

Following pages are marked
(Upper RA corner)

In field -



Catching -



Philosophy -



Fun additions -



Total Pages - 22



DEFENSIVE APPROACH / Infield

Glove Care

-JUST CATCH IT!!!!!! PAGE 7

-AGGRESSIVE-DOUBLE PLAYS, BLOW UP RUNNERS!!!
(27)

-SPEED UP PRACTICE-HOME TO 1B---3.0 SEC

-WHERE IS MY NEXT PLAY?-TRASH CAN DRILL

-THROWING MOTION

-1B-FOOTWORK, PICK

-C-STICK, BLOCK, THROW, RECEIVE THROWS, CALL PITCHES

-OTF-CATCH COMING IN, DROP STEP, RUN & CATCH

-WORK TO MAKE THE ROUTINE MUNDANE

POSITION DRILL WORK

<u>INF</u>		<u>OTF</u>
*	funnel	*
*	turn 2	
*	dive	*
*	4 corners	
*	quick transfer	*
*	hands above waist	
	long arm	*
*	long toss	*
*	footwork	*
*	runners on base	*
*	trash can drill	
*	crow hop	*



VIEWPOINTS

Fastpitch Delivery Only 2012 Page 8

SOFTBALL BY SMITTY

Catch the Ball

By **DICK SMITTY**
Head Coach, University of St. Francis, Joliet

Smitty did a private survey which has no scientific basis, but is sufficient for his addled outlook on softball matters. His survey was prompted by events that occurred a couple of seasons ago when his team went through an epidemic of dropping balls. This scourge of softball included fly balls, pop-ups and thrown balls. Eliminated from the survey were balls that were dropped because of field conditions, difficulty of a hard chance, and those dropped as a result of collision and such.

Guess what? Smitty figured that if a mere 50 percent of dropped balls had been caught, at least 20 more games would have been won! 20 games? Yes, 20.

So, instead of a below .500 season, the 20 games would have made things a bit more tolerable being as how it would have put the team well over that mark. Further dreaming resolved that had 75 percent more balls been caught, the team would have been playing in the NALIA World Series. Astounding, no?

Errant throws seem to be another culprit in team losses. Added to dropped balls, the number of lost games becomes staggering

Of course all this may be written off as speculation for what is done is done, but the survey brought to light one of Smitty's Laws, to wit: A team will not fare well if batted and thrown balls that should be caught, are not.

So, once the "theory" was adopted by Smitty, he made a determined effort to watch games to see if the thing held water with other teams. Lo! It was an astounding thing. While it was true that offenses had a tremendous bearing on runs scored (no-brainer) dropped balls and errant throws accounted for a very large number of losses.

So, if we accept this or any "theory," we must try to correct whatever is causing the train wrecks and why the crossing lights are not working.

Concentration seems to be a culprit. There is simply no reason on earth why fielders should drop routine fly balls or routine throws unless the players' elevators are going to the wrong floor, which is often the case with athletes.

Perhaps the answer is that there is no such thing as a "routine" anything! Coaches simply must get players to realize that every single throw and every single fly ball is important, so important that they must believe they are in a World Series and the outcome depends upon what they do at the moment.

And, all this comes about by instilling the idea in practice. Practice is where errors are created. Teams actually practice errors while their coaches banter with fans, rail-birds and between themselves while players are working out. Thus, when mistakes are being made, they are being reinforced with every action. This will carry over into games. That, dear coaches, you can take to the bank.

Now there is such a thing as being a dictator, yelling and screaming at players whether at practice or in a game, but this is not the thing to do. At times this could be appropriate, but on the whole players must realize the importance of executing proper fundamentals. This includes concentration on the matter at hand and nothing else.

Notice events sometime during warm-ups when players are throwing the ball to

each other. Notice the chatter between players and the ever present giggles. Notice how some thrown balls never properly reach their intended targets, if indeed, a target is given. Notice how many balls are dropped. Guess what? There's a complete lack of concentration on the job at hand. This is unacceptable.

During practice, it is difficult to get a player to believe she is in a World Series. But the attempt must be made. She must be schooled in the fine art of being ready to catch a ball, every ball, and not worry about future events such as a runner tagging at third.

Ball! That is the watchword. Ball! Players must say this word out loud as they prepare to catch a ball. If not out loud, then mentally. It must be done each and every time in regular practice, in pre-game activity and in the actual games.

