



SOFTBALL CLASS SYLLABUS

2021-2022 SEASON

Coach Boles



WELCOME LADY WOLVES

Welcome to the new school year. Congratulations on your selection to participate in our pre-season softball program. You have been placed either in the 6th or 7th athletic softball periods and you will be competing with approximately 35+ softball student athletes for roster spots. Competition will take place every single day throughout the course of our pre-season program.

“Outplay, Outwork, Outlast!”
Good Luck!

Class Objective:

To enhance technical and tactical game knowledge as well as overall playing ability through a challenging and competitive high school level softball curriculum.

Class Goals:

Student-athlete participants will engage in a variety of softball training methods that are aimed to improve all five-areas of softball development:

1. Fundamental Skills
2. Game Knowledge
3. Athleticism (strength/speed)
4. Game Psychology
5. Nutrition

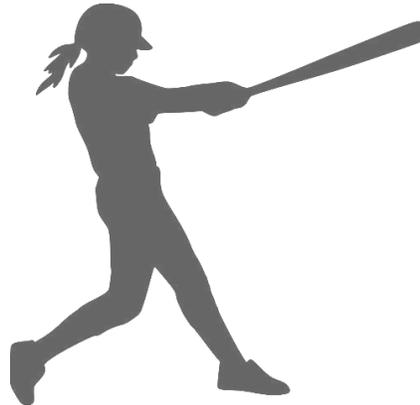
Coaches Expectations:

- Be prepared for indoor/outdoor activities
- Be prompt, be polite & be prepared.
- Don't interrupt/talk back to coaches.
- Keep your locker area clean.
- Treat teammates with respect
- Be in dress code in school & in athletics

Important Info:

Education is the main reason the athletes attend school. A student is not required to take part in athletics, nor is participation required for graduation; therefore, athletics is a **privilege**.

Consequently, when the high ideals and standards are violated, this privilege can be revoked.



Program Pride:

The lady wolves softball program is known for a competitive tradition on the field, solid performance in the classroom and outstanding behavior/conduct in school. Our softball student-athletes will be held to high standards and expectations on the field, off the field and in the classroom. Our program's policies and guidelines reflect such discipline. Character traits such as: work ethic; self-pride; team-pride; leadership; teamwork and dedication to excellence will be vital in your status and future in our program.

Program Standards:

- Come dressed appropriately according to team uniform standards.
- Energy and enthusiasm on the practice and game field.
- Positive body language & attitude AT ALL TIMES.
- Consistent work ethic & moral character on & off the field.
- Self-discipline and self-purpose on and off the field at all times.
- Be loyal and committed to the team and our team culture.
- Have pride for the Jersey you are wearing.
- Play for something greater than yourself: Play for the team and your teammates.

Activities Policy:

Softball student-athletes are expected to fully participate in all team activities throughout the school year that are scheduled to promote our softball program, raise money, provide service for our community, promote and recognize our own softball student-athletes (YOU), etc.

Conduct Policy:

Any conduct detrimental to the team and the Lady Wolves softball program will result in serious consequences. Student-athletes in the women's softball program will represent the program at the highest levels of respect and honor at all times.

Do right; do not do anything to embarrass the program, school, family; treat others the way you wish to be treated.

Locker Room/Field House:

Do not wear your softball cleats in the field house. Do not clean your softball cleats in the shower or sinks. Do not hit your softball cleats on any walls inside or outside the field house. Do not clean your softball cleats over any concrete area around the field house. Always pick up after yourself in the locker room/field house. **KEEP IT CLEAN!** No horseplay of any form at any time. Keep the voice level down. Secure and place all of your personal belongings in your locker at all times. Don't forget to close your lock. Coaches will not be responsible for any missing items. Do not bring any large amounts of cash with you or expensive jewelry in the locker room.

Deadlines Policy:

Student-athletes are expected to be prompt with all deadlines set by the head softball coach. Deadlines are not optional!



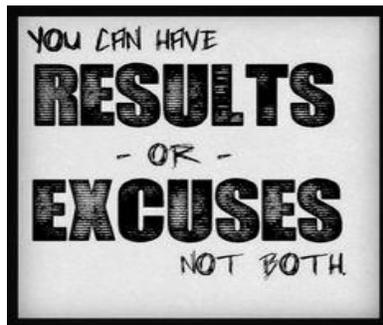
Supplies:

You **MUST** bring the following:

1. A lock for their locker
2. Their own water
3. **Blue AND Black softball practice t-shirt (\$12/each).**

Practice Policy:

-Hard work, focus and discipline are expected at all practices. The way you practice is the way you play; practice without improvement is a waste of time.
-Be on time (being on time is late; being early is on time).
-Wear the appropriate uniform (items and colors) and gear.
-**No profanity** will be tolerated at any time.



Missing School/Practice:

You must discuss with the coach the possibility of missing the period 24 hours in advance regardless of the reason.

Injuries:

Injured players are expected to dress out in our official practice uniform gear and follow their scheduled athletic treatment on a daily basis (unless, of course, the injury is too severe – the coach will let you know in advance).

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Grading Policy:

Written/Skills tests=	30%
Participation=	70%

All participants begin each week with 100 participation points. Points will be deducted from the participants 100 participation points for each of the following violations:

- (-50 pts) Fails to dress-out without the advanced approval of the head coach/doctor's note.
- (-25 pts) Participant fails to report on time.
- (-25 pts) Participant fails to report with proper uniform and/or softball equipment
- (-50 pts) Each day participant serves ISS/suspension.
- (-25 pts) Participant fails to give full physical and mental effort during the course of the workout (alternate workout will be provided for the athlete).
- (-50 pts) Participant is absent from school and the softball coaching staff were not notified in advance (before 8:00 am the day of).

Late work:

It will be accepted past the due date of the assignment for -10 points/day.

Extra credit:

If you any need extra credit work, come talk to me.

1. Bringing extra school supplies for the class.
2. Attending other Westside sports games.

Team Group Chat:

We will be using Remind.

6th: @coachewo

7th: @ whsvarsoft



Please virtually "sign & acknowledge" the syllabus by scanning & completing this form →

