

Philosophy

TEAM GOALS - Each year, specific team objectives will change as the team's character changes. However, the following should be the general goals of the Tosa East's Softball teams and coaching staff

- To participate in practice and games with desire and intensity;
- To help each other become as physically skilled as possible;
- To improve team statistics from last season;
- To mature as young women, by realizing that learning to deal with adversity is sometimes the best way to grow;
- To openly discuss team and personal concerns when they arise, in order to resolve conflicts before they become problems;
- To dedicate yourself to improving Tosa East's softball program to make it a perennial power. This may include pre-season work in skill areas and participation in the Wauwatosa Recreation Department's Softball Camp (ran by Coach Arndorfer) or other area travel teams.

PRIORITY SCHEDULING - If we are to attain any of the goals that we have set for ourselves, it is important that each athlete is willing to commit herself to the following priority schedule:

1. Family and religious commitments
2. Academic progress and responsibilities.
3. TOSA EAST SOFTBALL
4. Any out-of-season sports or other outside activities (i.e. work).

PRE-SEASON RESPONSIBILITIES - In the event you are not involved in a winter sport at Tosa East, you are strongly encouraged to attend pre-season conditioning programs which will be ran by a couple of seniors on the varsity team. At least one member of the coaching staff will be there to monitor things. Not only will this allow you to be in better physical condition when the season begins, but it will give the staff an opportunity to get to know you.

TRYOUTS/CHOOSING TEAMS - We will continue to field three levels of competition: Varsity, Junior Varsity, and Freshman. We anticipate carrying approximately 12-15 players on all of the teams. Players' abilities will be assessed at tryouts, and on an ongoing basis, and 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. 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:

1. Tryout performance/speed;
2. Desire and responsibility;
3. Aggressive team and individual play;
4. Coach-ability;
5. Athletic ability and natural coordination;
6. Softball knowledge;
7. 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 that has not made a team may still have an opportunity to be an active member of the team if injury, academic difficulties, or other circumstances cause a member(s) to be removed from the "active" team roster, or in the capacity of manager or statistician.

PRACTICE TIMES - After school practice times may vary for all levels of softball in the beginning of the year due to the fact that we have to practice inside, and share the gym with other teams. In general though, you are expected to be available for practice from 3:45 to 6:00pm on school days. In the early part of the season, the allocation of space may necessitate morning (6:00-7:30am) or evening (6:00-9:00pm) practices. The coaching staff will determine the days and times for these practices. The coaching staff will determine vacation practice times as well.

PRACTICE ATTENDANCE - You are expected to attend all practices and games unless you are ill, academically ineligible, or have been previously excused by your coach. Athletes are expected to bring a note for any absence or anticipated family commitment. Verbal messages passed along by other players are not acceptable. If you do not attend practice prior to a game you may not start, especially if have failed to notify your coach. You may, however, at the discretion of the coach, be inserted into the line-up during the course of the game. In any case, you are still expected to dress, attend the game, and participate in all game related activities.

NOTE: Jobs are not acceptable excuses for missing practices and/or games. Please share your practice and game schedules with your employers in advance to avoid any conflicts.

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 that is conducive to the progress of the team. You must try to leave behind all the frustrations of the day, or anything else that will detract from your performance on the field. Players are representatives of Wauwatosa East High School. Swearing, throwing equipment, cheating and other unsportsmanlike acts will NOT be tolerated. Suspension from one or more contests and/or expulsion from the team may result from repeated unsportsmanlike acts. 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. In addition to your cleats, bring another pair of shoes you can wear indoors.

UNIFORM/BAG CARE - The uniform and bag you are issued is your responsibility to care for appropriately. It should be returned as you received it, in good condition. You will be billed for any clothing or bag not returned at the end of the season or any damaged goods due to misuse. No additions to, or alterations of the school uniform may be made without the approval of the head coach.

TRAVEL TO AND FROM GAMES - The school policy states that you are to travel to and from games with the team on the bus. There are only two exceptions to this policy: If your parents sign you out, requesting that you ride home with them, or if they send a note with you requesting you to get a ride from someone else. This note must be approved by Mrs. Vitrano (Athletic Director), and must be submitted to your coach prior to the departure of the bus. Under these conditions, the request shall be honored. It is recommended that you keep this type of request to a minimum. If you do not abide by this rule there will be consequences.

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.

CAPTAIN SELECTION - The selection of a captain or captains will be left to the discretion of the coach. When captains are selected, they will be expected to function as role models for the other players. Their selection will be based on their proven ability to accept leadership responsibilities on and off the field, and in the classroom. Additionally, they will help facilitate communication between players and the coaching staff.

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 choices are the responsibility of the coaching staff.

SUMMER SOFTBALL - For the past few summers, the Wauwatosa Recreation Department has provided, for those who are interested, an opportunity to gain additional playing experience in a summer softball camp. In addition, it will be encouraged by the coaches to join other area summer leagues as well. Additional information will be given to the players as Coach Arndorfer receives it. Summer softball is not mandatory, however, it is our sincere wish to get as many players involved as possible. Our ULTIMATE mission is to improve the quality of Girls' Softball at Wauwatosa East High School.