

# JV Schedule

2019

Day	Date	Opponent	Place	Time
Wednesday	Apr. 17	@ Skowhegan	Skowhegan Area High School	3:00 PM
Friday	Apr. 19	@ Mt. Blue	Mt. Blue High School	4:00 PM
Monday	Apr. 22	Morse	Mt. Ararat HS	4:15 PM
Thursday	Apr. 25	@ Oxford Hills	Gouin Athletic Complex - South Paris	4:00 PM
Wednesday	May. 01	@ Medomak Valley	Medomak Valley High School	4:00 PM
Friday	May. 03	Lewiston	Mt. Ararat HS	5:00 PM
Monday	May. 06	@ Morse	McMann Outdoor Athletic Complex	4:00 PM
Wednesday	May. 08	@ Edward Little	Auburn Suburban Little League Park	4:00 PM
Friday	May. 10	Camden Hills	Mt. Ararat HS	4:15 PM
Tuesday	May. 14	Lincoln Academy	Mt. Ararat HS	3:30 PM
Friday	May. 17	@ Brunswick	Brunswick High School	4:00 PM
Saturday	May. 13	Messalonskee	Mt. Ararat HS	1:00 PM
Monday	May. 20	@ Hampden Academy	Hampden Academy	4:15 PM
Tuesday	May. 28	Brunswick	Mt. Ararat HS	4:15 PM

## Interesting Softball Links

- MTA Softball : [www.mtasoftball.com](http://www.mtasoftball.com)
- MTA Athletics Website: <https://sites.google.com/site/mtararateagles>
- MTA Athletic Training Services: <https://sites.google.com/site/mtararateagles/athletic-training-services>
- Dream!: <https://www.youtube.com/watch?v=tjIGpPiOvx4>
- Sports Science: [https://www.youtube.com/watch?v=\\_de3HJvO-N8](https://www.youtube.com/watch?v=_de3HJvO-N8)
- Softball Links: <http://www.softball-links.com>
- Bowdoin Softball; <http://athletics.bowdoin.edu/sports/sball/index>
- Colby Softball: <http://www.gocolbymules.com/sports/sball/index>
- UMaine 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>

**Mt. Ararat High School**

# Softball



**Player and Parent**

**Handbook**

**2019**

# Varsity Schedule

2019

2019

Day	Date	Opponent	Place	Time
S-Monday	Apr. 08	@ Windham	Windham High School	4:30 PM
S-Tuesday	Apr. 09	@ Freeport	Freeport High School	4:00 PM
S-Thursday	Apr. 11	Lisbon	Mt. Ararat HS	4:15 PM
S-Saturday	Apr. 13	South Portland Invitational	Wainwright Rec Complex	TBA
S-Monday	Apr. 15	Hall-Dale	Mt. Ararat HS	12:00 PM
Wednesday	Apr. 17	Skowhegan *	Mt. Ararat HS	12:00 PM
Friday	Apr. 19	Mt. Blue *	Mt. Ararat HS	12:00 PM
Monday	Apr. 22	@ Morse	McMann Outdoor Athletic Complex	4:00 PM
Thursday	Apr. 25	Oxford Hills	Mt. Ararat HS	4:30 PM
Friday	Apr. 26	@ Bangor	Bangor High School	4:30 PM
Wednesday	May. 01	Medomak Valley	Mt. Ararat HS	5:00 PM
Friday	May. 03	@ Lewiston	Lewiston High School	4:00 PM
Monday	May. 06	Morse	Mt. Ararat HS	4:15 PM
Wednesday	May. 08	Edward Little	Mt. Ararat HS	4:15 PM
Friday	May. 10	@ Camden Hills	Camden Hills Regional High School	4:30 PM
Monday	May. 13	@ Messalonskee	Messalonskee High School	4:15 PM
Tuesday	May. 14	@ Lincoln Academy	Lincoln Academy	4:00 PM
Friday	May. 17	Brunswick	Mt. Ararat HS	4:15 PM
Monday	May. 20	Hampden Academy	Mt. Ararat HS	4:15 PM
Friday	May. 24	@ Cony	Cony High School	4:30 PM
Tuesday	May. 28	@ Brunswick	Brunswick High School	4:00 PM
Tuesday	June 4	Prelim Tournament Game		TBA
Thursday	June 6	Tournament Quarterfinals		TBA
Saturday	June 8	Tournament Semi-Finals		TBA
Wednesday	June 12	Regional Finals		TBA
Saturday	June 15	State Championship		TBA

S- Scrimmage

\* (If field is unplayable, game may be moved to Lewiston HS, Time TBD)



**Find us on Facebook: MTA Softball**

## 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>

### Ten Things That Require Zero Talent

- |                  |                    |                |
|------------------|--------------------|----------------|
| 1. Being on time | 2. Work Ethic      | 3. Effort      |
| 4. Body Language | 5. Energy          | 6. Attitude    |
| 7. Passion       | 8. Being Coachable | 9. Doing Extra |
|                  | 10. Being Prepared |                |

## Team Rules

- Be on time for every commitment. Discuss schedule conflicts or if lateness or absence is anticipated with coaches 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 an outside organized team activity that conflicts with the school team during the regular season or post season, unless approved by the athletic director.

## Team Non-Negotiables

1. School comes first.
2. Good sportsmanship at ALL times.
3. Effort and attitude--give 100%
4. Keep the bench clean.
5. Expect to hit every at bat.
6. Hustle on and off the field between innings.
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
- Uniform starts clean
- Same color socks for all payers

### Pre-Game:

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

### 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). Clean up team gear before personal gear.

### 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 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.
- 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.
- Provide an environment that encourages a healthy lifestyle.
- Learn about nutritional needs of athletes.
- 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.

“On the way home from the game, be their parent, not their coach”

*Mia Hamm*