

Heritage Softball



*– where good girls slap,
steal, and get dirty.*

COACHES:

	Room #	Phone	Email
Diane Pallo- Head Coach	4-102	814-218-0646	pallo.diane@brevardschools.org
Nathan Burch – Varsity assist.	6-116	321-750-2204	Burch.nathan@brevardschools.org
Sarah Baire – JV Head Coach		937-554-1741	Sarah_baire@yahoo.com
Terrell Nelems – JV/Varsity			
Neil Boynton – Pitching/Catching			

<https://www.heritagehighsoftball.com>

MISSION STATEMENT - The goal of the Heritage High School Softball Program is to develop student athletes of character and integrity who will serve as positive members of the school and community. Our focus is on establishing a softball program with a tradition of academic and athletic excellence.

PHILOSOPHY - The Heritage High School Softball coaching staff is dedicated to maximizing our athletes' performance, as well as fostering both a positive team spirit, and good sportsmanship.

CORE VALUES:

Respect & Integrity- Always act with poise and class

Enthusiasm – Always play with passion and pride

Commitment – dedication to the sport, to our team, and to your academics

Hard Work – competing at the highest levels every day.

WE WILL STRIVE TO BE:

Focused & determined

Mentally & physically prepared

Mentally tough

Perfect in fundamentals

Relentless in our pursuit of greatness

ACADEMIC REQUIREMENTS - All athletes must have and retain a 2.0 GPA. Mandatory study halls will be held for all team members every Wednesday from 2:20 – 3:30. In addition to weekly study halls, Panther Prep Study assistance will be held in the library at school. Please listen to school announcements for dates and times.

As student athletes, we must lead by example. Discipline and tardiness issues during the school day do not reflect the core values of the Heritage Softball program, and therefore may have additional consequences.

REQUIRED EQUIPMENT - All athletes must provide their own glove, cleats and “Under Armor” undershirt. Balls and helmets are provided by the school. We do have bats, but they are older, so if you decide to purchase your own bat make sure it has the ASA seal, and are not on the banned bat list found at: http://usa.asasoftball.com/e/build_batlist_one_page.asp

One item that will not be provided is an “Under Armor” style undershirt. All athletes must purchase their own **black** long sleeved undershirt. Brand name is not important.

PRACTICES AND GAMES - Practices will be held every Monday – Friday that we do not have a game. Practices will end at 6:00pm, but release time will depend on the speed at which the girls clean up. Pitchers and catchers may be finished at 6:30. Practices are very important. All athletes are required to attend practice. If an athlete is going to miss practice it is her responsibility to inform the coaches that she will not be there. **Players will not start a game if they miss the practice before it.**

TRANSPORTATION - Students will be responsible for their own transportation to some away games. Transportation for away games 20 miles or more from HHS will be provided by the school. Students will be required to ride the bus to and from the school when a bus is provided. Parents will pick athletes up at the school.

ATTIRE AT PRACTICES AND GAMES -All athletes must come to practice dressed like a softball player, and supporting Heritage High School in their attire. Softball pants are required at practice. Appropriate t-shirts and socks are required. Tank tops, crop tops, and shirts representing other high schools are prohibited. Jewelry cannot be worn during games or practice for safety reasons.

All athletes will arrive at the games in uniform.

PLAYING TIME- Playing time is not guaranteed in high school athletics. All athletes will be given the opportunity to learn the game and earn playing time. Playing time is not an issue the coaches discuss with parents. If an athlete has a question about her playing time we will discuss it with her.

CONDUCT AT GAMES- Players, coaches and parents are expected to represent Heritage in a respectable fashion. **Parents and players are prohibited from addressing the officials. Please do not coach your daughter from the stands.** This is a distraction to the players, coaches and fans. Positive comments are encouraged.

CELL PHONES - Cell Phones are a distraction at practice and games. Cell Phones are prohibited from being out in the dugout. The excuse “I am calling or texting my mom” is not acceptable. If cell phones are visible they will be confiscated and returned at the end of practice and players will have consequences. Please put my number in your phone in case of emergencies. 814-218-0646.

FUNDRAISERS - We will be participating in fundraisers during the course of the season. All athletes are required to help raise money for the program. As fundraisers are scheduled a list will be sent home. Our concession stand can be a lucrative fundraiser. Parents are asked to donate one or some of the following: a case of soda (Pepsi products), a case of chips or candy, paper products. If you do not wish to shop for these items a ten dollar donation would be appreciated. All parents are required to work a session in the concession stand. Efforts will be made to make sure you do not miss your child's games.

PAY-TO-PLAY - All athletes are required to pay a fee to help pay for team supplies. Players will receive spirit wear, belts, socks, and a visor as part of their pay to play. The remaining funds will go towards supplies used for games and practices (balls, chalk to line the field etc.). If you sell 1 sponsorship banner or 2 website sponsorships you will receive credit toward your pay to play.

Pay to Play for 2018 is **\$125**, and is due on Friday, February 2, 2018.