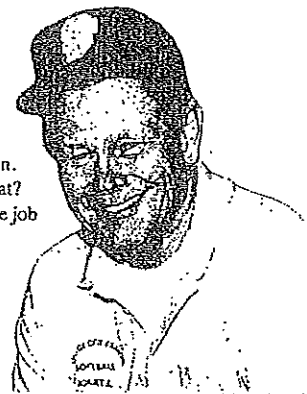
Lack of concentration even once will ultimately have an effect on performance. Yes, even the best of first basemen will drop a perfect throw from time to time, and a stud outfielder will allow a supposedly easily caught ball to fall to the ground. These things usually happen at the worst possible moments.

And it usually happens because of a lack of concentration. This also applies to other parts of the game such as batting and pitching. Routine swings in practice develop bad habits that carry over into games. Routine drills lull pitchers into a mental abyss that will eventually become disaster. Yes, every swing, every pitch, every catch and every fundamental must never be considered as routine. Such has to be perfectly practiced as if world survival depended upon it.

Will this stop errors? Certainly not. But if coaches will work hard with players in practice to develop concentration on fundamentals, the results will be quite pleasing.

And so it was with Smitty after his "survey." He dedicated a tremendous amount of effort to instill the fine art of concentration in his players. It paid big dividends. The fielding average soared in comparison to the previous year. Will it work for all teams? Probably not, but don't bet against the "theory" unless you are prepared for unpleasant results.

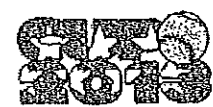
Smitty loves discussions on these topics, so email him at dicksmitty@sbcglobal.net, but bone up first by buying his book, *Fastpitch Softball Fundamentals*, available everywhere books of wisdom are sold.



Dick Smitty is the head coach at the University of St. Francis and formerly coached at Valparaiso University.

SMITTY'S TIP

Player's gloves should become almost a part of their bodies in practice and on the field of play. They should be cared for and treated like gold, never thrown down on the ground or mistreated. Treat them with a good hand lotion after games inside as well as outside (a trick from a little old shoemaker). Put a ball in the pocket and keep it in a dry place. A properly cared for glove will result in at least 20 percent fewer errors and it will last forever. Try it. You'll like it.



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CATCHING SKILLS AND DRILLS
GRAND VIEW UNIVERSITY

**PHYLOSOPHY: LEAST TAUGHT POSITION ON FIELD---WE MUST TEACH SKILLS---NOT JUST CATCH PITCHERS
"WE EXPECT THE MOST FROM THOSE THAT TOUCH THE BALL THE MOST"**

PRIORITIES:

1. STANCE
2. RECEIVE-STEAL STRIKES-DO NOT INSULT UMPIRE
3. CALL PITCHES
4. BLOCK-BE A PILLOW NOT A WALL
5. THROW

VIDEOS:

STANCE:

BASE-WIDE & SOLID
GLOVE HAND-RELAXED & EXTENDED
???TARGET???-WHY/WHY NOT

RECEIVE-RECEIVE-RECEIVE

KEEP GLOVE IN STRIKE ZONE

CALL PITCHES-WE MUST TEACH THE GAME

BLOCK-"PILLOW"-ABSORB ENERGY OF BALL

THROW-NORMAL, SCRAMBLE

Glove Care

GRAND VIEW UNIVERSITY SOFTBALL

OFFENSIVE/DEFENSIVE PHILOSOPHY

Chicken or the egg????

- Do you develop your philosophy first, then find players to match?
- Do you find players, then develop your philosophy?
- Do you seek out a philosophy from others that are successful?
- Do you develop your philosophy based on the prevailing philosophy?

MY ANSWER-----YES!!! (all of the above)

Everything in this game is begged, borrowed or stolen. We are willing to share what we do.

DEVELOP A PHILOSOPHY THAT YOU BELIEVE IN AND YOUR STAFF CAN TEACH!!!!

