



2023-24

LAKESIDE  
VIKINGS  
SOFTBALL  
GOALS AND  
OBJECTIVES

## **Lakeside High School Softball Program**

### **LET'S WORK TO IMPROVE THE PROGRAM**

#### **Opening Statement**

The major purpose of this publication is to establish and clarify the philosophy, goals and objectives of the Lakeside Softball Program. With this document I am hoping that there will be a clearer understanding of what we feel is important and what we are trying to accomplish.

#### **Philosophy**

There are several statements that our softball program should serve to benefit all who are participating in our program:

1. It should contribute in a positive manner to the education of the student-athlete. Whereas we are giving each player the tools to be successful, not only on the field but throughout life.
2. It should be fun but also emphasize hard work. Softball, when used properly, serves as a positive, educational forum through which the participants' physical, social and emotional growth may improve.
3. It should be a place where coaches, administrators, teachers, parents and, most importantly, the student-athlete can communicate ideas to improve the program and ourselves.

## **Objectives**

The objectives of our program are based on the following:

1. To provide positive experiences as it relates to lifetime skills.
2. To provide a setting where an athlete can excel academically as well as athletically.
3. Help develop a positive self-concept.
4. Improving individual, specific sport's skills and abilities.
5. Work for individual goals.
6. Teach the value of communication and cooperation through a **Team** setting.
7. Work for **Team** goals.
8. Work in a disciplined environment.
9. Provide an atmosphere where the athlete can grow stronger in his/her faith, whatever that may entail.
10. Provide each player with the physical and mental skills needed to succeed. Each player will be challenged but never be given any task that can't be handled.

## **Specific Age and Team Level Objectives**

The Lakeside Softball program should provide a progressive skill development program. Each level has specific developmental skills and should fit the conceptual base as provided by Coach Granger.

## **Team Philosophy**

We will use sound **team** concepts and avoid gimmicks or unsportsmanlike activities. Emphasis shall be on developing proper offensive skills in the areas of hitting, bunting and base running. We will also develop proper defensive skills in the areas of fielding, throwing and defensive communication. Lastly, we will provide sound pitching mechanics to avoid injury and maximize performance. They will also be given information so that they may succeed mentally as well as physically. The objective is to minimize mistakes and to make the players feel comfortable by repetition after repetition. We will do this by drilling players in proper alignment, skills, aggressiveness, and player responsibility.

We can develop a winning strategy by doing the following:

1. Build a solid defense.
2. Develop a disciplined but aggressive approach to hitting.
3. Practice related skills and communication.
4. Practice at game speed so that each situation becomes second nature.
5. Maximize technique and responsibility.
6. Eliminate errors offensively and defensively.
7. Pitchers throwing strikes.
8. **Develop Lakeside pride in the program.**

### **Park Rec. And DHYS Programs**

Remain a constant presence down at the park rec programs and DHYS teams. To provide an ongoing involvement of athletes, the following steps are priorities:

1. Recruit and maintain players from the middle school and local park. Sign up and play as many athletes as possible.
2. Teach softball fundamentals, techniques, and program terminology at a basic level.
3. Send a letter to parents of 6-8th grade girls inviting their daughter to come to Varsity and JV games.
4. Teach only a limited number of plays and signals.
5. Teach sound, but limited techniques. Use repetition to improve.
6. Maintain **team** morale, discipline, and order.
7. Provide safe drills and fundamentals.
8. Coaches to improve skills and knowledge by attending coaching clinics.
9. Develop players based on potential rather than immediate ability. Begin having a better rapport with the park that feeds into Lakeside to get these athletes to stay in this area.
10. Work to Win. **Inspire, don't perspire.**
11. Provide athletes with information on camps and spring/summer/fall leagues.
12. Make sure every player/parent has a schedule of the JV and Varsity schedules and encourage each player to attend as many games as possible.
13. Work with the park to run a camp to help develop future softball players and interest.

**Junior Varsity Team:** The goal of the JV **Team** is to prepare young players for Varsity Softball. This includes stressing good grades, discipline, and softball fundamentals, as well as playing each athlete in the position best suited for their future as varsity softball players. Finally, teach them to play and win as a team.

