



Introductions

-Coaches

-Trainers

-Booster Club

Trainers

Wayne Lauritzen

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Treatment/Physical Rehab for injuries:

1. Comply 100% with trainer-prescribed rehab.
2. Keep coaches informed of progress.
3. Let a coach know immediately if you are ever in pain during workout.
4. Treatment is before school, not during practice time unless approved by a coach or trainer. Tardiness will only be excused if a trainer informs a coach.
5. If a player is hurt in a game or practice our trainers will evaluate the player first.
6. Must have a Doctor's note to return to play for all doctor appointments.

TRUST

When others look at our program, we want them to see that we performed at all times with exceptional character, with total effort, with an obvious enjoyment for the game, and with a team loyalty that could not be out matched. The choice is up to you.

What do you want out of the season?

Conduct Policy:

1. Treat coaches, teammates, teachers, parents, officials and opponents with the kind of respect you want to be treated with.
2. If it is against the law, don't do it. Being caught by the police, school official, or coach, may result in your immediate removal from the team or other consequences.
3. Conduct unbecoming of a Raider softball player will be dealt with on an individual basis. Be a role model. Act in a manner where everyone that you come in contact with will look up to you. Impress others by your attitude and actions.
4. Athletes will not be allowed to speak to parents, guardians, friends, or anyone else during practices or games. Please talk to a coach if you need something.
5. All cell phones must be turned off when players enter a dugout. Practice, pre-game, games, team events, team dinners ect. If you need your daughter please call a coach.

Practice Policy:

1. Missing practice or being late to practice (unless excused, determined only by a coach) will result in not only making up the practice but extra duties. All make-up practices need to be complete before the next competition.
2. Excused makeup practice is as follows:
 - a. 100 Bat Swings using various cage drills
 - b. 25 target throws
 - c. Ladder cycle
 - d. Fielding drills using bounce back net
 - e. 2-4 Zig Zags depending on what you missed during practice.
3. If you are going to miss practice for any reason you must contact one of the coaches before the practice is missed either by cell phone, email, or text.

Workout clothing/Jerseys

1. Workout clothing will be provided for each player. Any other clothing will not be allowed.
2. Gloves and ear warmers may be worn any day but ears must be covered if the temperature or wind chill is 40 or below.
3. Jewelry may be worn this year but must not be a safety issue. No large hoops, long necklaces, or rings should be worn.
4. Only current Rouse Softball players may wear softball issued clothing.
5. This year we have a \$200 player fee, the fee includes wearable items and equipment through the season. If you need help or a payment plan please reach out asap. Our Booster Club has discussed and option as well.

Equipment

1. Throwing equipment of any kind will not be tolerated.
2. Every athlete will be given equipment owned by the school district that must be taken care of. All equipment will be returned at the end of the year, any damages may cost you money.

UIL Parent Handbook - <https://www.uil texas.org/files/athletics/manuals/sportsmanship-manual.pdf>

1. PLEASE FOLLOW ALL RULES PLACED IN THE ROUSE HANDBOOK AND UIL HANDBOOK.
2. YOU ARE NOT ALLOWED IN THE DUGOUTS OR AROUND THE DUGOUTS.
3. DO NOT TALK TO YOUR DAUGHTER DURING PRACTICE, GAMES, OR WARM-UPS; PLEASE TALK TO ONE OF THE COACHES IF THERE IS AN EMERGENCY.
4. MAKE SURE YOUR TRIGGERING RESPONSES ARE POSITIVE TOWARD PLAYERS, COACHES, OR UMPIRES.
5. IF YOU HAVE QUESTIONS OR PROBLEMS PLEASE EMAIL ME OR SET UP A CONFERENCE. I AM AVAILABLE BEFORE SCHOOL, OR BY APPT. COACHES WILL NOT DISCUSS PROBLEMS AFTER A GAME OR PRACTICE.
6. DO NOT INTERRUPT PRACTICE UNLESS IT IS AN EMERGENCY.
7. ON AWAY GAMES YOUR DAUGHTERS MUST RIDE THE BUS TO AND FROM THE EVENTS AND PICKED UP AT THE TIME WE ARRIVE BACK TO SCHOOL.
8. **LET YOUR DAUGHTERS FAIL, WITHOUT BRINGING ATTENTION TO YOURSELF!**

PLAYING TIME

-TALK TO YOUR DAUGHTER FIRST

-SHE MUST...

-KNOW HER ASSIGNMENT

-HUSTLE AND EFFORT

-PHYSICAL AND MENTAL TOUGHNESS

-CONTRIBUTION TO THE TEAM

-TALENT

Game Policy

- Focus on the Controllables

- Be Patient

- Be Intentional

- Be Present

- Fail at Full Speed

- During Triggering Events

 - Remember AIM

Acknowledge, Interpret, Manage

LETTERING POLICY

A player will receive a letter each year after playing 8 varsity level games. If a player quits or is released they forfeit their letter. This does not include postseason.

Academics

-Varsity 80 or above

-JV 75 or above

-Required tutorials

HOLIDAYS/SPRING BREAK

-USE CALENDAR ON SPORTS YOU

-MISSING A PRACTICE ON A HOLIDAY IS NOT EXCUSED

-GAMES DURING SPRING BREAK ARE REQUIRED

Coaches Contact info

Head Coach: Brenda Samuels

Email: Brenda.samuels@leanderisd.org

Cell phone: 512-797-6583

Assistant Coach: Chante Jefferson

Email: Chante.jefferson@leanderisd.org

Assistant Coach: [Stacey Vontersch](#)

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Sports You



Projects for Workday

- Power wash-dugout and stands
- Spread dirt in pull pens
- Set turf in bullpens
- Finish Fence slats
- Paint dugouts and possibly pressbox
- Clean out Press box
- Hang new batting cage net
- Check all Nets, tighten if needed
- Fix wheels on wagon
- Pull out Tarp, reroll it tight, add crates underneath it
- Lights in Dugouts
- Add netting to Bullpens
- Clean out and reorganize storage