

TEAM **X**TREME SOFTBALL



Player and Parent

Handbook



WELCOME TO TEAM XTREME SOFTBALL

The Board of Directors, Coaches, and Administrators of Team Xtreme Softball would like to welcome all the new and returning players and families. We are proud of the progress our existing players have made and look forward to the future development of all our players in the coming season. The organization is poised for another outstanding year of softball.

Team Xtreme is a year-round softball organization broken into two seasons, Spring and Fall. For our non-High School players, the Spring season begins with OTA (organized team activities) starting in January, tournaments in early March, and culminates with a Championship Tournament in July/August. Players can expect to play 10-12 tournaments in the Spring. The Fall season begins in late August and runs through mid November. Teams will play 4-7 tournaments in the Fall.

Established in 2009, Team Xtreme has continued to build a strong and positive reputation in the softball community. Last year, between our two teams, the organization participated in over 100 games and made appearances at the ASA Western Nationals and NSA State Championships. Our teams brought home more than 10 Championship titles, including a 3rd place finish in the NSA State Championship and 2nd place in the NSA Fall Championship.

Team Xtreme Softball is managed by Napa Xtreme Athletes, a recognized 501c-3 Non-Profit Organization dedicated to the quality fundamentals and development of our student/softball athletes. Currently the organization supports 36 athletes that compete in competitive A-Class Youth Fastpitch Softball at the 12U, 14U, and 16U divisions. Over the past two and a half years our brand has been visible at tournaments all over Northern California.

OUR MISSION....

It is our mission to provide an opportunity for our athletes to showcase their talents and compete at the highest level. Our recognition of excellence is through positive coaching in a competitive and collaborative environment with an emphasis on education and social development.

Specifically; we look to teach the fundamentals of softball; develop self-confidence and leadership in every player; incorporate the spirit of good sportsmanship in victory or defeat; develop respect for others and pride for the team, organization, and community; measure success through the progress made toward achieving personal and team goals; foster an environment of fun, and enjoyment of competition.

TEAM SELECTION

The selection of any eligible player, new or returning, to one of our teams is at the discretion of the coaching staff for that team and the Senior Coach of Team Xtreme Softball. The organization will hold open tryouts at a minimum of once per calendar year, usually in August. Selection to a team is based upon many factors in addition to an individual players' skill level. These include; player attitude, coachability, potential, effort, and team fit.

An individual team may opt to hold individual workout sessions in lieu of a formal tryout. This may occur due to injury or loss of player or players, planned loss of player(s) participating in High School athletics, or any other unforeseen reason deemed necessary to add a player. It is the organizations philosophy that teams will only carry the number of players needed to provide reasonable depth for a fully functioning travel ball team. This will usually consist of a roster between 11 and 13 players.



PLAYER COMMITMENT AND FEES

Team Xtreme Softball consists of A-Class level softball players and teams. We are not a recreational team or a B-Class level organization. Tournament softball is not for everyone. The commitment required of our players, parents, coaches, and administrators is significant. The expectations of all members of Team Xtreme will be high in an effort to achieve individual player growth, team success, and our own organizational goals.

Attendance for all team functions is mandatory. Not showing up to practices and games not only affects your opportunity to improve, but shows lack of dedication to the players and coaches who depend on you. Please discuss all conflicts you may have in the coming season with your Head Coach prior to making the commitment to Xtreme.

The player fees for Team Xtreme are determined each year, before the beginning of the Spring season, by the Board of Directors based on the organizations financial budget. The cost of planned tournament fees, uniforms, equipment, insurance, facility use, etc., are all factors contributing to the player fees. Some of these costs will be offset via fundraisers, sponsorships, and other team events. As an organization, we are well aware of the financial challenges facing many families today and are committed to keeping player costs as low as possible.

A non-refundable deposit of \$100 is due upon the players' selection to a team. Balances are due prior to the start of practice for each season, although, in some cases the organization can approve a payment plan, please speak to your Head Coach if you need assistance. Players can be suspended from the team for failing to pay fees on time. Payments should be submitted by mail: PO Box 2721, Napa CA 94558

UNIFORM AND EQUIPMENT

Each Xtreme player will receive one practice shirt, two pairs of socks, and two jerseys, one dark and one light. They will receive an Xtreme equipment bag and batting helmet. The practice shirt and socks are yours to keep. The game jerseys, equipment bag, and batting helmet are the property of Team Xtreme. It is your responsibility to take proper care of your gear. If you lose or damage these items through negligence or lack of care, you will be billed for replacement.

