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Cedarburg High School Girls Softball

Program Goals, Values, Philosophies, and Procedures

Head Coach:	Mark Jessup and Jeff Langkamp	
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PROGRAM VALUES	PROGRAM VISION	PROGRAM GOALS
<p>CHS Softball Program integrates the following philosophies within all aspects of the program.</p> <ul style="list-style-type: none"> ▪ INTEGRITY - The quality of being honest and having strong morals and principles. ▪ PASSION - An intense desire and enthusiasm to play softball and represent CHS. ▪ DEDICATION - The willingness to invest time and energy, to improve individual and team skills which includes strength training throughout the year. ▪ PRIDE - A feeling of satisfaction derived from the achievements of those individuals who have been, currently are or will be a part of CHS softball. ▪ TEAMWORK - The combined action of a group of people, especially when effective and efficient 	<p>The Cedarburg High School softball program focuses on engaging, developing, and empowering young women to be the best student-athlete possible on and off the field while contributing to the program's success.</p>	<p>CHS Softball Program Goals each year:</p> <ul style="list-style-type: none"> ▪ Provide athletes the opportunity to advance their skills and knowledge of the game while participating in a quality, competitive environment. ▪ Emphasize strong leadership, sportsmanship and CHS program values. ▪ Field strong, competitive teams at both JV and Varsity levels ▪ Varsity team competes for the North Shore Conference Championship and Wisconsin State Championship each year.



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TEAM PHILOSOPHIES

VARSITY	JV	
<p>Varsity teams are intended to be competitive. Varsity coaches will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every competitive event. When considering underclass students, player readiness and development will be considered along with the potential for team success.</p> <p>Points to play by:</p> <ul style="list-style-type: none"> • Attitude • Hustle • Communication • Play and Grow as a Team • Have Fun! 	<p>Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal but developing the skills and knowledge to be successful at the varsity level is also a goal. Playing time may not be equal among players for each game, but most student-athletes should play in most games. At the JV level, promoting skills and positive attitudes is critically important.</p> <p>Points to play by:</p> <ul style="list-style-type: none"> • Attitude • Hustle • Communication • Play and Grow as a Team • Have Fun! 	



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TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>Skills & Talent</i>	<i>Attitude & Work Ethic</i>	<i>Potential</i>	<i>Team & Program Needs</i>
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PLAYER RESPONSIBILITIES

- Players are expected to always represent Cedarburg High School and the Softball Program to the highest standard.

THE LOGO NEVER COMES OFF!

- Take care and take pride in your academic work.
- Being a part of the Bulldog Softball program is a commitment. You are expected to attend all practices, games, strength training and team events.
- Be on time for meetings, practices, transportation departures, and other team-related activities.
- Exhibit passion for the game and work hard each day.
- Be respectful to teammates, umpires, opposing players, coaches, fans, and other field personnel at all times.
- Understand that no player is guaranteed playing time.

PARENT RESPONSIBILITIES

- Support both the student and the athlete in Student-Athlete.
- Be positive and support all team members.
- Respect the decisions of the officials and coaches.
- Respect the opponents' fans, coaches, and players.
- To not criticize a coach or team member with destructive comments during the game.

COACH RESPONSIBILITIES

- To create an environment where family and school always come first.
- To teach, encourage, and motivate.
- To be patient and enthusiastic.
- To be positive, fair, and consistent with players.
- To set a good example for players and fans.
- To use care in making all player-related decisions.
- To conduct organized practices in a safe environment.
- To establish and keep channels of communication open with players and parents.
- To make sure the players know expectations, procedures, policies, and other requirements.