1. Keep as many players in the program as possible (14-16 **depending on talent pool**).
2. Create and emphasize personal improvement.
3. Develop basic skill level.
4. Develop **team** rules and regulations.
5. Notify parents and players, in writing, of team rules and regulations.
6. Develop two athletes at each position (especially catcher).
7. Develop proper hitting mechanics.
8. Develop proper fielding mechanics and positioning.
9. Maximize situational defense so all players know where to go with the ball.
10. Develop proper pitching mechanics to avoid injury and maximize performance.
11. Develop sound base running.
12. Improve player communication.
13. Stay within approved terminology (this includes drill, skills and signals).
14. Emphasis on player performance and attitude.
15. Strengthen **team** discipline.
16. Winning should be your goal, but secondary to the above.
17. Emphasis on grades and academic citizenship.
18. Player participation: strive to give all athletes playing time but not at the expense of **team** goals.
19. **Inspire, not perspire.**
20. Give each athlete an end-of-season evaluation, suggestions for off season improvement.
21. Redefine position skills to varsity level performance.

## **Varsity Team**

The role of Varsity is to continue to prepare each young player, not only for the Varsity Softball Season, but for life. This includes stressing strong academics, discipline, and baseball fundamentals. This also includes, but is not limited to, teamwork, communication, and the mental capacity for the game. To show each athlete how to respect themselves, **teammates**, opponents, and the game itself.

1. Refine player skills so that they can contribute on the Varsity level.
2. Emphasis that playing time is earned and is not a right.
3. Place in writing all rules and regulations about player expectations.
4. Enforce these rules and give copies to players and parents.
5. Follow state rules and school policies.
6. A winning attitude must be developed.
7. Athletes with poor attitudes will be given every opportunity to improve behavior before being eliminated from the **team**.
8. Keep **team** offense and defense within program goals and objectives.
9. Weightlifting/Resistance Training is a part of every week's game program (if time warrants).
10. Give returning athletes an end-of-season evaluation and off-season improvement program.
11. Emphasis on this level is to win by preparation and effort.
12. **'Student-Athlete'**: Emphasis will be to remind players that 'student' comes before athlete and that academics are more important than the game. With that, time management must also be taught and enhanced. Softball never caused players to fail in the classroom.

**Fall Break** – Fall Break comes at the end of each High School season. We need to plan on playing/practicing during the break. We plan on being in the playoffs each year, so we will be preparing for the playoffs at this time. I will do my best to schedule so each player has family time during that break.

## **Coaching Duties**

### Major Responsibilities:

1. Be a great teacher.
2. Latest and safest techniques.
3. Be prepared, written practice plan.
4. Weekly chalk talk and film session.
5. Create a positive winning attitude.
6. Be enthusiastic.
7. Care for **All** players as a person.
8. Work hard to win; prepare to out-prepare our opponents.

## **Coaches Focus Points**

1. Be **positive** and **motivate** each player, every day.
2. **Teamwork** allows common people to achieve uncommon things.
3. Preach **positive attitudes** – your attitude towards a situation determines the outcome.
4. **Effort and Discipline** – in the classroom and on the field.
5. **Listen and Believe** in your teammates, coaches, and parents.

## **Head Varsity Coach**

1. Overall program planning and organization.
2. Varsity practice and game planning and organization.
3. Equipment inventory, equipment order, budget.
4. Athletic banquet and awards.
5. Scouting analysis and written report for team and coaches.
6. Varsity program discipline and morale.
7. Assignment and management of coaches.
8. Selection of overall offensive, defensive and pitching philosophy and techniques.
9. Playbook development.
10. Summer Team Camp brochures.
11. Season practice schedule and times (get calendars to players, coaches, and parents).
12. Designate flexibility, strength, and conditioning program.
13. Handle major injuries. Follow up with family.
14. Overall program publicity.
15. Help organize home game needs for JV.

16. Get material for coaches early in the year.
17. Keep the A.D. and Principal informed of unusual needs or events.
  
18. Stay in communication with parents with weekly emails and monthly calendars.
19. Stay in constant communication with Dugout Club regarding facilities, budget, promotions, awards, and fundraising. Plan to attend Officer meetings.
20. Remember to motivate.

