

# FARMINGTON HIGH SCHOOL



## SCORPION SOFTBALL

**SELFLESS.EXCELLENCE.ENERGY**

# ***FARMINGTON SCORPION SOFTBALL PLAYERS & PARENTS HANDBOOK***

## **INTRODUCTION**

The primary purpose of this handbook is to acquaint you with the expectations and policies of the Farmington 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.

## **PHILOSOPHY**

Our goal is to build a successful program by teaching life lessons as well as trying to instill the concept of **TEAM**. Athletes will be challenged to reach full potential and strive to be the best through **Commitment, Dedication and Hard Work**. In addition to mastering skills and understanding the game we will learn lifelong skills such as: **Confidence, Discipline, Goal-Setting, Teamwork, Cooperation, Sportsmanship and Leadership**.

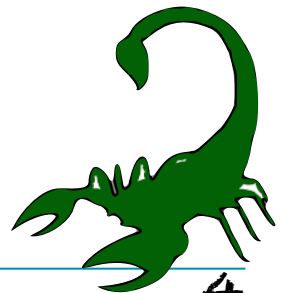
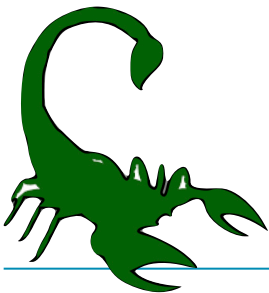
Family is important to our coaching staff and we want it to be for our student athletes. Families provide a setting for much of the growth we experience in life. Family will come first in this program and will be respected and honored. We will work as a family to trust each other, communicate and build a **POSITIVE TEAM** culture. Our Softball family will always come first **BEFORE** the **INDIVIDUAL**. Being a part of something bigger than us is very rewarding. Understanding this will make your experience a great one.

Academic achievement is important because it prepares students for future careers and increases self-esteem and confidence. The career of an athlete is short however, if the student has a strong foundation for learning early in life, they will accomplish great things on and off the field. You are here at Farmington 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. Student comes before Athlete.

Attitude has a huge impact on culture, environment and mood of a team. The Leader's attitude tends to spread and affect others dramatically. As a Leader, I will push and motivate this team with respect, a relentlessly positive attitude and a genuine heart. Do the right thing, even when no one is looking. "Integrity". Be honest and loyal to parents, coaches, teachers, classmates, and yourselves.

## **WHAT A COMMITMENT MEANS:**

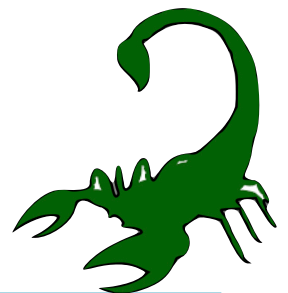
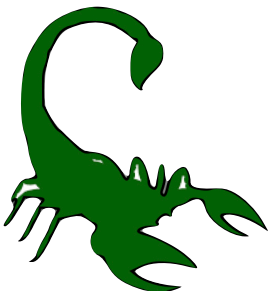
- For the next several months you will be required to put your scholastic work and softball above other social activities. Each member of this program must make a commitment to themselves and their teammates/classmates to improve academically and athletically. Success in both of these areas require a lot of time, hard work and great sacrifice.
- The student comes first in “STUDENT ATHLETE”. 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 responsibilities (meetings, practice, weight training and games). BE ON TIME ALWAYS.
- Scorps conduct themselves with class at all times. EVERYTHING you do positive & negative impacts their coaches, teammates, family and school.
- Respect your teammates and coaches. To play together you have to be supportive of each other. This is a TEAM game. We must pull together as a team if we are going to have success as a team. BUILD RELATIONSHIPS.



## A COMMITMENT:

- Will cost you
- Counts the most in 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.
- TRUST THE PROCESS

“There’s only two options regarding commitment:  
you’re either in or you’re out. - Pat Riley



## 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.
- Class is playing 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.
- 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.

**FARMINGTON**



**SOFTBALL**

## 6 Terms That We Believe Should Define All Members Of The Farmington Softball Program

### **-Dedicated**

Are you willing to do whatever is necessary to become your very best? Are you committed to the process? Are you committed to the Culture?

### **-Resilient**

Are you able to with stand or recover quickly from difficult situations? Are you willing to push yourself beyond comfort zone?

### **-Integrity**

Are you willing to do the right thing, even when no one is watching?

### **-Honesty**

Can your teammates trust what you say? Do you do what you say you are going to do?

### **-Loyalty**

Do you support your teammates, your coaches, your program?

### **-Hardworking**

Did you push yourself to the best of your ability? Did you put the work in to be the best version of yourself?

# Essentials to being #1

Commitment to Excellence: As a team, we must have a burning desire to be the best.

Complete Attention to Detail: No job or assignment is insignificant. We will make a priority out of doing the little things right so the big things take care of themselves.

Perfection of Fundamentals: We will build our success on a firm foundation. Our team will not get tired of perfecting the fundamentals of Softball.

Discipline: Discipline is the intangible that can separate the talented teams from the great teams. Our team will live by this motto:

Discipline leads to habits.

Habits lead to consistency

Consistency leads to Growth.

## SCORPION SOFTBALL PRIDE:

It is a privilege to be a member of the Scorpion Softball program and to be a Scorpion 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. Remember you are setting the example for those who become Scorpions after you.

## 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 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.



# **FOR THE FHS 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.
- 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.

- 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.
- 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 Academics in OUR Program

- 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.
- 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)
- Be a leader in the classroom!!
- 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.
- 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.
- Keep your phone put away and OFF during class!!
- Never prepare to leave before the end of class. Closing books, zipping of backpacks, etc., these are between class activities.
- 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.

- Never be afraid to ask questions, or to ask for help. This is how people learn.

-If you must miss a class due to travel, before you leave, **PLEASE MAKE ARRANGEMENTS FOR ANY ASSIGNMENTS OR PAPERS DUE. THIS SHOULD BE DONE AT LEAST 2 CLASS DAYS AHEAD OF THE ABSENCE.**

- If you know that you are going to miss a test, MAKE ARRANGEMENTS AS SOON AS POSSIBLE.

- 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 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.