



2008 SOFTBALL TEAM MANUAL



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Philosophy

Thank you for your interest in competing in the Yorktown High School softball program. All interested athletes are welcome to join the program without regard to race, religion or natural origin. Yorktown High School (YHS) is sensitive to the needs and desires of students who want to participate in its softball program. It is the school's goal to see that as many student-athletes are involved in the Junior Varsity (JV) or Varsity (V) program as feasible. The tryouts are managed by VHSL certified coaches and designed to qualify students for the softball teams. All members of the YHS softball Program are expected to strive for academic and athletic excellence.

The YHS coaching staff fully endorses and supports the Virginia High School League's beliefs:

- Providing educational opportunities for students beyond the classroom
- Ensuring fairness and equity through safe competitions
- Paving the way for personal growth
- Offering participants the opportunity to develop teamwork and leadership skills
- Promoting good sportsmanship, ethics and integrity
- Developing better citizens through participation in high school athletics

The VHSL and Yorktown academic eligibility guidelines will be adhered to for continued participation in the program. All school work and studies are the responsibility of the athlete. Players are responsible for notifying their coaches upon receiving an unsatisfactory grade. Player's grades will be monitored by the faculty and coaching staff. Students must be in good standing scholastically while participating in the program or they may be removed from their team.

Athletes who participate in the softball program are continuously assessed, not only on their physical skills and abilities but also their attitude, ability to support their team and an ability to display a level of maturity appropriate for their level of play. Some of the qualitative aspects of the game that are taken into strong consideration include:

- Positive attitude when referring to themselves, their teammates, coaches, umpires, parents and opponents
- Strong work ethic during practice and play
- Ability to follow instruction - coachability
- Self motivation and willingness to hustle
- Commitment to the participants in the softball program



A talented athlete who demonstrates all the necessary physical attributes and skills to play on either the varsity or jv level, but who does not willingly exhibit these qualitative values runs the risk of being bypassed in favor of a less skilled athlete who exhibits commitment to the sport, determination and the drive to do her best at all times. Al Richardson as head varsity coach is the leader of the softball teams, and he determines the system of instruction, strategy and philosophy for each program. Communication between the softball teams, the high school and boosters is the sole responsibility of the varsity coach.

The coaching staff understands that all players over the course of the season have a strong desire to participate in the games. The staff cannot guarantee participation for all players in any given contest, but the staff will work to provide every girl an opportunity to participate in as many games as possible, over the course of the season.

Varsity Program

The Varsity Program represents the highest level of competition in high school sports. The varsity coaching staff is dedicated to encourage each player develop a winning attitude, while helping them refine their softball skills, so that they can play and compete at a level which is commensurate with their potential. A sound and positive attitude, while demonstrating advanced playing skills, are the necessary ingredients to earn a position on the team. The varsity program requires a maximum commitment on the part of all athletes to achieve these goals.

Junior Varsity Program

The J.V. program is designed to be the “feeder system” for the Varsity program. J.V. players will be asked and assigned to play positions that the coaching staff feels will best serve the Varsity interest and needs, as a player progresses from the junior varsity to the varsity program over the course of her years of play, in high school. The Virginia High School League (VHSL) does not allow seniors to compete on the team at the J.V. level. The placement of juniors on the J.V. team is at the discretion of the varsity coaches, in conjunction with the J.V. coaching staff.

The J.V. program works toward achieving a balance between continued player development and striving for victory. All team members of the j.v. team will be given ample consideration to participate in games, over the course of a season. However, a specific amount of playing time can not be guaranteed for any player.



Yorktown Athletic Code

An athlete who is selected to play on a Yorktown school team must understand and accept that it is both an honor and a privilege to participate in such an activity. All athletes must assume a leadership role at becoming a positive representative of the school, as well as their team. Athletes have the obligation to act in a way that reflects positively on the team and their school. We expect more of our athletes because they are our most visible representatives of the school and the community.

