

Scottie Softball

FREEMAN MIDDLE SCHOOL

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8th Grade – Scott Moore

7th Grade – Scott Carolan



Welcome to the 2019 Freeman Softball Program!

We hope you are as excited as we are to “Play Ball!” For some of you, this may be your first year of playing, while for others, this may be year number two, three or more. Whatever the case may be, it’s time to lace up the shoes, put on that jersey, adjust the cap and tighten those gloves. Through this handout, your coaches would like to introduce you to the team, our philosophy and the expectations for this season.

Coaches. Your coach for the eighth grade team this season will be Scott Moore. This will be Coach Moore’s 15th year as the eighth grade coach after coaching the seventh grade team for the previous six years. Coach Moore, who teaches at the high school, was also highly involved in the high school softball program for eighteen years, nine as the varsity coach and nine as the JV coach. Working with the seventh grade team this season will be Scott Carolan. Coach Carolan is currently the head softball coach at Freeman High School and previously coached at both the seventh and eighth grade levels for a total of thirteen years. At the high school level, he was the varsity coach for nine years and then stepped aside to spend more time with his family. Now that his kids have graduated, he is back as the head coach for Freeman High School. As coaches, we are excited for the 2019 season and are looking forward to working with the middle school athletes.

Philosophy. Our philosophy’s and priorities are very simple:

1. We want you to develop a “Love for the game of softball.” Softball is one of the oldest games in America and is one of the finest. We feel if you can develop a love for the game, everything else will fall in place.
2. We want you to have fun. If you are having fun and working hard, you will learn the game and develop the fundamentals necessary to become a good softball player.
3. We want you to learn the game. If you can learn some of the strategies and the proper rules, you will be able to properly execute and therefore, become a much better ballplayer.
4. We want you to develop the proper fundamentals of the game. We will be working on a lot of basic softball fundamentals, including the simple things like proper throwing techniques, batting techniques, fielding techniques and base running.
5. We want you to develop a “team attitude”. We are going to work hard to learn the basic fundamentals to improve your personal play, and at the same time, we want you to understand how important it is to develop into a good solid team.
6. We want you to develop good work habits. We will be working on the little things such as hustling on and off the field, running out all hits, and showing the proper care for a softball field.
7. We want you and your parents to show good sportsmanship. It’s fun to win and to simply play the game, but we also want you to be good sports.

Practices: We will be practicing almost every day after school from now until October 17. After Friday, September 13, we will not be practicing on Fridays. All practices are mandatory; all players are expected to be in attendance and on time. If a personal situation arises, please make arrangements **in advance** with the coaches in order to have the absence excused. Communication is HUGE. For practice, we will be using both the high school and junior high school fields. Some practices will be spent together working on specific skill sets.

Attendance: As stated previously, all players are expected to attend every practice. If you are sick and cannot be at practice, eighth graders need to contact Coach Moore (291-3721, ext 201) and seventh graders need to contact Coach Carolan (291-3721, ext 220). **If you are at school, you are expected to be at practice.** Any exception needs to be cleared through your coach. According to school policy, in order for an athlete to attend a practice or game, they must attend all of their classes during the day. If you have a doctor/dentist appointment, you must bring a note from the doctor in order to participate on that day. Any exceptions need to go through the junior high principal, Mr. Straw. Unexcused absences will affect how much time, if any, a player may see in a game.

Grades. All athletes must be passing all of their classes in order to actively participate on their respective teams. The middle school does a weekly grade check of all students involved in extra-curricular activities. If an athlete is failing a class, he/she will be placed on probation for one week. During this time, the athlete must attend a study table on Tuesday and Thursday to work on raising their grade. If the athlete is still receiving an “F” at the next grade check, they will be ineligible to participate in that sport until the grade is at a passing level. In all situations, school will come first.

Schedules: The game schedule for the 2019 season is attached. Remember, both teams, 7th and 8th, will be playing their games at the same site on the same day. They will be playing on different fields, but will travel together. There are five teams in our league, including Westwood, Cheney, East Valley and Centennial. All games will begin at 3:45.

Team Rosters: Freeman Middle School will have two teams this year, one for the 7th grade and one at the 8th grade level. If the number of girls turning out remains the same as it is now, we may have some girls “swinging” – playing on the other team to balance things out. This would ensure that we have enough playing time for all of the girls in the program. This would also give players that are just beginning softball a great opportunity to learn this game in a much less “intimidating” environment, helping everyone to better learn the game of softball. In all situations, decisions will be based on what is good for the program and for the individual players.

Playing Time: Every effort will be made to see that all players receive playing time in each game. Factors that may adversely affect this would be attendance at school and practices, academic effort and achievement, attitude and effort on the field, and overall skill level.

