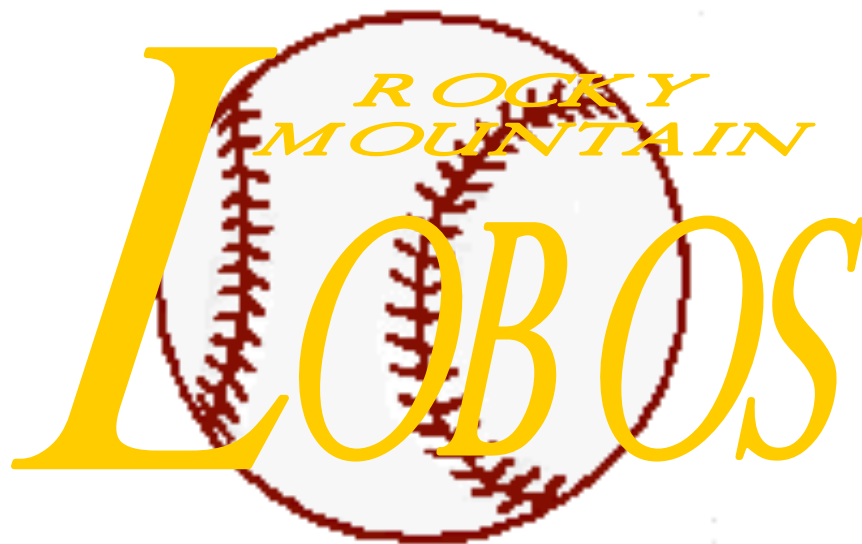


ROCKY SOFTBALL
PARENT/ PLAYER HANDBOOK





Sportsmanship- Our #1 Priority

The National Federation would like for your #1 priority during the current school year to demonstrate positive **SPORTSMANSHIP**. It does not happen accidentally. It takes a lot of hard work, advance planning, a great deal of courage and a dedication to stand tall when you are right. The policy statement below should be your guideline for high school athletics and activities:

“The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities or behaviors which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual’s influence on the behavior of others. Good sportsmanship is viewed by the National Federation as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.”

Rocky Mountain Softball Philosophy

In accordance with the school philosophy regarding athletics, the purpose of the softball program is to provide any student who is eligible, the opportunity to participate. The player selection process that we have just completed is always a difficult one, and players that have been selected are those that the coach's feel will best represent Rocky Mountain High School this season.

The following is a list of criteria that will be considered in the selection process:

1. The athlete will represent the school in a positive manner both on and off the field
2. The athlete has set high standards both academically and athletically.
3. The athlete demonstrates an ability to function as a team player and at the same time exhibits self-confidence in his individual play.
4. The athlete demonstrates both mental and physical abilities and talents to play the game of softball.
5. The athlete demonstrates the same wholesome competitive spirit in practices as in the games
6. The athlete exhibits a willingness to work hard and strives to improve each day.

The foundation of the Rocky Mountain Softball Team is based upon the attitude, dedication, and effort the players and coaches bring to the program. Our goal is to put a team on the field that plays with great desire and character because it is the character that players and fans will long remember.

The following is a description of the makeup for the three teams within the Rocky Mountain Softball Team:

Sophomore and C Level Programs

Approximately 12-18 players are selected for these teams, which was established to provide more freshman and sophomore athletes an opportunity to participate at the high school level of competition. Generally, games are scheduled with other teams of the same ability level. This gives those athletes an additional year of experience, which the coaches feel could give them the time to mature, both physically and mentally. Our goal is to be competitive and the emphasis is on learning the game, improving fundamentals, and gaining softball experience through practices and games. This program is a great opportunity to develop young players. We will see several C players who are ready to play at the JV level but at the same time get more playing time and opportunity to develop at the C level.

The Junior Varsity Program

Approximately 12-18 players, freshman, sophomores or juniors, are selected for this team. These athletes have exhibited a higher skill level than those playing at the C-team level. The coaches feel that these players have demonstrated a definite potential to play varsity in the future, but they still need to refine their skills and further their maturity physically and/or mentally.

