



CENTRAL PENN LADY RENEGADES 2017 HANDBOOK

CPR POLICY

Mission Statement: Develop quality youth softball players who learn sound softball techniques through superior training in a fun and competitive atmosphere while aiming to teach lessons in softball that mirror important lessons in life. We maintain that the character of our players is as important as their athletic abilities.

Club Goals:

- Seek committed volunteers who love the game of softball
- Surround ourselves with experienced and well respected coaches
- Develop an operating plan that allows coaches an ease of entry and exit
- Always stress fun in softball though enthusiasm and the proper approach to the game
- Align our fundamentals in sync with local High School Programs or generally accepted standards
- Foster a love for the game
- Create opportunities to learn about and set goals
- Develop lifelong fans of the game

Team Goals:

- Work on the “team quality” while striving for team success, including every player in the process!
- Stress player development. If we do this right, wins will become a by-product of our hard work and something we emphasize less.
- Provide excellent softball instruction
- Do our best to ultimately prepare our players for High School softball in as many positions where they can have the most success
- Try to rotate a variety of players without compromising the competitiveness of our teams and their success
- Strive to adequately communicate player expectations to both players and parents
- Prior to each season we will invite all players and parents to a group meeting to outline our Club’s program, policies, and expectations. Additionally we will stress our Player Code of Conduct and Central Penn Renegades (CPR) Policies with all players to encourage a CPR image.
- We play and practice hard
- We hustle on and off the field
- We stress “emphasize our approach” and “perform by our standards.”
- When using parent volunteers, we seek those who are team centric, positive, and who will represent CPR well.

Manager Goals & Responsibilities for age 10-18(unless team is managed by staff instructors):

- We will conduct one to two weekday practices and possibly one weekend practice on non-tournament weekends.
- Coordinate with staff instructors and compliment the instructor’s activities with your players
- Manage games unless managed by staff instructors
- Schedule tournaments
- Collect your respective player fees.(Note: Fees shall be approved by CPR Board)
- Stress player development
- Provide excellent softball instruction
- Communicate to parents and players
- Do your best to rotate a variety of players without compromising the competitiveness of your team



- Do your best to adequately communicate player expectations to both players and parents
- We will conduct pre-season meetings to adequately outline our program and its goals and expectations
- Each manager shall speak to his or her players after each game in the form of a game wrap-up, discussing our level play, and how well we achieved CPR objectives as young men or women
- Understand that players outside of the CPR program will be called upon only if a tournament roster will be comprised of 9 or less players

Our Values:

- **LEADERSHIP**- Taking charge of situations under pressure...paying the price in sweat, effort and sacrifice... showing the way through good example
- **SPORTSMANSHIP**- Showing enthusiasm, spirit and courage all the time... taking advice and criticism in an effort to improve... being humble and gracious both on and off the field... respecting your opponent in both victory and defeat.
- **COMPETITIVE**- Possessing a deep determination and desire to win... having pride in yourself and never give up... getting up one more time than you are knocked down... being tougher than your opponent.
- **INTENSITY**- Hustling all the time, wanting to be #1... Always giving maximum effort.
- **DEDICATION**- Being well conditioned through proper training and diet... making every practice and working hard... learning and practicing skills to reduce mental errors... discipline yourself to follow team rules and guidelines.
- **LOYALTY** – Thinking in teams of “we” instead of “I”... sacrificing for the good of the team... respecting the organization, coaches, and teammate.

Player Development:

- Strive for a fluid approach to players playing multiple positions. Perhaps there are games that we can offer players other positions to play where the team can still succeed and each player can get exposed to other positions. This may not be during tournament championship games but in scrimmage games
- Use practices and scrimmage games to encourage more of these opportunities
- Strive to communicate with our players and assist them during challenging time. A player who hits last in the lineup is as important as the player hitting first
- Consider batting all players during pool play when tournament rules are applicable
- Do our best to ultimately prepare our players for High School softball in as many positions as possible

Policies toward Players who are struggling:

- Our policy is that every player who is on the team deserves to be on the team!
- We offer extra practice times or workouts. This may be at a player’s expense.
- Do our best to get them in game situations to work through their struggles
- Reach out to a struggling player as much as possible
- Communicate and make sure our players know what is expected from each of them
- Reach out to parents and make sure they understand what both parties can do to cause improvement



Rules:

Players in the Central Penn Renegades program will:

- Exhibit sportsmanlike conduct through language, behavior, intensity, and positive attitudes toward teammates and competitors
- Keep family and school priorities ahead of softball.
- Demonstrate integrity, teamwork and excellence
- Agree to participate in all team functions, which will include discussion periods, practices, games, and community projects to the fullest extent possible
- Agree that scheduled practices and tournaments take precedent over other teams or sports activities during our spring and summer seasons. Special circumstances can be discussed with the Head Coach
- Hustle at all times
- Be coachable and open to new ideas
- Never argue with an umpire
- Never throw equipment
- Never use drugs or alcohol
- Never use foul language
- Conduct yourself in a mature and professional manner at all times
- Wear uniform with professionalism and pride. Shirt tucked in. hat straight
- Be on time for all meetings, practices and pre-game

Coaches will have discretion of playing time during all tournament games, still making every effort to provide adequate playing time and still maintaining a competitive defense and batting line up.

