

PIEDRA VISTA HIGH SCHOOL



PANTHER SOFTBALL

STATE CHAMPIONS

2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014

DISTRICT CHAMPIONS

2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2017, 2021

DISTRICT RUNNER UP

2006, 2015, 2016, 2019, 2022

www.piedravista-softball.com

PIEDRA VISTA PANTHER SOFTBALL PLAYERS & PARENTS HANDBOOK

Introduction

The primary purpose of this handbook is to acquaint you with the expectations and policies of the Piedra Vista High School Softball program. You are responsible to read, know, and understand the complete contents of this handbook. In the event that there is something in this book you do not understand, please bring it to my attention as soon as possible.

This handbook was not made to disrupt the line of communication between you and your coaches, but to encourage it. This is not my softball program, but it is OURS. You have told me that you wish to be a part of a great softball team and program by coming out and participating. This can only be accomplished when you know what is expected of you.

Mission Statement:

- **The purpose of the PVHS Softball program is to develop student/athletes who are committed to the “PROCESS” that leads to TEAM success through personal excellence.**

Core Values: "F.A.C.T.S."

- **FAMILY:** WE>ME. Our Softball Family will always come before the individual. Being a part of something bigger than ones self is very rewarding. Understanding this will make your experience a great one.
- **ACCOUNTABILITY:** We must OWN OUR OWN 20SQ FEET. What does that mean? It means we hold ourselves accountable in everything we do. On the field, in the classroom, in the community. COMMITMENT! ALL IN!
- **CHARACTER:** ABOVE THE LINE BEHAVIOR IS A MUST! Discipline>Default Behavior. Do the right thing, even when no one is looking. "Integrity". Be honest and loyal to parents, coaches, teachers, classmates, and yourselves.
- **TOUGHNESS:** E + R = O. Reminder that how we respond to any "Event" is the most important thing we can do mentally. If we want the greatest possible outcome, we better have the best possible "Response". We will train to be both physically and mentally tough!
- **SELFLESSNESS:** Servant Leadership! **PHILIPPIANS 2:4** - Let each of you look not only to his own interests, but also to the interests of others. Although we should and must take care of ourselves both physically and mentally, it is important in this program that we always find ways to give back. Whether it be to each other, your teachers, classsmates or community.

What a Commitment Means:

- For the next several months, you will be required to put your scholastic work and softball above other social activities. Success in both these areas requires a lot of time, hard work and great sacrifice.
- You are here at Piedra Vista High School to get an education first. School must come first. Those not ready to work in the classroom should not be out for softball.
- **ATTENDANCE IS MANDATORY** both for classes and your softball program responsibilities (meetings, practice, weight training, and games). Be on time always.
- Panther Softball players must conduct themselves with class at all times. We must exhibit good sportsmanship on the field and good citizenship off the field. Every action of a team member reflects on their coaches, teammates, family and school.
- Respect your teammates and coaches. Use the Golden Rule. Treat others, as you would want to be treated. We must pull together as a team if we are going to have success as a team. BUILD RELATIONSHIPS.
- There is NO room in our program for those who abuse their bodies and minds with drugs or alcohol. This INCLUDES VAPING. Violations will result in disciplinary action according to the Farmington Municipal Schools Athletic Handbook.

A Commitment:

- Will cost you.
- Counts the most in the toughest of times.
- You will know ~ if you're committed ~ on decisions you make while all alone.
- The rewards of Total Commitment do not come instantaneously, but the rewards come after a lot of sacrifice, effort, disappointment, and heartache. However, the real rewards for Total Commitment will last a lifetime.
- COMMIT BIG!

Definition of Class:

Class is the respect of others. It is deep and genuine respect for every human being, regardless of their status in life. Class is having manners. It is always saying thank you and please. It is complimenting people for any and every task that is well done. It is treating people, as you want them to treat you in similar situations. Class is about avoiding using profanity on and off the field. Class is never making an excuse for your own shortcomings. It is always helping the other person bounce back from a mistake. Class means that you never boast or brag about your own accomplishment and it means that you never tear down or diminish the achievements of another person.