### **Varsity Assistants**

#### **Same as Varsity Coach – Plus**

1. Place your area assignments high on your priority list – take charge, prepare your practice sessions. Have drill and equipment ready.
2. Be available to attend meetings after practice.
3. Review game: Have plans and ideas prepared. Take notes during the game of positives and negatives.
4. Help in off-season athlete interviews and carry out assignments. Look for work, there is always enough to do.
5. Attending Pre-season meetings.
6. Evaluate scouting reports (if any).

#### **All Non-Varsity Coaches:**

Attendance at varsity games is not required but greatly appreciated! Check with head coach for possible assignments.

### **JV Assistants**

#### **Same as Varsity- PLUS**

1. Place your area assignments high on your priority list - take charge, prepare your practice sessions. Have drills and equipment ready.
2. Be available to attend meetings after practice.
3. Review game films. Have plans and ideas prepared. Take notes during games of positives and negatives.
4. Help in off-season athlete interviews and carry out assignments. Look for work, there is always enough to do.
5. Make and maintain season locker room charts.
6. Attend preseason meetings.
7. Evaluate scouting reports.



## **Head JV Coach**

Same as Junior Varsity/Varsity Assistants - PLUS:

1. Overall program planning and organization.
2. Varsity practice and game planning and organization.
3. Equipment inventory, equipment order, budget.
4. Athletic banquet and awards.
5. Scouting analysis and written report for team and coaches.
6. Varsity program discipline and morale.
7. Assignment and management of coaches.
8. Selection of overall offensive, defensive and pitching philosophy and techniques.
9. Playbook development.
10. Summer **Team** camp brochures.
11. Season practice schedule and times (get calendars to players, coaches and parents).
12. Designate flexibility, strength, and conditioning program.
13. Handle major injuries.
14. Overall program publicity.
15. Help organize home game needs for junior varsity.
16. Get material for coaches early in the year.
17. Keep A.D. and principal informed of unusual needs or events.
18. Remember **to motivate**.

## **Middle School Coaches**

1. Fundamentals, Fundamentals, Fundamentals
2. Have a practice plan every day, if possible.
3. Make every player feel that they can fly.
4. Stay in communication with parents about practice/game changes.
5. Stay in communication with Head Varsity Coach with schedules and results of games. Give Head Varsity Coach weekly review and results.
6. Promote Varsity and JV programs.
7. Teach life learning concepts/Character/Team Building.
8. Athletic Banquet and Awards

## **9th-12th Grade Comments**

Coaches have an open-door policy for all student athletes. Care for players as individuals.

**In-season:**

1. Varsity coaches meet with junior varsity players.
2. Varsity players are not to harass junior varsity players.
3. Arrange for special programs. Guest speakers, etc.
4. Locker room is for athletes ONLY!
5. Make slogans and charts, develop P.R.
6. Entire teams will Cal and Stretch or do drills at least once a week.

**Off-season:**

1. Post season awards banquet.
2. Maintain coach-player contact in the off-season.
3. Attend and promote spring meeting.
4. Promote summer/winter camps and any showcases.
5. Monitor off-season conditioning and injuries.
6. Meet with 8th grade athletes, interested in softball in the spring.
7. Sit with each athlete after the season and go over strengths and weaknesses and ways to improve.

**Summer workouts**

The purpose of summer workouts is to keep the players tuned up from the spring and fine tune their skills as much as possible. We do this by practicing skill drills and working on speed work, plyometrics, and strength training twice/week for two hours. We begin in June and end at the end of July (the week of July 4 is a dead week/no work outs). These are open to all players in the program and any potential players. The more the players come, the more they get seen by the coaches in the program, the more they improve their play and the better chance of reaching the next level of competition.

**Communication with Parents**

One thing we started a few years ago were weekly updates. The updates would review the week previously and preview the week coming up. The updates would highlight any outstanding performances or notable team accomplishments. These emails are always positive and are meant to keep everyone informed and excited about the program and show the positive direction of the program.