It is important that all athletes playing Yorktown sports assume a responsibility of being accountable for their behavior, because the coaches and school administration believe this is both an important and vital part of their personal growth, as young people, while advancing through high school. Thus, the following written policy has been developed because we are intent on fostering the kind of behavior that ensures integrity, self-discipline, and sportsmanship. This policy will be administered fairly and justly. Some violations will require strict penalties in accordance with Arlington School Board policy, which may include out-of-school suspension or legal action.

An athlete at Yorktown High School may be subject to disciplinary action if he or she commits any of the following violations:

1. Acts of unsportsmanlike conduct such as: lying, cheating, fighting, or verbal abuse of officials, coaches, opponents or spectators.
2. Theft or vandalism of personal or school property
3. Repeated unexcused absences or tardiness to any class or sport practice.
4. Instigating or taking part in an activity that is disruptive to the instructional or athletic program.
5. Substance abuse violations, such as: use or possession of alcohol, marijuana, tobacco, or any controlled substance, or abuse of prescription drugs.

Discipline will be invoked and administrated according to school, county and state guidelines and regulations. If a student is suspended from the school, that student is not eligible to practice or play in the sports program during this period.

Violations of any of the aforementioned may result in the following discipline at the school or team level.

First offenses may include suspension of all softball school related activities of one week or more, so determined by the coaching staff and the school officials.



Repeat infractions may lead to disciplines, as mentioned above for a longer duration, which may include and result in the permanent exclusion of team membership.

Preseason Conditioning

Public school coaches are not allowed to involve athletes in their specific sports program during the off season. The conditioning program is voluntary and designed solely for female athletes interested in playing softball at the high school.

The 2007 -2008 Fall program consists of activities that are designed to improve performance and increases the high school athlete's resistance to injury.

The conditioning program focuses on the following:

- Dynamic Stretching
- Static Stretching
- Circuit Training
- Jump Rope Training
- Strength Training
- "Fast-Twitch" Muscle Conditioning
- Aerobic Exercises (Outdoors; weather permitting)

The program will be offered on Monday, Wednesday and Fridays starting at 3:30 pm and ending at 5:00 pm. Athletes will meet with the coaches in the hallway of the third floor in the new building. Athletes must come prepared to exercise outdoors.

Attendance will be taken and metrics will be kept on all attendees. Players who demonstrate a significant percentage of participation and attendance will be so recognized and awarded at the conclusion of the conditioning season. The preseason conditioning sessions will commence the last week in November and end one week prior to try-outs.



Responsibilities

The Yorktown High School goal within each sport's program is consistent with the High School's mission. The programs are designed to stimulate personal growth, responsible deportment, academic excellence, good citizenship, self-respect, concern for others and loyalty to the sport program.

Individual

It is an athlete's responsibility to conduct herself with a high standard of sportsmanship and respect of everyone in the softball community. The coaching staff expects each girl to conduct herself in a manner that will lead to positive self-esteem both for herself and her teammates, at all times.

Injuries

- All players must inform coaches of any injury sustained while participating in the softball program or any other activity.
- Players requiring treatment for an injury and/or taping by the trainers must do so prior to practice and games.
- All injuries will be handled by the coaching staff, trainer, or a MD., only.
- All injured players must be released by trainer or doctor before resuming play.

Team

- Teamwork and team spirit are essential parts of the softball program.
- Your constant attention and preparation during practices and at games will ensure our success.
- Each player must maintain a loyal attitude towards her teammates, coaches, and team managers throughout the softball season. Loyalty is measured by respect and unselfishness for the betterment of the team.
- We are a "family" – always caring for and respectful of each other. Be supportive of your teammates, and remember that everyone is doing the best they can.
- Constructive criticism is an integral part of the teaching/learning process. Athletes should understand that this method of instruction is never administered on a personal basis, thus it should never be taken personally.