Other required items such as; cleats, gloves, catching gear, bats, pants, sliding shorts and knee pad, face mask, practice helmet, etc., are not provided by the organization and are the responsibility of the player to have as needed. As an organization, Xtreme coaches will make final decisions on uniform details involving the color and style of all accessories. Please ensure that you speak to your Head Coach before making purchases.



COACHING PHILOSOPHY

Our coaches are fully engaged in the development of our young athletes. They love the game and the competitive environment. Each coach is focused on the individual growth of the player and strives to support them as athletes on the field, and as young adults off the field. Watching our athletes achieve success is incredibly rewarding to our coaches both personally and professionally.

As a society, we need good coaches who, first and foremost, have the best interest of the players in mind. We believe the impact our coaches have on our young athletes goes far beyond the game and the softball fundamentals being taught. A coach's influence will impact a young athlete in their personal relationships, in their future career, in their decision making skills and in their overall character as an individual.

Our coaching staff is dedicated to providing a safe and challenging environment in which our athletes can identify, pursue, and accomplish many goals. In an effort to consistently provide this type of environment to the players, our coaches follow seven guiding principles which support our philosophy...

Goal Setting: Everyone must work hard to identify their individual and team objectives. Both players and coaches are challenged to define and set goals for the current season.

Teamwork: As coaches you can expect our focus on teamwork to be tremendous. No individual is more important than the team. Players should not expect to be catered to by coaches or other players, based upon perceptions of their own ability. A player's respect towards and support of their teammates is an invaluable concept which all people should learn at an early age. The better you are the more humble and respectful you should be. Excellent teamwork will always be rewarded. You don't win games by yourself.

Individual Development: Fundamentals of the game are essential for success. The basics are the foundation! Developing organized practice environments which are strategic and focused on fundamentals will provide the stepping stones for player improvement. Good fundamentals; put the player in position to make the great play, and puts the "routine" in a normal play, which in turn builds confidence and good results. Bad fundamentals; puts the player in poor position to make even the easiest of plays, bad things happen at the wrong time and we know the rest of the story, team loses the game.

Hard Work: In order to improve everyone must work hard. All the players and coaches will be pushed to a higher level and we understand that players may be at different levels, both mentally and physically. However, a player's current level has nothing to do with how much work they must do in order to improve. Everyone has different motivation "buttons", as coaches we will strive to find those and learn how to push them appropriately.

Consistency: We believe in consistency in all aspects of behavior. Consistency in time management, team participation and in building upon newly taught skills. This is evaluated regularly and placed as a high priority by the coaching staff. Coaches are also held to high standards of consistency by the organization.

Education: As an organization, we place a high value on all forms of education, in the classroom and on the field. We expect our players to focus heavily on scholastic achievement and have established minimum requirements to be eligible to play for the organization. Sound overall learning skills translate to a well rounded player capable of assessing situations and making quick decisions to help the team. Coaches are also encouraged and expected to further their own skills through continued education in coaching, leadership, softball, etc., as recommended by the organization.

Communication: In an effort to achieve our goals and objectives and reinforce our philosophy, we will strive to provide an environment of open communication which is founded in clear expectations of players, parents, and coaches. The path of effective communication is circular, encompassing all of us. The coaching staff has an open door policy, there are no dumb questions, if it is important to you or your player then it is important to us. We ask that you respect other players, parents, the coaches, and the organization in your communications.



PLAYING TIME

We strongly believe that each player should receive playing time in all tournaments and we want to rely on all players in key situations. Our job as coaches is to develop the skills and confidence of every player, however; this does not mean that each athlete will get the same amount of playing time.

Factors that will affect playing time are:

Attendance, effort, attitude, work ethic, ability, and dedication. Although not every athlete has equal ability, they all have equal time to improve and advance.

PRACTICE AND OTA'S

Teams will practice up to 3 times per week, with frequency and times set by the Head Coach. Team Xtreme places a great deal of emphasis on the fundamentals of fastpitch softball. Practice is a time for the player to build a mastery of these fundamentals and work out a clear understanding of the principles being put in place. In the 2-3 hours you are at practice, you are expected to bring the same focus and intensity you would to a tournament. Practice does not make perfect...Perfect practice makes perfect!

There will be a few mandatory Organized Team Activities (OTA) that take place throughout each season and/or between seasons. These will consist of team building activities, team work clinics, chalk board sessions, in-door hitting, strength and conditioning, etc. The organization places a high value on its players and understands the value of using fresh and innovative teaching techniques. It is the players' responsibility to make every effort to get the most out of each opportunity to improve.

