

CARY-GROVE Softball

2019

Sectional Championships

2010-“Elite 8”

Regional Championships

1981, 1990, 1991, 1992, 2007, 2010, 2011

Fox Valley Conference Championships

1978, 1981, 1984, 1989, 2000, 2006, 2010, 2011, 2012

PHILOSOPHY: Fastpitch softball is a sport that will challenge any young athlete both mentally and physically depending where she puts her heart. **Sportsmanship, leadership, loyalty** and **aggressiveness** will be emphasized all season long.

Fresh/Soph: our goal is to learn the basic fundamentals of fielding, throwing, batting and strategy. All girls that make the team and follow the basic guidelines will get a chance to play. Participation and learning will be emphasized.

Junior Varsity: the JV team can be composed of senior, junior, sophomore and freshman players. At this level we will be emphasizing the mastery of basic fundamentals and a higher level of strategy. Competition and winning will become more important. The athletes with the most ability, willingness to work and ability to contribute to the team on any given day, will be getting the **most** playing time.

Varsity: the varsity team will be composed of seniors, juniors, sophomore and freshman. The teams will be selected based on needs for various positions, commitment, ability, and attitude. Players may be moved from one team to another throughout the season based on team needs. (i.e. Injuries, ability, dependability, conflict of schedule.) Changes in team rosters may occur for one specific event or a portion of the season. These decisions are at the discretion of the coaches. The individuals with the most ability, willingness to work, and ability to contribute to the team on any given day, will get **the most** playing time. If an under level player is not receiving playing time on the Varsity team she may be asked to play with an under level team. Our goal is to increase our knowledge about the game of softball fundamentals, strategies, hard work, sportsmanship, and winning while enjoying the game and building friendships.

WE ARE A TEAM

We will not sacrifice the team for any individual, as well as never sacrifice an individual for the team.

1. MAKE SOFTBALL A COMMITMENT

a. LIFT 2 TIMES A WEEK MINIMUM

All players must **CARE**. All players must CARE: We want everybody in our program to CARE. Our program is determined to develop good people as well as good softball players. Listed below is what we mean to really **CARE**.

Consistent: Practice, attendance, on time, ready to play everyday, classroom work completed, making and keeping commitments.

Attitude: Have the will to win, be coached, team first, want to improve, recognize that input determines output.

Respect: for yourself, team, coaches, opponents, the program training rules, the school system, parents and family.

Enthusiasm: for the opportunity your parents have provided. Softball provides the opportunity to challenge yourself, teammates, and the opponents. Enthusiasm is just being positive.

Attendance to practice and games is **EXPECTED!**

2. COMMUNICATE

PLAYERS ARE TO COMMUNICATE WITH HER COACH! We do not know everything that goes on with you. If you have a problem with our program, see us. We are the ones who can help. If you have a problem outside the program we will be willing to help if possible. **With any problem, see your coach first, if he/she can't resolve it then see the head coach.**

Parents who believe there is a problem: Set up a meeting with the level coach. Then the girl, parents, level coach (if applicable), and the head coach will have a meeting to help solve the problem. Note: We are glad to talk out problems with parents but we do believe each player should make the first attempt to resolve problems by talking to her coaches.

3. WORK WITH YOUR TEAMMATES

4. OBEY TRAINING RULES

YOU CANNOT TURN YOUR WINNING ATTITUDE ON WHEN YOU THINK YOU "NEED IT." YOU MUST WORK ON IT EVERY DAY, EVERY PRACTICE, EVERY GAME- WIN OR LOSE. FOCUS ON PLAYING TO WIN, NOT PLAYING TO LOSE, FOR THERE IS A SEASON OF DIFFERENCE BETWEEN THE TWO.

Unexcused absence, which includes: vacations, working, other athletic events, that are **NOT** told to before or during try-outs, music lessons, dates, concerts, camping trips, nail appointment, and detentions...

1. Penalty: Will not play or dress for the next game and 2 sets of 5 and 25.
2. Two unexcused absences may result in being dismissed from the team.

Excused absences: Refer to School handbook.