Attendance

- Attendance at all team-related activities such as practices, games, and team meetings is mandatory, unless excused by a coach prior to the absence. Conflicting activities must be presented to a coach, in writing, at least one week in advance, or as soon as the player realizes they are going to be absent. Everyone plays an important role on our team and therefore it is critical that you be at every practice and team function.
- You are required to call a coach prior to practice or game time with an explanation as to why you are not going to be attending.
- Players are responsible for communicating an absence or tardiness to their coach. Calls must be made by players not parents or other team members.
- You must bring a doctor's note or teacher's note if you will be late or absent. Doctor's appointments should be made around the softball schedule, not during games or practices, if possible.
- Lateness to practices or games, where a coach was not contacted will be handled by the coaching staff, in accordance with the team rules.
- If you are not fully dressed and prepared for a practice or a game, you will be considered late and may be disciplined.
- Athletes must attend a half day of school in order to practice or to play in a game, on that day, unless an absence has been approved. If you are not in school due to illness, you should not be at practice, and cannot play if it's a game day.

Other Sports Programs

- VHSL policy allows players during the spring softball season to join an organized team which is independent of the school's programs – as long as such participation does not conflict with the scheduled activities of the school's softball program.
- The coaching staff will not prohibit players from playing sports outside of the school's program – as long as the Yorktown softball program is the priority and no softball program related events are missed.
- We do not encourage playing outside sports during the high school softball season for the following reasons:
 - Injuries
 - Stress on players (physical and emotional)
 - Grades, homework and school project demands



- However, if you as a player choose to play in another activity while participating in the school's softball program, we ask the following of you:
 - You inform us that you are engaged in another activity.
 - You do not miss any softball meetings, practices or team events.
 - You recognize stress on your body before an injury occurs.
 - You recognize an injury may compromise the amount of playing time and potentially your position, on the team.



Game Days

- **Home games:** all players should be dressed and on the field for the game at the announced time.
- **Away games:** all players will report to the activity bus at the announced departure time. The bus will leave on time. All players are required to ride on the bus with their teammates to and from the games.
- **Bench Decorum:** The dugout and immediate area, for both home and away games, is for team members, coaches, and managers only. Family and friends are asked to use the bleachers or seating provided. There will be no socializing with people outside of the team during a game. The coaching staff respectfully asks that players and family members do no socializing during the games and practices. Yorktown's athletes are expected to stay focused on their softball responsibilities at all times.
- **Food:** Eating is prohibited on the activity bus and the bench during games.
- **Jewelry:** All jewelry is prohibited during games and practices. Any questions concerning this policy should be discussed with the coaching staff.



Appendix A: Player Agreement

Player Agreement

I, _____, have read and agree to the terms, and conditions so stated in this handbook. I hold no one else responsible for my softball career but myself. I am ultimately responsible for being at practice, games, and other events on time with the right equipment. I understand that being a Yorktown High School softball Player means that I am a part of a well-respected program. I will represent Yorktown softball in an honorable manner, both on and off of the softball field. I agree to all of the softball rules and agree to make Yorktown softball my priority over other non-academic activities during the softball season.

Student Signature

Date



Appendix B: Parent / Guardian Agreement

Parent / Guardian Agreement

I, _____, have read and understand the standard to which my daughter is expected to adhere, so stated in this handbook.

- I will do my best to support my child in their participation of Yorktown softball.
- I understand that each and every player's presence is necessary in order for the team to perform at its highest level.
- I will help my child learn the right lessons from winning and losing and from individual accomplishments and mistakes.
- I will give only encouragement and applaud only positive accomplishments whether for my child, her teammates, their opponents, or other coaches.
- I will respect the coaching staff and I will not coach from the sidelines.
- I will respect the game officials and umpires.
- I will refrain from using abusive behavior or foul language.
- I understand that no alcohol, cigarettes or pets are allowed on any fields.

Parent/Guardian Signature

Date



Guidelines for Try-outs

All interested student-athletes will have a minimum of three (3) attempts to qualify for either the Junior Varsity or Varsity programs.