Positions: Every effort will be made to give you an opportunity to try out your favorite positions. As the season progresses, our hope is each player will develop the skills necessary for one or two specific positions that they can concentrate on. Within the first few days of practice, we will be asking each player to tell us their favorite positions. This will help us to determine line-ups and proper practice plans so you can develop the skills necessary for those positions.

After Practice: Practice will normally be done by 5:00. Players will be given ample time to use the locker room to change and to make it on time to the activity buses (Mondays and Tuesdays). We can't stress enough for the girls to keep their "stuff" in their gym lockers and to keep it locked at all times. Most of the students at Freeman are excellent, but.... Also, when other teams are playing at Freeman, they are allowed to use the locker rooms to change or use the bathrooms. So, to be safe, please keep your personal belongings locked up at all times. Players are also expected to keep our locker room in top condition at all times.

Buses: For the 2019 softball season, **the Activity Bus will only run on Mondays and Tuesdays.** We apologize for any inconvenience this may cause, but it is beyond our control. Although there is no bus on Wednesdays, Thursdays and Fridays, there will still be practice. Please make the necessary arrangements for transportation after practices on these days.

For away games, all players must ride the bus. Players are expected to show respect toward the bus driver and coaches, and are to behave in a positive manner on the bus. Players are encouraged to have a HEALTHY snack and/or beverage (non-glass) after school or on the bus. However, failure to keep the bus clean will result in a loss of this privilege in addition to extra conditioning. After the game, players are **encouraged to sign out** and ride home with their parents. According to school district policy, players can only ride home with their parents unless previous arrangements have been made through the middle school principal, Mr. Straw. If you would like to ride home with your grandparents or a parent of another player, you **MUST** have a note from your parents and it **MUST** be signed by Mr. Straw.

Game Rules: The following are some of the basic rules that have been adopted for our league this year. There may be a few "tweaks" that we will discuss at our pre-season coaching meeting that we will pass on if need be:

- a. Length of Game: Seven innings, with no inning beginning after two hours unless a tie exists. A tied game will continue until a winner is declared or darkness prevails.
- b. Called game. In case the game is called because of the weather or darkness, three and one-half innings will be a game if the home team is ahead, four innings if the visiting team is ahead.
- c. Mercy Rule: This rule will go in effect after 4 ½ innings. If a team is ahead by 15 or more runs after the 5th inning the game is over.
- d. Substitution Rule: There is unlimited substitution; however, the batting order must remain the same. No courtesy runner for the catcher.
- e. The WIAA Guidelines and National Federation Rule Book apply.
- f. Both teams will play with 10 players in the line-up.
- g. In most situations, regulation fast-pitch rules will be used.
- h. There will be a maximum of five runs per inning, except in the seventh inning, or in the case of the time limit being enforced the last inning.
- i. Cheerleading from the bench (songs, cheers) will be discouraged.
- j. Pitching: A pitcher will be allowed to pitch a maximum of four innings per game.
- k. Verbal abuse: Teams will not verbally abuse the opponents. Talking, yelling, or "bench joking" toward opponents is prohibited.

Equipment: All players should have the following items for this season:

- a. A good glove that fits.
- b. Team socks (color to be determined soon – usually black); Uniforms are provided.
- c. Rubber cleats. Tennis shoes will work, but cleats are preferred.
- d. Batting gloves are optional.
- e. A desire to have fun, to work and to play hard!

You are more than welcome to bring your favorite bat to the games and practices. With the high price of bats, we will understand if you want to be the only one using your bat and we will support you in that decision. However, if you let others use your bat, you must share with the entire team. It's not really fair to pick and choose who may use your bat.

T-Shirts: This year we will again be ordering T-Shirts, Sweatpants, and Sweatshirts for the girls. Players ARE NOT REQUIRED to purchase a shirt. It would be nice if everyone could purchase one for team unity; however, you are not required to buy one and it will not affect your playing time. Order forms will be passed out on Wednesday, September 4. The deadline to order shirts on-line is Friday, September 6. Once the order is placed, it will not be possible to order additional attire. Please remember to place your order by the deadline.

Sportsmanship: Good sportsmanship and health practices will be stressed at all times. At the end of the season, coaches will vote, at each grade level, for the team (excluding their own) they believe showed the best sportsmanship during the season. In the Freeman Softball Program (7th grade through high school varsity), we have always prided ourselves in the manner in which our players have conducted themselves. We will continue to play as a "Class Act" in all we do. This includes at practices, at games, on the buses, at school, and wherever else that we may be representing Freeman.

We are hoping to make this a season to remember for the Freeman Middle School Softball team. If you have any questions throughout the season, please contact us. We are here to help teach your daughter about the game of softball and we hope that she has fun playing for this organization.