



## **Xtreme Guide Book**



## COACHING PHILOSOPHY

- Focus on being process based over result based to help achieve success in the long run
- We want to win but we will focus on making sure we are doing things the right way not the necessarily the easiest way. What might work today might not work down the line.
- Every player and every position is equally important to the team's success.
- Keep play as fair as possible but positions must be earned.
- Attendance at practice is the key to success for the individual player and the team as a whole.
- We welcome players to make mistakes and push their limits.
- A team can work hard while having fun and still have great success.
- We reward and praise good effort, improvement, progress and results that are going in the direction of our plan or goals we are trying to achieve. We don't reward or praise results that are going against our plan or goals.

## OBJECTIVES FOR THE SEASON

- Master the basics of Softball, keep the game simple and focus on the basics.
- Teach players to show good sportsmanship and respect to coaches, players, parents and umpires on this team and on other teams.
- Practice as hard as you play
- Play with control
- Have other teams look forward to playing us for our good attitude and sportsmanship but at the same time fear us for our playing skills.
- Improve skills and personal and team success
- Strengthen team bond
- Win or learn, never lose.
- Medal in at least one tournament

## Playing Time and Positions

- For regular season games - fair play rule in effect, all players will be played equal time in the field with exception to specific positions, i.e. pitcher, catcher.
- For tournaments – Round robin will be kept as far as possible. In Playoffs we will play the players we feel give us the best chance to win and players might not get equal play time. Players who may not see a lot of play time during playoffs will be given extra play time in the weeks following league game(s). Players who do see more play time in playoffs may not see as much play time in the following weeks league game(s).

Parents are expected to have players on time for all practices and pre game warm ups. Players are required to be at the ball park 1 hour before game time to warm up. Players must have their shoes/cleats and uniform on and gear ready to go at the start time of practices and pre game warm ups. If this means you need 20 minutes to put on your cleats and gather yourself, then you need to be 1 hour and 20 minutes early.

If a player is not able to attend or will be late to a practice, warm up or game a parent must notify at least one coach before so we can plan accordingly.

## Team Expectations

### PARENTS AND PLAYERS CAN EXPECT THE COACHES TO:

- Set an example for the players by working hard, trying our best, being on time and ready to coach, as well as being respectful of players, parents, coaches and umpires.
- Promote fun, friendship, teamwork, sportsmanship and skill development.
- Teach players the rules of the game
- Equip players with the skills they need to achieve success
- Reward and praise players for good effort, improvement, progress and results that are going in the direction of the plan and or goal we are trying to achieve.
- Never single out, yell or intentionally embarrass a player
- Push players to find out how far they can go and where their limitations are.
- Make mistakes. Just like players coaches can make mistakes too.

### COACHES EXPECT PLAYERS TO:

- Try their best, work hard, have fun and improve your skills
- Treat all players, coaches, umpires and fans on this team and other teams respect on and off the field.
- Make mistakes, making mistakes is how we learn
- Push your limits, find out how far you can go and see how far limitations are
- Trust your coaches and their instructions.
- Ask questions. If you don't know how to do something or if you don't know why you are being taught to do something a certain way then please ask us.
- Never argue with an umpire's call.
- Work equally hard for yourself and your team.
- Practice as hard as you play.
- Encourage your teammates, raise them up never put them down.
- Be humble in victory and dignified in defeat.
- Help set up and take down team gear as well as carry to and from games and practices.

### COACHES EXPECT PARENTS TO:

- Have your player on time to every practice, warm up and game. If you're going to be late or cannot make a practice or game, please contact a coach.
- Show support for not only your player but for every player on the team as well as coaches and parents.
- Support all good plays, regardless of who or which team made them.
- Never put down a player on this team or any other team.
- Resist the temptation to coach your child from the stands at practices or games.
- Ask questions. If you don't agree with how the coaches are teaching something, please ask us after a practice or game.
- Let us know if your player is getting additional Softball training as we want to make sure that it is not contradicting to what she is being taught by us and the other instructor.
- Offer help and assistance at team practices and pre game warm ups. Our job is to coach and we may need parent assistants to help run drills and make practices and warm ups run smoothly.

Parents are expected to have players on times for all practices and pre game warm ups. Players must have their shoes/cleats and uniform on and gear ready to go at the start time of practices and pre game warm ups.

Family and school take priority over Softball. If a player is not able to attend or will be late to a practice, warm up or game a parent must notify at least one coach before so we can plan accordingly.

## PARENTS:

In the event of a serious injury, do not come onto the field, unless invited by a member of the coaching staff or an official. We will call out our first aid person for assistance.

Parent concerns. Please understand that the purpose of this team is to benefit your girls. Any concerns you as a parent may have, we ask that you choose the appropriate time that will give you the best results with our full attention. We will not under any circumstances discuss any issues before or during a game. If we keep the line of communication open we should be able to resolve all issues.

