



Abilene Cowgirl Softball 2016 Team Handbook



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Cowgirl Softball - 2016 Schedule

Games:

Date	Level	Opponent	Location	Time	Bus
3/28	JV	Riley County	R. County	4:30	2:15
4/05	V	Rock Creek	Rock Creek	4:00	1:45
4/07	JV	Rock Creek	Rock Creek	4:00	1:45
4/08	V/JV	SE of Saline	Abilene	4:30	
4/15	V	Riley County	R. County	4:30	2:15
4/19	V/JV	Clay Center	Abilene	4:30	
4/22	V/JV	Marysville	Marysville	4:30	1:45
4/26	V/JV	Concordia	Home	4:30	
4/29	V/JV	Beloit	Home	4:30	
5/03	V/JV	Chapman	Chapman	4:30	2:45
5/06	V/JV	Wamego	Wamego	4:30	2:10
5/09	V/JV	Council Grove	Home	4:30	
5/16-19	V	Regionals	TBA	TBA	
5/26-28	V	State	TBA	TBA	

Other:

Date	Description
3/24	Cowgirl Softball Scrimmage (details to come!)
4/09	Cowgirl Softball Clinic
4/23	Cowgirl Invitational Softball Tourney (all day)

AHS Softball girls and parents:

I am so excited for the upcoming 2016 Abilene High School Softball Season! Ever since I can remember, I have LOVED this sport! I enjoy surrounding myself with individuals who share that passion. Softball is an excellent team and individual sport. By working hard and improving your own skills, you are also making the team better. Being involved in a team sport teaches you so much about life and how to be successful working with others. It is an opportunity for you to show pride in your school and show respect to others (coaches, teammates, umpires, parents, etc.)

As coaches, we promise to strive to be the best role models that we can be. It is our goal to teach and coach you to be better softball players, but more importantly, we want you to be the best all around students and individuals.

I am looking forward to a great year! *Coach Taplin :)*



OUR TEAM GOALS

- Our **ULTIMATE** goal, on the field, is to win the NCKL, Regionals, and a State Championship! Every day we will practice in order to reach that goal!
- Create a positive environment for our team, both on and off the field.
- Learn how to deal with adversity when things don't go our way, and to handle winning and losing with class.
- Learn to not dwell on mistakes and move forward when facing adversity. We must work with each other to build one another up in all situations.
- Ensure that, as a team, we understand there is no "I" in **TEAM**. Every obstacle that stands in our way requires a **TEAM** effort.
- Create a positive environment with girls who not only serve their school, but also their community.
- Demonstrate pride in being a member of the AHS Softball team
- Understand that we represent our team, school, and community when we are on and off of the softball diamond.



EXPECTATIONS FOR PLAYERS

• Requirements

A. All players must have a current physical on file with the high school office before they can participate in practice and/or games.

B. Medical consent forms and release forms must be submitted before the first practice.

• School and the Classroom

Take care of your academic responsibilities FIRST! School will always come before sports!

• Nutrition and Health

Take care of yourself! In order to keep yourself at a “peak” performance level you need to get plenty of rest and eat right.

• Behavior and Respect

Have a good attitude! Always be looking for a way to help out the team. Put the team before yourself.

• Cell Phone Policy

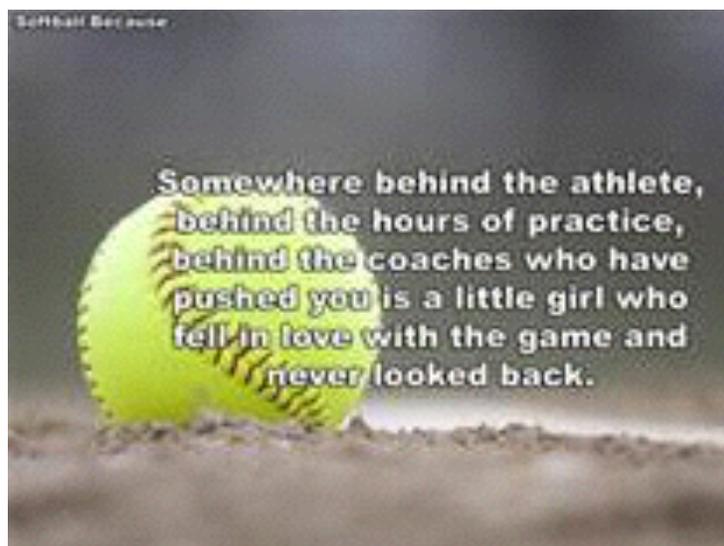
Cell phones are prohibited during practice and games. They will be left in your bag and/or car. There will be consequences if they are seen during practice and/or games.

