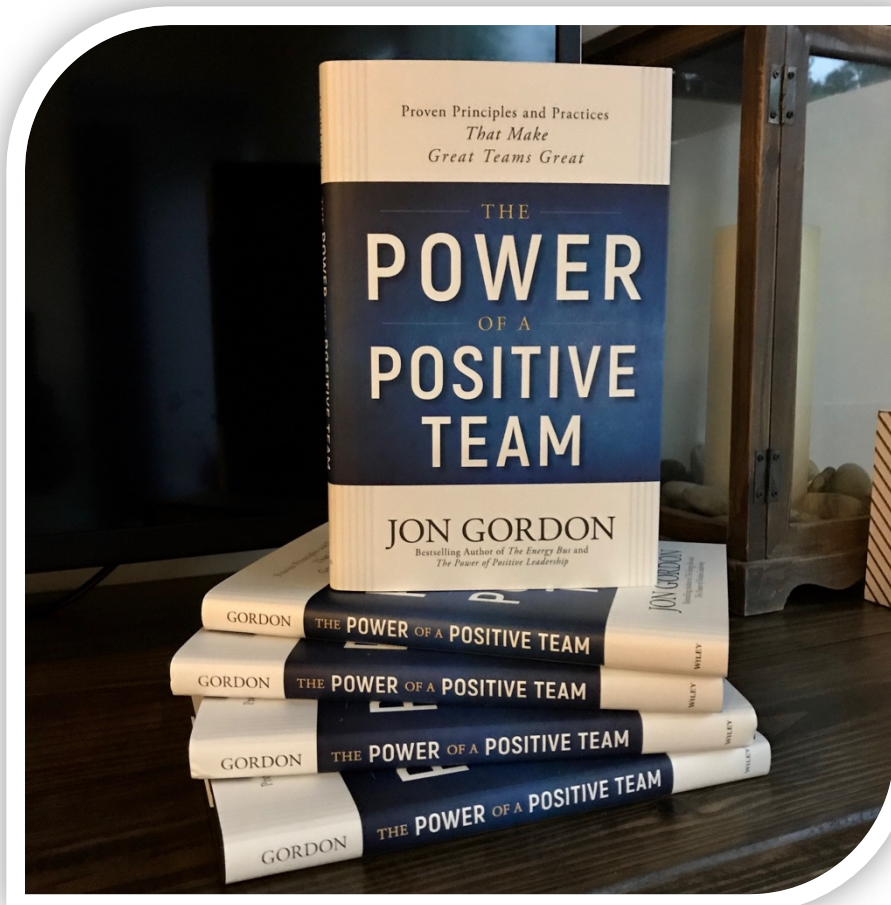




**2019 Riverside Softball Program
Philosophy, Rules and Responsibilities**



Program Philosophies

“DECIDE
to not allow
NEGATIVITY
TO SABOTAGE YOUR TEAM.”



PowerofaPositiveTeam.com

“WHEN
WE comes before **ME**,
— YOU BECOME THE PERSON AND —
TEAM
YOU ARE MEANT TO BE.”



PowerofaPositiveTeam.com

“A POSITIVE
UNITED TEAM
— IS A —
POWERFUL TEAM.
It **does not** happen by
ACCIDENT.”



PowerofaPositiveTeam.com

— A TEAM THAT —
“BELIEVES
TOGETHER
ACHIEVES
TOGETHER.”



PowerofaPositiveTeam.com

“WE ARE BETTER
TOGETHER,
AND
TOGETHER
we accomplish
GREAT THINGS.”



PowerofaPositiveTeam.com

“IT'S
YOUR CULTURE
— AND —
YOUR TEAM.
OWN IT.”



PowerofaPositiveTeam.com

“YOU ARE
CONTAGIOUS.
The **energy you put** into your
TEAM & CULTURE
DETERMINES
— THE QUALITY OF IT.”



PowerofaPositiveTeam.com

“IF YOU
LOVE
— someone, —
YOU DO NOT LET THEM
SETTLE
FOR LESS THAN THEIR BEST.”