Showing Class on the Field:

Class is sportsmanship. It is playing by the rules at all times. It is showing respect for your opponents and for the officials. It is shaking your opponent's hand after a game - win or lose- and giving her credit for her efforts. Class is never "showing up" your opponents by hot-dogging or cheap talk. Class is playing every play hard and expecting your opponents to play hard also. Class is being humble and gracious in victory and congratulatory in defeat. Class is being loyal to your teammates and coaches in both adversity and glory. Act like you are supposed to score and that you have done so before. Celebrate a win as if you expected to win.

PANTHER SOFTBALL PRIDE:

It is a privilege to be a member of this softball squad and to be a Panther Softball player. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that softball and an education will provide some of your greatest values and most rewarding moments. Take pride in everything you do as part of our program, for in softball as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Piedra Vista High School Softball is committed to PRIDE and EXCELLENCE. Remember the players who came before you every time you walk into the locker room, weight room, step on the field, or wear a Panther Softball Uniform. Remember you are setting the example for those who will follow in your footsteps. You are a Panther Softball Player all the time and forever.

Teamwork

- Teamwork divides the work and doubles the success. It is the fuel that enables common people to obtain uncommon results! **HOLD THE ROPE!!!**
- Being a part of a team, we accomplish more, faster. Support, compassion, and caring will inspire everyone to keep peace, and then, lead in spite of pressures, hardships, or fatigue. It is a reward, a challenge, and a privilege to be a contributing member of our TEAM!

Player Regulations and Expectations:

On the Field Guidelines:

1. Practice like a winner. Games are won and lost on the practice field.
2. We expect a serious, business like attitude on the field. There is a time for us to joke and horse around a little, but know when to get to work. "THE SWITCH"
3. Practices are a time to do and learn. Pay attention to your coach when he or she is teaching, "LOCK IN".
4. When a coach is talking to an individual who plays your position, pay attention; get to a position where you can hear.
5. Know the drills ~ how to set them up and get them going. Don't wait to be told.
6. Never, ever sit or lay down on the softball field. Rest on one knee. Don't let water interfere with drills or practice.
7. Know the practice schedule. (It is posted and emailed everyday)
8. Know the importance of each person on the team and respect them. (Sub-Varsity and underclassmen, as well as Varsity and upperclassmen.)
9. The key to your individual success and our team's success is the total preparation we achieve in practice. There are NO limits to HUSTLE! (Sprint everywhere we go).
10. **Know and accept your role on this team unconditionally. Not everyone can be a starter on a softball team. It is up to you to accept the role that the coaches assign you. If you cannot accept the role that has been designated by the coaches, you should not be part of this team. IF YOU DO NOT HAVE A STARTING POSITION, IT IS UP TO YOU TO WORK YOUR WAY INTO A STARTING POSITION.**
11. Have FUN!
12. LEAVE THE FIELD WITH NO REGRETS!!!!

Off the Field Guidelines:

1. Think about being successful. Spend time off the field thinking about your assignments. Picture yourself executing your skills and technique perfectly.
2. In between practices is the best time to communicate (ask questions) with your coach.
3. Never leave practice with a negative attitude or complaint. Talk your feelings out with a coach or the head coach. Get things squared away; if you don't, then little problems and misunderstandings become major problems.
4. Be a positive person. Don't complain or talk negatively to or about our teammates, coaches, or program. It only causes morale problems and dissension. See your coach if you have a concern about something.
5. Rumors and Gossip - **Don't listen to rumors, don't start gossip.** Rumors are usually wrong and only lead to bad feelings for everyone. ***THIS PROGRAM DOES NOT TOLERATE DRAMA!**
6. SOCIAL MEDIA: Piedra Vista Softball players are NOT allowed to post ANYTHING on ANY form of Social Media during our season. Facebook, Twitter, Instagram, SnapChat, etc. ONLY EXCEPTION is for RECRUITING PURPOSES!

Team Guidelines:

- Attendance is MANDATORY in order to play softball for Piedra Vista High School.

