulations of Lacey Township High School are in effect at all times governing the behavior of the girl's softball team. Violators are subject to administrative disciplinary action as well as team disciplinary action
-  Cell phones or other electronic devices must **NOT** be used or visible while at practice or during games

Security

-  Your car is not a safe place to keep your belongings
-  You are financially responsible for all school equipment/uniforms issued to you. Take proper care of all equipment/uniforms
-  The use of a large gym/equipment bag to organize and keep track of your gear is recommended
-  You are not to be in the locker room when it is unsupervised
-  You are not to touch a coach's keys without permission

LTHS Softball 2023 Team Captain(s)



“A TEAM with STRENGTH...DISCIPLINE ...and PURPOSE”

FOCUS: The lack of leadership is the #1 reason teams fall short in reaching their goals at the end of a season.

PURPOSE: To instill a leadership quality to our PROGRAM that has an “uncommon purpose” and “real-life significance.”

DEFINITION: A Team Captain is...

1. A leader by example, both on and off the field & Ability to inspire those around you.
2. A student-athlete who has integrity throughout the entire school at LTHS.
3. A leader who has the respect and support of her teammates & coaches.
4. An individual who is willing to support our PROGRAM 100% & embodies the core values of our team.
5. An individual who understands, although a captain, she is NEVER above any coach or fellow teammate...she is their equal...She believes in **“BIG TEAM...little me”** philosophy.

Captain Selection: - The selection of a captain(s) will be left to the discretion of the coaching staff & selection/application process..

TEAM RESPONSIBILITIES TOWARDS CAPTAINS:

1. Accept and Respect who YOUR captains are...and the responsibilities they now have!
2. Don't just sit back and follow...you too, lead by their example.
3. Feel comfort in VOICING any concerns you have with YOUR captains...they can relay your thoughts back to the coaching staff.

Lacey Township High School Softball

Social Media Policy

Student-athletes are asked to use discretion when participating in social networking avenues. For good or for bad, you are always "on the clock" when it comes to representing Lacey Township High School and the Softball program.

Student-athletes are representatives of Lacey Township High School and are in the public eye. Assume anything you post on your personal account could be read by Lacey Township High School staff, teammates, classmates, opposing teams, recruits, parents or other family members, media members, a current employer, future employers or coaches, and even the local police.

What is social media?

- *Social media connects people in various corners of the world, helping to build relationships through social interaction using highly accessible communication techniques*
- *Examples include; TikToc, Twitter, SnapChat, Facebook, YouTube, Vimeo, Instagram, Tumblr, LinkedIn, MySpace, Flickr, Foursquare and blogs*

Best practices

- *Remember that the Internet is permanent*
- *Avoid posting offensive or inappropriate language, pictures, videos or comments*
- *Ensure content posted on these sites does not depict inappropriate or illegal activities*
- *Don't post anything you wouldn't say in a public forum when representing Lacey Township High School*
- *Be in the right state of mind when you make a post - don't post when you're angry, upset, or your judgment is impaired in any way*
- *Check your privacy settings. It is recommended that the strongest security settings be used for all Social Media*
- *Understand that anything posted online is available to anyone in the world - any content placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online, even if you limit access to your page*

Similar to comments made in person, the Lacey Township High School Softball Program will not tolerate disrespectful comments and behavior online, such as:

- *Derogatory language or remarks that may harm teammates or coaches; other Lacey Twp. HS student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect our opponents.*
- *Incriminating photos or statements depicting violence or any other inappropriate behaviors.*

Any student-athlete that violates the social media policy set forth will be subject to disciplinary action.

By signing below you certify that you have read, understood and will abide by the Lacey Township High School Softball 2022 Social Media Policy.

Printed Parent/Guardian Name:

Parent/Guardian Signature:

Date: _____

Student-Athlete Printed Name:

Student-Athlete Signature:

***Keep this copy for your records**

LTHS Softball Fundraiser

- **This is a program fundraiser run by the coaching staff.**
- The fundraiser that will be sold this year is SnapRaise!
- Each athlete is asked to get a minimum of 10 donations or donations totaling \$150.
- The fundraiser will start TBD.

Fundraising Responsibilities

- It is the responsibility of the student-athlete to fundraise for their program.
- Any team or program at Lacey High School that conducts a fundraiser, raises it with the sole purpose of benefiting their program.
- As a coaching staff, we are always assessing the needs of our program to determine how the funds will be used. Some examples of how money can be used; banquet, awards, team bonding, equipment, gear & scholarships to name a few.
- **If you do not partake in fundraising the athlete does not get “the gear” that is purchased with the fundraising money. This will also make the student ineligible for a scholarship in the future.**

**We ask that each athlete try their best to promote the fundraiser for the program. Any athlete struggling should speak with a coach for guidance and support.*

Varsity Softball Letter Requirements

The following criteria will be used in determining the eligibility of an athlete in being awarded a varsity letter in girls softball

- 🏐 Players must participate in 70% of all regular and postseason games, preseason scrimmages are excluded
- 🏐 Players called up to the varsity later in the season who fail to meet the 70% requirement, may receive a letter, if in the opinion of the head coach, they may have made a substantial contribution to the overall success of the varsity program
- 🏐 Players who earn varsity status and are subsequently injured during a varsity practice or game, if they remain active, cooperative and support members of the team throughout the season, may receive a letter
- 🏐 A letter or award may be withheld, when in the opinion of the head coach, a player has willfully brought dishonor upon themselves and/or their team or school. This includes, but is not limited to, poor sportsmanship, violations of school rules, or the use of tobacco, alcohol or drugs
- 🏐 Finally, no set of eligibility requirements is all-inclusive. When a situation arises that is not covered under the above requirements, the head coach reserves the right to award or withhold a letter or award based upon situations overall impact upon the integrity of the letter or program

Printed Parent/Guardian Name:

Parent/Guardian Signature:

Date: -----

Student-Athlete Name & Signature:

****Keep for your records***

***Playing time will be determined by the coaching staff
of each level.***

***THE ATHLETES THAT GIVES THE VARSITY & JV
PROGRAM THE BEST CHANCE TO WIN WILL PLAY,
REGARDLESS OF THEIR AGE OR YEAR IN SCHOOL.***

There is **NO** guarantee a student-athlete will participate in any/all
games during the 2023 season.

Finally, no set of rules, standards and regulations can be all
encompassing. When a situation arises that is not covered under this
parent/student-athlete handbook, the head coach reserves the right to
make a decision based upon the situation's overall impact upon the
integrity of the Lacey Township Girls High School Softball Program.

***By signing below you certify that you have read, understood and will
abide by all rules, standards, expectations and regulations put forth.***

Printed Parent/Guardian Name:

Parent/Guardian Signature:

Date: _____

Student-Athlete Printed Name: _____

Student-Athlete Signature: _____

****Keep for your records***