South St. Paul Softball Team Handbook

Mission Statement: To help make each player become the best person and softball player they can possibly be.

Player Expectations:

- BE A GOOD STUDENT
- Be on time
- Be a good person (teammate)
- Compete
- Hustle everywhere
- Have energy
- Positive attitude
- Work hard
- Treat others the way you would like to be treated
- All players must be registered with South St. Paul High School and have sports physical on file with the school.
- HAVE FUN!!

Injured Player Expectations:

- Players are required to check in with coaching staff daily
- Attend entire practices and games
- Participate where you can, assist coaches or players in drills if you are capable
- Exceptions - not cleared by athletic trainer or doctors note

Parent Expectations:

- Support your athlete
- Give positive feedback to your player
- Be kind to the umpires
- Let the coaches coach

Practices:

- Players need to be flexible. We play a Spring sport, the weather can be unpredictable
- IF YOU DO NOT PRACTICE, YOU DO NOT PLAY IN GAMES
- Playing time is earned at practice
- Indoor Practices at the PAC

    - Shorts, Packer shirt, proper footwear. If we are working on base running or sliding you should have a pair of pants available to put on.
- Outdoor Practices
    - Softball pants, Packer shirt, proper footwear.
    - Varsity will practice at Harmon or in The Pit Monday through Friday 3:15 - 5 pm and Saturdays 8 - 10 am
    - JV will practice at Vets or Roosevelt Monday through Friday, time TBD
    - C squad will practice at Vets or Roosevelt Monday through Friday, time TBD
- Consequences for not wearing proper practice attire
    - You will not practice, which in turn you will not play in games
    - You will work on homework while everyone else is practicing

Games

- Players need to be flexible. We play a Spring sport, the weather can be unpredictable
- Proper uniform will be worn (socks, pants, belt, jersey, undershirt, visor)
- Everyone will be engaged
- Each level will play between 18-20 regular season games
- Varsity will compete in a section tournament with an opportunity to play in the state Tournament

Transportation:

- Players will be responsible for getting to practices
- If players need to ride home with parents after an away game, they must communicate that to the activities office, preferably the day before or before noon the day of the game. You can contact Kris Nihart with the activities department at knihart@sspps.org

Varsity Team Philosophy:

- We are going to compete every pitch of every game
- We will respect our opponents, ourselves, and the umpires
- Playing time will not be equal
- Playing time will be earned at practice
- Age or Grade does not play a role in playing time

Junior Varsity Team Philosophy:

- We are going to compete every pitch of every game
- We will respect our opponents, ourselves, and the umpires
- Playing time will not be equal
- Playing time will be earned at practice

C Squad Team Philosophy:

- Playing time will be somewhat equal
- This is a developmental team

Social Media Policy:

- THINK before you post:
    - T = is it TRUE?
    - H = is it HELPFUL?
    - I = is it INSPIRING?
    - N = is it NECESSARY?
    - K = is it KIND?

Communication:

- Coaches contact information
    - Mike Casalenda - Varsity Head Coach
        - (651)285-3220
        - mike.casalenda@gmail.com or mcasalenda@sspps.org
    - Colleen Luna - Varsity Assistant
    - Junior Varsity Head Coach
    - C Squad Head Coach
- Weekly emails will be sent out
- Daily communication will be done using the GroupMe app
- Game and practice schedule will be posted on Google Calendar on school website

Awards & Captains:

- Candidates to be a captain will be asked to answer a series of questions or write an essay on “Why they feel they would make a good captain”
- Captains will be voted on by the team
- Team awards will be voted on by the team
- Coaches will vote only when there is a tie to be broken

- Captains will set the example for the team by carrying equipment, cleaning up dugouts, etc.
- All Conference, All Conference Honorable Mention will be voted on by conference coaches
- All State, All State Honorable Mention, All State Academic will be voted on by coaches around the state

Fundraising:

- Taco feed/meat raffle at The Croatian Hall Saturday March 14 12-4 pm
- Top Golf Event TBD
- Hit a Thon
- Possible restaurant night

Activities Handbook & Chemical Policy:

- **South St. Paul High School Activities Department Student Handbook**
- https://www.mshsl.org/sites/default/files/2024-07/mshsl-handbook-200-series.pdf

Scholastic Eligibility (Grades):

- In order to participate in a South St. Paul Secondary co-curricular activity, each participant must make satisfactory academic progress. To be eligible for participation a student must meet a 1.70 GPA criterion the previous marking period. A student who has failed to meet the 1.70 GPA criterion will be placed on academic probation and will be ineligible to participate in co-curricular contests and/or performances, according to the following conditions: 1) The student is permitted to practice or rehearse, but may not compete or perform in a contest or performance during the period of academic probation. 2) The student is ineligible for whichever is greater: two consecutive interscholastic contests or two weeks (fourteen calendar days) of the new marking period.* Following the period of ineligibility, if a review of the student's academic performance indicates that the student is performing at a satisfactory level, eligibility may be regained. If the review indicates the student is failing to meet the 1.70 GPA criterion, he or she cannot regain eligibility until the end of the grading period.
- Second Trimester Date (for spring eligibility)

Spring Break Policy:

- If your player has a trip planned, go and enjoy! If your player is not going on a trip they are expected to be at practice. Spring break practice times are TBD.

Lettering Policy:

- Play in half of the varsity games
- Be on the section roster. Attend all games and practices during section play.
- The coaching staff will also be able to use their discretion after considering factors such as injury, attitude, work ethic, and behavior

24 Hour Rule:

- After any major conflict that arises during a practice or game a period of 24 hours will need to happen before any communication will take place between a player and a coach
- Communications Steps
    - Players must communicate with their team coach about any issues
    - Varsity Coach
    - Activities Director Brady Krueger
    - Superintendent Dr. Zambreno for solution

Updated January 2026