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<ul style="list-style-type: none"> Understand that everything that the coaching staff does has a purpose-to make the team better. 		
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PLAYER & COACH COMMUNICATION	COMMUNICATION EXPECTATIONS
<p>All coaches must avoid group texts and texting with athletes. Each team/coach is expected to have an immediate form of communication to use with athletes outside of traditional texting.</p> <p>Email and the mobile app GroupMe will be used as the primary team communication tools.</p>	<ul style="list-style-type: none"> Players and coaches have a two-way open door communication policy. If a player has a concern or issue related to their individual development or issues impacting their ability to function effectively in school while participating in the sport, the following steps MUST be followed: <ul style="list-style-type: none"> Allow a 24-hour period. After the game is not a good time. Player addresses concern with team Head Coach first. For the varsity team, player should approach both Head Coaches together. Parents and player can talk to the team Head Coach, after the player has talked to the team Head Coach. Parents and player can talk to Varsity Head Coaches and Athletic Director, if needed. We ask that you do your best to have the player try to resolve her own conflict. Issues that are not to be addressed with Coaches: <ul style="list-style-type: none"> Playing time Coaching strategy / philosophy Other team members, parents or other member of coaching staff



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VARSITY LETTER CRITERIA

To earn a varsity letter, the following criteria must be obtained:

- Player ended the season on varsity roster and in good status.
- Player consistently participated in all team practices and activities while on varsity roster.
- Player played in 5 or more varsity games during the season.
- If a player is injured before or during the season and cannot meet the above expectations, it will be at the coach's discretion if player earns a varsity letter.

CAPTAIN CRITERIA

To be considered for team captain, the following criteria is followed:

- Player must be a sophomore or older and have earned at least 1 varsity letter in softball.
- Player demonstrates strong leadership skills and is capable and willing to execute on the following responsibilities:
 - **Team Organization** – With the busy schedules of student-athletes, captains remind players of commitments and changes in schedules. Captains lead off-season weightlifting sessions and captain's workouts (open gyms).
 - **Team Game/Practice Responsibilities** - ensures all players help with equipment and tarps before and after games/practices. Captains do not leave practice/games until all equipment is stored and cleanup tasks complete.
 - **Team Connections** – Captains are responsible for connecting with their teammates on a regular basis to ensure all players feel like valued members of the team.
 - **Dugout Climate** – Captains try to keep the dugout talk and banter productive and motivating – win or lose.
 - **Practice Leader** – Captains keep the practice environment productive, energetic and efficient.
 - **Lead by Example and Vocal** – Captains are the first ones expected to speak up during team meetings. They are very familiar with the system and what the coach wants executed and they can effectively communicate that message with their teammates.
 - **Competitive** – Captains are responsible for setting the competitive tone by getting the most out of every drill, rep, practice, and game opportunity. Captains lead by example by giving 110% during practices and games.
 - **Challenge Teammates** – Ensuring that teammates follow the competitive tone that they set.
 - **Make Everyone Else Better Around You** – Captains help reinforce coach teachings and strategy instruction. They also help teammates make in game adjustments.



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- **Improve Overall Team Performance** – Once a game starts, in most sports play on the field is more dictated by players than coaches. Captains must take over as a “coach on the field” role during games.

MISSED GAME & PRACTICE POLICY

Missing Practices (or Games):

- Excused reasons: family emergencies, medical emergencies, and academic reasons
- Family vacation, part-time job and travel club sport conflicts are considered an unexcused reason.
- If you miss a practice (or game) for an unexcused reason, you will not be able to start in the next game.
- Players must inform coaches at least 48 hours prior to a missed practice.

STRENGTH & CONDITIONING EXPECTATIONS

In Season: Softball program players (varsity and JV) are expected to participate in strength training 2-3 times a week while the season is going on. Players will utilize the high school weight room facility for in-season training. Players are expected to use Teambuildr app for workouts and progress tracking. Players are lifting for a purpose and giving 110% during workouts.

Off Season: Softball program players are expected to participate in strength training 3+ times a week during the off season. Players should utilize the high school weight room facility if possible. Players are expected to use Teambuildr app for workouts and progress tracking. Players are lifting for a purpose and giving 110% during workouts.