With this team comes greater emphasis on competition. The coaches have higher expectations for these athletes to perform up to their capabilities and to begin to develop consistency. There is always opportunity to move up to the varsity level if the coaches feel that the individual can contribute to the varsity program. It may also be the case that a varsity player could be moved down to the junior varsity if that individual is not getting the playing time that was expected. The coaches expect a positive response from all the players in situations of this type.

The Varsity Program

There are usually 12-18 (18 can be on Tournament Lineup Card for post-season) players who make up this team. The primary emphasis at this level is competition. Those athletes selected—seniors, juniors, sophomores, or freshman—are expected to perform at the highest level within the program on a consistent basis. These athletes' possess the qualities that the coaches consider essential to produce a competitive team at the varsity level. Participation is based on each individual's ability, attitude, and contributions made to the **TEAM**.

Rocky Softball Policies

Player Conduct

Participation in athletics is a privilege provided by the school, in order to promote a positive learning experience in self-discipline, self-confidence and healthy competition.

By choice, student athletes are ambassadors of the school year-round. They are expected to make choices that represent their school in a manner that is becoming of a mature and responsible person. Any violation of these expectations could result in suspension from games or suspension from the team.

District Athletic Fee

Student/athletes who qualify for the free and/or reduced lunch program will have the fee waived. Families who may experience difficulty paying the fee should contact Coach Chung about possibly receiving assistance from the school district's athletic coordinator.

Players and families should be aware that paying the fee does not guarantee playing time. Please contact the coach Chung for information about refunds if a student is cut from the team or is injured.

The District Fee is \$205.00 per sport.

Other recommended Fees: **Training Room Fee- \$10- goes to supplies**

Parent Athletic Club - \$10- awards, letters, grants

Attendance Policy

Each athlete is expected to be at every practice and be on time, practice starts at 4:15 for all Levels. If you inform one of the coaches, then exceptions can be made. If a player is home ill, she should call her coach and leave a detailed message. A violation of this policy will result in some form of discipline, ranging from running, loss of playing time, to a suspension from the team.

Coach Kaleo Chung 970-218-6432, Amanda Benavides- 970-658-7805

Coach Megan Fling 303-994-2362

Uniforms and Equipment

Each player maybe issued equipment, jerseys or other special equipment. Each player is responsible for all items checked out to her for the entire season. The individual it was checked out to must pay for any item lost or stolen. The items are not to be worn for any other school activity except softball.

Proper Dress for Games

Each player, according to the rules of softball must be dressed alike. At Rocky Mountain, this means in the full uniform issued.

Proper Behavior at Games and on Bus Trips

The player will not be allowed to argue with the game officials. Decisions made by umpires are part of the game and the coaches will handle any questions. Players will demonstrate proper sportsmanship toward the opposing team and coaches always.

We expect you to act like athletes to and from games, as well as during games. Be on your best behavior when representing RMHS.

Letterman

Only varsity team players may earn a varsity letter. Players will be awarded a letter based on their contribution to the varsity program, both in practice and in the games. Attendance, attitude, effort, and production will be the determining factors for those who letter.

Participation awards, varsity letters, all-conference awards and other awards are presented to the athletes at the end of the season during a **team awards banquet**.



Rocky Softball

Parent Expectations

- Communicate with the coaching staff if there is any problem that the player cannot work out. **The communication chain should be first player to coach, then parent to coach.**
- **Understand that the Field, Dugouts and Locker Rooms are for the players and coach only.** Parents should not come into those areas unless it is necessary, such as an emergency.
- Game day and Practice time are times for the coaches to do the job that they have been hired for. Please respect that and not coach players during that time.
- Get involved as much as possible. This is **OUR PROGRAM** and there will be several opportunities to get involved in the program as a parent; I encourage you to take advantage of it. At least attend as many of the games and parent meetings that your schedule allows.
- Maintain high expectations of your student athlete but try to avoid extra pressure. Encourage your student athlete to be the best they can be.
- Understand that high school athletics is an extension of high school education. Your student athletes will be asked to make a serious commitment, as a parent, support that commitment to athletics as you would a commitment to the classroom.
- Encourage your student athlete to be responsible for the school's athletic equipment. This includes the care of it and returning it on time. Once the equipment is checked out to the student it is the financial responsibility of the student.
- Represent Rocky Mountain High School and Rocky Softball with class at all times.
- We will fundraise during the season.

