

JAGUAR SOFTBALL TEAM POLICIES



#STAC'D

The following policies and procedures have been constructed for the Flower Mound High School Jaguar Softball Team. All student athletes (players, managers, and trainers) must adhere to these guidelines. Your appearance, attitude, and actions will represent, not only our program, but also FMHS, parents, and community. Therefore, all student athletes who accept a position on the team must follow these policies.

LISD FMHS SOFTBALL POLICIES AND PROCEDURES:

Our program focuses on the journey not the outcome. Therefore, we play by the rules and the spirit of the game, regardless of winning or losing. Consequently, we will abide by the rules that the district has set forth and play the game with respect and integrity.

- Coaches and student athletes will represent FMHS and contribute their best effort to the success of our softball program.
 - ❖ Coaches and Student athletes must adhere to the district's policies.
 - ❖ Coaches and players must sign the LISD [Extracurricular Code of Conduct](#) and consequences will be enforced.
 - ❖ Coaches and Student athletes must conduct themselves outside of school that reflects our program in a positive manner. This includes unacceptable behavior such as but not limited to: drinking, smoking, drugs and/or inappropriate behavior (See Consequences).

ACADEMIC AND CLASSROOM BEHAVIOR

Student athletes should strive for excellence and “just doing enough” should not be accepted. Poor grades could jeopardize your athletic eligibility and affect the team's performance. Classroom behavior is a reflection of our program and we have worked too hard to reach exemplary status. For this reason, a positive attitude and effort in the classroom is a must to secure a role in the program.

- All student athletes must strive for excellence in the classroom.
 - ❖ They must maintain a 70% or higher to participate in games including scrimmages. LISD policies will be enforced.
 - ❖ If student athletes must make up tests or attend tutoring, they must get prior approval from the coaches.
- All student athletes must maintain good classroom behavior.
 - ❖ Any misconduct in the classroom will result in **one or more** of the following:

TEAM CONSEQUENCES

- ✓ Player and coaches will meet to discuss the behavior before deciding what consequence will be put into action.
- ✓ Extra duties and/or participation in community service will be administered.
- ✓ Extra conditioning, for the individual or the team will be enforced depending on the situation.
- ✓ Full or partial game(s) and practice(s) suspension.
- ✓ Dismissal from the team.

ABSENCES

It is important to teach our athletes responsibility, and doing what's right. Showing up to practice, lifting/conditioning or softball activities even though the athlete is preoccupied or doesn't feel like it builds character and responsibility. Making excuses is the easiest thing to do, but forcing yourself to show up is the right thing to do.

Excused absences include a family emergency, doctor's visit with a note from the doctor, a personal illness with absence from school, school related activities, religious ceremonies, mission trips, etc. *Faith, Family, School*

Unexcused absences are detentions, school suspensions, vacations, unofficial college visits, illness with no notification, and an absent without prior approval.

Tardies are being late without prior approval, notification, or teacher's note.

- Student athletes must make it their responsibility to be on time and attend games, practices and team gatherings (meetings, lifting, community service and required team activities).
 - ❖ All excused absences must be accepted by phone call, text message or a conversation with a coach (**do not send a message with a friend or have parents call**) as soon as the absence is established by the student athlete.
 - ❖ Unexcused absences and tardiness to practice, games and gatherings will not be tolerated. If an athlete misses a practice or game for an unexcused absence, the athlete must sit out the amount of games = the amount of practices she missed.
 - ❖ Vacations and college visits are to be conducted prior to the season. Student athletes' roles may change upon returning and should not expect to resume their previous position immediately upon returning.

SPORTSMANSHIP AND TEAMWORK

Accepting decisions and respecting others despite adversity is an important trait that our program tries to teach our student athletes. Encouraging athletes to abide by the golden rule of treating others like you would like to be treated is an invaluable lesson for life.

- Student athletes are expected to treat teammates, opponents, officials and coaches with respect and good sports conduct.
 - ❖ Arguing with the officials, throwing equipment, and being disrespectful to teammates and the opponent will not be tolerated. Team consequences will be imposed.
 - ❖ Any conduct detrimental to the success of the team will result in suspensions and/or dismissal from the program.
 - ❖ Teamwork is essential and everyone is expected to work together to accomplish the task at hand.