The Central Penn Renegades Board of Directors reserves to right to change of modify this form at any time for any reason.

Player Signature

Parent/Guardian Signature

Date



PLAYER CODE OF CONDUCT

Player Name

Date

This is an agreement between a member of a Central Penn Renegades (CPR) Softball team and their coaching staff

I am a Central Penn Renegades (CPR) Softball team player. Because I have the honor and privilege of playing softball for the CPR, I agree that I will represent my team, my Coaches, my parents, the CPR Softball program, the community, and softball with pride, respect, and good sportsmanship. Furthermore, I agree to uphold the following “Expectations of CPR Softball”:

1. I will have a good attitude at all times, win or lose, playing or supporting my team from the bench. I recognize that some days I will play well and some days I may be “off”. In either case I will be positive and supportive of the team and my teammates.
2. I will be a great team player. I will understand and fulfill my role on the team and understand that my role for any particular game or practice is decided by the Coaches.
3. I will not quit. Quitting = Losing. When I quit on myself because of a mistake or carry a bad attitude about my team or Coaches, I’m quitting on the team.
4. I will respect my Coaches, Umpires, opposing players and Coaches, and parents. I will address my Coaches by “Coach”. I will answer questions when asked.
5. I will hustle at all times and be a good example for my teammates at all games and practices
6. I will improve as a player. I will listen to my Coaches and work hard at improving my mental and physical softball skills. I recognize that working on my softball skills only at practices will not be enough. I will also work on the areas my Coaches point out to me outside or normal practices.
7. I will keep myself physically fit. Outside of practices I will exercise and work at some form of cardio activity every week.
8. I will eat and sleep well during the softball season. I will minimize my consumption of unhealthy foods and drinks during the softball season. I prefer water and non-carbonated, non-caffeinated drinks. Energy drinks are not permitted on the bench.
9. I will study. I will do my school homework and not miss turning in any assignments. I will do my best at school at all times. Doing well in school will help me as a softball player. Doing well in school is more important than doing well as a softball player.
10. I will respect my home field and the field that I am a guest on by ensuring that the dugout is clean before I leave I will assist in collecting equipment at the end of all games. I will refrain from using violence and unfriendly language.
11. I will bring my own drinks to the dugout. Parents will not deliver them during games.

I understand that my failure to live up to this agreement will negatively affect my softball performance and my playing time. The CPR Board and your Head Coach retains the authority to determine what, if any, disciplinary action is appropriate for any conduct infraction. Absolutely no refund is available to any player suspended for games or from the CPR program.

Player Signature

Parent/Guardian Signature

Date



PLAYER/PARENT PARTICIPATION CONTRACT 1

Purpose

The purpose of this policy is to provide guidelines to parents regarding general Central Penn Renegades (CPR) policies.

Policy

As a parent/guardian of the Central Penn Renegades, I will:

- NOT approach the head coach or coaching staff at any time to discuss concerns about the team.
- Address any concerns about the team, playing time, coaching style, or any other issue with the Director of Softball Operations or CPR President.
- Conduct myself in a way that never brings embarrassment to my player or the Central Penn Renegades.
- Never verbally root against the other teams or argue with umpires
- Not use profanity
- Not publicly participate in conversations with other parents that are negative toward other players, other parents, the organization and/or the coaching staff.
- Not publicly second guess and discuss coaching decisions with other parents or players.
- Not shout coaching tips, i.e., follow through, keep your hands back, to your son during the game.
- Not question umpire calls during the game where other people (and umpires can hear you).
- Not carry your son's softball gear to and/or from the game
- Not bring drinks or snacks to your son immediately before, during, or immediately after a game
- Not purposely sit within earshot of the dugout
- Not "sit in" on team talks before or after the game unless invited by the coaching staff
- Not stand around the batting cage with the team during pre-game hitting unless asked by the coaching staff.

Failure to obey these rules will lead to reduced playing time and/or dismissal from the team at the discretion of the coaches and officers of the Central Penn Renegades organization. No refunds will be made for any reason

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Player Signature

Parent/Guardian Signature

Date



PLAYER/PARENT PARTICIPATION CONTRACT 2

Purpose

The purpose of this policy is to provide guidelines to coaches, players, and parents regarding playing time and general Central Penn Renegades (CPR) policies. This policy applies to all CPR coaches, players, and parents.

