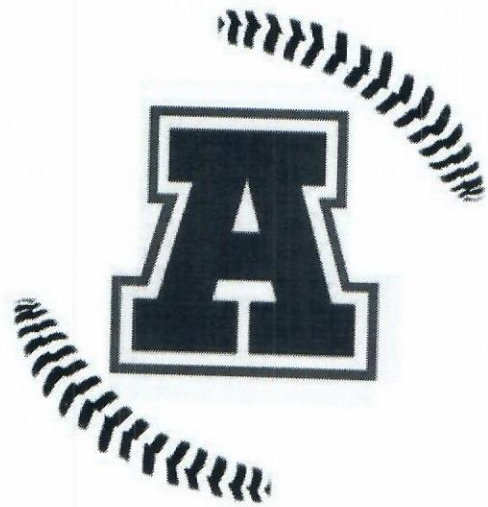


ARROWHEAD SOFTBALL 2024



2024 Arrowhead Softball

“Continuing a Successful Tradition While Building Character and Integrity”

Player Registration Form: All new and returning players need to fill out this form.



https://docs.google.com/forms/d/e/1FAIpQLScSTR2HHVPQfeS6ZBbDpx3kkVmCxOIEfdv_wf1ZrRHROOe5e3Q/viewform

Start preparing NOW for the upcoming season. Preparation through hard work WILL make us/you successful on and off the field.

Tryouts (Monday, March 11th & Tuesday, March 13th):

- You MUST be there!
- You Must have a physical or alternate year card turned in to the athletic office before tryouts. You also must have the concussion form filled out and turned in to the athletic office. You WILL NOT try out until all of the forms are turned in to the athletic office.
- If you have any medical issues (ex. Allergic to bees, food allergies, diabetic, etc.) please notify all coaches.
- All Freshmen and Sophomores: Please wear a shirt with your name on the back that is EASY to read. If you do not have a shirt with your name on it, wear a shirt that you can write on with black marker.
- Players are selected based on their ability and performance during tryouts. Teams are selected based on the needs of each level (Varsity, JV1, & JV2) to produce the three most competitive teams.
- Tentatively we will be set to announce teams on Wednesday, March 13th.

Tryout Schedule (Location: South Campus Upper & Lower Gyms):

Dates: Monday, March 11th & Tuesday, March 12th

3:00pm - 5:00pm All Freshmen & Sophomores in SC Upper Gym

5:00pm - 6:00pm Pitchers & Catchers (all levels: Freshmen - Seniors)

6:00pm - 8:00pm All Juniors & Seniors (plus any Fr or So the coaches ask)

Open Gyms: Preparation and practice needs to start right now!

Open Gym Safety Rules:

- You must wear a helmet at all times when you are in the cage, even if you are feeding the machine.
- When feeding the machine, stand to the side of the opening so you do not get hit if the ball goes through the hole.
- When feeding the machine, make sure the batter is ready by verbally asking her every time you put the ball in.
- When throwing, please throw in the same direction as everyone else to avoid injury.
- When swinging outside of the cage, watch for people before swinging.
- When walking around, watch where you are going so you do not get hit.
- Catchers make sure you have your own gear during open gyms.
- Please get in there, get things done, and leave. Do not just sit around for a social hour.

Open Gym Procedure:

- Due to limited lower gym availability with wrestling, cheer, and youth wrestling we may have to cancel or have a few pop up open gyms. Please check Instagram and/or Twitter for updates.
- **Players must help set the equipment up and take it down.** This shows you are a TEAM PLAYER.
- Upper Gym is typically used for defense only and the Lower Gym is typically for hitting. We may use the Upper Gym for hitting a few times in February due to limited Lower Gym availability.
- Returning players will run the open gyms.
- All equipment must be put back NEATLY in the equipment room.
- Open gym dates/times will be sent out via email once gym dates are scheduled.

How WE Can be Successful:

- Increase strength, speed, and endurance.
- Hitting: Focus on quality reps over quantity.
- Practice with proper form.
- Defensive work: grounders and fly balls (work on range and footwork)
- Throwing: Your arm needs to be in shape to throw day 1 of the season. Start out slow now during open gyms and work up from there. Make sure to ice and/or stretch when you are finished.
- Leadership/Mental Game: Leader's mindset classes, books.
- Pitching: You need to be pitching in the off season. Make sure you ice when you are done. Throw as hard as you can but start out slow (200 pitches, 3 times per week).

Student-Athlete Expectations:

- Be a student first and an athlete second.
- Be on time or early (Team warm-ups/practice will start at 3:00pm). You must notify a coach in person, by email, or by text message prior to being late or absent. Have a teacher write an email or a pass if needed.
- Come dressed and ready to practice. Be prepared to practice inside or outside. You will not practice if you are not properly equipped (Ex. You must wear softball cleats on the field).
- There will be consequences for missed practices/games.
- The following excused absences will result in NO consequences as long as they are communicated to the coaching staff.
- Excused Practices/Games: Funeral, family obligation, school event, sick, hurt.
- The following unexcused absences will result in consequences (Ex. you do not start or play in the next game or dismissal from the team).
- Unexcused Practices/Games: Vacation, dentist appointment, club practice/tournament/game, absence without a reason, absence without communication to coaching staff.
- You must be at school the last 5 hours of the day (6th - 10th hour) to practice or play in a game.
- You must notify a coach in person, by email, by text, or by phone call prior to missing in order to be excused.
 - Coach Grace Cell: (414) 940-1302 (Email: gsalaja77@gmail.com)
 - Coach Boerst
 - Coach Boughner
 - JV2 Coach to be announced

