

# WOLFPACK SOFTBALL PLAYER/PARENT HANDBOOK



**“THE STRENGTH OF THE PACK IS THE WOLF,  
AND THE STRENGTH OF THE WOLF IS THE PACK.”**



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# WOLFPACK SOFTBALL COACHING STAFF

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*If you need to find a coach at school:*

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## **GLACIER WOLFPACK SOFTBALL – PROGRAM GOALS**

- To Reach Our Full Potential As Athletes and People
- To Leave Glacier Softball A Better Program Than Before
- To Represent GHS With Class
- To Understand My Responsibility As A Role Model
- To Be Accountable For My Actions
- To Challenge Myself And Teammates To Excellence
- To Work To Meet Team And Individual Goals
- To Look Back On The Season With No Regrets
- To Compete At The Top Level In The State

## **GLACIER WOLFPACK SOFTBALL – PROGRAM PHILOSOPHY**

### *4 Terms That We Believe Should Define All Members Of The Wolfpack Softball Program*

- **Commitment**
  - Are you willing to do whatever is necessary to become your very best?
- **Integrity**
  - Are you willing to do the right thing, even when no one is watching?
- **Honesty**
  - Can your teammates trust what you say?
  - Do you do what you say you are going to do?
- **Loyalty**
  - Do you support your teammates, your coaches, and the program?

## **RULE OF THUMB**

**Is it best for Glacier High School?  
Is it best for the team?  
Is it best for me?  
In this order!**

## **GLACIER WOLFPACK SOFTBALL PROGRAM COACHING PHILOSOPHY**

It is the goal of the Glacier Wolfpack softball coaching staff to provide student athletes with the opportunity to experience success in a variety of situations, both individual and team, on and off the field of play. Athletes will be challenged to reach their full potential, encouraged to develop emotional maturity, and will have the opportunity to learn how to deal with success and failure. Not only will players learn the physical skills of softball, they can learn other life-long skills such as: self-confidence, self-discipline, self-motivation, goal-setting, teamwork, cooperation, sportsmanship, and leadership.

Our coaching staff believes that players are young ladies and daughters first, students second, and athletes third. We recognize and support obligations to family, school, and softball. Players will learn about commitment and balancing many obligations.

Decisions made by the Wolfpack softball coaching staff will be based on what is good for the softball program, what is good for the team, what is good for the individual, and what is good for Glacier High School. Our coaches will strive to win, however, winning is defined in many ways as a result of goal-setting and thus our top priority will always focus on building young ladies of strong character through our softball program.

### **EXPECTATIONS OF WOLFPACK SOFTBALL COACHES**

Supporters of the Glacier High Softball Program can expect the following from the softball coaching staff:

- They will be a positive role model.
- They will be a leader and a motivator.
- They will be a firm and fair disciplinarian.
- They will follow the “Team first, individuals second” belief.
- They will be committed to the softball program, to the team, to the players, to the parents, to Glacier High School, and to the community of Kalispell.
- They will be positive, supportive, enthusiastic, and encouraging.
- They will be fully prepared and organized for each practice and game.
- They will be honest with players and parents about roles on the team.
- They will communicate well with each other, players, parents, and administrators.
- They will follow and uphold all GHS and softball team expectations.

## **RESPONSIBILITIES AND DUTIES OF GLACIER WOLFPACK COACHES**

**Head Coach:** The head coach is the leader of the entire program, and, therefore, ultimately responsible for the overall strength of it. The duties of the head coach are many, but can be categorized into the following:

- **Character**—The following are character traits that all head coaches should possess. Of course, every individual has his or her own personal strengths and weaknesses. Any weakness in the following characteristics would be an area of personal growth for the individual.

-Honesty	-Loyalty	-Patience
-Dependability	-Consistency	-Openness
-Humbleness	-Fair	-Knowledgeable
-Caring	-Disciplined	-Perspective
-Enthusiastic	-Committed	-Organized
-Positive	-Resilient	-Humorous
-Self-Controlled	-Poised	

- **Professionalism**—There are certain professional qualities that all good coaches should strive for. Again, any areas of weakness that a coach possesses should be an area that he or she looks to improve in.
  - -Good rapport with staff, team, officials, administrators, and parents
  - -Sets and works to meet personal as well as department goals
  - -Communication with squad, staff, media, administration, and parents
  - -Supports and is loyal to the entire activities department
  - -Is able to accept criticism in a positive way

- **Team Management**—The coach must be able to manage the entire program by showing the following skills:

-Planning of Practice	-Being on Time
-Supervision	-Time Management
-Leadership	-Care of Facilities
-Team Discipline/Control	-Understanding of Budget Issues
-Creating a Sense of Ownership	

- **Coaching and Team Performance** — Ultimately, a head coach will be evaluated on the success of his program.