1. EXPECTATION: 2 sets of 5 and 25 ,before you are eligible to play.

Call or e-mail your respective coach before 6th period. Coach Markelonis (F/S), Coach Niggemon (JV), Coach T. Olson (Varsity) tolson@d155.org,. If an athlete is **sick on a non-school day please contact the coach directly by text.**

BUS PROCEDURES: YOU must have a note from your parent, signed by an administrator, if you will not be riding the bus to and from the game. You will find the form on the CG Athletic Web site.

EQUIPMENT NEEDED:

Equipment issued is to be returned at the end of the season or when the girl can no longer participate in practice. Each piece of equipment not returned must be paid for at the rate at which it costs to replace it.

PERSONAL EQUIPMENT:

GLOVE
BAT
CG HELMET
BLACK CLEATS
WARM SWEAT CLOTHES
GYM SHOES
NAVY GAME SOCKS (OR TEAM SOCKS)
SLIDING PADS (optional)

UNIFORMS:

VARSAITY, JV & FRESHMAN - WILL BE ABLE TO PURCHASE A HELMET FROM THE SOFTBALL PROGRAM. IT IS RECOMMENDED ALL PLAYERS SHOULD HAVE SLIDING SHORTS TO WEAR UNDER THEIR GAME AND PRACTICE PANTS.

GAME PANTS, JERSEYS, AND BAT BAG WILL BE PROVIDED.

SPIRIT WEAR: SWEATSHIRTS, JACKETS, ARE ALL OPTIONAL PURCHASES.

TRY-OUTS:

THE ATHLETES WHO WILL HELP THE TEAM MOST WILL BE SELECTED BASED ON SKILLS, ATTITUDE, AND GAME SENSE.

Spring Break Policy

Spring Break falls in the beginning of our season and is a very important time of year for us to play/practice before our conference season begins. I also know it is a time many families like to go on vacation. We have team functions that bring the girls together during this time, missing during spring break is hard for us as a team.

The athletes count on each other throughout the season and get to know each other well during this time. If an athlete misses over spring break it will NOT be considered an unexcused absence unless the athlete fails to inform their coach that they will be missing. However, the athlete that misses during this time will have to be with the team for as many days as she missed regardless if it is a game or practice before she will be eligible to play in a game.

For example: The athlete misses 2 days (a practice and a game) she will have to be with the team 2 days before she can play in a game regardless if those two days are practices or games. IT IS OUR WISH TO HAVE ALL OF OUR PLAYERS DURING THE ENTIRE SEASON.

Discipline

30 pushups

1. Not taking proper care of all equipment (uniform, helmets, bases, bats etc.)
2. Wearing spikes in the school or on the bus.
3. Tardy in excess of 5 minutes without prior arrangements with the coach.
4. Insubordination (failure to follow instructions)
5. Showing disrespect to coach or managers.

GAME SUSPENSION

1. Unexcused absence (refer to student handbook)
2. Unsportsmanlike conduct
3. Refer to spring break policy

Possible dismissal from the team,

1. Two or more unexcused absences
2. Gross insubordination
3. Stealing

In matters of principle, stand like a rock, in matters of taste, swim with the current. Give up money, give up fame, give up science, and give the earth itself and all it contains, rather than do an immoral act. And never suppose, that in any possible situation, or under any circumstances, it is best for you to do a dishonorable thing, though it can never be known but to appear to you.

Whenever you are to do a thing, though it can never be known but to yourself, ***ask yourself how you would act were all the world looking at you, and act accordingly.***

-Thomas Jefferson

Dear Softball Parents,

Thank you for allowing your daughter to be a part of our Softball program. The Coaching Staff is very enthusiastic about the sport and we look forward to sharing this experience with your daughter. We want to help make this season as rewarding for her as possible.

Coaching Staff

Head Coach: Tammy Olson (33nd year coaching at CG, 25th year as the Varsity Coach).

TAMMY OLSON, is a Graduate of CARY-GROVE High School where she lettered in Volleyball, Basketball and Softball. Tammy is a graduated from Northern Ill. Univ., there she was a 4-year letter winner in Softball and Sportswomen of the Year in softball. She is currently teaching Physical Education. Coach Olson has also enjoyed coaching freshman volleyball and Travel softball in the past and is currently the assistant Girls Tennis Coach.