If you are late for practice, the following will occur: (this includes Mornings too)

- | | |
|---------------------------|---|
| ○ Excused - | 1 Panther Walk (lunges from foul pole to CF 315 sign) |
| ○ Excused due to injury - | 0 Panther Walks as long as you show up |
| ○ Unexcused- | 3 Panther Walks or 1 Panther Roll |

If you miss practice, the following consequences are as follows:

- | | |
|---------------------------|---|
| ○ Excused- | 3 Panther Walks (Possible PT taken away) |
| ○ Excused due to injury - | 0 Panther Walks as long as you are at practice or treatment, etc. |
| ○ Unexcused- | 6 Panther Walks or 3 Panther Rolls(Possible PT taken away) |
| ○ Second Unexcused- | 9 Panther Walks or 5 Panther Rolls (Suspended for 1 game) |
| ○ Third Unexcused- | Dismissed from the team. |

Definition of an excused missed practice - In order for a missed practice or being tardy to be considered excused, **YOU** must personally contact a coach through one of the following methods.

- Call, text or speak to a coach or leave a message on voicemail.
(Werth 330-1506, Chavez 330-8036, Turman 486-3506, Crabtree 330-7844)
- Personally tell one of the coaches that you will be late or you will be missing practice. (NOT YOUR PARENTS OR TEAMMATES RESPONSIBILITY)

Examples of an EXCUSED missed practice/game: 1. Sick and contagious. 2. Sick and you are bed-ridden. 3. Death in your immediate family 3. An approved planned college visit. 4. All others must be approved by a coach. (It has to be a VERY good reason to be excused)

Some Examples of an UNEXCUSED missed practice/game: 1. Family Vacation/Trips 2. Sick/Injured but able bodied 3. Birthday Parties. 4. Sister's cousin's Aunt's having a baby. 5. Pretty much anything other than the examples listed above this as EXCUSED.

NOTE: The coaching staff is the only entity that decides if you are excused or not excused.

- **Curfew:**

- The hours you keep are between you and your parents. We recommend that you be home by 9:00 p.m. on all school nights and on the night before any game.

- **Respect for Coaches:**

- Coaches should receive Coach "last name", not just "Last Name" and NEVER addressed by their "First Name", responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give him/her your undivided attention and always establish eye contact with him. "EYE CONTACT".

- **Dress:**

Should be very professional in uniform and out. Everyone will wear their uniform in the same manner. We are a team. We will furnish your uniforms. All players must be in school colors or designated practice gear at practice and in games, when temperatures are colder and undergarments are being used they also must be in school colors. (Acceptable Colors: Navy Blue, Black, Silver(Grey) and White) **FAILURE TO DO THIS WILL RESULT IN EXTRA CONDITIONING.** Take care of your equipment. Do not wear jewelry in practice as it is illegal in games. Your appearance away from the field, especially at school, should reflect the same class and pride that show in our program. Always dress respectable!

- **Care of Equipment and Facilities:**

You are responsible for keeping your equipment clean and ready for use. Team captains are responsible to monitor both the bus, locker room, weight room and practice areas. All areas of use are expected to be kept clean: weight room, dugout, locker room, etc. All players will assist in the setting up and tearing down of hitting stations and drills. Position players are responsible for raking/dragging their area before and after each practice if asked.

- **Team Travel:**

Check and pack all your gear the night before. You are responsible for this. Please be prompt, if you are late you will be left behind. Do not miss a meeting or a team meal. There will be NO loud or boisterous conduct on the trips, remember why we are here. We will sing/visit AFTER A WIN! Everyone will return with the team, unless approved by the head coach. There will be very few exceptions.

- **The "X" Factor:**

"X" in mathematics is the symbol for the unknown. The "X" rule states that if a situation arises that is not mentioned in the rules, the coaching staff, at its discretion, will have the right to determine whether the situation will be tolerated and what the consequences are for the situation.

The PV Panther Approach to Softball

Every one of you wants to start on our softball team. Unfortunately, not all of you will. The coaching staff must determine who will start. Consequently, we feel it is important for you to understand how we will decide on depth charts as practice progresses. The following will be the basic criteria but not limited to in selecting starters and developing depth charts.