PLAYER PROFILES

As an organization, Team Xtreme Softball is dedicated to helping our college bound athletes prepare and present themselves in the best manner possible. We will assist our 16U and older players, who have interest in college, with the development of an individual Player Profile.

Profiles will provide potential college scouts and coaches with valuable information regarding the players athletic and scholastic achievements, as well as hobbies and other personal interests. Information regarding the creation of a workout/skills video will also be available to players.

With the assistance of our college level coaches, a Parent/Player Recruitment Guide is under development. We strive to provide all of our parents and players with a fully comprehensive guide on the recruiting process and timelines.



PLAYER EXPECTATIONS

School - Education is # 1 priority:

Players must be responsible and complete their schoolwork and homework early so they can be free to attend softball games and practices. Education is your number #1 priority, but a player may not use schoolwork or homework as an excuse for missing softball games or practices if they could have completed the work by being more responsible and starting sooner. Special projects and studying for exams are excluded.

Team Xtreme Athletes has established a minimum 2.5 GPA to be eligible to play for the organization.

Practices & Games:

Players are expected to be on time to practice and games. This means players must arrive 10 minutes prior to the scheduled practice or arrival times for games so they are prepared and ready to go at start time.

Players must always be in proper workout attire for practices. Players should have their equipment with them at all practices and games including sliding pads, sliding shorts, water and a great attitude. Absolutely no ankle socks or jewelry are to be worn at practices or games.

Be prepared to slide and get dirty at every practice!

Coach-ability:

Great attitudes are a must. An athlete must be coachable and willing to try new techniques if they want to improve. Coaches for Team Xtreme Softball have an enormous amount of experience and may push players to exceed their current abilities by putting them in new situations and advancing their current techniques.

While a player or parent may not agree with a coach's instruction / decision or the player or parent may not have experienced the instruction before, the player is expected to follow the instruction and perform at 100% of the coach's direction and respect their coach's decision making at the time. Any disagreement with coaching direction or instruction should be communicated and discussed with the head coach at an appropriate time.

Communication:

There may be times when a player disagrees with something or does not understand a coach's decision. The player is encouraged to approach the coaches and ask to discuss the situation and share their thoughts, feelings, ideas and opinions. We want players to be comfortable communicating with the coaching staff at all times. If a player does not feel comfortable coming to the coaching staff directly, they should ask their parents to discuss the issues with the coaches.

Coaches prefer both verbal and email communication depending on the situation.

Email: For communication about events, practices, tournament logistics and general team activities, email is widely used by the coaches and encouraged for everyone's convenience and follow-up.

Verbal or In-Person: For communication about player specific details or player development, verbal and/or in-person communication is preferred and is often more successful. The coaching staff will be happy to follow-up via written correspondence if needed.



PLAYER EXPECTATIONS - CON'T

Website: www.napaxtremesoftball.org will have practice schedules and updates on tournaments. Please check it regularly.

Discussing player questions or concerns right before practices or before games is not an appropriate time for communicating to the coaching staff, unless it is an emergency. After practice is generally a good time to set up for discussion or place a call to the head coach to set up a parent / player discussion at a convenient time for all.

All Coaches have an open door policy of communication from both its players and parents. All communication and privacy in all situations will be respected.

Absences & Attendance:

Practices: If a player is unable to attend practice, she must call the coaches before practice, starting with the head coach if reachable and then moving to the assistant coaching staff if the head coach is not available. This is ultimately the player's responsibility, not the parents.

Players missing practices should not expect to start in the next tournament game, but this will be entirely up to the coach's discretion depending on the situation. This is not meant to punish players, but meant to reward and encourage those players who have made the effort and commitment with their attendance.

Tournaments and Games: A player must notify the head coach of planned absences immediately after the tournament schedule is released or at minimum 30 days prior to the tournament.

Respect & Conduct:

At all times, players will show respect for teammates, opponents, umpires, coaches and parents. Good attitudes and sportsmanship are expected both on and off the field. Disrespectful conduct can result in your removal from the team at the coaching staff and administration's discretion.

As a player for Team Xtreme Softball, you represent the organization whether you are on the field or on the street. This means that you can be held accountable to your actions at school, at the mall, or at home on your computer. Disrespectful or disparaging comments made at the expense of teammates, coaches, or the organization can result in removal from the team. This includes what is said on social media sites like Facebook, Twitter, etc.

