

PACIFICA



SOFTBALL

2020-2021

Player / Parent Handbook

Varsity Head Coach: Tony Arduino (tarduino@ggusd.us)

Athletic Director: Dave Mamelli (dmamelli@ggusd.us)

Athletic Director: Garth Anderson (ganderson@ggusd.us)

AP Athletics: Tom Duggan (tduggan@ggusd.us)

Varsity Assistant Coach: Drew Gonzales

Varsity Assistant Coach: Joseph Alvarez

JV Coach: Matt Swenson

JV Coach: TBA

Program Philosophy:

Pacifica High School Softball is intended to be a positive experience for each and every player who participates. Our philosophy is based on teaching our athletes they are students first, the importance of family and team, and learning to compete with confidence. Moreover, our program philosophy will focus on playing with class and discipline, making the right decisions on and off the field, and representing our school at all times with pride.

Our goal is to make sure our athletes become not only great softball players and go on to play at the next level—but also become future leaders and contribute to society in a positive manner. Every athlete's career comes to an end at sometime, but the lessons learned through softball will last a lifetime.

As a coaching staff, we can promise you, we will work as hard as we can to help our players succeed. Our coaching staff will never be outworked by another staff. We will be positive examples for your athletes, encourage self-evaluation, teach the fundamentals of softball, set high standards, build relationships, and teach what it takes to be a champion on and off the field. We will treat all players in our program with dignity and respect.

Playing time and roles on the team are based on effort, skill, team play, practice habits, attitude, and performance. Playing time is not guaranteed to any player. With that being said, role-players are vital to the success of any team. We are only as good as our last roster spot.

Success as a program is earned through commitment to putting the team before yourself and playing with integrity, perseverance, commitment, loyalty, accountability, and responsibility. Nothing worthwhile is ever accomplished without hard work and discipline.

Player Responsibilities:

1. Be academically eligible, maintain a 2.0 GPA.
 - You are a student-athlete. School is priority number one. We, as coaches, urge you to maintain high grades.
 - Do not be satisfied with a 2.0. Poor grades may affect your athletic eligibility or your admittance into the college of your choice.
2. Be on time for all team events.
 - Respect the time of your coaches and teammates and be early. Practices, meetings, study sessions, etc. will start at the scheduled time. Players need to be ready to start at that time.
3. Attend all team workouts and practices. Practice or you don't play.
 - There are some exceptions to this rule, but missed practices will not be tolerated.
 - In an emergency, if it is necessary to miss practice or arrive late, every effort to contact a coach directly is expected. Do not send a message with a friend. It is your responsibility.
4. Be drug, tobacco, and alcohol free.
 - Always remember what you do off the field can affect all of us. Be smart and make good decisions.
5. Communicate properly with coaches. Don't take coaching personal.
 - Coaches cannot worry about your feelings while coaching. We want what's best for you, never forget that.
 - BE COACHABLE! When a coach is speaking, all players are expected to give their full attention – with eye contact.
6. Be respectful to everyone (classmates, teachers, teammates, coaches, opponents, parents, umpires, etc.).
 - Your classroom behavior reflects the type of student-athlete we keep in this program. Any type of misconduct will not be treated lightly and may be cause for dismissal.
7. Put the TEAM first.
 - It is expected that you are always a good teammate.
 - Always put the team in front of yourself.
 - Be a positive influence on a teammate at all times.
 - Must care about each other to be successful!
8. Be responsible for equipment and uniforms.
 - We will be in full gear for all practices. This includes: cleats, socks, softball pants, Pacifica Softball shirt, glove, bat, catcher's gear, etc.
 - We have days we will work out in shorts, but always have all of your practice gear—even on rainy days.
 - Never assume we won't be doing softball activities.
9. Display good sportsmanship at all times.
 - We will not argue with umpires or use foul language on the field.
 - Throwing equipment at practice or during competitions will not be tolerated.

10. Be engaged in practice.

- Give 100% with everything you do. If you don't feel good, give us 100% of what you've got.
- We all have "off" days—you have to learn to grind it out on those days to be a CHAMPION.
- Always be attentive and treat reps in practice like a game. Game-speed or you're wasting your time.

11. Leave facilities better than when you arrived.

- Field maintenance is everyone's job! Be accountable for your job after practice and pick up teammates when your job is complete.
- Take pride in our home.

12. Play Hard.

- We will have a great work ethic and we will never be out-worked or out-hustled.
- Play hard until the last out.

13. Know, accept, embrace, and fulfill your role. Not every player will be a starter.

- Unfortunately, softball is a sport where only 9-10 players can play at one time. Give us coaches a reason to write your name in the starting lineup.
- We are only as good as the last roster spot. Always be prepared to play even if you are not in the starting lineup.

14. Always express appreciation to your parents. They have made many sacrifices over the years to get you where you are today.

15. Locker room is to be respected.

- It is a place to change, bond with your teammates, and prepare for practice and games.
- We will not abuse the space, keep it neat and organized.
- Respect the room ... many long lasting memories will be created in there.

16. Maintain a positive attitude.

- Players need to maintain a positive attitude at all times.

17. Be smart on social media.

- Athletes who use Snapchat, Twitter, Facebook, or any other form of social media will be disciplined accordingly for inappropriate pictures, comments, or videos that are posted on social media sites.
- Even if comments or pictures are deleted, there are records ... BE CAREFUL!

18. Playing softball at Pacifica High School is a privilege. With privileges come special responsibilities. Understand you are ALWAYS identified as a member of this program. Conduct yourselves at all times with this in mind.