PROGRAM PHILOSOPHY:

- WHO CARRIES OUR PLAYERS EQUIPMENT? PARENTS-NO, NO ROLLER BAGS
- HOW DO WE LOOK? ON TRIPS, ARRIVING AT: FIELD, HOTEL, BUS
- HOW DO WE WEAR OUR UNIFORM?
- HOW DO WE WARM-UP?
- HOW DO WE MOVE ONTO AND OFF OF THE FIELD?
- HOW DO WE TREAT:
 - UMPIRES
 - BUS DRIVERS
 - HOTEL PERSONNELL
 - PARENTS
 - OTHER TEAMS
- HOW DO WE APPEAR TO THOSE OUTSIDE OF OUR PROGRAM?

GRAND VIEW SOFTBALL

OFFENSIVE PHILOSOPHY

HITTING-SHORT TO IT....LONG THROUGH IT

- EVERY SWING MATTERS
- SWING AT PITCHES THAT ARE STRIKES
- HIT PITCHES THAT WE SWING AT
- BE GOOD HITTERS DEEP INTO COUNT
- HAVE 2 STRIKE APPROACH-2" CHOKE, 2"SQUAT, 2"CLOSER
- MAX. 6 SWINGS IN STATION
- DO NOT SWING TO TIREDNESS

RECRUIT AND DEVELOP HITTERS THAT CAN CHANGE THE GAME WITH ONE SWING

BASERUNNING-SHORTEST DISTANCE

- MAKE DEFENSE STOP YOU

DEFENSIVE PHILOSOPHY

BE AGGRESSIVE

TRY FOR LEAD RUNNER

INFIELD-MOVE YOUR FEET

- GET LEAD RUNNER
- TURN 2
- BACKHAND
- THROW BALL AROUND TO CELEBRATE AND OUT

OUTFIELD-BLOW PEOPLE UP

- GET BEHIND ALL FLY BALLS
- DIVE WHEN APPROPRIATE
- GET INTO EVERY PLAY-YOU HAVE A PLACE TO BE
- STAY OFF DIRT

PITCHING-BELIEVE IN A STAFF

- HARDEST WORKING GROUP, BEST TEAMMATES-TEAM MUST BELIEVE IN YOU
- GET AHEAD W/IN THE FIRST 3 PITCHES
- BE EFFICIENT
- CONTROL THE PACE
- ONLY GIVE UP SOLO HOME RUNS



PITCHERS AND CATCHERS

PHILOSOPHY AND EXPECTATIONS

- NOT MECHANICS AND DRILLS SESSION
- WHO IS MOST IMPORTANT? P ARE-COMES WITH RESPONSIBILITY
HARDEST WORKING, BEST TEAMMATE, SET BEST EXAMPLE
TEAMMATES MUST BELIEVE
- MLB ARTICLE-PAGE 8-P ARE 4 MOST IMPORTANT-MAYBE I SHOULD CHANGE
- LOOK AT SCHEMATICS OF FIELD-P HAVE CIRCLE-C HAVE RECTANGLE
- P ARE MOST TAUGHT---C LEAST TAUGHT
- CALL OWN PITCHES-FREEDOM + RESPONSIBILITY—I CAN CALL BAD PITCH—THEY
CAN CALL GREAT PITCH
- LIMIT GAMES PITCHED!!
- TV COMMENTATOR-“P NEEDS TO USE ... PITCH” COACH IS CALLING THEM!!!
- HANDOUT-PAGE 5-DISCUSS

RANDOM POINTS

- FIELD GROUND BALL-TOSS TO 1B
- WORK ON THROWING TO ALL BASES
- PITCHERS WILL ALWAYS BACK UP PLAY-NEVER STAY IN CIRCLE
- ELIMINATE WILD PITCH-RUNNERS AT 2 & 3

X

Grand View

Softball

Eliminate Drama

Play Tough

X

GRAND VIEW UNIVERSITY SOFTBALL COMMANDMENTS

I WILL ...