I am also aware that not everyone is always excited and may have concerns or questions about the direction of the program. There is an open-door policy to all parents. However, there are times that are not good times to voice concerns. These times would be on game days. The best times to meet with me or my coaches are **before or after practice**. Before school or during the coaches planning period is also quite acceptable. Before meeting with a coach there should be a three-step process:

1. If appropriate, talk with your daughter about your concerns. What is your child's perspective? Can your child solve the problem herself?
2. Set up a meeting with the coach if you still have questions. This should be an informational meeting where you ask questions, listen, and have a discussion. Remember that the coach makes decisions for the good of the **team** based on practice, ability, attitude, and chemistry. Subjects that are off limits are playing time, other players, and game strategy. We are always happy to discuss how your child can improve.
3. If questions remain, set up a meeting with the athletic director, coach, and yourself. There is a chain of command in everything we do. At Lakeside High School the chain goes like this:  
Asst. Coach – Head Coach – Athletic Director (Coach Newmyer) –  
– Asst. Principal (Mr. Loyd) – Principal (Dr. Stoddard)

There are also guidelines for meetings that should be followed for the betterment of everyone involved:

1. Conversation must be in a professional manner with regard to both language and conduct.
2. Everyone gets a chance to talk, but everyone must listen as well.
3. Emotional control by all parties is imperative.
4. Meetings must not occur on game days, but by appointment (I am flexible on this if it is on a practice day).
5. The conversation will be about your child. We will not talk about any other players. We will also not talk about playing time. I will listen to concerns and talk about how your child can improve.

## **Parents Roles**

1. Be a fan of everyone on the team.
2. Respect the decisions of officials.
3. Respect other fans, coaches, and players.
4. Talk to your child. If they have any questions and, if you still have questions, contact the coach through agreed-upon athletic department procedures.
5. Do not poison the water toward a coach, the program, or teammates by your conversation around other parents or players.
6. Do not talk to coaches on game day about a concern.
7. Understand that the coaches' responsibility is to make certain that players are safe and become better people and athletes, not to solely to win every game.
8. Be supportive of all children on the team.
9. Do Not Coach Your Daughter from the Stands! You may be asked to leave, or your daughter can leave our team and go play for you.

## **Student-Athlete Roles**

1. Be positive and have a good attitude.
2. Support their teammates.
3. Work hard. Hustle!
4. If they have any questions, ask the coach.
5. Know and follow school and team rules.
6. Challenge themselves as an athlete and a person.
7. Meet classroom expectations.
8. Notify the coach of any scheduling conflicts in advance.
9. Talk to the coach about any special concerns

## **LAKESIDE PLAYER SOFTBALL RULES**

### **Physicals**

All players must have a completed physical that is current for the school year of 2023-24. Participation in tryouts is not allowed until the physical is turned in and approved.

### **Attendance Policy**

A player that misses a practice without notifying a coach before practice time will be given extra conditioning. A player will be removed from the team after 3 unexcused absences from practice. Academic homework or studying is not an excusable absence. There are excused absences, such as family emergencies, illness; but the coaches must be informed. If a player is absent from school, Coach Granger must be notified before practice/game. If a player is absent from practice the day before a game, they will not start. If a player gets in trouble in school on the day of a game, they will be suspended for that game. If a player misses a game for an unexcused reason, they will be suspended for the next game. They will be expected to suit up for the game and cheer on the team. Players are expected to be in school all day on the day of and the day after games. If a player misses class, they may be subject to removal from the line-up or suspension. Do not be late for practice or games. A player who is late for practice will be given 1 pole for each minute they are late. If they are late on a game day, they will be removed from the line-up.

### **Player Readiness**

Each player must have all their correct equipment each day. Players who do not have the correct uniform, belt, socks, cleats, etc... on a game day, might not start or play.

### **Playing Time**

Playing time will be decided upon by the coaching staff and based on the staff's professional opinions. Do not discuss playing time on game days. Playing time will be discussed only with the player in attendance and only about the player in attendance. If a player or parent(s) desire to talk about playing time, schedule an appointment before school or after practice. We will discuss how the player can get better and where she needs to improve.

