



Mt. Ararat High School

Softball



Player and Parent Handbook

2018

Team Rules

- Be on time for every commitment. Discuss schedule conflicts or if lateness or absence is anticipated with Coach Cox or Coach Graffam well in advance. Coaches have the responsibility to take disciplinary action if necessary.
- Regular school attendance is required of all participants. Team members who are absent from school may not participate in an activity that day unless permission is given by the athletic director or principal.
- Players are to attend all practices and games unless excused. Repeated unexcused absences or tardies are grounds for suspension and possible dismissal from the team.
- Ride the bus to and from away games with the team (exceptions will require approval from the coaches. Parents may take ONLY THEIR CHILD.)
- Help put away equipment and/or rake the field at end of every practice/game
- Any equipment issued to a participant is to be properly cared for and returned at the end of the activity. Any equipment not returned, or not returned in the proper condition will have to be paid for by the participant.
- On school sponsored trips, participants are to dress appropriately. They will be briefed on behavior and related responsibilities by the coach.
- Know and follow the Athletic Department General Rules, Athletic Code and Substance Abuse Policy. Vulgar language or unacceptable behavior will not be tolerated in any school-related activity. If necessary, disciplinary action will result.
- No athletic team member may compete in any outside organized team activity as a team member or individual during the regular season or post season, unless approved by the athletic director.

Team Non-Negotiables

1. School comes first.
2. Believe in your teammates. Believe in yourself.
3. Effort and attitude--give 100%
4. Keep the bench clean.
5. Expect to hit every at bat.
6. Three outs--get off the field.
7. Work hard in practice. Practice intensity=Game intensity.
8. Root for your teammates while on the bench.
9. Be a role model on and off the field.
10. Never, ever quit.
11. Listen and ask questions.
12. Have fun and enjoy yourself.

GAME DAY

Uniform:

- We are a team - we all look the same
- Only Mt. Ararat Softball issued clothing
- White Under Armor
- Uniform is tucked in at all times
- No headbands or sweatbands
- Black cleats
- Uniform starts clean

Pre-Game:

- Healthy snacks and stay hydrated
- Stay focused on your preparation
- Prevent injury by warming up properly
- No cell phones

Game:

- Every player contributes in some way
- Be positive
- Participate in cheers
- Do whatever is best for the team
- Coaches coach, players play, parents cheer
- Be ready at all times

Post Game:

- Shake hands with opponent
- Meet in the outfield
- Take care of equipment and rake the field (home games)

Press: (if a member of the press requests to speak with you)

- Always compliment the other team - never say anything negative - you don't want to become bulletin board material!
- Compliment your teammates
- Keep secrets to yourself (like what type of pitches they struck out on!)

Parent Code of Conduct

As parents of a school-age athlete, you have a vested interest in the overall experience of your child's athletic experiences. You are also an integral part of these experiences. The Sports, Schools and Learning Results Program at the University of Maine offer these tips for effective communication between you, your athlete and her coaches for enhancing your athlete's sports experience:

- Encourage and model good sportsmanship.
- Encourage your daughter to accept the responsibility of adhering to the athletic code.
- Understand and accept that the coach is in the best position to decide tactics, strategy, starters and substitutions.
- Respect the coach's position and realize that, as a coach he/she has many difficult decisions to make.
- Understand the appropriate balance between individual needs and team responsibilities.
- Encourage your daughter to resolve her conflicts with the coach. Intervention by the parent should be the last resort.
- Your children are your children first and then athletes. Wrong emphasis on your part can lead them to believe that you have reversed the order of preference.
- Be present for athletic events, if at all possible. Your personal appearance tells children you care. Use only constructive remarks when talking to your athlete about a performance.
- Be interested observers from a distance. Athletes need room to perform on their own, to learn to rally back from deficits and to maintain or expand leads, to keep their focus on the game and not in the stands.
- Beware of yelling out instructions from the stands. Cheer them on, yes! Yell at them, definitely no! All athletic contests are arenas for learning. Cheer for all team members.
- Control negative impulses, i.e. anger, the temptation to berate officials, coaches or players. Your good example of emotional control teaches athletes to control their emotions.
- Provide an environment that encourages a healthy lifestyle.
- Learn about nutritional needs of athletes.
- Refrain from criticizing the coach in front of your child.
- Support your athlete's achievements and respect her challenges.
- Help your athlete learn good time management skills.
- Monitor your athletes stress level and help them maintain a healthy balance between family, school, sports, work and free time.