During games, players must stay in the dugout and pay attention to the game at all times, unless to use the restroom. Players are not allowed to leave the dugout to visit family or friends during a game. If a player has to leave, they need to check out with a coach.

Eating is not allowed in the dugout. Players need to eat on their own time.

The games should be played with the same intensity whether we are up by one run or down by ten runs.



PARENT EXPECTATIONS

Parental participation is a key ingredient for the success of your experience with Team Xtreme Softball. This organization is largely based on Sponsorship and Fundraising to provide the necessary capital to offset the expenses for the players, teams and the organization. There will be an accounting detail provided to you regularly and at anytime upon your request.

Parents will have their player(s) to practice in game situation attire, at least 10 minutes before every designated practice. You must support your player in being prepared for practice and to be responsible for their gear. While they don't have to be in uniform, they must come fully geared up to practice!

Parents and players will sign the Player / Parent Expectations Agreement that will state the guidelines of being a positive influence in your daughter's development with the Xtreme Softball Organization.

Parents are expected to behave in a respectful manner and have appropriate sportsman like conduct with players, coaches, umpires and other parents. This applies to anyone and everyone in any setting wherein you are representing Team Xtreme Softball

As a parent of Team Xtreme Softball, you represent the organization whether you are at a tournament or in your home town. This means that you can be held accountable to your actions or comments. Disrespectful or disparaging comments made at the expense of players, coaches, or the organization can result in your child being removed from the team. This includes what is said on social media sites like Facebook, Twitter, etc.

The Officers, Administrators and Head Coaches of the Xtreme Softball Organization retain the right to remove you and your player from the team at any time for inappropriate behavior. There may not be any warnings or discussion for certain situations. Once removed as a player, parent or coach you will not have the opportunity to return.

Sideline Coaching:

While parental interest is needed and encouraged, parents will refrain from sideline coaching during practices and during games. Sideline coaching from parents causes unnecessary pressure, confusion, conflict and often inhibits the player's ability to focus on coaching instruction and their own mental preparation and mind set.

Parents must refrain from approaching the dugout to talk to players about performance or the game, this will not be acceptable. If a parent needs their player's attention regarding an issue that must be addressed during a game, the parent needs to get the attention of one of the coaches for support of the situation.

Alcohol and tobacco will not be permitted in the stands/bleachers, field area, inside softball park, complex or any designated player area.

Good Communication is Required:

If a player cannot attend practice, due to unexpected circumstances it is up to you as the parent to encourage your daughter to call the Head Coach at least two (2) hours prior to that practice.

If a player is going to miss several practices or a tournament due to a scheduled / planned absence. The Head Coach must be notified preferably once the schedule is released, but at a minimum 30 days prior to the scheduled absence.

Coaches prefer both verbal and email communication depending on the situation.

Email: For communication about events, practices, tournament logistics and general team activities, email is widely used by the coaches and encouraged for everyone's convenience and follow-up.

Verbal or In-Person: For communication about player specific details or player development, verbal and/or in-person communication is preferred and is often more successful. The coaching staff will be happy to follow-up via written correspondence if needed.



FUNDRAISING RESPONSIBILITIES

It is mandatory that all Parents and Players be involved in all fundraising events. A schedule of fundraising will be developed before the season starts.

Parents and Players will be required to sell a designated amount of tickets and promote all fundraising events as needed, even if they will not be able to participate at that event.

Beyond the player support, fundraising and sponsorship requirements, some parents individually may be asked to complete tasks and support the team based upon their personal skill sets.

You must be open to an extended amount of time, energy and support to be a part of the Team Xtreme Softball Organization.

SPONSORSHIP INFORMATION

Team Xtreme is an organization dedicated to providing the highest quality travel ball experience for our players at the lowest possible cost to their families. This can only be achieved through the solicitation of sponsorships. Sponsorships help us to partner with businesses, organizations, and individuals within our community in pursuit of achieving our goals as a non-profit. It is of vital importance that all players and parents are active in the identification of new or potential sponsors.

We have several sponsorship levels to choose from.

Elite Level - \$1000 and up - Unique Sponsorship Opportunity

- ▶ Some options for Elite status include...
 - Annual Scholarship provided in your name to individual student athlete
 - Athlete warm-up gear with your company name or logo
 - Stainless steel water bottles with your company name or logo
 - Your company featured as prime sponsor for Xtreme event, i.e. Dinner/Dance, Concert in the Park, Pancake Breakfast, etc.