Awards & Honors

2007,2010, 2011 Illinois Coaches Association Sectional Coach of the Year
2010 Northwest Herald Coach of the Year.

Fox Valley Conference Championships

2000, 2006, 2010, 2011,2012

Regional Championships

2007, 2010, 2011

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Assistant Varsity Coach: MARK OLSON, started coaching at CARY-GROVE in 1993-94 at the JV level. After one season he became the Assistant Varsity Baseball Coach. Mark returned to softball to be the Varsity Assistant, where he has been up till the present. Mark is the Head Varsity Boys Soccer and Freshman Girls' basketball coach as well. You will find him during the day teaching Spanish or PE. Mark has also spent several years coaching travel softball. While attending Trinity University, Mark lettered in Baseball four years: Soccer, three years: and Basketball, two years. Mark was born and raised in Venezuela, South America; where he lived for 18 years. This is where he developed his interest in sports.

JV Coach: KAITI NOVAK (NIGGEMANN), is a graduate of Wauconda High School where she played at the Varsity level for 3 years. After playing for 8 years on Northern Ice, she played for multiple other travel organizations. She was part of the softball program at Judson University for 5 years, both as an athlete and coach. Beginning to coach before she was 16, Kaiti has over 12 years of experience at all ages and levels of competition. When she is not on the CG diamond, you will find her teaching at CJH .

Fresh/Soph Coach: Sara Markelonis, is a graduate of Cary-Grove High School, Class of 2012 where she lettered 4-years in Softball. She got her bachelor's degree (BA. Science in Sports Management) at the University of Wisconsin - Parkside. She played softball at Parkside which is a NCAA Division 2 school in Kenosha, Wisconsin. Sara will be attending Northern Illinois University to get her Masters of Science in Special Education with an LBS1 certificate so she can pursue her dream job as a Special Ed. teacher. This will be her second season coaching Fresh/Soph softball at Cary-Grove, she also dedicates her time working with CG athletics during the school year. During the day, she works at CG as a Special Education Paraprofessional Teacher's Aide and helps students with class work throughout the day. Coach Markelonis has worked at an athlete based training center where she helped train student athletes to become stronger, to increase times (based on specific sport) and much more.

The CARY-GROVE Softball Program's philosophy is to aid our athletes in accomplishing whatever goals they set for themselves and their Team.

Competition in the Fox Valley is growing more intense every year. We feel a softball player needs to be involved in **athletics** year round in order to raise herself to this level of physical fitness and mental toughness. We recommend that players go out for CG sports during the off-season. We feel a player needs the discipline of being involved in some sport year round, plus all the competitive experiences she can get. For those that choose not to play in a winter sport, we do offer conditioning after school to help our athletes to be fit for an unpredictable outdoor season. The more an athlete competes, the better she gets at competing. The better shape our athletes are in, the less chance for injury and the better success our teams will have.

During the summer, fall and the winter season, there are plenty of camps for softball players to participate in. Although we like to see our softball players get involved in these camps, we would also like them to participate in a CG sport, especially the freshman. During the entire year we would like to see our athletes lifting weights and doing speed and agilities, to help them to be stronger, faster and also to help prevent injuries.

Any type of training or competition in the summer is very helpful. There are many teams and camps in the area that a player could participate with. Most of the Junior Colleges and Universities offer camps in the fall and winter. Private lessons are available in near by small businesses. Tryouts and registration for Travel teams are typically in August and some teams are looking for girls later in the school year.

How Can I Help

*Because of the nature of the game, many times a girl may only get one or two chances to make a play in the game, sometimes they are not successful and this is difficult to take, the players can use all the support they can get from their parents. At these times, understanding and encouragement can be very helpful.

*High School Softball is a great spectator sport, although often times very cold for us in the spring. It means a lot to your daughter for you to come out and support her. It means a lot to the entire team to have several supportive parents, family and friends cheering on their efforts.

*We have a extremely helpful parents organization that runs an annual fundraiser if you would like to be a part of the organization of this fundraiser please contact:

*We are also looking for volunteers to help work on the softball fields. If you as a parent notice anything that would help improve our fields please e-mail or contact one of the coaches.