***All players are expected to understand that a violation of any of the above policies/responsibilities* will result in appropriate disciplinary action.**

Travel Ball:

The coaching staff at Pacifica High School understands the importance of travel ball in today's competitive softball world. The staff expects Pacifica Softball to take priority during the spring season. Games, practices, or team events should not be missed due to travel ball during the spring season—there are no exceptions.

The staff will work with each individual player in the Fall and Winter, but the expectation is that Pacifica and travel ball will be of equal importance during the Fall and Winter seasons. We will do the best we can to work around major tournaments, showcases, etc. Please communicate with coaching staff when scheduling issues arise.

Parent Info/Expectations:

Both parenting and coaching are very difficult. An understanding between coaches and parents is vital to the success of the program and will provide a more positive experience for all parties involved. Parents have the right to know, and understand, the expectations placed on them and their child.

Parents need to ask themselves if they are doing the following:

I avoid trying to coach my child when she has a coach.

I provide love and support regardless of the outcome of the game.

I emphasize the importance of hard work with my child.

I hold my child accountable for poor or unsportsmanlike behaviors during a game.

I avoid focusing most of my conversations at home on my child's sport.

I avoid considering my child's sport as an investment and that I should receive something in return.

I treat my child the same following wins and losses.

I avoid critiquing my child immediately following the game or during the car ride home.

I support all players on the team even when my son or daughter is not playing.

PARENT EXPECTATIONS

As with our players, parents also represent Pacifica High School. We expect parents to act with a higher set of standards than we expect from our players. Your athletes are learning behaviors from you!

1. **Act as a leader.** That means total sportsmanship at all times. If you set the example, the players will follow the example you set. Avoid negative "dinner table" talk. Negative comments made about the program and/or coaches rub off on players and create a negative learning environment.

2. **Do not draw attention from the players.** We are all here for the players and this game is about the players—always keeps that in mind.

3. **Act in a respectful manner when working around our program.** Nothing is better for a young player than having their parents watch them compete. And nothing is worse for a player than hearing a parent using foul language, booing, taunting, screaming or making comments at, or about, players, coaches, fans or officials. There is no place in high school sports for this type of behavior. Focus on being positive at all times.

4. **Never question an official or express your feelings at a call vocally during a game.** High school umpires are not professional umpires. They will make bad calls just as us coaches and our players will make mistakes. In the case of bad calls, let the coaches do their job.

5. **Allow the high school softball experience to be fun.** Keep smiling. Encourage enjoyment and participation over results. If it's not fun, something's wrong. Participating in high school sports is a great experience, one your athlete will never forget ... keep it enjoyable.

6. **Good communication is key.** If you must talk with the coach, wait until the next day if you have an issue to discuss. Let the heat of the moment pass. Never make a scene in front of the team, as it's embarrassing for you, your children and the coach. See "Cooling Off Period" below.

7. **Limit missed team events and let players learn to communicate.** Any illness or other reason that causes a player to miss a team event should be reported to the appropriate coach. Parent emails are a last resort. Please have the player communicate with the coach as much as possible.

8. **Reasons to set up a meeting with a coach are the following:** if you feel your daughter is being mistreated or bullied by a coach or teammate, questions on how to earn more playing time, grade concerns, and/or concerns about your daughter's behavior at school or at practice.

9. **Be respectful of the coach's time and don't ask to set up meetings regarding the following:**

- How much playing time each athlete is getting. Decisions on playing time are made by the coaching staff and are not up for discussion. If you ask, what can my daughter do to "earn" more playing time—a coach can answer that question.
- Team strategy.
- Situation play calling or pitch calling.

10. **Follow the chain of command when discussing issues.**

1. Player meets with her coach or coaches to discuss the situation at hand.
2. If the player and coach meeting does not help improve the situation, we will schedule a player, parent, and coach meeting. The player must be present during this meeting.
3. Meeting with player, parent, coach, and administrator present.

11. **Cooling off period.** The coaching staff has a 24-hour "cool off" period after games before a coach will meet with parents to discuss something that happened. Never approach a coach after the game to discuss a problem or issue you may have, nothing good can come of this. Please call or email coach first and a meeting will be set up.

12. **Fundraising.** Parents are asked to offer up ideas and time to raise funds for the program. Parental involvement is crucial to the success of any high school sports program. Be willing to volunteer your time and ideas.

13. **Field Maintenance.** Parents are asked to volunteer time occasionally to help maintain the facilities. Softball is one of the few sports that has to maintain our own field. It takes an entire program of coaches, athletes, school employees, and parents to keep Pacifica's field one of the best in Orange County. If you have any special skills and are willing to volunteer your time, please let us know.

14. **Family vacations.** Please make every effort to schedule family vacations in the summer and fall. Time missed during the spring season due to vacations will have consequences.

15. **Put winning and losing into perspective.** Games have winners and losers. Keep reminding your child about this reality and the need to deal with both outcomes. There is only one winner at the end of every season. Parents and players need to learn how to face adversity.

16. **Have fun and enjoy the once in a lifetime experience of participating in Pacifica's high school softball program.**

Pacifica High School Softball Player & Parent Contract

We, _____ the parent/guardian(s) of

_____ have read the contents of this handbook with our student. We clearly understand as a parent and student-athlete the expectations and policies that will contribute to the success of our daughter and the Pacifica High School Softball program. As a member of the Pacifica Softball Program, we agree to follow these expectations to the best of our abilities. We also accept our role and responsibilities to ensure the success of the program.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Player's Signature: _____ Date: _____