Gold Level - \$750

- Your company name listed on the back of Team Practice Shirts
- (6) Tickets to all Xtreme Events
- Team Support
- Your company name listed on Xtreme website as Gold Sponsor

Silver Level - \$500

- Your company name listed on the back of Team Practice Shirts
- (4) Tickets to all Xtreme Events
- Team Support
- Your company name listed on Xtreme website as Silver Sponsor

Bronze Level - \$250

- (2) Tickets to all Xtreme Events
- Team Support
- Your company name listed on Xtreme website as Bronze Sponsor

Tax ID# 27-2707618



PLAYER/PARENT EXPECTATION AGREEMENT

PLAYER / PARENTAL EXPECTATION AGREEMENT

*This form is a mandatory part of all participation, services and projects for Team Xtreme Softball and Napa Xtreme Athletes.

Player Name: _____

Age Group: _____

Parent(s) Name: _____

Home Telephone #: _____ Cell: _____

Address: _____

Season: Spring/Summer 2012

The Team Xtreme Softball Organization (hereafter known as Xtreme) and its Player/Parent(s) agree to the following:

- **Xtreme agrees to provide Uniforms (2 Jerseys, gear bag, batting helmet, 2 pairs game socks) for each player.**
 - Jerseys, gear bags and helmets are the property of Xtreme.
 - If a player would like to personalize a gear bag or jersey they will be available for purchase from Xtreme.
 - Helmets may not be individualized while playing for Xtreme.
 - Should a player be released from Xtreme for any reason all gear must be returned or a bill for gear recovery will be issued and a formal collection process will occur.

- **Player/Parents agree to provide Xtreme with a registration fee as designated for tournaments, insurance and administrative fees. Fee due dates will be determined by the administration and invoices will be provided 20 days in advance of due date.**
 - Additional fees may be due throughout the season if additional practices or tournaments are added.
 - A full financial statement of all accounting is available to any Player/Parent upon request and will be provided quarterly.



➤ **Player/Parents agree to provide the following gear and equipment;**

- Glove or Gloves (depending on position played)
- Bat (it is required)
- Pants (black, no shorts)
- Sliding/Knee pads
- Sliding shorts (every player, no exceptions)
- Catchers Gear (if applicable)
- **Practice helmet – (we do not use our game helmets at practice)**

➤ **Player/Parents agree to attend and participate in all Xtreme organized fundraising events.**

- All fundraising events will be communicated to you with a minimum of forty five (45) days advance notice.

➤ **As a Player / Parent for the Xtreme you will be expected to adhere to the following guidelines.**

- I promise to maintain a minimum of a “B-” or 2.5 grade point average in order to play for Xtreme. Grades should be submitted on semi-annual basis for each school year (ie. twice a school year).
- I promise to be responsible for the cleanliness and organization of your gear (bags, jersey’s, equipment, etc.) both on and off the field.
- I promise to maintain a courteous and respectful attitude towards Officials, Coaches, Parents, other Players and Teammates.
- I promise that all school homework/projects will be complete before any practice, game or tournament.
- I promise to respect the 10 pm in room curfew/lights out at all tournaments.
- I promise to read and adhere to the Team Expectations and Guidelines.
- I agree to return at the end of the season, any equipment issued.



Parent Injury and Photo Waiver Terms:

- I agree and approve of photos and videos of Xtreme players being published in the Napa Valley Register, Sacramento Bee, any other local newspaper in surrounding areas or on the league’s website.
- I know that participation in fastpitch softball could result in injuries and protective equipment does not prevent all injuries to players. I/We hereby do waive, release, absolve and agree to hold harmless Team Xtreme Softball and the Napa Xtreme Athletic Organization, officers, agents, organizers, sponsors, supervisors, participants and any persons transporting my/our child to and from activities, for any claim arising out of injury to my/our child , whether the result of negligence or for any cause. I/We also understand that my/our child is insured by a secondary insurance coverage. This insurance is supplemental to my/our family insurance, and will be put into effect only after my/our own insurance limits are exceeded. When used, this secondary insurance is subject to a \$250 deductible fee which is payable by the parent or guardian. .

Your signature below confirms you have read and agree to everything written in this agreement as well as the Team Expectations and Guidelines and all information provided to you.

Parent Signature	_____	Date	_____
Parent Signature	_____	Date	_____
Player Signature	_____	Date	_____
Officer’s Signature	_____	Date	_____

*****Along with this signed form please provide a copy of the Player’s Birth Certificate if not a returning player. We have copies of returning players on file.**