GENERAL

ELIMINATE DRAMA
BE A GOOD TEAMMATE
HAVE PASSION FOR THE GAME
RESPECT THE GAME ITSELF
COME PREPARED EVERYDAY TO GET BETTER
BE EARLY
ATTEND ALL TEAM FUNCTIONS
USE POSITIVE THINKING
HUSTLE
USE RESPECTFUL BEHAVIOR DURING THE NATIONAL ANTHEM
NOT USE FOUL LANGUAGE
ACT MATURE IN MY COMMENTS AND BEHAVIOR
WEAR APPROPRIATE CLOTHING TO ALL SOFTBALL ACTIVITIES
APPRECIATE OUR AWESOME SOFTBALL FACILITY

GAME

COMPLETE PRE-GAME WORK ASSIGNMENTS WITH PRIDE
SPRINT TO AND FROM MY POSITION ON DEFENSE
RUN OUT EVERY BALL HIT INCLUDING 2 BASES ON A FLY BALL
RESPECT MY OPPONENT
RESPECT THE UMPIRES
RESPECT THE EQUIPMENT
BE READY TO PERFORM ANY ROLE WHEN CALLED UPON
KNOW AND EXECUTE ALL THE SIGNS
BE EXTREMELY AGGRESSIVE WHEN HITTING AND:
 1-RUNNERS ARE IN SCORING POSITION
 2-I AM AHEAD IN THE COUNT, AS IN 2-0 & 3-1
ALWAYS CONGRATULATE MY TEAMMATES ON A GOOD JOB DONE
PLAY WITH A SENSE OF URGENCY WHEN TRAILING LATE IN A GAME
EXTEND THE LEAD AND PLAN TO COME BACK WHEN BEHIND
BACK UP BASES
WEAR MY UNIFORM PROPERLY AND WITH PRIDE
DO WHATEVER IS ASKED TO HELP THE TEAM

POSTGAME

DO MY FIELD DUTIES WITH PRIDE
NOT CHANGE CLOTHES IN PUBLIC VIEW
LEAVE THE DUGOUTS CLEANER THAN I ARRIVED. (HOME AND AWAY)

X

Grand View Softball Player

Passionate

Intelligent

Maintain Composure

Quality Individual

Will your team to a win

Best players must perform at big times

- fall, weightroom, conditioning, spring

Take care of glove - tight & oil

OF

no errors
aggressive
throw people out
run balls down

SS

2B

turn 2
crawl keep
glove work

P

be easy to catch
don't walk after
keep ball on ballpark
be consistent
leaders
batt le

1B

pick
cut off
"steal" out
foot work
bunt s

3B

protect line
aggressive
knock ball down &
throw people out
bunt s

C

block
throw
Direct Defense
bunt s

InF

- routine plays
- dive - keep ball on dirt



LEADERSHIP
SELF-DISCIPLINE

-BE A LEADER

- ALL SITUATIONS NEED LEADERS/FOLLOWERS
- RECOGNIZE AREAS TO BE A LEADER

-MISSION STATEMENT/VISION

- LEADERS SETS THIS AND MUST FOLLOW IT
- SET FEW RULES-ONLY ONES YOU BELIEVE

-CULTURE OF DISCIPLINE

- DISCIPLINE TRANSCENDS THE LEADER
- COURAGE TO CONFRONT
- SPEAK TRUTH

-GREATEST COMPLIMENT TO LEADER

- IT APPEARS THAT YOU DO NOT NEED TO HAVE INPUT

HITTING SKILLS

PRESENTED BY

LOU YACINICH

GRAND VIEW COLLEGE HEAD SOFTBALL COACH

1. What is your philosophy of hitting? (put it in play, hit it hard, line drives, ground balls, bunt and run, etc)
2. What are the teaching steps for your philosophy?

GRAND VIEW COLLEGE HITTING PHILOSOPHY- HIT IT AS HARD AS YOU CAN EVERY TIME

A. STANCE-ATHLETIC POSITION

- feet a little wider than shoulders
- toes closer together than heels
- knees slightly bent
- bent slightly at the waist-over the plate

B. HANDS

- grip
- placement

C. SWING

- stride-yes
- elbow starts the swing
- eyes track the ball-keep open throughout swing
- barrel of bat
 - like an airplane
 - keep in hitting zone as long as possible
 - keep on the same plane as pitch as long as possible
- speed bat up throughout swing
- finish high

D. DRILLS

- quick toss
- tees
- two ball drills-color or top/bottom
- opposite
- inside/outside
- rhythm with a tennis ball

Rule 1 : Life is not fair - get used to it!

Rule 2 : The world doesn't care about your Self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3 : You will NOT make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4 : If you think your teacher is tough, wait till you get a boss

Rule 5 : Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: they called it opportunity.

Rule 6 : If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7 : Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8 : Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9 : Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10 : Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

Rule 11 : Be nice to nerds. Chances are you'll end up working for one.

