

Eaton High
School Softball
Parent/Player
Handbook

Eaton Softball Philosophy

Athletics are an integral and desirable part of the total educational process for those that choose to participate. The process of athletics is an important factor, not just the end result of winning and losing. Success is committing yourself to be the best you can while developing character. Athletics help develop a competitive attitude toward successful achievement that will carry on throughout life. Participation in Eaton High School Softball is optional; however, those who choose to participate must be able to comply with stringent expectations involving behavior, discipline, hard work, and academic achievement. Remember participation is a privilege to be earned, not a right to be taken.

Goals

Eaton High School Softball has two long term goals:

- (1) To be a contender for the State title.
- (2) To help team members develop life skills necessary for success.

Short term goals include, but are not limited to:

- (1) Self-Discipline through team sacrifice
- (2) Measurable acts of leadership
- (3) Sportsmanship.

EATON SOFTBALL - Core Values

Core values are commonly held beliefs that define an organization; Eaton Softball wants to foster an environment where players develop particular values in their time on the playing field and classrooms of Eaton High. These values are intended to follow each individual beyond their playing days.

1. **TOUGH.** We don't whine. This tough individual can handle any situation and never complains about anything on or off the field.



TOUGH – from Nordic wheel cross signifying thunder, power, and energy.

2. **DISCIPLINED.** The truly extraordinary do something every day. This individual has remarkable self-discipline, does the summer workout sheets from beginning to end without omission or substitution, and every day has a plan to do something to get better.



DISCIPLINED – from “careful” cycle on washing machine.

3. **FOCUSED.** The years spent playing softball and in school should be valuable and deep. The player is here for the “right reason” - to get an education. She leads her life here with the proper balance and an orientation towards her intellectual growth, and against the highest public standards and most noble universal ideals, she makes good choices to best represent herself, her team, and her school.



FOCUSED– from camera focus button.

4. **RELENTLESS.** We work hard. This individual embodies the “indefatigable human spirit” and never stops pushing herself. She is absolutely relentless. The difference between one person and another, between the weak and the powerful, the great and the insignificant, is energy – invisible determination.



RELENTLESS – from the symbol for Saturn: god of “relentless natural forces”

5. **RESILIENT.** We don't freak out over ridiculous issues or live in fragile states of emotional catharsis or create crises where none should exist. The best example is the even-keeled stoic that is forever unflappable and resilient. The worst example is the "over-bred dog," that high maintenance, overly sensitive "flower" that becomes unstable or volatile over nothing significant.



RESILIENT – nautical buoy symbol which rises and falls with the water, always staying upright.

6. **POSITIVE.** We choose to be positive. Nothing can depress or upset this powerful and positive life force – no mood swings, not even negative circumstances can affect this "rock".



7. **CLASSY.** We treat everyone with respect. This is that classy angel that goes out of her way to never separate herself from anyone or make anyone feel beneath her.



CLASSY – British hobo symbol for "here live generous people"

8. **CARING.** We care about each other as teammates and as human beings. This is that non-judgmental, caring and inclusive friend that never says a negative thing about anyone and embraces everyone because of their humanity, with no elitist separation by academic class, social class, race, religious preference, or sexual orientation.



9. **NOBLE.** When we don't play as much as we would like we are noble and still support the team and its mission. This remarkably noble, self-sacrificing, generous human being always places the team before herself.



NOBLE – Hittite sign for king

10. SELFLESS. We play for each other. This is the kind of player that works herself to death covering for all of her teammates in the toughest games. Her effort and care (her verbal encouragement) make her a pleasure to play with and her selflessness on and off the field helps everyone around her.



SELFLESS – from combination of ancient symbols for “not” and “relating to self”

11. GALVANIZING. We are well led. This is the verbal leader on the field that is less concerned about her popularity and more concerned about holding everyone to their highest standards and driving her teammates to their potential. This galvanizing person competes all the time and demands that everyone else do as well!



GALVANIZING – international symbol for pushbutton or switch

12. GRATEFUL. We want our lives (and not just in softball) to be never ending ascensions but for that to happen properly our fundamental attitude about life and our appreciation for it is critical. This is that humble, gracious high-achiever that is grateful for everything that she has been given in life, and has a contagious generosity and optimism that lights up a room just by walking into it.



