



**Softball contact
information:**

Stacy Svihel – Head Varsity Softball Coach
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Team updates:

Heja App
Team Code: XZ-647416

February 19th - February 26th **Registration opens**

You will need to make sure that your physical is on file and up-to-date in the athletic/activities office and does NOT expire prior to June 10 or you will need to get a new one.

Please go to the Athletic/Activities website to register.

www.centurypanthers.org

March 4th & 5th

Baseline Concussion Testing for Pitchers/Catchers

I - March 4th @ Century Ath. Training Rm

4:00pm - **7th, 8th, & 9th graders**

- March 5th @ Century Ath. Training Rm

4:00pm - **10th, 11th, & 12th graders**

Please download the Sway Medical app on you phone prior to testing date.

Please fill out the demographic information via the link & code provided below.

Redcap survey Link:

<https://redcap2.mayo.edu/redcap/surveys/>

Code: 3HAADEL94

March 11th

First Day of Softball Practice – ALL LEVELS

TBD Time & Location

Practice schedule is listed on centurypanther.org softball website

Practice essentials

- Glove, pants to slide in, good indoor shoes, sweatshirt, water bottle

Practice T-shirt:

- During the first week of practice, a team practice t-shirt will be required for purchase (\$5). These are used for domeball, team scrimmages, practices, etc.



March 16th

Scrimmage @ RCTC Dome

- Jon Springer Invitational
- Varsity:
 - 8a vs. Cannon Falls / 9:15a vs. KW
- JV/B-squad
 - 3:30p vs. Spring Grove / 4:45p vs. PEM

TBD

Mandatory PAC Meeting w/ Athletic Director

- 6:00 pm Mandatory for ALL Athletes PAC MEETING – Auditorium (with Mr. Kuisle)
- 6:30PM - TEAMS WILL CONDUCT THEIR SPORT MEETING

March 23rd

Scrimmage @ TBD

- Jon Springer Invitational
- Varsity + invited players only
 - 1p vs. CFC / 2:15p vs. MC / 3:30p vs. Pine Island

HELLO PANTHER SOFTBALL!!

Softball season is just around the corner and Day 1 of practice will be here before you know it. Our coaching staff continues to prep ahead of the season, and we are excited to see what team 2024 can achieve.

Here is some important information and dates to review for athletes and parents/guardians:

1. Open Gym

- Optional pre-season open gym time is scheduled at CHS Gym
- Dates:
 - i. TBD
- Opportunity to meet teammates, throw, hit, work on softball skills ahead of season

2. Practice Schedule

- Our practice schedule is located on the www.centurypanther.org website under Softball at the top of the page. I do my best to update this as soon as we know our plans. While we are inside utilizing the gym, our typical practice time is from 3:45-5:45 at the CHS Gym. Once we are outside consistently our practice time will change.



3. Practice Apparel

- Athletes will be asked to wear Century apparel/colors throughout the season.
- No Club, Rec, league, other schools, etc. apparel should be worn for practice or games. Items can be turned inside out if needed.
- A team store will be available to purchase apparel at the beginning of the season.
- A team helmet will be provided for the season.

4. Team Communication

- For a few seasons now, we utilize an app called “Heja”
- Purpose: Communication - Strictly to relay information for levels / MESSAGE BOARD for coaches
 - i. Heja App – Team code XZ-647416
 - ii. Postponements/Reschedules/Cancellations
 - iii. Parents should go to www.Big9.org and choose Notify Me (under the calendar) to get game updates for changes/weather cancellations
 - iv. Coaches will relay changes for games and practices via Heja