PowerofaPositiveTeam.com

“DONT' JUST
show the way and
TALK ABOUT
— the way, —
LEAD
THE WAY.”



PowerofaPositiveTeam.com

“WHEN YOU KNOW YOUR
WHY
and you know the way,
YOU WON'T LET OBSTACLES
GET IN THE WAY.”



PowerofAPositiveTeam.com

“**POSITIVITY**
is more than a
STATE OF MIND.
— IT'S A POWER THAT GIVES —
**TEAMS A COMPETITIVE
ADVANTAGE.”**



PowerofAPositiveTeam.com

THE POWER OF A POSITIVE TEAM

POSITIVE TEAM PLEDGE

I pledge to be a positive leader who sets the example for my teammates through my positive attitude and actions.

I promise to share positive energy and encouragement with my team.

I will not be an energy vampire nor will I sabotage myself and team with negativity, complaining and excuses.

When I make a mistake, I will own it and seek to improve.

When I'm not performing well, I will stay positive and strive to get better.

When I experience self-doubt, I will remember a time when I succeeded.


When I feel fear, I will choose faith.

When I face adversity, I will find strength.

When my team experiences a defeat, I will choose to stay positive and prepare to achieve another victory.

With hard work, determination and faith, I will never give up and always help my team move forward towards our vision and goals.

Today, and every day, I will be positive and strive to make a positive impact on my team.



PowerofAPositiveTeam.com

THE POWER OF A POSITIVE TEAM

ARE YOU A REAL TEAM?

People who are on a team focus on their own goals.
People who are part of a real team focus on team goals first and their individual goals second.

Individuals on a team are committed to getting better and improving themselves.
Individuals who are part of a real team are not only committed to getting better they are also committed to each other and the team.

When you are on a team you think about how the team can serve your desires.
When you are part of a real team your desire is to serve the team.

When you are on a team communication isn't a priority.
When you are a real team communication is essential to build trust, commitment and teamwork.

When you are on a team you care.
When you are a real team you care more.

On a team, your time is more important than your team.
A real team makes time with the team a priority.

On a team, trust, love and respect are not often discussed or cultivated.
A real team focuses on building trust, sharing love and showing respect and ingrain them into everything they do.

On a team people fight and the fighting hurts the team because they don't have trust and love.
A real team also fights but the fighting makes the team stronger because they have trust and love. They grow from their disagreements.

On a team, not everyone is on the bus.
A real team has everyone on the bus with a shared vision, focus and purpose.

On a team, there's a lack of leadership.
A real team has strong leaders who develop other leaders.

People on a team have an ego to want to be great.
People who are part of a real team also have an ego to want to be great but they give up their ego to serve their team and a bigger cause in order to be great.

So how about your team? Are you just on a team or are you a real team?




PowerofAPositiveTeam.com

THE POWER OF A POSITIVE TEAM

11 THOUGHTS ABOUT TEAMWORK

- Teams rise and fall on culture, leadership, relationships, attitude and effort.**
Great teams have a great culture driven by great leadership. Relationships are meaningful and teammates are connected. The collective attitude is very positive and everyone on the team works hard to accomplish their mission.
- It's all about teamwork. Sometimes you are the star and sometimes you help the star.**
- If want to be truly great you have to work as hard to be a great teammate as you do to be a great player.**
I tell this to athletes all the time but the same is true for any profession. When we work hard to be a great team member we make everyone around us better.
- Your team doesn't care if you are a superstar. They care if you are a super team member.**
- Three things you control every day are your attitude, your effort and your actions to be a great teammate.**
It doesn't matter what is happening around you and who you think is being unfair. Every day you can focus on being positive, working hard and making others around you better. If you do that great things will happen.
- One person can't make a team but one person can break a team. Stay positive!**
Make sure you don't let energy vampires sabotage your team. Post a sign that says "No Energy Vampires" allowed and keep them off the bus. Most importantly, decide to stay positive.
- Great team members hold each other accountable to the high standards and excellence their culture expects and demands.**
- Team beats talent when talent isn't a team.**
- Great teams care more. They care more about their effort, their work and their team members.**
- We - me**
Unity is the difference between a great team and an average team. United teams are connected and committed to each other. They are selfless instead of selfish. They put the team first and know together we accomplish more.
- You and your team face a fork in the road each day. You can settle for average and choose the path of mediocrity or you can take the road less traveled and chase greatness.**
It's a choice you make each day. Which path will your team take?



