

Team: _____

PARENT NOTEBOOK

Welcome to our team. We look forward to a successful, rewarding season filled with fun and lots of learning experiences. We want every child to have a fun filled season and develop her skills. Please review this notebook, filling in the appropriate blanks and taking notes for easy reference throughout the season. We are here to have fun, teach to the best of our ability and build the girls confidence and self-esteem.

Let's Have Fun!!!!!!!!!!!!

- Youth sports offer teachable moments, life lessons that help children succeed in sports and throughout their lives.
- Parents should define “winning” not in terms of the scoreboard but by focusing on the bigger picture of their children’s efforts and learning life lessons.
- The acronym “ELM” helps people remember the values of Effort, Learning and bouncing back from Mistakes.
- Fill your children’s Emotional Tanks with a Magic Ratio of five specific, truthful praises to each specific, constructive criticism.
- Children perform best, learn the most and stay in sports longer in an environment where Honoring the Game is a paramount value.

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KEY CONTACTS

Park President/Softball Park Rep

Coaches and Team Mom/Team Administrator

RULES

Rules for the current season are online at <http://edgfsa.org/forms.htm>. Select the appropriate division under Rules.

SCHEDULES



Game Information:

- Game schedule for the current season can be found online at <http://edgfsa.org>. Click on Park Associations on the horizontal navigation menu at the top and select our park and team.
- Confirm actual game dates/times with coach/team mom.
- Players should arrive prior to game time to warm up with team and be ready to play at the official game time.

Rainouts/Reschedules:

To receive email/test notices regarding park conditions, please subscribe to RainedOut via mobile phone/email using the codes. Text _____ to 84483 to receive messages via mobile phone.

Practices:

It is important to be at every practice, on time, dressed and ready to practice hard. Please express the importance of coming to practice in a learning mode – practice is not PLAYTIME. We play as a team and practice as a team. We realize that there will be unavoidable conflicts. In the event of a conflict, please contact a coach/team mom as soon as possible to let them know you will miss practice/game. We expect parent(s) to stay for practice. This is for several reasons, including in the event your child gets hurt.

Practice schedule**Snacks (games/practices):**

How to Be Supportive Softball Parents

- Give consistent encouragement and support to their children regardless of the degree of success, the level of skill or time on the field.
- Stress the importance of respect for coaches through discussions with their children, and highlight the critical nature of contributing to the team and its success.
- Serve as role models, see the “big picture” and support all programs and all players.
- Emphasize enjoyment, development of skills and team play as the cornerstones of your child’s early sports experiences.
- Ensure a balance in your student athlete’s life, encouraging participation in multiple sports and activities while placing academics first.
- Be realistic about your child’s future in sports, recognizing that only a select few earn a college scholarship, compete in the Olympics or sign a professional contract.
- Be there when your child looks to the sidelines for a positive role model.

The greatest gift that you can give to your children throughout their sporting involvement is support. When asked what it is that they would most like from their parents in terms of support, most children suggest encouragement and acceptance of their choices.

Athletic participation must be healthful, positive and safe for everyone involved, conducted in an environment that teaches values and ethics, strengthens the community, promotes competition without conflict, and enriches the lives of the athletes.

Teaching Sportsmanship

Here are six things you can do to show your child (and other parents) what being "a good sport" means:

- Cheer for all the children, even those on the other team. What a surprising difference it can make on the sidelines and in the stands when parents make an effort to applaud a good effort or a fine play -no matter whom makes it.
- Talk to parents of the other team: They are not the enemy.
- Be a parent, not a coach: resist the urge to critique.
- Thank the officials -Find a few moments to compliment the officials for their hard work after a game (especially if your child's team loses) you will be rewarded with the pleasure of seeing a surprised smile in return.
- Keep softball in its proper perspective: Softball should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their youth softball days are over. Keep your goals and needs separate from your child's experience.
- Have fun: That is what the children are trying to do!
- Don't care who wins or loses, they are having fun and that is the objective; NOT winning or losing. Most kids are more concerned over what the end of game snack will be rather than the outcome of the game.

Dealing with the Coach



- Let the coach -coach
- Ask the coaching philosophy, team rules and guidelines
- When to ask questions -Don't ask questions during a game or in front of a small group that you wouldn't want asked of you.
- Ask the coach how you can help, during practice and games –Get involved.
- Be supportive - Always role model positive behavior, support the program.

What about Umpires?



Everyone sees the play differently.

- The main goal of the umpire is to make the game safe, fair and fun for the children.
 - Being an umpire is not as easy as it appears.
 - Recognize that the umpire is doing his/her best. It may not be what you saw, but the goal is to let the game be played so that children can have FUN! Umpires deserve respect and support too!
 - Helping the umpire to call a play only confuses children.
 - Disagreeing hurts you child's respect for the umpire, and may hurt the view of the umpire towards your child's team.
 - Criticism causes umpires to quit rather than become better.
- “Parents and coaches need to remember that if officials can hear profanity and other verbal abuse directed at them when a call goes against the team, the children on the field can also hear it.”

What Can I Expect?

- Most volunteer directed programs are conducted by parents and coaches who know they will be involved for only a few years while their own children are involved
- 85% of volunteer directed youth sports are coached by parents with a child on the team

What Does My Player Need?

1. **SOFTBALL GLOVE** - Each child should have her own glove and bring it to team practice. [Equipment for catcher will be available.] Batting gloves are optional and recommended for practice and games.
2. **VISOR/CAP** – Important for protection against sun. [Game day – full uniform: team jersey/shirt with number, pants (and sliders, if appropriate), socks, cleats, team cap/visor. Remember: no hair ornaments (metal/plastic).]
3. **CLEATS** – An absolute requirement for all games and practices for safety.
4. **WATER BOTTLE** (with child's name on it) -Fresh water should be available to your child at each practice and game.
5. **POSITIVE ATTITUDE** - A desire to learn and have FUN!

Basic equipment for softball parents

- Comfortable clothing –you will out in the sun, the rain, the heat and the cold. Dress to be comfortable so you can sit in that chair and watch youth softball players having FUN!
- A sense of humor and joy at watching youth softball players having FUN!

Other considerations:

- Comfortable lawn chair – While there are bleachers, you may consider bringing a lawn chair. Comfort is important because you are going to be spending a lot of the time sitting watching youth softball players having FUN!

PARK INFORMATION

Park information for the current season can be found online at

<http://edgfsa.org/locations.htm>.

RESOURCES: (used to prepare guide)

- <http://www.dynamosc.com/parentscorner/493686.html#.UyMOTD9dWAg>
- <http://www.shutterfly.com/youth-sports/team-parents-coaches.jsp>
- <http://www.juneau.org/parkrec/youth/documents/SportParentSurvivalGuide.pdf>
- <https://www.competitivedge.com/parentscoaches-guides-13-steps-being-winning-parent>
- <http://edgfsa.org>