**Assistant Coach:** The Assistant coaches will be held to the same ethical and professional standards as the head coach. They will be expected to manage their respected teams, and other duties as assigned by the head coach.

# EXPECTATIONS OF WOLFPACK SOFTBALL PLAYERS

As we build a program it must be done from the ground up. The ideas and philosophies that serve as a foundation are very important. Players in this program are expected to know and buy in to these ideas. These four basic beliefs serve as a ground work for you to develop as an individual and as a team.

## “FOUNDATIONAL FOUR” BELIEF STATEMENTS

1. **TEAM Comes First**
2. **Play and Live With DISCIPLINE**
3. **Choose Your ATTITUDE**
4. **Maximize Your EFFORT**

1. **“TEAM Comes First”** is the number one philosophy in our program. The team is greater than the individual and will always take precedence. If a young lady learns to commit to the greater team and unselfishly put her personal interests second, she has learned a valuable lesson in life as it relates to career and family situations. We will commit to teach that every personal decision affects the team and consequences for personal actions also come with consequences for the team.
2. Playing softball requires tremendous personal **DISCIPLINE**. It is necessary in order to play error free defense and in order to be a smart offensive player. We will strive to build discipline in every individual player as well as the team. We will focus on it and demand it each and every day in every way possible, knowing that if players learn discipline in the sport of softball it will lead to discipline in the realities of life.
3. We believe that **ATTITUDE** is the key to success. Each of us receives the gift and the ability to choose what our attitude will be each and every day, and in each and every situation. We will strive to teach proper and positive attitudes and will demand it from each person associated with our program. It is impossible to control many things in the game of softball and in life - the one thing you can always control is your attitude.
4. Our goal will never simply be to “win” on the scoreboard. Our goal will always be to play hard, play with discipline, and have fun while giving our very best **EFFORT** possible. If this is achieved (combined with the three qualities above) winning will be the natural result. If our very best effort does not result in a win, then we can still hold our heads high, feel good about our effort, and give credit to our opponent. Again, we cannot control many things in the game and in our lives, but we can control and give our best effort. We will expect and demand the best from our athletes not only on the field of play, but in the classroom and in life.

# **WOLFPACK SOFTBALL VARSITY TEAM EXPECTATIONS**

## **Varsity Team Expectations:**

The varsity team represents the highest level of competition here at Glacier High School. Our ultimate goal is to strive to win the “AA” state softball championship as we incorporate and apply the “Foundational Four” belief statements. As a member of the varsity team you are not guaranteed equal opportunity to participate in every contest. Every team member has a role and that role is very important. While each role may not be equal in playing time, they are all equal in their measure of importance to the team and to our overall performance. Our goal is to complete a varsity team with the 11 or 12 best players in the program. Any freshmen, sophomore, junior, or senior can play on the varsity team.

## **Junior Varsity Team Expectations:**

The goal of the junior varsity softball program is to prepare players for the varsity program. JV games allow players to gain experience in game situations and improve their skills for varsity readiness. To achieve this goal, any freshmen, sophomore, or junior may be asked to play in a junior varsity game. Some players may be used on both the junior varsity and varsity squads. As with the varsity program, each player has a role and some roles will include more playing time than others.

## **Expectations of a Wolfpack Softball Player:**

- A team first attitude- unselfish, positive, encouraging, and supportive
- A coachable attitude- willing to listen, improve, and accept constructive criticism
- A loyal commitment to Wolfpack Softball and the entire program, supporting all teammates and coaches
- A commitment to give your very best effort, every day-every play
- Be self-motivated and self disciplined
- Follow all school, classroom, and team rules
- Be a positive role model- you represent Wolfpack softball, Glacier High School, and Kalispell
- A commitment to strive for the highest level of personal physical conditioning
- A commitment to off-season programs including: camps, workouts, and summer core
- Understand and accept your role on the team



## EXPECTATIONS OF PARENTS

Parents of athletes in the Wolfpack softball program are expected to adhere to the following expectations:

- Be aware of your daughter's needs, feelings, and concerns.
- Attend as many games as possible so you get a full and complete picture of the program.
- Understand the point of: Your daughter, other athletes and parents, the coaches, and yourself.
- Support the "team first, individual second" belief.
- Demonstrate sportsmanship at all games.
- Allow your daughter to participate on the team in her own way; don't re-live your career through her.
- Show positive support and encouragement for your daughter, for all members of the team, and for the Wolfpack softball program
- Let 24 hours elapse before initiating communication with the 5-step process below. Do not try to resolve a conflict with a coach before or directly after a game- that will likely create more conflict. Encourage your daughter to begin the 5-step communication process:

1. Athlete meets with individual coach and/or head coach.
2. Athlete and parent meet with individual coach and head coach.
3. Athlete, parent, and head coach meet with activity director.
4. Athlete, parent, head coach, and AD meet with principal.
5. Athlete, parent, head coach, AD, and principal meet with superintendent.

*~Most of the time a conflict will be solved after Step 1.*

- **Things parents may not ask about:**
  - Playing time
  - Game strategies
  - Other players on the team
- **Things parents may want to ask about:**
  - Does my child work hard and have a positive attitude?
  - How would you evaluate my child in terms of her offensive, defensive and / or team skills?
  - In what area(s) does my child need to improve?
  - Is my child a positive addition to the team?
  - What can I do to help?

**IN ORDER TO RUN A CLASSY AND SUCCESSFUL PROGRAM, WE ALL NEED TO BE SUPPORTIVE AND RESPECTFUL OF EACH OTHER**

# GLACIER WOLFPACK SOFTBALL TEAM RULES

It is a privilege to be on the Glacier Wolfpack Softball Team. Because of that privilege, our players must strive to be the kind of quality young ladies that we are trying to teach them to become. In order to participate in games a player must be in good standing academically, have no disciplinary infractions at GHS, in the classroom, and on the team; and must have met all team practice expectations during the week.

- Glacier High School rules are team rules. We will not deviate from any school rule. We will be 100% supportive of all administrative decisions.
- Academics: All team members must be in good academic standing-carrying five classes and passing all subjects for the fall semester- in order to be eligible to play on the team. Any player who earns a D or an F during the season will be required to attend a study session before school until the grade is improved to a C or better. Grades will be checked weekly by the coaching staff.
- Alcohol, drugs and/or tobacco are not allowed at any time during the season or out of season. Our team rule is an extension of the school rule: “A player must abstain from smoking, chewing tobacco, drinking alcohol, and the use of any illegal drugs. Breaking this rule will result in the immediate removal from the team for the remainder of the season. Players must abstain from attending any gatherings or riding in any vehicles where any of the above substances are present. Breaking this rule can result in the immediate removal from the team for the remainder of the season.” This rule extends to house or outdoor parties. If you happen to be at a function where alcohol, drugs and/or tobacco products are present, we ask that you leave immediately.
- Players may not miss practice without a legitimate excuse from a parent, coach, administrator or doctor. If you cannot be at practice, you or your parents must notify your coach with the valid excuse. Contact information for each member of the coaching staff is located on the first page of this handbook. **Do not leave word with anyone else.** Remember, if you can't practice, you can't play. Detention and work are unexcused absences. The possible practice tardiness and absence consequences are described below. The ultimate decision is left up to the coaches' discretion.
  - If a player is late to practice without a legitimate excuse:
    1. 1<sup>st</sup> violation – additional conditioning at the end of practice
    2. 2<sup>nd</sup> violation – suspension from participation in the next game plus additional
      1. conditioning
    3. 3<sup>rd</sup> violation – dismissal from the team
  - If a player misses practice without a legitimate excuse:
    1. 1<sup>st</sup> violation – suspension from the next game plus additional conditioning
    2. 2<sup>nd</sup> violation – suspension from the next two games plus additional conditioning
    3. 3<sup>rd</sup> violation – dismissal from the team