“THE LOBO WAY”

Rocky Mountain High School Athletic Eligibility

In the block schedule, students must maintain enrollment in a minimum of three classes (15 credit hours) per term in order to be eligible to participate in interscholastic athletics. According to the guidelines of the Colorado High School Activities Association, athletes must pass at least five classes (25 credit hours) during the semester (Term 1 and Term 2 or Term 3 and Term 4) in order to retain eligibility. Those who do not pass 25 credit hours during the semester will become ineligible for the following nine weeks.

Rocky Mountain also checks athletic eligibility on a weekly basis. Athletes identified as failing more than one class (on a cumulative basis) at the weekly checkpoint will lose one week of eligibility beginning on the following Monday. **Eligibility cannot be regained during that week of ineligibility. A coach may also choose to have higher standards but must at a minimum maintain the above policy.**

Students/athletes also may make up failed courses, and thus regain their athletic eligibility, by attending summer school. Any previously failed high school class may be made up regardless of which term the failure occurred. However, student/athletes need to be aware that the summer school curriculum is limited and may not necessarily include the courses that they may need to take. The best advice is to pass the classes initially.

We want our athletes to be successful students as well as accomplished athletes. Research studies around the country continue to indicate that students who participate in athletics earn higher grades than non-participants and athletes perform better academically during their seasons than during their offseasons. Based on this data alone, parents should continue to hold high academic expectations for their student/athletes throughout the school year.

Training Regulations

These standards will apply to all students who participate in any Poudre School District athletic program. In addition to these regulations, all students will be held accountable to district policies and consequences regarding drug/alcohol/tobacco use.

Rules

Regardless of the quantity, a student shall not: (1) use or possess a beverage containing alcohol; (2) use or possess tobacco; (3) use or possess steroids; (4) use or consume, have in possession, buy, sell, or give away any other controlled or harmful substance, as determined by the athletic director.

- a. These standards are in effect during the school year, school scheduled breaks, and in the summer when involved in a school-sponsored activity
- b. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own medical use by his/her doctor.
- c. In order for the consequences to be administered when a violation occurs, it must be reported within ten days to a school official. If it occurs at school or during a school activity, the student will not be allowed to remain at school or the activity.
- d. If a student denies violation of a rule, is allowed to participate, and then is subsequently found guilty of that violation, the student moves to the next level of violation.

Consequences of Non-compliance (Grades 9-12)

Students will be subjected to Poudre School District policies and consequences regarding the use of alcohol, drugs, and tobacco in addition to Extracurricular Training Regulations

First violation:

30% suspension from the regular season of participation or subsequent season if unable to complete. Post-season play will count toward the total suspension. Must remain in practices and good standing to count. First violation consequences as outlined in the Poudre School District Student Rights & Code of Conduct for drugs/alcohol/tobacco usage will be initiated at this time.

Second violation:

50% suspension from the regular season of participation or subsequent season if unable to complete. Post-season play will count toward the total suspension. Must remain in practices and good standing to count. Second violation consequences as outlined in the Poudre School District Student Rights & Code of Conduct for drug/alcohol/tobacco usage will be initiated at this time.

Third violation:

Participant will lose the right to participate in all athletics of his/her high school career. Third violation consequences as outlined in the Poudre School District Student Rights & Code of Conduct for drug/alcohol/tobacco usage will be initiated at this time. Any appeal to this consequence should follow the appeal process as specified in the Student Rights & Code of Conduct.

Sport	30%	50%
Boys/Girls Cross Country	3	6
Girls Field Hockey	5	8
Football	3	5
Boys Golf	3	6
Gymnastics	3	6
Boys Soccer	5	8
Girls Softball	6	10
Boys Tennis	4	6
Volleyball	7	12
Boys Basketball	7	12
Girls Basketball	7	12
Girls Swimming	3	6
Wrestling	9 match points	15 match points
Baseball	6	10
Girls Golf	3	6
Boys Lacrosse	5	8
Girls Soccer	5	8
Boys Swimming	3	6
Girls Tennis	4	6
Boys/Girls Track & Field	3	6