Welcome to Glenbrook North
High School Softball

The following information will help players and parents contact coaches when necessary.

Head Coach: Bridget Matsunaga
School phone: (847) 509-2599
Email: bmatsunaga@glenbrook225.org

Assistant Varsity Coach: Michael Nisi
Email: mnisi@glenbrook225.org

JV Head Coach: Barry Ruppert
Email: bruppert@glenbrook225.org

Assistant JV Coach: Nicole Pieper
Email: npieper@glenbrook225.org

Pitching Coach: Lis Collins
Email: ecollins@glenbrook225.org
Softball Expectations Contract

Player Expectations

1) Show up on time. All athletes will be on time for practices and games. This means they are dressed ready to go before practice time begins. Visits to the trainer need to be taken care of before practice.
   i. If a player is late for practice, the entire team will run (unless the player was previously excused to come late).
   ii. If a player is late to practice a second time, this will have an effect on her future playing time.

2) Our coaching staff feels that practice is very important for our teams’ success. Practice allows players to develop and improve the skills necessary to perform at their highest level during games. It gives coaches an opportunity to observe the improvement of these skills, and to evaluate which skills need continued work. Therefore, it is important for all players to be present at practice.
   i. If a player is going to miss practice or a game, she must contact her coach via phone or email as soon as it is known.
   ii. Players must contact coaches before practices or games to allow time for the coach to readjust plans and line-ups.
   iii. If a player has an excused absence, she will have to make it up. It is her responsibility to talk to her coach about scheduling a make-up practice time. Make ups will be the regular P.E. make up in the fitness center.

3) If a player misses a game, the same consequence of missing a practice will be in place: the player will setup a make-up practice time with their coach.
   i. Excused absences: family emergency, illness, close family member’s wedding, school event for a class or club
   ii. Unexcused absences: Cannot be made up. Playing time will be affected.

4) Athletes must be dressed properly for practice and games. If a player(s) come unprepared for practice, the entire team will run. Jewelry is allowed as long as it is not interfering or distracting.
   i. Proper practice attire: Indoor gym shoes, outdoor cleats, indoor and outdoor clothing, sliders, softball socks, sunglasses or hat if outfielders
   ii. Proper game attire: Jersey, pants, socks, cleats (metal or rubber), sliders, belt, sunglasses or hat if outfielders, eyeblack (Varsity)

5) School comes first. Athletes cannot be failing two classes if they want to participate in games and practices.
6) All student athletes are to follow the expectations stated in the athletic code of conduct. Please see the student handbook for details.

7) All softball equipment must be treated with respect. Athletes are expected to take care of the program’s equipment. This includes setting up and cleaning up before and after practices and games. Every teammate is expected to share responsibility.

8) All players are expected to take the bus to and from games. If it is necessary for a player to get a ride from a guardian, an email must be sent 24 hours prior to game time to the Athletic Director, John Catalano (jcatalano@d225.org). An email will be then sent by the AD to the head coach approving the ride.
   i. Athletes are only allowed to ride home with their guardian.
   ii. Athletes practicing at Techny are NOT allowed to walk home.

9) Cellphones are NOT ALLOWED to be used during practice or games unless given permission by the coach.

10) All athletes are expected to give 100% during practice and games. If we do this, we will succeed!
   i. Regardless of wins or losses, at all times, athletes will demonstrate a positive attitude.
   ii. Players will demonstrate good sportsmanship on and off the field.

11) Playing time during all games is at the discretion of the coaching staff.

12) If a player has a concern, they are encouraged to speak to the coach before parents contact the coach.
   i. Players are responsible for communicating EVERYTHING to coach. If an issue is still not resolved, a parent may then approach the coach for a conversation at an appropriate time.

13) Be coachable and watch the game when you are not playing. Every moment is a learning opportunity.

14) All athletes are expected to follow a healthy diet and regular sleeping pattern during the season. Student athletes perform their best when they are eating well balanced meals and getting enough sleep. This includes the weekends!
Parent Expectations

1) Only reach out to coaches with concerns if it has not been resolved between coach and athlete.
   i. Concerns should be communicated between player and primary coach
   ii. Parent and primary coach can discuss if it is not resolved
   iii. Parent, primary coach, and head coach can discuss if it is not resolved
   iv. Parent, primary coach, head coach, and AD can discuss if it is not resolved

2) If you want to bring your daughter food, they must eat it before or after a game (do not bring it to them in the middle of a game).

3) Make sure your child is getting enough sleep and eating nutritious meals.

4) Your commitment means just as much as your daughters.
   i. Please do not schedule vacations and events during season unless it does not interfere with practices or games
   ii. If you are driving them to practices, please bring them on time or carpool with another family.

5) Please wait until after a game to talk to your daughter and coaches. They need to stay focused the entire game.

6) Do not yell at umpires, coaches, players or other parents.

7) Let the coaches do the coaching during games.

8) Support your daughter in a positive manner by coming to games and cheering them on.

--------------------------------------------------------------------------------------------------------------------------

Player Signature: ____________________________ Date: ____________________________

Parent Signature: ____________________________ Date: ____________________________