- Players who will be absent from school will not be allowed to participate in practice or games occurring on that date. Please review the district policy regarding student attendance and athletic participation.
- We, as a coaching staff, will not tolerate any insubordination or back talk toward coaches. Players will address each member of the coaching staff as “Coach (last name).”
  - We will release any player who does not:
    - Show proper attitude at all times
    - Give their best effort all the time
    - Pass all of their classes according to GHS and MHSA standards
    - Represent herself, Glacier High School and the City of Kalispell with quality and class
- Players are representatives of Glacier High School. Swearing, throwing equipment, cheating and other unsportsmanlike acts will NOT be tolerated. Suspension from one or more contests and/or removal from the team may result from repeated unsportsmanlike acts.
- Players will receive uniforms prior to the first game. These MUST be worn at all scheduled contests. Players should take good care of uniforms because they are passed on to future teams. Players will have to pay to replace uniforms which they abuse or lose.
- Players will also receive practice uniforms during the first week of the season. This gear MUST be worn at all practices. Players should take good care of practice uniforms because they are passed on to future teams. Players will have to pay to replace practice uniforms.
- You are responsible for all your equipment and its maintenance. If any of your gear needs repair, get it taken care of before or after practice.
- Our managers are as important as any player or coach. Treat them with respect at all times.
- **Regarding Injuries:** Mel Strauss is our certified trainer. She will take care of any and all injuries. Make sure your coach is aware of any injuries that you may have. It will ultimately be the trainer’s decision as to whether or not you can compete at practice or games. If a player has to see a doctor, the trainer must know and have a written release from the doctor in order to resume play.
- NOTE: Check the calendar for practice times/location. Listen for afternoon announcements or check the athletic website for practice or game changes in the event of inclement weather. **It is your responsibility to find out where and when practice is being held!**

**“KNOW YOUR TEAM RULES AS WELL AS THE  
CONSEQUENCES FOR BREAKING THOSE RULES”**

## **RULES OF TRAINING & CONDUCT**

**Attitude:** - You are a select athlete and will be expected to perform as one. This means that when you come to practice, or to a game, you should bring an attitude which is conducive to the progress of the team. You must try to leave behind you all the frustrations of the day, or anything else that will detract from your performance on the field. We, as a coaching staff, will maintain a positive attitude toward you. There will be times when you will be confronted with mistakes you have made. We ask that you use this constructive feedback as it is intended, to make you a better player.

**Dressing For The Weather:** - Yes, it will be cold. The season will begin when the snow is still on the ground. If you do not have thermal underwear, get some. We will go outside at every reasonable opportunity. Unless it is raining or extremely cold, we will go outside to practice. You need to collect all of your loose fitting, warm clothing and bring it to school. In addition to your cleats, bring another pair of shoes you can wear indoors. There will be times when we will go outside and then come inside for additional practice. In any case, NEVER wear your cleats into the building!!!

**Equipment Care:** - The equipment you are issued throughout the season, including your uniform, is your responsibility to care for appropriately. You are expected to share it with no one, other than a teammate. It should be returned clean, as you received it, and in good condition. You will be billed for any equipment not returned at the end of the season or any school equipment damaged due to misuse. No additions to, or alterations of the school uniform may be made without the approval of the head coach (ie. team hats, visors, undergarments, etc.)

**Travel Expectations:** All players will travel with the team on the bus to the game. As we near and enter the town of the contest, we will have a period of quiet focus time. Athletes need to visualize and prepare mentally **before** they get off the bus. Players may return home with their parents after the game only if the parent notifies a member of the coaching staff in person and signs a travel release form. Players may only ride home with their parents, not a teammate's parents. Our expectations of being quality young ladies will be in effect when we travel. All bus drivers, employees at restaurants, school personnel, etc. will be treated with the utmost respect. The restaurant, locker room, dugouts, and bus will be left in better condition than we found them or extra conditioning will be the result.

**Fan Support:** - The coaching staff encourages you to invite your parents and friends to enjoy our games. However, *all spectators will be expected to separate themselves from the players during the game.* Players need to be free from distractions in order to concentrate on the matter at hand. Bleachers will be provided as often as possible. It will be the responsibility of the players to remind their parent(s) and/or inform any guest who may be unaware of this policy.

**Starting Line-Up:** - The line-up for each game may vary as the season progresses. There may be changes in personnel as well as unforeseen circumstances that occur during the season. It should be further noted that if a player goes on vacation, she is not guaranteed her "old spot" when she returns. She must earn it back. In short, the best players for a given situation will be put on the field of play for each game, and such decisions are the responsibility of the coaching staff.