Parents will not be allowed in the dugout, only the coaching staff that is listed on the CASA is allowed in the dugout and infield. We would ask that parents not coach or offer advice from the stands. If this occurs, we would ask the parent to go out and sit in the outfield seating area.

## PARENTS & PLAYERS:

Playing on the Langley Xtreme team is an honor and a privilege, not a right. We ask that girls and parents be aware of this and conduct themselves accordingly. Whether at home or on the road, when wearing the Xtreme uniform good behavior is expected.

We do not condone bullying or any hurtful behavior towards a player, parent, coach or umpire on this team or any other team. Bullying by anyone associated with the team will be dealt with appropriately.

We are confident that the players we have selected and their parents will present the Xtreme name in a manner that we can all be proud of.

## PLAYERS:

No Jewelry is to be worn at practices or games, with the exception of a medical bracelet.

Hair must be up and out of players face

No food or cell phones and during practices, warm up or games.

## PRESENTATION

- Appearance: Team is neatly dressed and looks sharp.
- Warm Up: Well organized, everything is done together with a purpose.
- Infield/outfield: Quick, sharp and snappy.
- Hustle: Run on and off the field.
- Bench: will be well organized, equipment arranged neatly and everyone has a job to do. All talk and activity is centered around the game always encouraging your teammates.

## LIST OF ITEMS TO BE KEPT IN YOUR BAG:

- Glove
- Helmet
- Batting Gloves
- Hat
- Team Jacket/Hoodie
- Water Bottle
- Cleats
- Hair Ties
- Extra pair of socks
- Sandals/slides or running shoes
- Towel
- Sun Glasses
- Sun Screen
- Full team uniform, both colors including pants, long sleeve and short sleeve under armor
- Slider
- Ball
- Personal Bat (if applicable)

## WHAT MAKES A TEAM?

There is no “I” in teamwork. Players have to be a team on the field. Individual commitment to a group effort - that is what makes a team work. Success is achieved when all the parts work together. When everyone is moving forward together, success takes care of itself. You must encourage and respect each other and always give credit when deserved. You must always look for the positives.

It is amazing what a high five or good play comment will do to lift the confidence and spirit of a teammate. Individually you are a raindrop, together you are an ocean. Even though your teammate let the ball go through her legs, you must congratulate her on hustling to the ball and making the throw. She knows she missed the ball and does not need to be reminded of it, especially by her teammates.

**T o g e t h e r**

**E v e r y o n e**

**A c h i e v e s**

**M o r e**



## Langley Xtreme

### Volunteer Sign Up Sheet

1. *Team Manager* (1) \_\_\_\_\_
  
2. *Field Coordinators* (3-4) – prep our home field for all home games, including lining, bases in, bases out and re-raking post game  
\_\_\_\_\_  
\_\_\_\_\_
  
3. *Treasurer* – set up team bank account, accurate book keeping, banking, and financial reporting. (1) \_\_\_\_\_ (2) \_\_\_\_\_ *Extra Signatory*
  
4. *Fund Raising Committee* (min 4) –come up with ideas for raising funds and implementation.  
  
*Members:* \_\_\_\_\_  
\_\_\_\_\_
  
5. *First Aid*– assist injured players on the field during games and practices. This individual will hold a copy of the emergency contact forms along with the coach.  
  
\_\_\_\_\_
  
6. *Travel Coordinator:* (1)- organize and book hotels  
  
\_\_\_\_\_
  
7. *Score Keepers and Stats* (2): \_\_\_\_\_
  
8. *Team Water:* \_\_\_\_\_



## Parent Code of Conduct

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I Agree to...

1. Accompany my child to as many orientation and informational meetings as possible.
2. Accept the authority of the coach to determine strategy and player selections.
3. Avoid the use of tobacco and refrain from being under the influence of alcohol during practices and games.
4. Help my child to follow the Players Code of Conduct.
5. Encourage your child during games and leave the coaching to the coaches.
6. Ensure that my child attend all scheduled practices and games. If my child is not able to make a scheduled practice or games, they will be responsible for contacting the coach in advance.
7. Provide only supportive comments to coaches, officials and player of ALL teams.
8. Show enthusiasm. Interest and support for your child.
9. I will remember my child plays softball for her own enjoyment not mine.
10. If you have any concerns about the team please wait 24 hours before contacting the Head Coach(s). The Head Coach(s) will not discuss team issues at the ball park. Most concerns can be resolved if we keep the lines of communication open.

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Signature of Parent

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Date



## Player Code of Conduct

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I Agree To...

1. Attend every practice or game, unless I inform the coaches of my absence.
2. Give support and show respect to my teammates. Encourage them, raise them up never put them down
3. Emphasize academics and family over athletics.
4. Express myself respectfully and appropriately.
5. Work equally hard for yourself and your team in practices, warm ups & games.
6. Show good sportsmanship towards players, parents, coaches & umpires on this team and other teams at all times. Winners never brag and losers don't make excuses.
7. Strive to be a positive influence to others on my team with my actions, words and attitude.
8. Provide only supportive comments to coaches, officials and players of ALL teams on and off the field.