## **Game Day**

Players must be in school ALL day. There will be duties for individuals during and after the games. Players who are not playing will be in charge of warming up outfielders/pitchers. They will also be given foul ball duty. There is no going to the concession stand during the game and no food from parents will be allowed in the dugout. After the game the infielders will rake their own perspective areas, catchers have home plate and pitchers rake the mounds. Outfielders are in charge of cleaning both dugouts for home games and our dugout after away games. This also includes helping the managers with putting away equipment. You may leave when the coach says it is ok.

## **COVID-**

COVID is something that has not gone away although we are learning to live with it. We will still do things to prevent the spread of COVID or any virus. Please have your daughter have their own water bottle. We will keep hand sanitizer around. If your child is sick, please let us know right away.

## **Locker Room**

The locker room will be cleaned daily. That means sweeping, wiping down and picking up garbage off the floor. At a minimum, the garbage will be taken out once/week. There will be a schedule of 3 players/week that will have this responsibility.

## **Program Rules**

Players must first understand the goal of the baseball program at Lakeside High School. Our goal is to build character and integrity, importance of the “**TEAM**” concept, and to develop young players so they will be able to be successful in softball and in life. Playing softball is a privilege, not a right! Those expecting to represent the Viking softball program will be held accountable to higher standards than other students. Some commonsense rules apply.

## **Social Media**

I will be following all players who are on Instagram. Any content that is deemed detrimental to the standards of Lakeside softball (i.e.: cussing, inappropriate behavior, or videos, etc.) will be reprimanded with physical (extra conditioning) discipline. If the behavior continues, the player will be removed from the team.

Any student/athlete that does anything, on or off the field, to discredit this program will be subject to punishment and possible removal from the program at the discretion of the head coach and the coaching staff. Such behaviors may be but are not limited to:

- Fighting
- Racial Slurs
- Assault
- Skipping Class/School
- Repeated School Violations

Any student/athlete that violates alcohol, drug, or tobacco laws, be it at school or city, county, state or federal level, will be dealt with in the following way:

- 10 game suspension from the ability to play games in the softball program. The student/athlete will still be part of the team and expected to practice. Also, the student/athlete will be required to enroll in a self-help program.
- Any second offense will result in immediate removal from the softball program.

The reason for the severity of these punishments is this: all three of these things can take your life and all are illegal to minors.

Conduct is a concern in all places and in all situations. Classroom misconduct will not be tolerated. Student/athletes are here to receive an academic challenge, not to see and be seen. Conduct on the field can be summarized with one word: **RESPECT!!!** Players will show respect to umpires, opposing coaches, opponents, and fans. The throwing of equipment, use of profanity and arguing with umpires will not be tolerated. These are little things that go a long way in making the team and individual a winner.

### **Travel Ball**

Players may play on a travel ball team in the spring, summer and in the fall after the high school season. They may not play for a travel ball team during the High School season. If a player is found to have played or practiced with their travel ball team during the High School season, that player will be removed from the team. Any travel ball team that is worth playing for, does not have practices or games during the high school season.

## **Lakeside Dugout Club**

The Lakeside High School Softball Dugout Club, Inc., is a not-for-profit corporation that was formed to assist the softball program of Lakeside High School comprised of the Varsity, Junior Varsity, and Middle School teams. The functions of the Dugout Club include promoting the general welfare of student athletes, increasing school spirit and sportsmanship, and raising money to support Lakeside Softball. The mission of the Dugout Club is to boost support and morale throughout the community around the Lakeside Softball Program.

**Officers: President, Vice President, Treasurer, Secretary, Facilities, Mid. School/Youth Coordinator, Communications, Fundraising, Volunteer Coordinator, Web Master.**

### **Lastly -**

Please, as we go forward, these young players play a game of failure. It is a game where the top players in Div. I softball fail 50-60% of the time. It is the only game where the defense has the ball. It is the greatest game because it teaches how to overcome adversity. It builds character and prepares each young player for adulthood. Let us build up each player together. Looking forward to another great season!!!

**LET'S ALL WORK TO IMPROVE THE PROGRAM!**