**Dugout/Game expectations:** Players will remain inside the dugout during all games. Do not leave to talk to parents, friends, etc. Only players, coaches, trainers and managers are allowed inside the dugout during games. The dugout should remain clean and in order during the game. The only food (other than sunflower seeds) allowed in the dugout during the game is a healthy snack for energy- fruit, granola bars, etc. No meals- nachos, hamburgers, etc. will be eaten in the dugout during a game. We will eat meals between or after games. All players are expected to be in tune with the game and need to be cheering positively for all teammates. **If we're on offense, we're on the fence!** An occasional team cheer/chant is okay, but only to start a rally or celebrate a big play- it must be positive and in good sportsmanship. Chanting just for the sake of chanting, takes the focus off of the game and is a distraction.

**Expectations of Managers:** All managers will be required to attend practice on a rotating basis. Managers will be asked to do different jobs during practice including: Setting up equipment, taking roll, shagging balls, operating a pitching machine, keeping score, etc. During games a manager may be asked to: Take accurate and reliable stats for a JV or varsity game, take score for the game, total the stats, stock and keep track of the medical kit, film the game or portions of the game, and help set up and carry equipment. A manager may receive a varsity letter by demonstrating exceptional work as a manager for the varsity team in fulfilling all required duties. A letter will be awarded at the discretion of the coaching staff.

## **UNWRITTEN RULES**

- Be five minutes early – meetings, practice, and games
- No DRAMA, if you make other players on the team unhappy, FIX IT
- Hustle everywhere
- If you are not playing, cheer for those who are
- Always tell your coaches the truth
- Lend a hand in practice setup and breakdown
- Turn in your uniform at the end of the season when you are asked to
- Always have your uniform tucked in properly
- Treat equipment with respect
- Run when you know you might be late
- No laughing after a loss
- At practice, be focused on the task at hand, not social plans, school problems or an argument you may have had

# WOLFPACK SOFTBALL TEAM CAPTAINS

## *“A TEAM with STRENGTH...DISCIPLINE ...and PURPOSE”*

**FOCUS:** The lack of leadership is the #1 reason teams fall short in reaching their goals at the end of a season. Leaders of our team consist of: A. The Coaching Staff, B. The Captains and C. The individual members of our team.

**PURPOSE:** To instill a leadership quality to our PROGRAM that has an “uncommon purpose” and “real-life significance.”

**DEFINITION:** *A Team Captain is...*

1. A leader by example, both on and off the field.
2. A student-athlete who has integrity throughout the entire school at GHS.
3. A leader who has the respect and support of her teammates.
4. A leader who has the respect and support of her coaches.
5. An individual who is willing to support our PROGRAM 100%.
6. An individual who understands, although a captain, she is NEVER above any coach or fellow teammate...she is their equal...She believes in “BIG TEAM...little me” philosophy.

**Captain Selection:** - The selection of a captain or captains will be left to the discretion of the coaching staff. At the beginning of the season each of the team members will have an opportunity to nominate teammates who they feel are deserving of the team captain leadership role. Each softball athlete will put her name on a ballot sheet and will then select two or three teammates that they feel would be an effective team leader. They must then provide a detailed explanation. They may vote for themselves, but must explain why. The coaching staff will make the final decision and will meet with the individuals in private before announcing the selection to the team. If the members accept then they will be asked to sign a “Captains Code”. (Similar to what we have listed above) The captains will then be announced to the team and asked to give a short “acceptance speech”.

Junior Varsity captains will be selected by the staff on game days. This may be done on a rotating basis, thereby allowing each team member an opportunity to assume a leadership role.

### **TEAM RESPONSIBILITIES TOWARDS CAPTAINS:**

1. Accept and Respect who YOUR captains are...and the responsibilities they now have!
2. Don't just sit back and follow...you too, lead by their example.
3. Feel comfort in VOICING any concerns you have with YOUR captains...they can relay your thoughts back to the coaching staff.

## TRY-OUTS

**Try-Outs / Choosing Teams** – The Glacier Wolfpack Softball program is made up of two teams, Varsity and Junior Varsity. We anticipate carrying as many as 22-26 players in the entire program. Players' abilities will be assessed at tryouts, and on an ongoing basis. No roster is ever "engraved in stone". All players in the softball program are eligible to move between the levels of play during the course of the season with the exception that seniors will not play on the Junior Varsity team. Through the course of tryouts, the entire coaching staff will work with and evaluate all athletes trying out for softball. In our collective opinion, we will select the student/athletes who best meet the criteria listed below.

