



13/14U Slammers – Coach Klody Team Profile

Team Philosophy and Vision

The 13/14U Lisle Slammers is a full-time travel team whose focus is on helping our girls grow into stronger athletes, both mentally and physically, on and off the field, as softball is just as much a mental sport as it is physical. Softball players are noted in research to be strong leaders later in life and at the same time possess an exceptional teamwork mindset that will help in all facets of their life as an adult; we will strive to foster this growth of being a strong leader and also being a good teammate. Teaching the girls both the fundamentals of the game as well as honing their technical skills, while instilling a strong work ethic and positive attitude, will be our focus. Allowing the girls room to make mistakes, yet learn from them is important for growth. Teaching resilience under pressure is another integral life skill that they will take with them after playing on our team. And lastly, but probably most important, we will strive to have fun as a team, grow friendships, and strengthen their love of softball.

Parent and Player Responsibilities

Playing different sports and having other hobbies is excellent for our girls' mental and physical development while preventing burnout, injury, and "over-specialization" in one sport at a young age. This is why the frequency of play when not in the primary season will be adjusted to meet the needs of the team and players. However, it is expected that players attend all practices and games and that they arrive on time for all practices and warm-ups prior to our games. The expectation is also that softball is your daughter's main sport in the primary spring/summer season. Good sportsmanship, both in victory and defeat, from both players and parents will be modeled and expected. In addition to collaborative goal planning sessions in the fall and spring, coaches will be communicating to both players and parents areas of strength and areas of improvement to further each player's growth. It is expected that parents/family play softball with their girls outside of team play, whether it be a fun night at the cages or just playing catch in the backyard. As a parent and player, it is your responsibility to work on skills and mechanics taught during team work to build upon your current level of play and help you improve and reach your goals. This may include working with a hitting, fielding, or specialty (pitching/catching) instructor outside of team work on your own. Parents/families are required to help run our Slammer-hosted Summer Slam Tournament and Round Robins, which are used to help keep player fees lower than most, as well as assist with other team items such as GC scorekeeping & playing walkout music. We will be using the GameChanger Team Manager app for team communication, which is where all team information/news will be posted. You will be able to communicate to the whole team or individually to the coach through this app.

About the Head Coach- Christine Klody

- ❖ Doctor of Physical Therapy, specializing in Sports Med & Ortho/Practice Founder
- ❖ Specialties include Sports Rehab & Performance, Injury Prevention, Pediatrics
- ❖ Experienced Head Coach – Lisle Slammers Travel softball and Downers Grove DOLLS fastpitch softball league; ~ 10 yrs coaching softball; 20+ years working with youth, HS, collegiate, and professional athletes
- ❖ Experienced softball player x 14 yrs, including travel & HS; 12U All Star Team 2nd in World Series & HS team in/won state consistently; 3-sport athlete; Collegiate tennis
- ❖ OBU Certified in 2-D video & 3-D motion analysis hitting and throwing, having trained with MLB coaches and clinicians; Softball performance is specialty niche
- ❖ Super excited to meet your girls and help develop the leaders of tomorrow ☺

Fall Season (End August through late October)

- End of August- Mandatory Player/Parent Team Meeting
- Practice 1x/week (weekday or weekend on Lisle fields); Pitcher/Catcher session before or after each team practice
- Multiple local “Friendly” games
- 1-3 local Round Robin (3 games in one day) on weekend days

******OFF NOVEMBER AND DECEMBER (Happy Holidays!)******

Winter/Early Spring (mid-January to late March)

- 1x/week (weekend or weekday) indoor practice
- Additional batting practice/cage time for hit/bunt/slap focus
- Pitcher/Catcher session prior to or after each indoor practice

Late Spring/Summer (Primary Season- April through early July)

- 2x/week practice and local “Friendly” games (weekday evenings and/or weekends depending on if RR or tourney that weekend)
- ~ 2-3 local Round Robins in Spring on weekends
- May- July: ~6-7 Weekend Tournaments/Round Robins; all in local area (typically < 30-60 min drive) except 1 fun out of state tournament (i.e., in past- Nashville, Michigan)

***** **Tryouts for 2024-2025 in July** *****

Fees:

\$1,200 (Collected in 2 *non-refundable* installments; 1st due July 26th; 2nd due January 1st)

<i>*Note-</i>	<i>*Includes:</i>	<i>2 Sets of uniforms (jerseys, pants, socks, belts)</i>
<i>Each player will need own</i>		<i>Helmet w/ #</i>
<i>Personal equipment including:</i>		<i>Bat Bag w/ embroidered #/name/team logo</i>
<i>Glove, Bat, Cleats, Face Mask,</i>		<i>Tournament Fees</i>
<i>(Catcher's Equipment if catcher)</i>		<i>Umpire and Field Fees</i>
		<i>Indoor Facility and Cage Rental Fees</i>
		<i>Team Equipment</i>

Contact Information:

Please use cell for calls, but GameChanger for messages (no emails please)

Head Coach- Christine Klody (312) 286-7147