

**2019  
BADGERS**



**SOFTBALL  
PLAYER/PARENT  
HANDBOOK**

**COACHES:**

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**EXPECTATIONS**

Members of the Bennington softball program are expected to represent their school, community, family, and themselves with honor and respect. As a result, all players are expected to abide by all Bennington Public Schools and NSAA rules and guidelines on and off the field.

**CLASSROOM:**

Players are expected to be student-athletes. This means academic coursework comes before softball. If a player needs to make up a test or bring up their grade in a specific class, it needs to be done BEFORE school or STUDY HALL. If these methods have been exhausted, players must report to Coach Borzekofski before 3:45. Grades will be monitored and any player on the down list will not be eligible to participate until their grades are up. It is the student's responsibility to make arrangements with teachers to get extra help. Any player with disciplinary issues with teachers will also face extra conditioning at practice. Communicate with Coach Borzekofski if missing for academic reasons.

**Academic Eligibility:**

He/she has below a 70% in two or more classes. Grades are pulled at mid-quarter and students are given seven calendar days to regain eligibility. Once the 7-day grace period has ended if the student is still below 70% in two or more classes they are ineligible for one calendar week.

**Attendance:**

Student-athletes must be in attendance 5 of 8 periods during the school day to be eligible to compete or practice. Administration will have the final say in the eligibility of the students regarding this issue as there may be circumstances out of the student's control.

**PRACTICE:**

1. Early is on time. Practice will BEGIN at 3:45. Players should be ready to start at 3:45.
2. Players are expected to attend every practice. Practices are used to evaluate players. If no evaluation can be made, it may result in a decrease in playing time. Excused absences may include doctor's appointments, funerals, and other scenarios on a case-by-case basis. Communicate ahead of time if something occurs.
3. Every player is responsible for setting up/tearing down the field. Players will be assigned to set out bases, balls, nets, etc. for practice preparation.
4. Players are required to wear softball pants (with socks), cleats, and a shirt every day. You will only be allowed to practice in what you will play in, so plan accordingly on inclement weather days.

5. EVERYTHING WE DO IN PRACTICE SHOULD HAVE A PURPOSE. We will create practice plans according to our needs to make our program as successful as possible. Meetings, practices, drills, etc. are designed to improve our game for future success, therefore need to be practiced that way.
6. Coaches reserve the right to practice on Saturday. If there is no game/tournament on Saturday plan on a 9:00 am practice unless you hear differently from the coaches.

#### **TRAVEL:**

1. Each player will be responsible for transporting their own personal softball equipment to and from each game.
2. Players may also be assigned a piece of team equipment to take to and from each game (softballs, tees, nets, etc.)
3. Early is on time. We expect everyone on the bus before departure time.
4. Traveling to games is an opportunity to visualize/reflect on the game. Use the time to individually prepare yourself to win.
5. Dress as a team. The team will decide what to wear to school and travel, whether it's Bennington Softball gear or dress clothes. Coaches reserve final say, depending if the respective schools will offer locker rooms to change in.
6. Treat the bus driver and school property with respect. We expect you to thank the bus driver on all road games. Any piece of trash left in the bus or in a locker room will result in extra conditioning at the next practice. Remember that you are representing something bigger than yourselves!
7. Every member of the team is expected to travel to and from away games on the bus. The only exception is if a parent signs the student out to ride home with them on site at the conclusion of the contest.

#### **TEAM EXPECTATIONS:**

1. TEAM comes before individuals. If a TEAM has success, individual's goals will take care of themselves.
2. Hard work outplays talent when talent doesn't work hard.
3. Don't settle for mediocrity. Find a way to win!
4. Push your teammates every day to get better.
5. Know your ROLE on the TEAM. Every player 1 – 9 will have a different role in the lineup. Some players may be asked to fill multiple roles; EMBRACE THEM.
6. Accept feedback from coaches as we are trying to improve you. Talk back will not be tolerated.
7. Don't dwell in the past, play the next play. Softball has too many failures to live in the past. Good players have short-term negative memories.
8. No sitting or walking on the field.
9. Social media should not be used to voice negative comments about the program, games, or individuals.
10. Follow NSAA and Sportsmanship guidelines and policies.

## **DISCIPLINE POLICY:**

The policy below is specific to certain expectations/rules infractions. Any infraction that is covered by the student handbook (alcohol/tobacco/drugs, criminal activity, etc.) will be handled by the administration. Coaches receive the right to deviate from this policy depending on the situation.

