

# 16U Cincy Shock 2019-20 Coach K and Coach Zill

## 2019-20 Coach Goals:

- Teach and develop the value of softball, beyond the physical aspect of the game.
- Practice and play at the collegiate level to encourage young women to step outside of their comfort zone and improve!
- Consistent communication between players, parents and coaches so that the athlete continues to grow.
- If an athlete is interested in college softball, work with her to navigate through the recruiting process (organize a player profile, write emails to college coaches, research colleges based on academic interests, etc.)

## Team Expectations

1. Shock Training
  - a. Attend all practices.
    - i. While we are flexible and supportive of prior commitments and/or other sports, the off-season is just as important as the season and is a time for players to show their commitment to their team and teammates.
    - ii. We will practice at an indoor facility throughout the winter so that the girls can start developing and building as a team. **Team and individual practices will start in September until high school season begins in February.**
  - b. If you are going to miss a team practice, please let your coaches know in advance AND schedule an individual practice with the coaches. Practices should not be missed.
2. Team Rules
  - a. Give one week's notice if you are going to miss **anything** team related; coaches should know before the summer season begins if a tournament will be missed.
    - i. *Players will be expected to attend all tournaments unless given permission by the coach. Please be considerate and upfront with*

*the coaches about upcoming situations that may affect your daughter's participation with the team.*

- b. Give a 24 hour notice if you will be late for anything.
- c. Arrive at least 15 minutes before practice times and at least one hour before game time, unless instructed otherwise. *"If you're on time, you're late!"*
- d. Say hello to the coach when you arrive for events, even when you do not feel like it.
- e. ALWAYS HUSTLE during games and practices. This includes after strikeouts and errors on the field.
- f. Always be truthful.
  
- g. Pay close attention to what's going on - at ALL times. There is always something to learn, both on and off the field. Listen to what your coach is teaching other players - it's for your benefit as well. *Stay focused* in all games and practices. Encourage and support your teammates at ALL times.
- h. No whining, complaining or profanity. If you disagree with something, speak to the coach privately and respectfully **24 hours** after the situation has occurred.
- i. No chatting with parents or friends during practices and games. No leaving the field/dugout during games.
- j. Parents must stay out of the dugout and refrain from coaching their daughters at all times. If there is an issue, they must ask to speak to the coach **24 hours** after the situation has occurred.
- k. Treat all equipment with respect, always pick up team equipment first and leave no trash behind.
- l. Be confident in your ability and be very proud of who you are. At the same time, stay humble, positive, and continue to work hard. NEVER BE SATISFIED!!