Student Eligibility Requirements

In order to participate in athletics at Mt. Ararat High School, all students must:

1. Carry a minimum of five (5) courses on their academic caseload.
2. PASS ALL COURSES from the previous quarter AND maintain a MINIMUM GRADE POINT AVERAGE OF 1.7.
3. Submit completed Parent Consent Form and provide proof of physical examination and appropriate insurance to the Athletic Office in order to be eligible to try out, practice or compete in Athletics.

Substance Abuse Policy

A Mt. Ararat High School team member shall not use, have in possession, buy, sell, or give away alcohol, tobacco including smokeless tobacco, marijuana, steroids or any other substance defined as a drug or a look alike drug.

At any time during the sports season, it is not a violation for a student to be in possession of a legally defined drug specifically authorized by his/her doctor. A record of this authorization must be provided to and be kept on file in the Nurse's office. The nurse is responsible for storing and dispensing all medications.

Mt. Ararat Athletic Policies and Forms including the complete Substance Abuse Policy can be found at:

<https://sites.google.com/site/mtararateagles/athletic-forms>



Varsity Schedule

2018

Wednesday	April 11	Lisbon- Scrimmage	4:00 pm
Saturday	April 14	@ South Portland (Round Robin)	9:30 AM
Friday	April 20	@ Mt Blue	1:00 PM
Monday	April 23	vs. Morse	4:15 PM
Wednesday	April 25	@ Oxford Hills	4:00 PM
Friday	April 27	vs. Bangor	4:15 PM
Monday	April 30	@ Medomak Valley	4:00 PM
Friday	May 4	vs. Lewiston	4:15 PM
Monday	May 7	@ Morse	4:00 PM
Wednesday	May 9	@ Edward Little	4:00 PM
Friday	May 11	vs Camden Hills	4:15 PM
Monday	May 14	vs. Messolonskee	4:15 PM
Tuesday	May 15	vs. Lincoln Academy	4:15 PM
Friday	May 18	@ Brunswick	4:00 PM
Monday	May 21	@ Hampden Academy	4:00 PM
Tuesday	May 22	@ Skowhegan	4:00 PM
Friday	May 25	vs. Cony	4:15 PM
Tuesday	May 29	vs. Brunswick	4:15 PM
Thursday	June 7	Tournament Quarterfinals	TBA
Saturday	June 9	Tournament Semi-Finals	TBA
Wednesday	June 13	Regional Finals	TBA
Saturday	June 16	State Championship	TBA

Interesting Softball Links

MTA Softball
www.mtasoftball.com

MTA Athletics Website
<https://sites.google.com/site/mtararateagles/>

Dream!
<https://www.youtube.com/watch?v=tjIGpPiOvx4>

Hitting a Softball- Sports Science
https://www.youtube.com/watch?v=_de3HJvO-N8

Fastpitch Softball TV Show
<https://www.youtube.com/user/FastpitchTV>

Softball Links
<http://www.softball-links.com/>

Bowdoin College Softball
<http://athletics.bowdoin.edu/sports/sball/index>

Colby College Softball
<http://www.gocolbymules.com/sports/sball/index>

University of Maine Softball
<http://goblackbears.com/index.aspx?path=softball>

Bates College Softball
<http://athletics.bates.edu/sports/sball/index>

USM Softball
<http://www.southernmainehuskies.com/sports/sball/index>

UMF Softball
<http://athletics.umf.maine.edu/sports/sball/index>

NCAA Division 1 Softball
<https://www.ncaa.com/sports/softball/d1>