PowerofAPositiveTeam.com

LCPS "Big Three"

- In order to participate in any athletic activity or practice on any given day, an athlete or manager must report to school by 9:30 am and must remain in school that entire day. Exceptions may be made for doctor or dental appointments or reasons excused by the principal. (A doctor's or dentist's note is required under these circumstances.)
- Any athlete or manager serving suspension (OSS) or in-school restriction (ISR) for violation of school rules will be ineligible to practice or play in a scheduled event on the day or days he/she is serving the punishment. You may not participate on Saturday if the suspension/restriction runs Friday to Monday.
- Any athlete or manager who uses or possesses tobacco, e-cigarettes, juul, vaping, drugs, or alcohol during a sports season will be a 30-day suspension from all competition.

Academics

Maintaining your academic standing is of utmost importance and is a top priority. Time management is a necessary skill to ensure you maintain your academic standards. Any academic responsibilities that may be missed due to being part of this Program need to be taken care of in a timely fashion. Please plan accordingly. Due to the potential for long distance travel for competitions, any work missed for early dismissals needs to be coordinated for makeup prior to the date if at all possible or as soon as possible afterwards. maintaining academics. Regular academic check-ins may be part of head coach and player discussions. Note that declining academics or missed academic work may result in negatively impacting your participation in athletics.

Commitment

It is the understanding that with acceptance of a position on any of the rosters in the Riverside Softball Program the athlete or manager commits to attending all practices, games, and other team events. It is unavoidable that absences will occur, but in the event of absences, the head coach of your roster should be notified as much in ADVANCE as possible, preferably not just before or after. Email is the best way to document discussions on missed events. Any absence the day before a competition will result in a loss of playing time. Unexcused absences will result in a loss of playing time regardless of when the next competition is scheduled.

Being a member of the Riverside Softball Program shall be viewed as a priority. Any other team, club, activity, or organization is secondary to the Softball Program. Failure to attend a Softball Program event in favor of other activities will be considered unexcused absences. Athletes serving after school detention must report to practice following detention, or it shall be considered an unexcused absence.

Unexcused absences are defined as missing practice, competition, or team events without the prior knowledge of the coaching staff for any reason except any of the following:

- Death in the family
- Injuries receiving medical care
- Non-rescheduled dental appointment
- Sickness resulting in missed school day(s)

On the day of the 4th unexcused absence, the athlete will be dismissed from the team.

Timeliness is of the utmost importance. All team members are expected to be on time for bus departures, practices, team events, and home games. "On time" for games and practices means equipment has been set up and player is dressed for a prompt start at the determined time. "On time" for bus departures includes being on the bus ready to leave at the departure time. Team events will be discussed as they occur.

Playing Time and Positions

Playing time is at the sole discretion of the coaching staff. There is no guarantee of playing time in High School Athletics. Playing time is earned during practices and based on the following criteria: attitude, , technical skill, tactical skill, team chemistry, and attendance.

The JV team is developmental with the hope of participating at the Varsity level in the future. As such, the focus for this team will be on technical and tactical skills, sportsmanship, competition, teamwork, conditioning, and maturity. All areas are critical for advancing to the Varsity level.

The Varsity team has the ultimate goal of winning in competition. Competitive success will stem from hard work and development in practices. Players who exhibit the skills that will best benefit the team in competition will see the most playing time. The Varsity team will not guarantee playing time for any player, but it will strive to get as many athletes into competition as is practical.

Positions will be determined by the coaching staff and selected to best benefit the team. Players are expected to accept their role, but they are encouraged to discuss openly with the coaching staff their desires for positions. There is no guarantee that a player will have the opportunity to play their position of choice. Nine positions must be occupied on the field at any given time. Not everyone can play their favorite position.

WE>ME will be a guiding principle of the Riverside Softball Program!