- ❖ All coaches should be addressed “Coach ____ and umpires as “Mr. or Mrs. Umpire.” Addressing coaches by their last name or umpires as “blue” is unacceptable.
- ❖ Players who fail to exhibit sportsmanship will be required to meet with the coaches. Team consequences may result in poor sportsmanship.
- ❖ There is a strict “no dating” rule in the program. No players or managers are allowed to be in a relationship with each other while they are in the program.
- ❖ If a player chooses to quit the program, that player must turn in her uniforms and equipment in a timely matter and they are not allowed to remain in the class period.

COMMUNITY SERVICE AND FUNDRAISERS

Giving back to the community is part of our mission statement. Serving others is our motto. Being good citizens is contributing positively to our community. Therefore, as group, we must be involved in giving our time and energy for the betterment of our community.

- Student athletes and parents are highly encouraged to contribute positively to our program and the community.
 - ❖ Student athletes have the opportunity to participate in 15 hours of community service during the school year.
 - ❖ Student athletes and their parents are asked to participate in 2 fundraisers for our program during the school year.

PRACTICE AND GAMES

Reliability and self-discipline is an important characteristic of championship teams. In order to reinforce positive traits, the players must be diligent in their pursuit of excellence.

- Student athletes are responsible for coming to practices and games prepared, properly dressed and punctual.
 - ❖ Players are expected to wear softball attire in the fall and required practice shirts , pants/sweatpants during the season. During the season, only black, navy, white, gray bottoms are allowed. Athletes must wear white cleats.
 - ❖ During games and practices all shirts must be tucked into the player’s pants.
 - ❖ Players are required to wear shoes at all times while they are on school property. This includes to and from practice to their vehicles (LISD rule).
 - ❖ Players must wear turf shoes or tennis shoes while in uniform. No sandals, slippers, or boots may be worn while in uniform (LISD rule).
 - ❖ Players must show up 15 minutes before actual time and must utilize “softball time” which means leave the **“Drama – Behind.”**
 - ❖ Players must give maximum effort during practice and games.
 - ❖ Players are expected to be supportive and enthusiastic during practice and games.
 - ❖ Players are expected to “hustle” which means running on and off the field. Walking on and off the field is not permitted.
 - ❖ Cell phones must be on silent during practices, games and bus rides. Phone usage on the bus is only permitted for music; not for social media. If a player must use their cell phone for an emergency, it must be cleared with a coach prior to using it.

- ❖ Players may discuss playing time with coaches at a convenient time. After a game or at the start of practice is not considered a convenient time. Do not discuss playing time 24 hours prior or after the game.
- ❖ Failure to abide by these guidelines will result in team consequences.

➤ Student athletes are expected to travel to and from games with the team in the school vehicle.

- ❖ Student athletes will be allowed to ride with only their parents if they notify the coaches prior to the game due to a reasonable circumstance. Please do not ask if another student athlete can ride home with you.
- ❖ Seniors on behalf of the team may approach the coaches prior to or after a contest to request for players to leave with their parents. Request must be based on the fact that homework, studying and other pertinent reasons related to academic.

FAMILY INVOLVEMENT

Parents and siblings are seen as a figure of authority and role models. Their actions have an impact on their children. With this in mind, it is in the best interest of the children that parents act in an encouraging and positive manner. Let's be realistic, the players have enough pressure to perform at a high level and support from their family will go a long way.

➤ Family members are expected to demonstrate positive and encouraging behavior at all softball activities including games.

- ❖ Parents will read the softball policies and Extracurricular Code of Conduct with their child.
- ❖ Family members will not "heckle" or insult the opponents or officials.

➤ Family members will respect the professional abilities of the coaches.

- ❖ Family members will not criticize a coach or player in front of their children, other athletes, or other parents.
- ❖ Player's playing time will not be discussed with family members.
- ❖ A family member wishing to speak with a coach will make an appointment for a meeting held before school or during the coach's prep period. There is a "24 hour rule" that must be followed. Coaches will not have a conference the day of a competition or 24 hours after a game.
- ❖ Family members will adhere to LISD Chain of Commands
 - ✓ Athlete to coach
 - ✓ Parent to coach
 - ✓ Athlete and parent to coach
 - ✓ Athlete, parent and coach to Athletic Director
 - ✓ Athlete, parent, coach, and athletic director to principal

I have read the FMHS High School Softball Team Policies and LISD Code of Conduct. I understand the commitment I am making to be part of the Lady Jaguar softball program at FMHS. I will adhere to the program's policies and LISD Code of Conduct.

Student-Athlete printed name: _____

Student-Athlete signature: _____

Parent signature: _____

Date: _____