

SOFTBALL TEAM POLICIES

Commitment is a big word in the Miami Valley Xpress Softball program. Not only the commitment to do everything in one's power to be a better athlete, but also commitment to be the best student and person possible.

XPRESS ACCOUNTABILITY

If you as the student athlete are accountable, then we will do everything in our power to help you.

- **You are expected to attend all practices and meetings unless excused by the coach. Notification needs to be arranged 24-48 hours in advance. Please email this to**
- **Be attentive at all team meetings and practice sessions. Have a good attitude and always be ready to learn!**
- **You are expected to be on time---AT ALL TIMES!! That includes practice, meetings and games. If you are on time, you are late. So get there early. Lack of practice may affect playing time.**
- **You are to conduct yourself in such a manner that will reflect positively on your teammates, coaches and XPRESS program during all team activities and all competitions. That also includes at the hotels.**
- **You are to have your cleats clean and your uniform shirts tucked in at ALL times.**
- **You are to show respect for your fellow teammates and the entire staff.**
- **If you have an emergency, let the coaching staff know immediately.**
- **Common Sense is your best judge. Just ask yourself, "Would Coach do this?" If you answer NO, then don't do it!**

In short, there is no magic wand that will be waved in order to achieve success. It takes hard work, and dedication and a grip in reality. It is our job, as coaches to inspire you to rise to a level that is far above where you are at the present time. If every member of the Xpress Softball team does her part then we will succeed.

GUIDELINES FOR PRACTICE

- Be on time. On time means cleats on, sliding pads on, and ready to go.
- Practice may not be missed without prior approval.
- Treat every practice with the same enthusiasm, mental toughness and effort as if it were a game. **WE PLAY THE WAY WE PRACTICE.**
- Be prepared to go inside and out at every practice. Bring running shoes as well as cleats.
- Be prepared for the weather.
- Always be prepared to slide.
- No profanity.
- Wear assigned practice apparel only.
- When coach is speaking, your undivided attention and eye contact are expected.
- Give **100%** at all times.
- Ask questions.
- Work to improve your skills daily.
- Complete assigned drills in their entirety. Don't cheat! **You only cheat yourself!**
- Approach practice with a positive attitude.
- Hustle **ALL** of the time. This means run off and on the field every time you are on the field.

GUIDELINES FOR GAMES

- For games, be prepared to begin warm-up 1 hour before game time ready to practice.
- Participate with the team in all aspects of the pre-game warm-up
- Slap gloves every time you pass a teammate in warm-up and in games.
- Sprint on and off the field **EVERY** time.
- Communicate with your teammates (i.e. Call the ball, # of outs)
- Be prepared to enter the game at all times. (Know where ALL of your equipment is)
- Respect game officials and their decisions.
- Encourage your teammates.
- Cheer for your team, not against the competition.
- Give 100% at all times
- No profanity on the field or in the dugout.
- Throwing of equipment will NOT be tolerated.
- Remain focused on the game, if you are not on the field.
- Complete the task assigned to you if you are not on the field.
- Run out all strikeouts.
- On a walk, lay your bat down on the plate and run the walk out.
- Run out all plate situations.
- Your shoes must be shined before every game.
- Remember to smile and have fun ,you only get one chance at it