• Social Media

Think before you post ANYTHING on Facebook, Twitter, etc... Be smart.

• Drug Use

We will abide by the USD #435 school policy concerning tobacco, drug, and alcohol policies.



PRACTICE AND GAMES

The following are some key points to take notice of, in regards to practice and games.

• Practice Time

Practice starts at 3:30 every day. You need to be dressed and ready to go at this time. Tardiness will not be tolerated and will result in consequences deemed appropriate by the coaching staff.

• Practice Dress Code

You must wear pants EVERY day to practice! If we intend to practice like we play, we must be prepared to slide at all times. There will be exceptions for indoor practices, extremely hot days, and pre-game days. You will be informed when shorts will be allowed.

• Training Room

If you need to go to the training room, get there **before** practice time.

• Attendance Requirements (Practice)

All practices are **mandatory**. Any consequences resulting from missed practices may include: extra conditioning and/or missed playing time.

• Excused Absences (Practice)

There are three acceptable reasons for a player to miss practice. The head coach **MUST** be contacted prior to the start of practice in each instance:

- illness
- serious injury
- extenuating circumstances (death in the family, serious illness, injury in the family).

• Unexcused Absences (Practice)

Unexcused absences will result in the following:

- 1.** 1st unexcused practice = extra conditioning
- 2.** 2nd unexcused practice = sit out the next game
- 3.** 3rd unexcused practice = sit out two games
- 4.** 4th unexcused practice = dismissal from the team

- **Practice/Game Attendance**

Students must be at school from 11:00 until the end of the day in order to practice and/or play in a game that day. School sponsored/approved activities do not apply.

- **Hydration During Practices**

Always have a water bottle at the field. The water at the complex usually isn't turned on until after Spring Break.

- **Inactive Players**

If you are injured and unable to practice and/or play, you are still expected to follow all rules of our team that apply to you. No cell phones... Be a part of practice in any way that you are able to be.

- **Effects of Weather**

Spring weather can be very unpredictable. Every day, be prepared for warm/cold weather and indoor/outdoor practice. You need to always have cleats AND tennis shoes. Keep a pair of pants handy for sliding practice. You will be asked to slide in shorts if you are not prepared!

- **Preparation and Responsibility**

Make sure you have all of your equipment there: glove, cleats, batting gloves, pants, etc.

- **Focus and Attention**

Focus during practice and game time will be on SOFTBALL. At all times, stay focused on the task at hand.

- **Effort and Determination**

You will HUSTLE at all times during practice and/or games. Sprinting on and off the field during practice and games is expected.

- **Responsibility to the Team**

If you aren't in the game, you are expected to jog between innings, warm up the outfielders, help catcher with equipment, encourage your team, etc.

- **Positive Behavior**

There will be no negative communication/profanity with players, coaches, umpires, etc. Respect will be given to all involved...all the time.

- **Control Your Emotions**

There will be no throwing helmets, bats, gloves because of a call/play that doesn't go your way. Show poise and class at all times.

- **Batter Expectations**

Everyone will sprint to 1st base on ball 4 and listen to your coaches. Be aggressive at all times. Run out EVERY hit (this includes one hoppers to the pitcher and fly balls to the outfield).

- **Game Time Behavior**

During the game there is no talking to spectators, friends, etc. Remain in the dugout unless you have game duties elsewhere (warming up outfielders, jogging, stats, etc). When you are in the dugout you will be on the fence encouraging your teammates who are on the field. On deck circle is for preparing for your at-bat.

- **Putting Away Equipment**

ALL players will help with gear for home and away games. This includes to and from the bus. There will be a schedule set up for practice days in which each group will have their "day" to get out/put up equipment and rake the fields. The managers are there to help, but it is not their responsibility to do everything.

