



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.



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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.