!
If you can read this ... Thank a teacher!
If you can read this in English... Thank a soldier!!!

Bill Gates

Softball Hitting Tips

- Spend twice as much time on your hitting as you do on your defense. Hitting is a tough skill to learn, refine and master. It takes a lot of time to become a highly skilled hitter and ultimately, team selections are often made based on who can contribute offensively.
- Select the heaviest bat you can swing without losing bat speed or developing faulty mechanics. This will give you maximum power.
- Hold the bat with your fingers. You have considerably more strength and control with your fingers rather than your palms.

- Don't change your swing right before the season or during the season. A new swing takes too much time to learn. You can make minor adjustments but no big changes. The best time to change your swing is right after the season.
- Stay loose at the plate. Tensed muscles are slow muscles and to be successful at the plate, you need to be quick. Relaxed muscles fire more quickly.
- Make each swing count. You shouldn't be swinging just for the sake of swinging. Each swing should have a specific goal whether it is to work on a technical element, drive the ball in a specific location, or adjust to a specific pitch.
- Don't focus on your batting average but on your on-base percentage. This is a much better indication of your overall performance at the plate. Reaching a base on an error or a walk is as good as getting a hit.

- Go from soft to hard focus. Before a pitch, watch the whole pitcher and don't focus on a specific area (soft focus) and as the pitcher prepares to deliver, zero in to the point of release (hard focus) and try to pick up the rotation of the ball.
- Learn to hit according to the location of the ball. If the ball is outside, go with it and drive it to opposite field. If it is down the middle, drive it right back at the pitcher. Finally, if the ball is inside, turn on it and drive it into your field.
- Focus on hitting line drives. Line drives will get you a base hit 84% of the time vs. 42% for ground balls and 24% for fly balls.
- Train your eyes. Improve your tracking ability by watching pitches from the hitter's perspective when pitchers are working on their different pitches.
- Master the short game. Being able to sacrifice, drag or slap in addition of hitting away is a tremendous advantage. When you can hit away, slap or punt a bunt down, you literally become a triple threat and increase your chances of getting on base.
- Be aggressive but selective. Assume that every pitch is your pitch. The key is to be ready to capitalize on any pitcher's mistake but yet to be able to hold on if the pitch is not right.
- Hit behind the runner. The ability to hit the ball on the ground to the right side of the infield with runners on second or third is invaluable. When hitting behind the runner, you are trading an out for a run. To hit behind the runner, you must keep your hands inside the ball, delay the swing, and make sure that the bat head is above the flight of the pitch.
- Spend time practicing the short game. Too many players don't put enough time practicing this fundamental part of softball. The world's best player can successfully put a bunt down on command.
- Explode out of the box. The instant you hit the ball and release the bat, drive your right arm forward as you push off the left leg if you are a right-handed hitter. Lefties should drive the left arm and push off with the right leg. Keep your head up, your eyes forward, and your arms pumping. Your first steps out of the box should be short and choppy and on the balls of your feet; then lengthen your stride and spring as fast as you can toward first. Keep your body relaxed and loose to eliminate any tension (tensed muscles are slow muscles).
- Be an aggressive baserunner and learn how to run the bases properly. A skilled baserunner with average speed is a lot more effective than a fast runner who doesn't run the bases well.
- Practice sliding. Skilled sliding will save your butt more often than you can think. Master the various slides: bent leg, pop-up, back door, and head first.



GRAND VIEW UNIVERSITY
SOFTBALL PREGAME PROTOCOL

75 MINUTES PRIOR TO GAME TIME:

GRAND VIEW BATTING PRACTICE-FULL FIELD

55 MINUTES PRIOR TO GAME TIME:

VISITOR BATTING PRACTICE-FULL FIELD

35 MINUTES PRIOR TO GAME TIME:

VISITOR PREGAME-FULL FIELD

25 MINUTES PRIOR TO GAME TIME:

LINEUPS DUE TO SCORER'S TABLE AND OPPOSING TEAM

GRAND VIEW PREGAME-FULL FIELD

15 MINUTES PRIOR TO GAME TIME:

LINEUPS WILL BE READ-NO PLAYER LINEUP-JUST LIKE THE PROS

10 MINUTES PRIOR TO GAME TIME:

UMPIRE/COACHES MEETING

5 MINUTES PRIOR TO GAME TIME:

NATIONAL ANTHEM

(PLAYERS WILL STAND IN FRONT OF DUGOUT)

PLAY BALL!!!!

