


A photograph of a softball field under a clear blue sky. In the background, there are stadium lights and a fence. The infield is dirt, and the outfield is grass. The text is overlaid on the image.

2017
SOFTBALL PARENT
CHARGERS
MEETING



Meet the Coaches

Varsity Head Coach Steve Gentilia

Assistant Coach Jim Arnold

Assistant Coach Erin Mayes

JV Head Coach Erica Heyworth

Assistant Coach Steve Heyworth

A silhouette of a family of five standing on a dune at sunset. From left to right: a man holding a baby, a young girl, a man, and another young girl. The sun is low on the horizon, creating a bright orange and yellow glow. The text 'Parent Introductions' is overlaid in white.

Parent Introductions

Is my Student Athlete Eligible

Grades: Must be passing ALL classes with at least a C average. If not passing ALL classes must be passing at least 5 classes with GPA equalling 2.0

Physicals: Must be dated after April 2016 to tryout Cannot tryout without one on file in athletic office. Students responsibility!!!!

Attendance and School discipline: We do Check and it is used as a determining factor when selecting teams

Social Media: Coaches and administration do check, and it is used as a determining factor when selecting teams. Be respectful and clean!!!

Winter Workout Dates

Monday Nights: Hitting and Throwing

Friday Nights: Hitting and throwing \$5.00 MHSAA rule

Saturday Morning: 9-10 conditioning, 10:30-12:00 Hitting and throwing

December: 9th, 16th

January: 9, 13, 14, 20, 21, 23, 27, 28, 30

February: 3, 4, 6, 10, 11, 13, 17, 18, 24, 25, 27

March: 3, 4.

Conditioning Week: March 6, 7, 8, 9, 10

Tryouts

Tryouts begin the week of March 13th.

Softball will be from 5-7. Girls should arrive at 4:30 to register.

Practice attire is softball pants and t-shirts. Please have a sweatshirt or jacket in case we go outside.

Tryout Recommendations

Mile Run: 8 minutes

Push Ups: 20

JV pitchers: speed at least 40 MPH With a change up

Varsity pitchers: at least 48 MPH with a changeup and 2 movement pitches

Sprint Times: JV Home to first under 4 seconds, Home to Home under 16 seconds

Varsity Home to first 3.5 seconds Home to Home under 15 seconds

HAVE FUN WHILE WORKING HARD

**Be Better than
yesterday**

**Be accountable to
the team**

WE

**I'm only as good as
my teammates
make me**

**It's ok to
fail
With
100%
Effort
And
100%
Focus**



Priorities

Family

School

Softball



SPRING BREAK

**BEAR
MOUNTAIN**

Season Schedule

Games: Schedule can be found at [Varsity Schedule](#) [JV Schedule](#)

Practice: Varsity 4:30-? JV ?

If we are not playing we are practicing. If we need to go inside due to weather our time is always 5-7.



**What's My
Cost**

Fundraising

Tournament Books

Bowling

Casino trip

A large, conical pile of reddish-brown soil sits on a paved surface. In the background, there is a brick building with a chain-link fence and a green field. The scene is brightly lit, casting shadows from the fence onto the soil.

Field Improvement



ANY QUESTIONS