

KENTLAKE  
GIRLS FASTPITCH  
2017 ATHLETE & PARENT  
HANDBOOK



# On Our Team...

On our team we treat each other and our opponents with dignity and respect.

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On our team hustle is more important than muscle.

On our team we conduct ourselves with integrity and strive to do our best even when no one's watching.

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On our team WE take responsibility for our own performance instead of looking for others to blame.

On our team we take care of the equipment and facilities we use.

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On our team attitude is everything.

On our team we know scores and stats don't define who we are.

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On our team we strive to bring out the best in ourselves and others.

On our team every team member matters.

On our team WE comes before me.

# GO FALCONS!

Welcome to Kentlake Fast pitch! KLFP has a proud history, the coaching staff & I look forward to a fun & successful winning season! Please review the following material & sign the back page.

We are fortunate to be a part of a great school & athletic department. Fast pitch will be a small but important time as a Kentlake Falcon. Our job as coaches is to provide a safe, fun, positive, educational, empowering, & challenging program. You will grow individually & as a group in this program. The relationships, work ethic, goal setting, & team concepts will enrich you the rest of your life. Our core values are:

- GREATNESS
- RESPECT
- INTELLIGENCE
- TOGETHER

## EXPECTATIONS

- ❖ Respect KL staff, students, teammates, coaches, opponents, Umpires, fans, & the game AT ALL TIMES
  - ❖ Always use respectful, appropriate language. Profanity or any disrespectful language will not be tolerated.
  - ❖ Bring a positive attitude & open mind every day
- ❖ Student first - school sports are a privilege for being a quality student. Make sure you are always in compliance with both KSD and WIAA academic requirements. Be a quality student!
- ❖ Encourage your teammates & use good sportsmanship
- ❖ Hustle
- ❖ Attend all practices & games (even if injured)
- ❖ Take care of (& don't throw) all equipment
- ❖ No cell phones at practice unless given permission
- ❖ Be aware of your surroundings, be involved during practices & games
- ❖ Discipline will be handled on a case by case basis
- ❖ HAVE FUN and Enjoy the game ☺

## PRACTICE

- ❖ Be prepared to practice inside & outside everyday even if we are rained out
  - ❖ Glove, cleats, tennis shoes, long sleeves, softball pants (or sweats), are needed for practice
  - ❖ No jewelry (WIAA game rule)
  - ❖ Player must contact Coach as soon as you know of absence due to school or personal.
  - ❖ Player must be prompt to practice
  - ❖ EVERYBODY needs to be ready & setting up equipment by 2:30
  - ❖ All equipment needs to be set up by 2:35 (when we warm up)
  - ❖ Practice generally ends at 5:00
  - ❖ Varsity practices at 5:00 A.M. every week on Tues/Thurs as decided by coach
  - ❖ There will be a few Saturday morning practices
  - ❖ Practice is over when EVERYBODY finishes putting gear away
    - ❖ Being a team player - Be open to playing a new position for the possible greater good of the team. Understand and be supportive to the players chosen to play in all game situations.

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## ATTENDANCE

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### 2017 Kentlake Fastpitch Attendance Policy

It is a privilege to be in the Kentlake Program. In order to participate in games, a player must be in good standing academically, have no disciplinary infractions at KLHS/in the classroom or at practice; and must have met all team practice expectations during the week. Kentlake High School rules are our program rules. We will not deviate from any school rule. We will be 100% supportive of all administrative decisions. Players may not miss practice without a legitimate excuse from a parent, coach, administrator or doctor. If you cannot be at practice you are or your parents must notify your coach with the valid excuse. Contact info for each member of the coaching staff is located on last page of this handbook. Do not leave word with anyone else.

## **Attendance - Unexcused Absences from practice:**

### **Step 1:**

Unexcused absence from practice (or late 2 times) - won't start in next game

### **Step 2:**

2 unexcused absences from practice (late 4 times) - won't play in the next game

### **Step 3:**

3 or more unexcused absences from practice (late 6 times) - you will be asked to turn in your gear and will no longer be able to participate in the program for the current season.

## **Attendance - during the school day:**

You must be at school 4 out of the 6 periods in order to participate in practice or a game. If your absence for these 2 periods is unexcused this counts as an unexcused absence at practice or a game and you will be on Step 1.

