

Deer Park High School Athletic Softball Class
Coach Cantu - Fall 2018

A Completed Physical Packet needs to be on file with the Athletic Trainers prior to any participation in Softball Athletic Class.

Required Supplies:

1. **T-shirts and Shorts.** Students should wear athletic shirt and shorts for each class.
2. **Locks and Lockers** will be issued the first day of school to sophomores – seniors, at their request. If a freshman desires a lock and locker for the Fall Semester, please let Coach Schaefer know. Freshmen athletes do not have time once they get off the bus to run to the locker room and back to the football field, weight room, gym or softball field. All of the freshmen usually get dressed in the restroom near the location they are working out at.
3. **Softball Cleats** – rubber or metal are acceptable. If new to the sport or you are not good at sliding yet, I would suggest purchasing rubber softball cleats.
4. **Athletic shoes** –cross trainers are best for all the different directions we will be training in. These shoes will be needed for the following areas: weight room, turf (stadium), gym and batting cages.
5. **Athletic socks.**
6. **Softball Glove** on days we will be doing softball skills development.
7. **Sports Bag-** makes caring equipment easier. In the spring, the members of the Softball team will be issued a bag to carry softball equipment.

Athletic Softball Policies & Procedures:

1. **Be on time.** To be on time to class means being in assigned area for warm-ups at the designated time. Additionally, 9th graders should make every effort to get on the 1st bus. Other places to be on time to are; the training room (8:00 AM or assigned time), a make-up workout, and all classes. The consequence for being late is one power triangle per occurrence.
2. **Respect all people and property** at all times.
3. **Participation is required** whether you have your SB clothes on or not. Understand an alternate activity may be assigned if you are missing critical equipment.
4. **No Hazardous jewelry** will be allowed during activities (hoop earrings, bracelets, rings etc.).
5. **Observe and follow all rules in the DPISD Student Handbook and Athletic Code of Conduct.**
6. All clothes will be taken home to be washed regularly.
7. **Wear athletic shirts and shorts daily.** All shirts will be tucked in from the time you exit the locker room. If you forgot your clothes or your shirt was not tucked in, the consequence will be one power triangle per item.
8. **Attendance is important** for development of the athlete and the softball player. All absences will have an assigned make-up workout. Make-ups can be done at 8:00 AM after scheduling with either, Coach Bull, Coach Cantu, or Coach Schaefer. They can also be done immediately following Softball Athletic Class.
 - A. If they miss a weight training workout, they can choose that lift or a 15 min jog and 100 jumpropes
 - B. If they miss a SAQ training workout, they can choose that workout or a 15 min jog and 100 jumpropes
 - C. If they miss a Softball Skills day, they can do a 15-minute jog and 100 jumpropes
9. **It is the responsibility of the athlete to inform** Coach Cantu or Coach Schaefer that she will not be present in class (Training Room, Field Trip, or Absence) prior to the absence. **FAILURE TO CONTACT Coach Cantu or Coach Schaefer will result in an Unexcused Absence.** All unexcused absences will add consequences.
10. **Good Grades for all classes are important.** Grades will be monitored weekly by the student and coaching staff. **Any grades below an 80** will require students to attend tutorials. Failure to attend tutorials and turn in documentation by Friday during Softball Class will result in consequences.
 - A. One class grade between 70-79 will result in **two** tutorial sessions of 30 minutes per week.
 - B. Two classes with grades between 70-79 will result in **four** tutorial sessions of 30 min. per week.

- C. Any failing grades will result in **five** tutorial sessions of 30 minutes per week.
- D. **Tutorial sessions can be completed by the following ways:**
 - 1. After school at South Campus next to the Weight Room 4:15 PM –5:15 PM
 - 2. Before school at your home campus with your teacher
 - 3. Parent assisted tutorials
 - 4. Private tutors / Student tutors
- E. Once the grade rises above the 80 mark, the student can change their status of mandatory tutorials.
- 11. Grades will be monitored weekly, and any “0’s” documented in Grade book may have consequences.
- 12. Exemption from Absence make-ups will include **college visits** and participation in other **DPHS events**. Students must inform the coach’s prior to their absence.
- 13. **Each player must complete their own consequences.**
- 14. If you are injured notify a coach. If the injury requires treatment, get checked out by our trainers. If treatment is suggested, then attend morning treatment at scheduled time, unless you have a Flex class. If you attend morning treatment, then you can also attend during 7th Period. Freshmen, there is a shuttle bus from South to North in the mornings at 8:30 AM. When your treatment is completed (7th Period), you are expected to join the team. Failure to do so, is considered leaving class without permission.

Note: Participating in Fall Softball Class does not insure you will make the Deer Park High School Softball Team. This class allows you to tryout in the spring and can improve your chances. Remember, participating in Athletics is a privilege not a right.

Grades:

Participation/Attendance	60%
Tests, Projects, Assignments	40%

Students:

I have read the Athletic Softball Fall Class required equipment list, rules and procedures. I understand that it is my responsibility to dress out appropriately and participate to the best of my ability. I will do my best to follow procedures and guidelines set for DPHS Athletic Softball Fall Class. I also understand that failure to comply with any of these guidelines can result in the removal from the program.

If you have a question, please contact me by phone or e-mail provided below.

Have A Great Day,

Coach Cantu
ecantu@dpisd.org

Coach Schaefer
kschaefer@dpisd.org

 Student’s Signature & Date

 Student’s Printed Name

 Parent/Guardian signature & Date

 Parent/Guardian Printed Name