- Positive communication is the key. The coaching staff is open and willing to talk about issues you would like to discuss. We want your season to be a positive one! Be proactive immediately with your coach.
- Exceptional sportsmanship, character, and integrity will be used at all times!
 - Character Matters: You do not have to be a friend, but you have to be a good teammate. A good teammate respects other players, opponents, and umpires.
- The Arrowhead Way - Be Respectful, Be Responsible, Be Appropriate. You represent Arrowhead both on and off the field.
- Game Day Dress Attire: please follow the school dress code policy. NO "beachwear" which consists of tank tops and skirts/shorts that are shorter than your arms extended. No bare midriffs/stomachs and no visible undergarments.
- Anti-Hazing Policy: there will be no tolerance in regards to initiation processes that involve hazing, regardless of a student's willingness to participate in the activity.
- You may not play games with other softball teams during the season (Ex. any club teams)

If you violate any of the expectations above there will be consequences (Ex. playing time will be limited).

- Varsity Captains: All returners will get an opportunity to be a captain/leader.
- Team Awards: The players and coaches will vote on the following awards.
 - Most Improved, Hustle Award, Most Spirited, Golden Glove, Best Batting Average

Practices (after Tryouts):

- There will be practices Monday through Saturday and some Sundays (a few Saturdays you may have off, but please plan on being there)
- All practice times listed on the calendars are subject to change! **If practice is outdoors it will always be at 3:00pm.** Please listen to the announcements, check AHS softball instagram (ahsoftball22) or our AHS softball Twitter (@AHSsoftball1) for schedule changes.
- Program communication will be through Instagram/Twitter. Team communication will be through group texting.
- There will be no practices the week of Spring Break (Saturday 3/23 through Sunday 3/31). **There will be regularly scheduled practices Friday 3/22 and Monday 4/1. You need to be at these practices, please plan accordingly.**

Clinics & Camps: You may or may not want to attend a clinic before the season starts! UW-Parkside, UW-Oshkosh, UW-Whitewater, UW-Stevens Point, UW-Green Bay, or UW-Madison all have great clinics/camps.

Arrowhead Softball Camps & Clinics: Dates for AHS youth softball camp are TBD.

Things You Should Know:

- Club/Select Team Tournaments/Games during season - You may NOT attend while Arrowhead softball is in season.
- Bussing: Getting to and from games still might be an issue due to lack of bus drivers. This is something we may need to work through.
- Banquet date for the program will be determined later in the season.
- Latex free and peanut free on buses if we take them.
- Random drug testing is done every week, please make good choices.
- Must be academically eligible to play. Current policy: you can only have 1 "F" to be eligible.
- Red and white helmets with an Arrowhead logo will be used during games and practices. Metal cleats are recommended.
- Apparel Orders: Please do not feel obligated to order apparel. If you order items and do not make a team, you can not return or get a refund of any kind. The apparel shop dates will be determined and announced later on.
- ACT Testing: Make sure you check these dates in regards to softball.

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 3-5pm JV1/JV2 Tryout 5-6pm Pitcher/Catcher Tryout 6-8pm Varsity Tryout	12 3-5pm JV1/JV2 Tryout 5-6pm Pitcher/Catcher Tryout 6-8pm Varsity Tryout	13 3-5pm JV1/JV2 Tryout 5-6pm Pitcher/Catcher Tryout 6-8pm Varsity Tryout	14 3-5pm Practice	15 3-5pm Practice	16 TBD Practice
17 TBD Practice	18 3-5pm Practice	19 3-5pm Practice	20 3-5pm Practice	21 3-5pm Practice	22 3-5pm Practice	23 TBD Practice
24 SPRING BREAK	25 SPRING BREAK	26 SPRING BREAK	27 SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK	30 SPRING BREAK
31 SPRING BREAK						

April 2024

April 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	3-5pm Practice	3-5pm Practice	5:00pm @ Oak Creek	3-5pm Practice	4:30pm vs Sussex Hamilton	TBD Practice
7	8	9	10	11	12	13
	3-5pm Practice	4:30pm @ Kettle Moraine	4:30pm @ Menomonee Falls	4:30pm vs Waukesha North	3-5pm Practice	Tournament @ Kenosha Bradford
14	15	16	17	18	19	20
	4:30pm @ Muskego	4:30pm vs Oconomowoc	3-5pm Practice	5:00pm @ Waukesha West	3-5pm Practice	Tournament @ Slinger
21	22	23	24	25	26	27
	4:30pm vs Catholic Memorial	4:30pm @ Mukwonago	3-5pm Practice	4:30pm vs Waukesha South	3-5pm Practice	PROM
28	29	30				
	3-5pm Practice	4:30pm vs Kettle Moraine				

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4:30pm @ Kenosha Tremper	2 4:30pm @ Waukesha North	3 3-5pm Practice	4 TBD Practice
5	6 4:30pm @ Oconomowoc	7 5:00pm vs Waukesha West	8 3-5pm Practice	9 4:30pm vs Mukwonago	10 3-5pm Practice	11 TBD Practice
12	13 4:30pm @ Catholic Memorial	14 4:30pm @ Waukesha South	15 3-5pm Practice	16 4:30pm vs Muskego	17 3-5pm Practice	18 TBD Practice
19	20 3-5pm Practice	21 REGIONALS	22 3-5pm Practice	23 REGIONALS	24 3-5pm Practice	25 TBD Practice
26	27 3-5pm Practice	28 SECTIONALS	29 3-5pm Practice	30 SECTIONALS	31 3-5pm Practice	TBD Practice

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
				State Tournament	State Tournament	State Tournament
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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