Policy

The Central Penn Renegades (CPR) is a program striving to develop the full potential of each player of the club. Playing time however, should not be expected to be distributed equally whether it is in a developmental scrimmage, game, or competition or a select/special game, or tournament. It is also understood that a player may receive less or no playing time in a game due to attendance problems, violating the Central Penn Renegades (CPR) Code of Conduct and/or Code of Ethics. Distribution of playing time resulting from a violation of the CPR policy shall be at the discretion of your Head Coach.

It is the desire of the Central Penn Renegades (CPR) that head coaches will follow the provided guidelines to balance between goals of the individual and the team skills and giving the team a successful competitive experience. In order to achieve this balance, playing time will be based on the following factors:

- The player's attitude, focus, and sportsmanship
- The player's effort and responsiveness to coaching instruction
- The player's attendance. We view attendance as a priority
- The number of players on the team available to play
- The level of play for a competitive tournament and/or special game.
- Full, season long commitments are mandatory

The factors may increase or reduce a player's time in any particular game, scrimmage, or tournament. Any questions regarding this policy should be directed exclusively to the CPR President or Director of Softball Operations. All parents and athletes are required to sign this policy before your player will be allowed to compete. No exceptions.

Further, CPR has a "no refund" policy for any injury, violation of participation factors and/or our Club Code of Ethics resulting in suspension or termination from the program.

Uniforms and Personal Appearance

The Central Penn Renegades (CPR) expects players to be outfitted with CPR approved apparel. And such apparel as to match other teammates in style and color and not cause a distraction or attention away from the team. Uniforms are the responsibility of each player and should be kept clean, laundered, and in good repair and condition. Players are responsible for their own gear and for keeping their gear in good repair and safe condition. Players will wear during game play CPR Home or Away Jersey, and White or Blue pants. Players will be required to wear to all practices and workouts a CPR shirt/sweatshirt/jacket as their outermost top layer. Failure to wear the correct apparel to game or practice will result in the player being removed from that specific game or practice.

Payment

It is understood that payment must be submitted at each agreed deadline. Failure to submit payment will result in the player being suspended from practice, scrimmages, or tournament play until payment is received. Contact the CPR President to make special payment arrangements if needed.



Parents

The Central Penn Renegades (CPR) expects players to bring their own food and drinks to the dugouts. Parents should not deliver these items during games. Utilize the Central Penn Renegades(CPR) coaches during games. Dugout lessons and instructions from the stand by parents are prohibited.

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Player Signature

Parent/Guardian Signature

Date



WAIVER AND RELEASE OF LIABILITY

I, _____, hereby acknowledge that I have voluntarily applied to participate in softball game activities in conjunction with Central Penn Renegades.

I AM AWARE THAT SERIOUS ACCIDENTS OCCASIONALLY OCCUR DURING SOFTBALL GAME ACTIVITIES; AND THAT PARTICIPANTS OCCASIONALLY SUSTAIN SERIOUS PERSONAL INJURY OR DEATH AND/OR PROPERTY DAMAGES, AS A CONSEQUENCE THEREOF. I understand that included among the dangerous elements of the sports of softball is the risk of injury as a result of being struck by a batted or thrown ball, a loose bat, or by another player or his/her equipment. Additionally, I understand that the ball field cannot be guaranteed to be smooth or free of defects, and that there is a risk of injury as a result of tripping on an unknown hazard in the field. I understand that in addition to the above-mentioned risks, there are unpredictable dangers involved in this sport.

In consideration for being allowed to participate in softball game activities in conjunction with Central Penn Renegades, I intend to be legally bound, do hereby for myself, my heirs, executors and administrators waive and release and an all rights and claims for damages I may accrue against Central Penn Renegades, its employees, officers or representatives, and all sponsors for any and all injuries that may be suffered by me as a result of my participation in softball activities.

Further, I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring from my participation.

This release is intended to discharge in advance, Central Penn Renegades (including its respective coaches, agents, officials, employees, affiliates, and school districts where facilities are used), and the sponsors from and against any and all liability arising out of or connected in any way with my participation in softball events; even though the liability may arise out of active or passive negligence, or carelessness on the part of the persons or entities mentioned above.

I further understand fully and agree that the term of this release extends year to year, covering all periods of time that I participate in softball activities in conjunction with Central Penn Renegades.

Lastly, I agree to accept and abide by the rules and regulations of the Central Penn Renegades.

Player Signature

Parent/Guardian Signature

Date