1. Knowledge of Assignment: We cannot and will not play people who do not know their assignments. Coaches are always willing to spend extra time with you if you so desire. Everyone can give 100%.
2. Hustle and Effort: Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they expect you to do so also. Extra effort wins games. Everyone can give 100%.
3. **Mental Toughness: We will discover during practice who is aggressive and mentally tough. Softball and sports in general are games of the mind and body and they must be played with mental toughness.
4. Contribution to the Overall Team: Softball is a team sport. The individual who motivates her teammates to do better, is always enthusiastic and ready, will make a greater contribution than one whom does not possess this quality. One individual who hates to lose is an invaluable player. Everyone can be a team player. Everyone wants to win, but what we are looking for are people whom can't stand losing.
5. Commitment to our Process.
6. Talent: If the above four characteristics are equal and they should be (as they are all controlled by the individual), then the young lady who has the most talent, makes the most plays, will start. However, talent alone will not enter into our evaluation as we will look closely at the first four qualities. Obviously if you are injured it will be difficult for us to evaluate you. (you can't make the club in the tub!)
7. It's about being the RIGHT PERSON, not necessarily the BEST (Athletically/Talented) PERSON for the job!

We will give an 8th grader or freshman every opportunity to earn a position on the varsity team. It's our desire to play as many people as possible but obviously we cannot play everyone each game. The above was written so that you will know exactly how we will evaluate you. Our best athletes will lead us to a championship. All of you who do not earn a starting position, it is up to you to continue to work hard and be prepared when called upon. You are a part of one of the most successful programs in the history of NM High School Softball, the days of an 8th or 9th grader making Varsity and playing at that level are far and few between now. That is why we also have the best Sub-Varsity program in the state, it's your job to gain experience and be ready when called upon.

We are here for the same reason you are:

- To see that you get an education and a diploma. (There is a difference between them)
- To see that you mature and grow as an individual.
- To see that we have the best softball team possible.

DO YOUR BEST!

WHAT ARE YOUR GOALS GOING TO BE?

HOW GOOD DO YOU WANT TO BE?

AVERAGE ~ You can be

PRETTY GOOD ~ You can be

GREAT ~ YOU CAN BE

YOUR CHOICE !!

We must have ***consistency of performance***. Softball is not only a game played against an opponent; softball is a game played against yourself. The purpose of the game is to find out what kind of individual you are; to find out about yourself. It doesn't matter if you're a super athlete, or a mediocre athlete if you do the best you can at all times, no "quitting", then you have conquered yourself. You have WON! When you believe this, you will be consistent and obviously our team will be very effective. Avoid ups and downs and you can be champions...this is your choice.

"Never too HIGH, Never too LOW."

Definition of A Winner: The athlete who can push herself the farthest once the effort becomes painful. When you have suffered for something, you won't surrender before completing the work.

Let's Do Right

In our everyday life, how should RIGHT be distinguished from WRONG in ones words and actions.

Words and actions should help to unite, not divide the members of our team.

They should be beneficial and not harmful to our vision, mission, and core values.

They should help to consolidate and not undermine the rules and regulations necessary for successful team effort.

They should help strengthen our team, not weaken the leadership of our team.

Our words and actions at all times should be beneficial not harmful when inter-related to our friends and fans that support the team.

What You Can Expect From Your Coaches

- To be loyal to you in all areas.
- To hold you accountable and on task.
- To be totally honest. (This might be painful for some of you, but we will be honest.)
- To provide leadership and training necessary to achieve our goals.
- To work you harder than you have ever worked before.
- To assist you in any way possible now and after graduation.
- To treat you as a young lady and to respect and love you.
- To make all decisions predicated on what is best for the PROGRAM and then what is best for the individual.
- To do everything within our power to make this the best place in New Mexico to go to school and play softball.
- To help you mature and grow as a young lady.
- To help you reach your goals.

PANTHER SOFTBALL IMMEDIATE GOALS

Strong feelings among all of us! TEAM!