The selection of all teams will be based on the following criteria:

- Tryout performance/speed (based on measurable criteria) –
  - See Softball Basic Skills Review and Tryout Skill Rubric;
- Desire and responsibility;
- Aggressive team and individual play;
- Coachability;
- Athletic ability and natural coordination;
- Softball knowledge;
- Team needs

If players have any questions on the interpretation of these criteria, it is important that they ask a coach. If any athlete does not understand why she has not been placed on the season roster, she is encouraged to contact a coach and set up a time during which she and the staff may confer. Any athlete who has not made a team may still have an opportunity to be an active member of the team in the capacity of manager or statistician.

## OPEN GYMS

Open Gym, by definition, is provided to all female members of the GHS student body. Coaches supervising open gyms may not provide group instructions to athletes or lead activities, (with the exception of June 1-July 31). They may answer athlete's questions, or provide instruction on an individual level. Attendance at open gym is not mandatory, and cannot be required.

The coaching staff provides the opportunity for several open gyms throughout the year. This gives the staff an opportunity to see players perform skills in a relatively stress-free situation, as well as observe inter-personal skills and leadership qualities. **“Dedicated to the Diamond”** is an off-season incentive program that encourages athletes to continue softball skill development. For more information please see Coach Fors.

## **WOLFPACK SOFTBALL LETTERING POLICY**

**Varsity Letter- Lettering Policy:** In order to earn a varsity letter in softball a player must meet the following criteria:

- Be a senior and finish the season in good standing with the coaches, players, and school community.
- Any freshmen, sophomore, or junior may letter by playing in at least 1/3 of the varsity innings and finish the season in good standing with the coaches, players, and school community.
- A player may earn a letter outside of the previous criteria based on extenuating circumstances; Attitude, effort, importance to the overall program, an outstanding contribution in a playoff game or state tournament, etc. These instances are rare and are up to the discretion of the coaching staff.
- Attend the season-end awards banquet.





# **WOLFPACK SOFTBALL AWARDS**

## **Outstanding Offensive Player**

- This award will be given to the most valuable softball player based on the following criteria:
  - Quality at Bats (Batting Average)
  - On base percentage
  - Leadership
  - Baserunning

## **Outstanding Defensive Player**

- This award will be given to the most valuable softball player based on the following criteria:
  - Fielding Percentage
  - Leadership
  - Ability to make the correct play
  - Ability to make the difficult play

## **Most Improved Player**

- This award will be given to the most improved softball player based on the following criteria:
  - Offensive skill improvement
  - Defensive skill improvement
  - Improvement in the ability to make the correct play
  - Improvement in the ability to make the difficult play

## **Alpha Wolf Award**

- This award will be given to the most valuable softball player based on the following criteria:
  - Attitude
  - Leadership
  - Team Involvement
  - An individual who displays all of the traits of a “**Wolfpack Softball Athlete**”

*-Junior Varsity awards are as follows and will be evaluated in the same manner as the awards listed above*

**JV Outstanding Offensive Player**

**JV Outstanding Defensive Player**

**Most Improved Player**

## PREPARING FOR COMPETITION

- **Imagining or Visualization:**
  - “Run a movie” of a successful performance in your head.
- **Physical:**
  - Good nutrition, adequate rest and relaxation!
  - Maintain a good balanced diet.
  - For an energy boost eat simple carbohydrates – not candy or junk food!
  - Lack of sleep will cloud your mind, dull your senses and slow your movement.
  - For relaxation – Watch a movie, listen to music, read, anything that puts you at ease and relieves stress.
- **Be Determined:**
  - Determination begins with a goal. Decide how to achieve that goal. Start with: pride in what you’re doing, not what you can’t do; learn from your mistakes; don’t be afraid to fail; be willing to sacrifice to reach your goal; reward yourself for our accomplishments.
  - Once you get close to the day of competition, the physical aspects of optimum performance is overshadowed by the importance of mental toughness.
  - If you have prepared well, your body will automatically know how to perform. Your mind must now be tough enough to hand the situation.
  - To be at top performance, an athlete must be equally strong in mind and body.
- **Mental Toughness:**
  - Believe and have faith in your abilities. Make a commitment to develop that faith.
  - Faith quiets the voice of doubt inside your head. You must quiet self doubt.
  - Believe it is your responsibility to do the very best you can with the tools you have.
  - Accept the fact that faith is a growing process, not an absolute.
  - Responsibility for our life rests in your own hands.