## **Excused absences:**

- ❖ Documented note from doctor
- ❖ Administration cleared
- ❖ School activity; band, fieldtrip, etc. Permitted absence
- ❖ 2 excused periods during school day
- ❖ Others; case by case basis

## **Attendance - injured players:**

Coaches expect every player on the roster to be on time and attend every practice or game, even injured players. If you have a doctor's note or a note from our school trainer (Barry Smith) stating you cannot participate or can only participate in a limited manner then we will honor their advice. If you are injured (not hurt, but injured) during practice then you can sit out until you are able to get to the doctor or our training room. You are still required to be at every practice and game. Without a note we expect full participation. Before you can

participate in a game you must be at full participation for at least one day before you can play in a game.

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## KENTLAKE FALCONS ATHLETICS - CORE VALUES

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**F - Family** - Being the first to praise others and be the last to brag or draw attention to yourself; not separating yourself from others. Treating everyone as an equal AND showing you care by doing what is best for others

**A - Attitude** - Be a positive contributor to the team as well as a positive ambassador for your school and Kentlake community.

**L - Leadership** - Bring out the best in others by putting them first. People follow leaders who lift people up and inspire them individually and collectively to reach full potential. People will not follow those who constantly are negative, or putting others down.

**C - Commitment** - Setting an example demonstrates commitment. You can be trusted to follow through no matter what the situation. It's not about doing what's right when it's convenient, occasionally, or when you feel like it. Commitment means you are all in and there will be no excuses.

**O - Ownership** - You accept and take responsibility for your daily efforts on and off the field of competition (pride personal responsibility in daily effort). You are a problem solver, not an excuse maker.

**N - Never Give Up** - 100% effort is given until the end of the game regardless of the score. Successful people are persistent and persevere when struggling to achieve goals, regardless of the roadblocks that may face them.

**S - Sportsmanship** - Be humble in victory and gracious in defeat. Respect the rules of the game; and accept the judgement of others; opponents as guests and react the proper way even when others do not.

## PLAYING TIME

The coaches are committed to putting a quality team on the field. Playing time will be determined by:

- ❖ Skill set
- ❖ Fast pitch IQ
- ❖ Attitude
- ❖ Attendance
- ❖ Being a team player
- ❖ Following our core values
- ❖ There is no guarantee of playing time on the Varsity.

## BUS

Players are to ride to & from games as a team (unless there are extenuating circumstances). We will treat the driver with the upmost respect & leave the bus clean.

## GAMES

- ❖ Give 100% effort & concentration
- ❖ Be a team player & up on the fence
- ❖ No talking with spectators
- ❖ Be respectful
- ❖ Play with intensity
- ❖ No jewelry
- ❖ Shake hands with opposing team, always
- ❖ HAVE FUN ☺

## LOCKER ROOM

Be smart, respectful, & clean!

## LETTERING

Players earn a KLFP letter by suiting up for at least 75% of Varsity games, attendance (injured players are to attend all practices & games), & the discretion of the coaches.

## PARENTS

Parents & family play a vital role in our program. We can't be successful on & off the field without your support. We hold your relationship with your daughter in the highest regard & will do everything to make this season a fun & positive experience for all. It's paramount that players, coaches, & parents work together to ensure a quality program. Please allow the coaches to do their job & coach your student-athlete. Please refrain from coaching your child during KLFP games & practices, model respective behavior during games, & support all players. We're happy to discuss your daughter's role within the program at an appropriate time (not practices or games). Please feel free to set up an appointment via email or phone. Head Coach will be a part of all meetings regardless if your child is a varsity or JV player.

Please understand that we will not compare your daughter with other players & that we may disagree.

- ❖ The coaching staff would like thank you for all you do for your daughter & KLFP! We appreciate your time, effort, & positive support.
- ❖ Melissa Stanley ([stanleym66@yahoo.com/425-524-7336](mailto:stanleym66@yahoo.com/425-524-7336)) Head Coach
- ❖ Ken Darcy ([kenneth.darcy@k12.wa.us/](mailto:kenneth.darcy@k12.wa.us/)) Asst. Coach Varsity
- ❖ Shawna Behrens ([shawna.behrens@kent.k12.wa.us/](mailto:shawna.behrens@kent.k12.wa.us/)) Asst. Coach(JV)

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### SOCIAL MEDIA

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Be smart and responsible about social media. You represent Kentlake HS, as a student athlete. Make sure this is on and off the field, including online.

I have read, understand and am in agreement with the Kentlake Girls' Fast pitch 2017 Athlete and Parent Handbook.

Athlete Signature \_\_\_\_\_

Athlete Printed Name \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

Parent Printed Name \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

Parent Printed Name \_\_\_\_\_

Date \_\_\_\_\_