*BATTING CAGES & SOFTBALLS ARE AVAILABLE ANYTIME

*NO HITTING ANYWHERE ON FIELD EXCEPT FOR YOUR FULL FIELD TIME FROM HOME PLATE



The Game I Love

Fresh cut grass, dragged dirt, ring of a bat, a diving catch, a blocked ball, sweating, bleeding and sliding into home... Not a bad way to spend a few hours. This game is not my hobby. It is my life, and it consumes me. I love getting up and knowing that I get to play this game, and I get to play with my teammates whom I respect, love, and will never forget. Walking out onto the field, music going, the girls getting together huddling before the first pitch, and I start the chant... Grand What...Grand View...Grand What... Grand View (louder and louder we get) Grand What... Grand View... Grand What... Grand View... Grand What... Grand View... 1, 2, 3 Ahhhhhh GVC!!!! Whooo Whooo.....Time to play some softball! Is there anything better in the world?

Runners on Second & Third: Ground Ball Go!

By Judi Garman

Hall of Fame Member

Former head coach, Cal State Fullerton (retired)

NFCC Instructor

Do you have your baserunners on third automatically go home on ANY ground ball? If the answer is no, you miss a great opportunity to score and at no cost!

Here are the rules and responsibilities for each baserunner:

Batter: 1. Hit the ball hard; 2. Get the bat out of the way of the runner coming home; 3. Run hard to first and continue to second base unless stopped by first base coach.

Third base baserunner: 1. Go home on ANY groundball; only exception: stay on a swinging bunt that catcher fields - don't run into an easy tag and potential double play. You have time to read the play and get back; 2. Look for ball angled down-off bat to get a good jump; 3. Slide into home hard. (Make it tough on the catcher.)

Second base baserunner: Go to third on the groundball or the throw. Don't be in a hurry and run into a tag out by shortstop or third if she is fielding the ball. Their attention will be on the throw home and to first, so you have plenty of time to take the base.

Many times I've seen coaches who don't run this play hang their heads at a missed opportunity to score when a ball is slowly hit, misplayed, or takes a bad bounce. By automatically going on ALL groundballs you can take advantage of any such situation.

Force the defense to make the more difficult play. Trying to make a tag play on the runner sliding home is much more difficult than the "routine: hold the runner and throw to first." The play at home requires a quick throw, a tag on a hard sliding runner, and an umpire's correct call on a close play.

The element of surprise and pressure on the fielder to stop that run often leads to a bad throw. On a ball hit right on the line to the third baseman, the fielder has to take care not to hit the runner going home. And if the ball goes to the pitcher, not all are great overhand throwers!

The play is certainly more difficult than the play to first, and it is not practiced as much.

If the runner is out at home - you are left with runners at second and third! Nothing lost and a lot to be gained!

And it takes the decision-making out of the play. We are going home on all groundballs. Just react!

If the player is safe at home, you've got a run. If the runner has been held at third and the player is safe at first you still haven't scored. If they have an error at first, you still may not make it home safely. Hold that runner at third and you miss a lot of opportunities to score.

Hold the runner at first if the play at home happens so quickly that the runner going to first hasn't reached the base, and there is a good chance of being doubled off if she attempts second base. Now you have runners at first and third and we know how much defenses like having to worry about that! So steal second on the next pitch since 90 percent of the teams won't do anything to stop you!

Runs are hard enough to come by - use this strategy to score on an infield ground ball which usually is a sure out. I tried to keep track of how many runs we scored using this strategy over the years I coached but it happened so frequently that I quit counting. Only twice did we run into a double play and that was on the swinging bunt which led to the exception.

I do know that I never had to shake my head and wish we had gone home. Just try it - it works!

(Date)

(Parent/s name
Address)

Dear (Parents name/s)

The coaching staff is very excited for the upcoming season of softball. We are pleased that your daughter has chosen to be part of the tradition and the future of Grand View softball. The program has had many quality players and families associated with it and we are sure you and your daughter will only add to that tradition. We are looking forward to a very **positive** relationship with you and your daughter.