GRATEFUL – Gordian knot indicating person is “bound” by debt of thanks

Practice and Game Attendance

- 1) Players are expected to attend every practice and game.
- 2) If the athlete cannot fulfill the practice and game schedule, she should not participate in Eaton High School Softball.
- 3) Any player, who is going to be late or miss a practice, must notify her coach before practice starts. If a player must miss a game, she must notify her coach at least two weeks in advance. (Exception being a family emergency) Do not rely on a teammate to inform the coach of your absence.
- 4) If an absence is considered to be unexcused, the player will have a conference with the coaches, have additional conditioning and will not participate in the teams' next game. (Lesson to be learned is to communicate with your coaches)
- 5) J.V. players will watch the varsity game until it's time to start warm-ups. Varsity players will watch the J.V. game.
- 6) Players will not use cell phones during practice or games unless it is an emergency and has been cleared with by a coach.

Policies and Procedures

Injuries: When an athlete is injured and emergency treatment is not required, the athlete will be referred to the high school athletic trainer. If the injury is serious the trainer will require you to see your family physician. Written clearance from the physician will be needed before participation is resumed.

Travel: All players will travel with team to and from games. If for any reason the player will not travel back, the parent must sign a parental release form.

Grades and Training rules: All training rules and academic eligibility set up by Eaton High School and Colorado High School Activities Association will be enforced and must be adhered to completely.

Player Expectations

- 1) Follow attendance policies.
- 2) Strive to reach maximum potential as an athlete.
- 3) Believe that the team is more important than the individual
- 4) Conduct yourself in a way which reflects positively on the Eaton Softball Program.
- 5) Treat others with respect.
- 6) Be coachable and follow directions.
- 7) Do nothing that will bring attention to you over the team.

Parent Communication

- 1) Coaches and Parents will maintain a professional relationship.
- 2) Parents will not communicate with their daughter during competition (unless the player has cleared it with a coach).
- 3) The coaching staff will not accept calls or any type of communication from any parent immediately after competition.
- 4) Parents are invited to schedule a conference, provided that their daughter has already met with her coaches and the issue was not resolved. Playing time and game strategy will not be discussed.
- 5) During conferences no other player or parent will be discussed.

Lettering Guidelines

Must play in half of all regular season games on varsity and complete the season in good standing. – OR- Play in a district or regional game. –OR- Be on the state playoff roster.

Team Selection

The Eaton Softball coaching staff will place the players to the team they feel is best for the player. Player evaluation is an ongoing process throughout the season. Players may be moved up or down during the season according to the coaching staff evaluation of the player during practices and game play. Practices or games missed affect the evaluation process.

The coaching staff looks for attributes including, but not limited to: athleticism, arm strength, speed (running ability), knowledge of the sport, attitude, and work ethic.

Commandments for Softball Parents

- 1) Be positive: Let your daughter know she is accomplishing something by simply being a part of the team.
- 2) Be an enthusiastic fan: Please represent Eaton High School in a positive manner.
- 3) Support the coaches: The coaches represent the authority directing the team. When parents support the coaches, the players will follow suit.
- 4) Emphasize academics: Insist that your daughter does her best in the classroom.
- 5) Assure your daughter that her role is important: All players are important. By working her hardest, your daughter will improve the team as a whole regardless of the amount of playing time.
- 6) Encourage your daughter to follow all team and school policies: We as coaches expect more from our athletes than the average student. The more sacrifice one makes for the team, the more the team will mean to her.
- 7) Parents must be team player also: Parent jealousy can and will devastate a team. Support all players as you do your own daughter.
- 8) Expect your daughter to take responsibility for her actions: Give her all the credit for her accomplishments and encourage her to excel, but help her learn from mistakes rather than make excuses when she experiences failure.
- 9) Strive to understand the team concept: You as a parent are a vital part of our team. When we all are believing in each other and support each other, all things are possible.
- 10) Offer time and support to the team: Support the team concession stand or help with field work. When you get involved, it shows your daughter that you care and also support her.

Eaton High School Softball Coaches

Head Coach: Dale Hughes (970) 371-1037

J.V. Coach: Chad Shaw (970) 371-2792

cdshaw@eaton.k12.co.us

Asst. Coach: Lacey Hoffman (970) 301-3872

Asst. Coach: Danielle Lawhead (970) 203-5465

Eaton Softball Twitter: @EatonRedsSBall

Athletic Director: Steve Longwell (970) 454-3374

Eaton High School: (970) 454-3402

Parent and Player Agreement Form

I have read and understand the Parent/Player Handbook.

Player Signature

Date

Parent or Guardian Signature

Date

Parent or Guardian Signature

Date

Please return form signed, to the coaches along with your yellow card on the first day of practice.