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Signature of Player

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Date



## Coaches Code of Conduct

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We Agree To...

1. Exercise model sportsmanship 100% on and off the field.
2. Speak with parents about their athlete whenever it is mutually convenient.
3. Respect my athletes as individuals.
4. Encourage my athletes to have a winning attitude through perseverance and hard work.
5. Keep up to date on coaching strategies.
6. Help each athlete realize her full potential.
7. Place school and family relationships above all other activities.
8. Recognize performance as more important than winning or losing.
9. Develop leadership skills in all my athletes.
10. Enforce the team rules.
11. Avoid the use of tobacco and refrain from being under the influence of alcohol during practices or games.

\_\_\_\_\_  
Date \_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Date \_\_\_\_\_  
Signature of Coach

Please see below are the Langley Rep Softball Policies that we feel parents should be familiar with and aware of.

### **Uniforms**

Uniforms are not supplied by the association, must be purchased by the team or individual players.

MVP Athletics is the official supplier for Fusion and Xtreme.

An Xtreme uniform consists of black pants with green piping, white or black socks or pre-approved stirrup socks, green white or black belt and white or black dryfit and black cleats. Along with the approved jersey and helmet from MVP.

All girls are to wear the same colored socks, belt and Dryfit. It is the team decision on what they consider their “Home” jersey and what they consider their “Away” jersey. Please note some tournaments will require both jerseys.

### **Field maintenance**

We rely on teams to rake and set up prior then rake and clean up after each league game.

If you break something, own up to it! Just think if you arrive after something has been broken and it wasn't reported how frustrating it is to complete field set up. If you are breaking open the last bag of lime email the above so that it can be replenished for the next team.

### **Volunteer commitment**

Each family is committed to volunteering 4 hours throughout the year (separate from team volunteering) (September to August) otherwise the volunteer commitment cheque of \$ 150 which was written in the off season with a post-dated date of June 30th will be cashed in July. There are many opportunities to volunteer in these great organizations. One way is for your athlete to give back in Mentorship as an option.

### Communication from coaches to athletes

All communication from a coach to an athlete must not be individualized and direct between the two. Communication is to be in a group chat, a group email if something needs to be addressed directly with an athlete from a coach the parent in either text or email must be included in that communication. If policy is not being adhered to the Rep committee is to be advised.

### **Team equipment**

Any equipment purchased from team funds remain as part of the team assets. When a team ages out or collapses all equipment is to be returned to the association to be repurposed.

### **Insurance**

Only those names on the CASA are allowed in the dugout or on the field during game play. If you aren't on the CASA then you aren't not permitted in the dugout or on the field.

### **Grievances or conflict resolution**

We have a team of NL and LFA Presidents, and some non-parents on a committee that will review any required conflict resolution this can consist of but not limited to

- Player to player conflict
- Player to coach
- Coach to player
- Coach to parent
- Coach to coach

Please send an email in confidence, to [langleyrepconflicts@gmail.com](mailto:langleyrepconflicts@gmail.com) to start the communication on this matter that needs to be addressed.



## LANGLEY REP SOFTBALL TEAM MANAGER RESPONSIBILITIES

The main responsibility of a Team manager is to act as a liaison between the parents, the coaches and the association. They are to provide information to the parents either verbally, by phone or by email and be responsible for coordinating the activities of the team, which will allow coaches the time to coach.

Team Information - to be kept with you at all times.

Assemble a complete contact list for each player's family, including emergency names and numbers. Also Softball BC numbers

Have completed medical form for each player

Have a copy of each player's birth certificate

Ensure team has First Aid Supplies

Player and Parent Conduct forms signed

To divide up equipment once season has started.

The following can be delegated to parents, but Team manager is to oversee.

### 1. Financial

- a. Budget and accounting controls for the season
- b. Spreadsheet for each girl to keep track of individual fundraising
- c. Update budget with actuals as each expense incurs
- d. Prepare year end financial summary and submit to Rep Coordinator at the beginning and end of team season.
- e. Ensure that Head coach is updated weekly about balances.

### 2. Team Snap (Buy yearly subscription)

- a. Enter in all practices
- b. Enter in game schedule
- c. Enter in tournament schedule
- d. Update scores after each game

### 3. Field Prep and Scorekeeping

- a. Ensure your team has at least two trained scorekeepers
- b. Create a schedule.
- c. Ensure adequate quantities of scorebooks and line up sheets are available.

### 4. Tournaments

- a. Register for tournaments
- b. Print all information from tournament director
- c. Forward email from tournament director to all coaches
- d. Know the rules, print scorekeeping information for scorekeeper
- e. Complete CASA forms – including coaches training numbers for Districts and Provincials
- f. Ensure you have all birth certificates
- g. For out of town tournaments, look up different hotel options and coordinate with the team and hotel for special rates.

### 5. Fundraising Coordinator

6. Applying for the travel permits through Softball BC