- Upperclassmen for the Underclassmen, Underclassmen for the Upperclassmen
 - Coaches for Players, Players for Coaches.
1. Practice to be the best team in the state.
 2. Practice to out-work every opponent.
 3. Strive to give maximum effort at all times.
 4. Pledge to earn respect from your teammates, coaches and your opponents.
 5. Promise complete honesty at all times.
 6. Hustle!

FOR THE PV SOFTBALL PARENT:

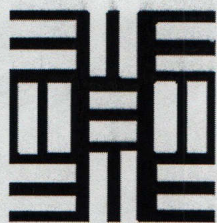
- We coach our players hard and are very critical of them, because we have high expectations and believe that each one of our kids can achieve those expectations.
- We ask you to learn to understand what our process is and how it works. It is proven.
- We believe, stress, and teach our priorities.
- We require your daughter's undivided attention when we are coaching.
- The PROGRAM always comes first.
- We may require your daughter to be more disciplined than you do.
- We don't play kids to make them happy.
- Best college position only if its best for OUR PROGRAM!
- Evaluation of your child is 24 hours a day, 7 days a week.
- Be positive with your child.
- Do not coach your daughter from the stands, please let the coaches do this. (This includes talking to them while in the on deck circle.)
- STAY AWAY FROM THE DUGOUT DURING GAMES.
- Allow your child to perform and progress at a level consistent with her ability.
- Be a good FAN. We teach our team to respect all opponents and umpires, we ask that you do the same.
- Find the time to become an avid booster club member.
- Athletes must attend all practices and contests. If your daughter does not drive, please make sure they are where they need to be when they need to be there.
- Insist on positive behavior in school and a high level of performance in the classroom.
- Persistence and being able to accept a role is extremely important for the team to be successful. Not everyone can be a starter, but EVERYONE is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.
- We would ask that you support the coaching staff, especially during difficult times. This is especially important to keep team morale up.
- Schedule meetings with me in advance.
 - Remember our philosophy when evaluating a situation. The PROGRAM comes first.
 - WE DO NOT DISCUSS PLAYING TIME OR OTHER MEMBERS OF OUR TEAM!
 - My door is always open and so is my mind; please have the same attitude.

Guidelines for the Academic Game

1. Always get to your class on time. This cannot be overemphasized. Nothing causes a teacher to turn off a student faster than a late arrival.
2. Remember that in any classroom the teacher is the absolute authority, so follow his/her rules and show respect at all times. (Yes Sir/Ma'am)
3. Be a leader in the classroom!!
4. Careless appearance is held against an athlete to a greater degree than against other students. Dress neatly, shoes tied, hair neat and clean, and of course great attitude.
5. Before class starts, make sure you have all your materials, make sure that your computer, book or notebook is open, and you have a pen or pencil ready to write.
6. Once class starts, keep your mouth closed unless you are asking or answering a question, or are taking part on a teacher led discussion or activity.
7. *Keep your phone put away and OFF during class!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!*
8. Never prepare to leave before the end of class. Closing books, zipping of backpacks, etc., these are between class activities.
9. Make sure that you turn in all work assigned, on time and fully completed. With proper *planning* you will get everything done in all of your classes. There are NO excuses.
10. As soon as possible after class, do your homework and read your notes. If you leave them unread for 24 hours, as much as 90% of their value will be lost. Make good use out of study halls!
11. Never be afraid to ask questions, or to ask for help. This is how people learn.
12. If you must miss a class due to travel, before you leave, PLEASE MAKE ARRANGMENTS FOR ANY ASSIGNMENTS OR PAPERS DUE. THIS SHOULD BE DONE AT LEAST 2 CLASS DAYS AHEAD OF THE ABSENCE.
13. If you know that you are going to miss a test, MAKE ARRANGEMENTS AS SOON AS POSSIBLE.
14. 7th Hour Softball is a class, not a make up session for other classes. You wouldn't ask your English teacher to miss His/Her class to make up a softball workout, so don't ask to miss Softball class to make up class work. Manage your time and get it done.
15. JUST DO IT!! Getting an education does require work...something that you can do if you apply yourself. #DMGB
16. Follow all class and school policies.