PARENT INFORMATION

• 24 Hour Rule

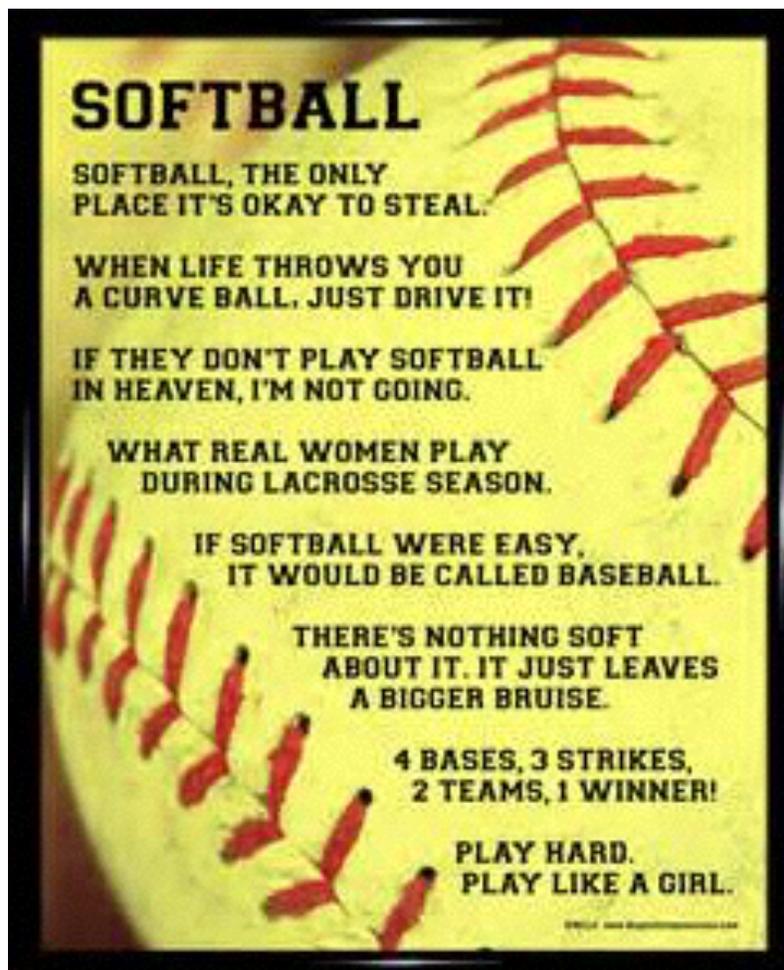
Please honor the **24 Hour Rule**. If there is something that you would like to talk to the coaching staff about, please wait 24 hours before addressing the issue.

• Bus Sign Out

If you would like to take your child home after an away game you must first sign out with a coach. One of the coaches will have a clipboard for you to sign. You cannot take another player home unless arrangements have been made through the high school office; prior to leaving for the game.

• Bus Trips

Please make sure your daughter has something to eat to and from games. On away trips we usually will not stop, so if they are riding the bus home please send them with a sack lunch.



Abilene High School Softball

Lettering Requirements and Other Earned Opportunities

Lettering

In order to earn a **letter**, a player must:

- Play in 50% of varsity games
- Work our team camp and tournament

In order to earn a **provisional letter**, a player must:

- Play in 20% of varsity games
- Work our team camp and tournament

The coaching staff reserves the right to award additional varsity letters if deemed appropriate because of uncontrolled circumstances, such as an injury or sickness.

Varsity Squad

Understand that making the varsity squad does not guarantee playing time. We can only put 10 girls on the lineup at one time, which means there will always be players on the bench. As coaches we will strive to do what is best for the TEAM as we place athletes on the Varsity field. There are many things that are figured into playing time:

- attitude
- leadership
- work ethic at practice and during games
- preparation for practice and games
- performance at practice and during games
- individual strengths and weaknesses
- and sportsmanship.

Every varsity position will be EARNED!! The fastest way to earn a spot is to show that you are helping the team, even when you're not in the game. Pouting will not earn playing time!

Miscellaneous/Off Season

PLEASE NOTE: These following activities are not required, but will help you gain a competitive edge and help you improve your softball skills.

- Players are encouraged to participate in weight training at the high school. There are classes available each semester and the weight room is also open over the summer. Please take advantage of this excellent opportunity to improve your strength.
- Players are also encouraged to participate in softball camps in the summer to improve their skills. There are many camps offered by college coaches that work on pitching, hitting, and fielding.
- Players are encouraged to participate in off season/summer softball programs.



We have read the softball handbook and agree to abide by all rules and expectations. We will comply with the guidelines.

Date

Athlete's Signature

Parent/Guardian Signature

2015 Softball Individual and Team Goals

We are asking that all players set individual and team goals for themselves. Goals will give each of us something to work toward. Please fill out the rest of this sheet with goals that you will strive to reach in our 2014 softball season.

Personal Goals (batting average, fielding, etc)

1.

2.

3.

Team Goals (NCKL, team batting average, etc.)

1.

2.

3.

Personal Information

Name _____

of Years Played _____

Positions played _____

Most comfortable position _____ Least comfortable _____

What do we, as AHS Softball Coaches need to know about you in order to better coach you? (use back if needed)