Communication will be constant throughout the season between player and coaches. Periodic individual progress meetings will be scheduled to keep an open dialogue. Should questions or concerns about playing time arise, the player can discuss with the head coach at a regularly scheduled progress meeting or schedule an appropriate time to speak with the head coach (not during practice or a game). It is best to consider a thoughtful period of time to put all of your thoughts together in order to prepare for the meeting.

After a player and coaches meet and speak, should a parent desire a meeting with the coaches, the parent AND player will meet with the coaching staff. No meetings will be held without the athlete present. Meetings should be scheduled with as much advanced notice as possible in order to be respectful of everyone's time.

Conduct

Players and managers are expected to conduct themselves in such a way as to positively represent both Riverside High School and the Softball Program. This includes, but is not limited to, attire, attitude, behavior and sportsmanship.

Attire should adhere to school rules and team established dress codes (example: spirit wear or dress up days).

Attitudes should be positive and motivational at all times. Negative talk or body language is toxic to all present and does not foster a productive environment. Selfishness has no place in a team setting, so support yourself and your teammates.

Parents, players, and managers are expected to conduct themselves respectfully both on and off the diamond. They will respect coaching decisions and not speak derogatorily about teammates, opponents, umpires, coaches, or other members of the school or competition. Parents are encouraged to cheer for all members of both teams. Please refrain from coaching from the stands. All members of the program are expected to foster an environment of growth, positivity and respect. Use of profanity is strictly prohibited.

High level sportsmanship is a cornerstone of our program. Conduct of players, managers, coaches, and fans reflects upon the program and the school. We are role models in the community and will conduct ourselves as such. Please be mindful of this at all times.

Cell phones are not permitted during team events, practices or games. In the event a cell phone is necessary during a team activity, please coordinate appropriately with the head coach. Cell phones and other electronics are permitted on bus rides to and from competitions.

Communication

Communicate early. Communicate often. Communicate on a regular basis. The first and most important line of communication shall be between the player/manager and the coaches. Players are encouraged to communicate directly with the coaching staff on a variety of topics, not just when an issue arises where they may have to advocate for themselves. Any emails or discussions originating from parents will be discussed and resolved with the player/manager first. In the unlikely event that a discussion with parents becomes necessary, the player/manager will attend as well. Again, no meeting will be held without the player/manager present. In the unlikely event an issue remains unresolved, it may be necessary to have a collective meeting with the Athletic Director to assist in resolving a situation.

Emails are the first and best line of communication, but no important discussions will take place via email. Email should be used to communicate absences, conflicts, etc. but in person discussions will take place as necessary to ensure the message is conveyed properly.

General Items

Uniforms and equipment are the property of Riverside High School and should be treated with respect and pride. Equipment is a team responsibility. All players/managers will be responsible for taking care of (set up and dismantling) of team equipment prior to taking care of their own. All team members will contribute to equipment duties. Uniforms need to be properly cared for over the course of the season.

Hazing will not be tolerated in any fashion and is grounds for removal from the program. All players should feel welcomed and respected by their teammates. Any conflicts between players will be dealt with promptly and amicably (with the help of a coach when necessary). Players should discuss issues directly with each other and not with other teammates except a captain.

Student-athletes are expected to respect all persons of all cultures within the school as well as within their teams. They WILL also refrain from using any ethnic/racial slurs and profanity. Disciplinary action will be taken by the administration if this is not followed.

Any medical issues or illnesses need to be communicated with the coaching staff and athletic trainer immediately. Safety is a priority.

Lastly, it is a privilege to represent Riverside High School as a member of the Riverside Softball Program. Treat membership in this Program as a privilege by upholding the Program's philosophy, working hard and earning what is received.

By signing below, I acknowledge that I have read, understand, and will conduct myself according to the philosophy, rules and responsibilities outlined within this document as well as the LCPS Student Athletic Handbook.

_____ Player/Manager Printed Name	_____ Player/Manager Signature	_____ Date
_____ Parent/Guardian Printed Name	_____ Parent/Guardian Signature	_____ Date
_____ Parent/Guardian Printed Name	_____ Parent/Guardian Signature	_____ Date