FAILURE TO COMPLY WITH ANY OF THESE RULES/EXPECTATIONS WILL RESULT IN ANY OF THE FOLLOWING DISCIPLINARY ACTIONS.

- 1 Practice Discipline "PANTHER WALKS/PANTHER ROLLS" or TEAM CONDITIONING! (Yes, YOUR team will run for your irresponsibility if that is what it takes for you to get the job done in the classroom!)
- 2 Reduction of playing time in a game.
- 3 Non-participation in game.
- 4 Removal from team.



AKAN Symbol of **KNOWLEDGE, LIFE-LONG EDUCATION, and CONTINUED QUEST FOR KNOWLEDGE**

Literal translation: **He who does not know can become knowledgeable from learning; he who thinks he knows and ceases to continue to learn will stagnate.**

To grow is to live, to stagnate is to die. Only as one continues to search for knowledge will one grow wiser. Education is a life-long process.

PIEDRA VISTA SOFTBALL

VARSITY HELMET DECAL AWARD PROGRAM

Knowledge decals will be awarded weekly or bi-weekly.

How do you earn a decal:

1. Every "A" earned will receive 2 points.
2. Every "B" earned will receive 1 point.
3. You will receive "1" Decal for every 3 Points earned.

It will be considered an honor to receive these decals as they will be the only decals awarded throughout the year. Remember you are a student first and your performance in the classroom is a reflection of our softball program and your parents.

The Goal of the PVHS Coaching Staff is to see every kid in the dugout by the end of the year with a helmet full of decals.

Good Luck and Expect more from yourself each day!

PIEDRA VISTA
PANTHER SOFTBALL
CREED

WE BELIEVE THERE IS ONLY ONE TEAM THAT
CAN BEAT US AND THAT IS OURSELVES.

WE REFUSE TO LET THIS HAPPEN,

BECAUSE...

WE BELIEVE IN OURSELVES
AND
EACH OTHER.

WE ARE
PANTHERS

AND WE ARE
FAMILY.

HOLD THE ROPE!

HOLD THE ROPE

Every year a professional football team wins the Super Bowl.

Every year a college basketball team wins a National Championship.

Every year the best high school team in their Class wins a State Championship.

And every year only one team for each sport will be able to hang a banner up in their school for them to remember their season for the rest of their lives.

All these teams have ONE thing in COMMON! No matter how tough it became throughout their season they did one thing- they held the rope!

What is holding the rope? Imagine that you are hanging from the edge of a cliff with a drop of twenty thousand feet. The thing between you and your fall to your death is a rope, with the person of your choice at the other end. Who do you know that has the guts and courage to pull you to safety? Who will hold the rope for you? Who do you know that is going to let that rope burn their hands, withstand that burning pain and maybe even shed a little blood from their hands for you?

The next time your team is together, look around and ask yourself, who could I trust with my rope? Are they going to let their hands bleed for me? And most important, can these people around me hand me their rope? Will I do anything and everything in my power to pull them up?

When a person can look every member of their team in the eye, and say to themselves that they WILL hold the rope, that is the team destined to win a lot of games. Skilled individuals and luck can only take a team so far. You see, the team that holds the rope when the going gets tough are the winners with heart, and ten times out of ten, all bets are on that - that will be the team that walks away the WINNERS.

If you are down by a run or two, a teammate commits an error, or a teammate strikes out, yell at your team to grab a hold of the rope, let it burn, but don't let it go! Every year there are winners and losers in all sports. Every year the winners hold the rope. You don't have to be the best team on the field to hold the rope and to win big games. If you play with poise, and do everything that is asked from the coaches and your team captains-and most of all put your hands and heart onto that rope- YOU WILL BE SUCCESSFUL!

No matter what sport you play, in order to win, you have to have a COMMITMENT to your TEAM. It is the TEAM with the highest COMMITMENT and LOVE for one another that will walk away with the title of CHAMPIONS!

Don't let your team down! You've got to hold on to the rope! You must do everything possible both on and off the field, to make sure your teammates KNOW they can count on you to "HOLD THE ROPE!"

PVHS PANTHER SOFTBALL