Schedule

Tryouts will begin at 3:30 PM on February 25th and conclude on the 27th. Another day will be added in the event that the coaching staff deems it necessary.

Procedures

- Choosing the members of the JV and Varsity teams is the responsibility of the Head Coach, Al Richardson in conjunction with the involvement of the entire softball coaching staff.
- Coaches from both the JV and Varsity programs will evaluate players based upon a numerical scoring system for each station.
- All players will be provided an equal opportunity to demonstrate their proficiency in a skill in as fair and objective setting as possible.
- Players will be evaluated on their skills in both offensive and defensive situations: Base Running, Sliding, Fielding, Throwing, Catching, Pitching, and Hitting (Bunting, Slapping).
 - Base running speed (home to first, approximately 60 ft.) – assessing speed, quickness in starting, and running mechanics
 - Fielding ground balls – assessing the ability to move through the ball, to control glove position and mechanics of approaching, gathering in, and ability to return the throw
 - Fielding Fly balls, assessing the ability to judge the flight of a ball in the air, ability to get to the ball before it reaches the ground, and mechanics necessary to field a ball in flight and make a throw after a catch
 - Throwing – assessing the ability to throw the ball with speed, power, and accuracy with the proper mechanics.
 - Hitting – assessing the ability to bunt, slap and to hit the ball off a pitching machine with proper mechanics
 - Pitching – evaluating the pitchers ability to pitch in a windmill fashion and their ability to deliver the ball with speed accuracy and control. The pitcher should be able to demonstrate several types of pitches, starting with a fastball and change-up. Other examples are the: Drop-ball, Screw-ball and rise ball
 - Catching – assessing the ability to throw the ball from a distance of home to first, second and third base with quickness and accuracy as well as the overall arm strength. Demonstrate the ability to block a pass-ball thrown into the ground



- Athletes will also be evaluated on their ability to take instruction from the coaches during the course of the tryouts.
- There will likely be instruction provided to all of the athletes in attendance to demonstrate or show a desired technique for the activity being evaluated. The goal of this exercise is to make sure that all of the participants receive the same instruction before they are evaluated.
- There will be no written posting of players who do not make the team.
- Students not making the team will be notified via a conference with a coach.
 - Each athlete will receive their results once tryouts have been completed in the form of a one-on-one meeting with the coaches. The evaluation meeting will consist of a player/coach conference, detailing the analysis of her tryout.
 - An athlete who is not selected for the J.V. or Varsity program may request a subsequent meeting with the head coach, Al Richardson, to further discuss their evaluation.



Intention Form

I, _____, will be trying out for either the J.V. or Varsity team at Yorktown High School. I understand that positions on this team are competitive. I have considered all the factors regarding my placement on J.V. and on Varsity. I am firmly committed to my decision. I realize that the signing of this Intent form will in no way affect my try-out.

_____ I will play on J.V. if I am unable to be placed on Varsity.

_____ I will not play J.V. if I am unable to be placed on Varsity.

Signature

_____ If I do not make a team, I would be interested in serving as a manager to the softball team.

Player Information

Name:	DOB:	Grade:
Address		
City	State	Zip Code
Email Address:		
Home Phone:	Alternate Phone:	
Mom's Name:	Work Phone:	
Dad's Name:	Work Phone:	
Softball Experience:		
Other Activities:		



TRY-OUT Form

Player Name _____ Grade _____ Tryout # _____
 Date of Birth _____ Age _____
 Address _____ City _____ State _____ Zip _____
 Mother _____ Home# _____ Work# _____
 Cell # _____ e-mail address _____
 Father _____ Home# _____ Work# _____
 Cell # _____ e-mail address _____
 Pitcher Y/N Catcher Y/N Other Positions Played _____
 # Seasons Played _____ Last Team Played for _____
 Throws Ball - R/L _____ Hits Ball - R/L _____ Parental Volunteer Interest _____