Our philosophy has been and will continue to be to treat our players as our own children. As we parents can attest, the toughest job in the world is being a parent. We parents are always debating; when should we push, when should we show tough love and when should we let our children have some space. These are the same questions we are continually faced with when trying to develop a team.

There are two basic cornerstones of our program that our players are expected to live by. "ELIMINATE DRAMA AND PLAY TOUGH". We are continually on the journey to perfect these cornerstones. I would ask all of you parents to join us on this journey.

A **few** of the expectations that go into "ELIMINATE DRAMA" are:

1. Respect your teammates, their parents, the game and your opponents.
2. Do not talk derogatory about your teammates.
3. Follow team rules and guidelines.
4. Be a good citizen and representative of yourself, your family, your team, your school, your city, your state and your country.
5. MAKE QUALITY DECISIONS BOTH ON AND OFF THE FIELD.

If situations arise that need to be dealt with we will deal with your daughter directly. This would include, but not limited to: playing time, travel plans, behavior issues, team rules and guidelines infractions. We feel the best way to deal with maturing adults is to treat them as such.

Parents, we would expect you to accept and encourage the role your daughter has earned on the team. We are with the players on a daily basis. We make decisions based first on what is best for the team, and secondly, what is best for the individual.

We would also ask that you not contradict decisions made by the coaching staff. To disagree with those decisions, and speak them aloud, can put your daughter in a difficult position. Please remember the old adage, "I do not give you advice on your job, so please do not give me advice on mine."

We are looking forward to a very positive relationship with you and your daughter. We are very excited to begin this season and look forward to seeing you at the ballpark.

Enjoy supporting the Vikings!

Sincerely

Lou Yacinich
Grand View Softball

Do We Have As Much Sense As A Goose?

This fall when you see geese heading South for the winter, flying along in "V" formation, you might be interested in knowing what science has discovered about the way they fly. It has been learned that as each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. (People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.)

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front. (If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.) When the lead goose gets tired, he rotates back in the wing and another goose flies point. (It pays to take turns doing hard jobs—with people or with geese flying South!) The geese honk from behind to encourage those up front to keep up their speed. (What do we say when we honk from behind?)

Finally, (Now I want you to get this) when a goose gets sick or is wounded by gun shot and falls out, two geese fall out of formation and follow it down to help protect it. They stay with the goose until it is either able to fly or until it is dead. They launch out on their own, or with another formation, to catch up with their group. (If we have the sense of a goose, we will stand by each other like that.)

Author Unknown

NEW PLAYER HANDBOOK

SICK DAYS.

We will no longer accept a doctor's statement as proof of sickness. If you are able to go to the doctor, you are able to come to play.

SURGERY.

Operations are now banned. As long as you are an athlete here, you need all your organs and other body parts. You should not consider removing anything. We recruited you intact. To have something removed constitutes a breach of contract.

PERSONAL DAYS.

Each athlete will receive 52 personal days each year. They are called "Sunday."

VACATION DAYS.

All athletes will take their vacations at the same time every year. The vacation days are as follows: January 1st, July 4th, and December 25th.

ABSENCE DUE TO YOUR OWN DEATH.

This will be accepted as an excuse. However, we require at least two weeks notice, as it is your duty to train your own replacement.

RESTROOM USE.

Entirely too much time is being spent in the restroom. In the future, we will follow the practice of going in alphabetical order. For instance, all athletes whose names begin with "A" will go from 8:00 to 8:20; athletes whose names begin with "B" will go from 8:20 to 8:40; and so on. If you are unable to go at your allotted time, it will be necessary to wait until the next day when your turn comes again. In extreme emergencies, athletes may swap their time with a teammate. Both athletes' coaches must approve this exchange in writing. In addition, there is now a strict 3-minute time limit inside the stalls. At the end of 3 minutes, an alarm will sound, the toilet paper will retract, and the stall door will open.

DRESS CODE

It is advised that you come to your sport dressed according to your ability. If we see you wearing a pair of \$350.00 Prada running shoes & carrying a \$600.00 Easton bag, we will assume that you are doing well athletically & therefore do not need more playing time.

THANK YOU

Thank you for your loyalty to our athletic program. We are here to provide a positive athletic experience. Therefore, all questions, comments, concerns, complaints, frustrations, irritations, aggravations, allegations, accusations, contemplations, consternations, or input should be directed elsewhere.

Have a nice week.

Management