Cash or checks payable to *Heritage High Softball*

LETTERING REQUIREMENTS- In order to qualify for a varsity letter, a player must fulfill the following requirements:

1. Display good sportsmanship, and citizenship at all times.
2. Meet school and state requirements for conduct and standards outlined in the Student Handbook and established by Brevard County Schools.
3. Finish the season at the varsity level.
4. Provide a positive impact to the success of the team,

CONTACT INFORMATION - If you have questions or concerns feel free to contact me, or the other coaches. (Contact info for each coach is on page 1). Email is usually best during the day, phone reception is not always reliable.

It is very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved on their team. Certain things can and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

***Please do not attempt to speak with coaches immediately after a game.
Always wait 24 hours.***

If you have a concern to discuss with a coach, please follow the procedure below:

1. Call to set up an appointment.
2. If the coach can't be reached, call the Athletic Director and he will set up the meeting for you.
3. Please **DO NOT** attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not usually promote resolution of the problem.

What can a parent do if the meeting with the coach does not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director.
2. At this meeting, the appropriate next step can be determined.

As A Lady Panther Softball Player:

1. I will be loyal to my teammates, to my coaches and to my program, supporting them at all times. I will tell the truth at all times.
2. I will be early to all practices and games, and ready to play with all gear and a positive and competitive attitude.
3. I will overcome the urge to complain, think negatively, ridicule, act selfishly, or to engage in any other behavior that disrupts team chemistry.
4. I will set goals, live by them, and develop a lifestyle that will produce success on the field – including healthy eating and sleep habits.
5. I will maintain my academic life on a solid foundation throughout my career, never creating problems for the team because I failed to take care of my academic responsibilities.
6. I will show frequent and genuine appreciation to those who work on our behalf (officials, scorekeepers, fans, maintenance and all school personnel etc.)
7. I will use good listening, verbalization and eye contact skills at all times.
8. I will work hard to positively communicate verbally and non-verbally with my coaches and teammates on the field and off. (positive non-verbal communication means eliminating eye rolling, mimicking behaviors, and other disrespectful actions)
9. I will be accountable for all team requirements (keep dug out, locker room and busses clean, take care of and never forget equipment, complete tasks on time, be dependable, be on time, return equipment & uniforms at the end of the season etc.)
10. I will eliminate the use of obscenities and inappropriate language during practice and games.
11. I will show good sportsmanship and honesty in all my actions both on and off the field.
12. I will accept the decisions of the coach regarding playing time and support my teammates when I am not in a game.
13. I will cheer on my teammates, I will not cheering an opponent's mistake.

PLAYING TIME & TEAM CAPTAINS

Playing time is a sensitive subject. I want to be clear about my expectation and how I make decisions.

1. You must attend practice, be early and ready to play with all gear and a positive attitude.
2. You must display strong interpersonal skills
 - a. Be positive
 - b. Give 110% at all times
 - c. Be an energy producer
 - d. Resolve conflicts
 - e. Be a giver, not a taker
3. You have to develop a strong skill base – throwing, catching, hitting, running bases, game strategies/plays, and mental toughness.
4. You must commit to the team guidelines.
5. You must display a competitive attitude during practice and in game.
6. You must display a commitment to practice, strength training, conditioning, nutrition and solid sleep and rest habits.
7. You will be evaluated on several “intangibles” such as your ability to inspire others, your ability to play well during critical moments in a game and your ability to communicate on the field.

CLARIFICATIONS

1. If you are not on the field during a game, you might decide that you have read my mind and know my reasons for playing-time decisions without hearing from me. Do not assume that you know. Many factors may be operation, such as limited substitution patterns, preferred matchups, or the quality of your practice performance leading up to the game. If you want clarification regarding your playing time status, select a time apart from practice or competition and talk to me calmly about my decisions.
2. I will attempt whenever possible to provide playing time for every athlete on the roster. These opportunities cannot be guaranteed, and my perception of when they should occur may not coincide with yours.
3. JV and Varsity teams will be decided using the same factors as playing time. Understand that you will be placed on the team that will allow you the most playing time. While some JV players may be on the varsity roster as substitutes, playing time is not guaranteed on the varsity level.
4. Understand that while we are trying to have fun, we are also trying to win. Playing time decisions will be made with both of these factors in mind.

Heritage Softball Student-Athlete Participation Agreement

I have read the Heritage Softball Expectations and Guidelines.

I understand that team unity and team chemistry are key variables for a positive and successful athletics experience. Commitment to team goals is essential which, at times, may take precedence over individual goals.

I understand that student-athletes are visible representatives of the institution both on campus and off-campus whose behaviors are often closely scrutinized by the media and general public. Student-athlete behavior affects public perception of institutional ethos, athletics department standards, and the character of the student body. Therefore, it is an expectation that student-athletes will demonstrate consistent role model behavior, sportsmanship and self-control.

As a student-athlete, I understand my responsibility to commit to the principles of self-discipline, collaborative effort and team building, and to be an ambassador for the institution.

Student -Athlete Name (Please print clearly):

Student-Athlete Signature: _____

Parent Signature: _____

Date: _____