***“To succeed in anything, think of yourself in a positive way.” Consciously replace a negative thought with a positive one. “I am a winner” and “I deserve to be here” will facilitate our best performance.***

## *It's All In Your Mind*

*If you think you're beaten, you are.  
If you think you dare not, you don't.  
If you'd like to win, but think you can't,  
It's almost certain you won't.  
If you think you'll lose, you've lost.  
For out in the world you'll find,  
Success begins with a person's will;  
It's all in the state of mind.*

*For many a race is lost, before a step is run,  
And many a coward fails, before the work has begun.  
Think big and your deeds will grow,  
Think small, and you'll fall behind,  
Think that you can and you will:  
It's all in the state of mind.*

*If you think you're outclassed, you are.  
You've got to think high to rise.  
You've got to be sure of yourself before  
You can ever win a prize.  
Life's battles don't always go  
To the stronger or faster one,  
But sooner or later the one who wins  
Is the one who thinks she can.*

# GLACIER

Saturday	4/2	11:30 AM	@	Great Falls Jamboree	---
Saturday	4/9	12:00 PM	vs.	CM Russell	---
Saturday	4/9	2:00 PM	vs.	Great Falls High	---
Monday	4/11	5:30 PM	@	Columbia Falls	---
Tuesday	4/12	3:00 PM	vs.	Missoula Sentinel	---
Tuesday	4/12	5:00 PM	vs.	Missoula Big Sky	---
Saturday	4/16	12:00 PM	@	Helena Capital	---
Saturday	4/16	2:00 PM	@	Helena High	---
Thursday	4/21	3:00 PM	@	Flathead	---
Thursday	4/21	5:00 PM	@	Flathead	---
Friday	4/22	4:00 PM	vs.	Missoula Hellgate	---
Saturday	4/23	12:00 PM	vs.	Butte	---
Saturday	4/23	2:00 PM	vs.	Butte	---
Tuesday	4/26	7:00 PM	@	Frenchtown	---
Thursday	4/28	3:00 PM	@	Missoula Big Sky	---
Thursday	4/28	5:00 PM	@	Missoula Sentinel	---
Saturday	4/30	12:00 PM	vs.	Helena High	---
Saturday	4/30	2:00 PM	vs.	Helena Capital	---
Thursday	5/5	5:00 PM	vs.	Polson	---
Saturday	5/7	12:00 PM	@	Missoula Hellgate	---
Thursday	5/12	3:00 PM	vs.	Flathead	---
Thursday	5/12	5:00 PM	vs.	Flathead	---

Playoffs TBA 5/17-5/21 ~ State 5/26-5/28 (Kalispell)



## VARSITY



# WOLFPACK

Saturday	4/9	12:00 PM	vs.	CM Russell	---
Saturday	4/9	2:00 PM	vs.	Great Falls High	---
Monday	4/11	3:30 PM	@	Columbia Falls	---
Tuesday	4/12	3:00 PM	vs.	Missoula Sentinel	---
Tuesday	4/12	5:00 PM	vs.	Missoula Big Sky	---
Saturday	4/16	12:00 PM	@	Helena Capital	---
Saturday	4/16	2:00 PM	@	Helena High	---
Thursday	4/21	3:00 PM	@	Flathead	---
Thursday	4/21	5:00 PM	@	Flathead	---
Friday	4/22	4:00 PM	vs.	Missoula Hellgate	---
Saturday	4/23	12:00 PM	vs.	Butte	---
Saturday	4/23	2:00 PM	vs.	Butte	---
Tuesday	4/26	5:00 PM	@	Frenchtown	---
Thursday	4/28	3:00 PM	@	Missoula Big Sky	---
Thursday	4/28	5:00 PM	@	Missoula Sentinel	---
Saturday	4/30	12:00 PM	vs.	Helena High	---
Saturday	4/30	2:00 PM	vs.	Helena Capital	---
Thursday	5/5	3:00 PM	vs.	Polson	---
Saturday	5/7	12:00 PM	@	Missoula Hellgate	---
Thursday	5/12	3:00 PM	vs.	Flathead	---
Thursday	5/12	5:00 PM	vs.	Flathead	---



## JUNIOR VARSITY