### **Late/Unexcused Absence from Practice/Games/Detentions/Failure of Expectations:**

- 1st Offense – Extra Conditioning and/or decreased playing time
- 2<sup>nd</sup> Offense – Suspension as determined by coaches
- 3<sup>rd</sup> Offense – Dismissal from the Team

## **PARENT ROLES / EXPECTATIONS**

- 1. Support your daughter and the program.** You may not agree with every decision made by the coaches or players, but be there to support your daughter in a positive manner. We try to make decisions in the best interest of the program/team and players involved in the program, so please be supportive of our softball program.
- 2. Display good sportsmanship.** Please represent Bennington Public Schools in a positive manner. Arguing with umpires is not your role in our softball program. Treat players, coaches, umpires, parents, and opponents with respect.
- 3. Playing time.** It is the duty of the coaches to evaluate and determine the best softball team (players) to put on the field. We will use practice time to evaluate players. If a player is not meeting program expectations in practice; playing time may be limited. It is the player's responsibility to communicate with coaches on areas of improvement to see more playing time. Coaches will not discuss playing time with parents, nor the playing time of other players.
- 4. Spectator areas.** We expect parents to remain in the area designated for spectators during the game. There is no room in or around the dugout for parents during or in between games.
- 5. 24 Hour Rule.** Games can be highly competitive and emotions can be very high following games. Effective communication cannot take place under these circumstances; therefore we ask that parents do not contact coaches until 24 hours after a game.
- 6. Contact Times.** Please contact a coach at school, not at home. If it is an emergency, feel free to contact Coach Borzekofski at any time. My plan time is 9:48-10:33. This will be the time that I will be most available. Email will be the best way to get in touch with me during the school day. Time at home is family time for the coaches so we ask that parents can respect that.

## **INJURIES:**

Players need to immediately report injuries to coaches so we can determine the severity of the injury. If an athlete needs to be taken to the hospital, a school official will accompany the player if possible. We have a certified trainer at Liz LaBombard - [elabombard@bennps.org](mailto:elabombard@bennps.org) on site M -

F and she works to ensure treatment and further prevention of injuries. If a player requires further examination, Liz will recommend seeing a specialist if possible.

### **CONCUSSIONS:**

Athletes are particularly vulnerable to the effect of concussions. Concussions can have short or long term effects on the brain, potentially death. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result from a blow to the head. Continued participation after a concussion can lead to worsening symptoms, as well as increased risk for further injury to the brain. Players will be removed immediately if a concussion is diagnosed by a coach or medical personnel.

The well-being of the athlete is paramount of concern during any athletic contest. Officials, coaches, and administrators are being asked to make all efforts to ensure concussed athletes do not continue to participate. All helmets will be checked to per NSAA safety rules. All softball coaches have completed training on recognizing concussions and return to play provisions. All athletes have taken the IMPACT test to be used in the event of a concussion.

### **LETTER REQUIREMENTS:**

1. Attendance at all practices and games (injured players must still be in attendance)
2. Must finish the season in good team and academic standing
3. Appearance in 1/3 of all VARSITY games or 6 innings in conference, district, or state tournament (combined)
4. All other decisions are within the discretion of the coaching staff

**For the Parent(s)**

We (or I) acknowledge the fact that we have fully read the Bennington Softball Handbook and understand the information included in it.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**For the Player**

I acknowledge the fact that I have fully read the Bennington Softball Handbook and understand the information included in it.

In terms of specific rules and procedures: I agree to abide by all the rules, guidelines, and procedures set forth in this handbook. I realize that failure to abide by these rules, guidelines and procedures will result in disciplinary action deemed appropriate by the BHS Softball Coaching Staff.

Player's Signature \_\_\_\_\_ Date \_\_\_\_\_

# GOAL SETTING

In order to achieve success as an athlete, you must set out a goal and strive to reach it. It is important that the coaches understand your goals so we can push you to achieve them. The success of our program is determined by how much effort we put into getting better. Focus on building something special together as a team that you can pass down for future years.

BE SPECIFIC!

**TEAM GOAL:**

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**INDIVIDUAL GOALS:**

**HITTING:**

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**DEFENSE:**

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**MENTALITY:**

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**PLAYER NAME:** \_\_\_\_\_