Running Skills

Time from Home to 1st _____ / _____ Time from Home -Home _____

Throwing

Distance Total # of Feet _____

Accuracy # of Feet off line _____

Bat Speed MPH

Ground Balls at Short 1 2 3 4 5 6

Accurately Fielded Y/N Y/N Y/N Y/N Y/N Y/N

Accurately Thrown Y/N Y/N Y/N Y/N Y/N Y/N

Speed (MPH) () () () () () ()

Overall skills evaluation for fielding 1 = weak, 3 = average, 5 = strong

Throwing - accuracy 1 2 3 4 5 _____

Throwing - strength 1 2 3 4 5 _____

Fielding mechanics 1 2 3 4 5 _____

Lateral range on ground balls 1 2 3 4 5 _____

Fly Balls 1 2 3 4 5 6

Caught or Dropped C/D C/D C/D C/D C/D C/D

Accurately Thrown Y/N Y/N Y/N Y/N Y/N Y/N

Overall skills evaluation for fly balls 1 = weak, 3 = average, 5 = strong

Judgment of fly balls 1 2 3 4 5 _____

Lateral range on fly balls 1 2 3 4 5 _____

Fly balls hit in front 1 2 3 4 5 _____

Fly balls hit over head 1 2 3 4 5 _____



Player Name _____ Tryout # _____

Bunting - R / L **1** **2** **3** **4** **5** **6**

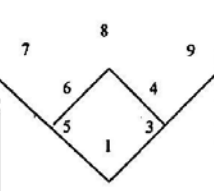
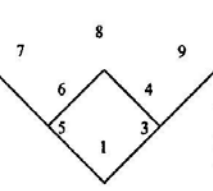
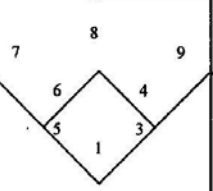
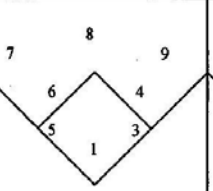
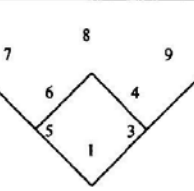
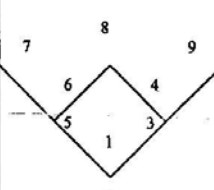
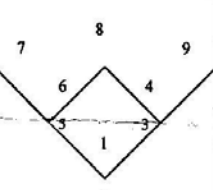
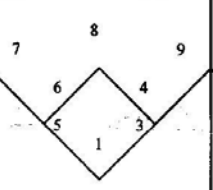
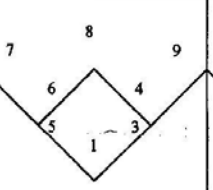
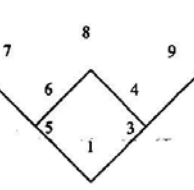
Executed Bunt Y/N Y/N Y/N Y/N Y/N Y/N

Overall bunting skills evaluation 1 = weak, 3 = average, 5 = strong

Bunting Mechanics 1 2 3 4 5 _____

Balanced Feet 1 2 3 4 5 _____

Hitting

 <p style="text-align: center;">K FLY BALL GROUND BALL LINE DRIVE</p>	 <p style="text-align: center;">K FLY BALL GROUND BALL LINE DRIVE</p>	 <p style="text-align: center;">K FLY BALL GROUND BALL LINE DRIVE</p>	 <p style="text-align: center;">K FLY BALL GROUND BALL LINE DRIVE</p>	 <p style="text-align: center;">K FLY BALL GROUND BALL LINE DRIVE</p>
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Overall mechanics 1 = weak, 3 = average, 5 = strong 1 2 3 4 5

Stance – describe – upright, crouched, open, closed, etc. _____

Position in box – up in front, in rear, close to plate, away from plate, etc. _____

Type of hitter – Aggressive or passive

Overall Attitude - 1 = weak, 3 = average, 5 = strong 1 2 3 4 5

Overall Hustle – 1 = weak, 3 = average, 5 = strong 1 2 3 4 5

Comments _____
