

**LADY LION  
SOFTBALL**



**RAISE YOUR  
EXPECTATIONS!**

**Coaches:**

**Head Coach: Bonnie Brooks** [brooksb@castleberryisd.net](mailto:brooksb@castleberryisd.net)

**Assistant Coaches: Maddie Dow** [dowm@castleberryisd.net](mailto:dowm@castleberryisd.net)

**Emily James** [jamese@castleberryisd.net](mailto:jamese@castleberryisd.net)

**Softball SportsYou Code to join: 3T46-3AJM**

**SportsYou is where we will share the majority of our information, game time changes, times to leave school for games, tournament game times and leave times. It is highly recommended that each player and a parent/guardian join.**

## **PRIORITIES:**

**Family**

**Academics**

**Softball**

# Castleberry Independent School District

## Athletic Code of Conduct



### **STATEMENT OF PURPOSE**

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

### **ATHLETIC CODE OF CONDUCT**

- ... Violation of the *Athletic Code of Conduct* will be considered on an individual basis.
- ... You will be treated fairly.
- ... You are an athlete year round.
- ... Comply with school policy.
- ... Conduct yourself as a lady/gentleman at all times.
- ... Always tell the truth.
- ... Do not steal.
- ... Do not make excuses.
- ... Do your best in the classroom.
- ... Respect your teammates.
- ... Do not participate in other non-school related sports while your sport is in season.  
For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.
- ... Do not use tobacco, alcohol, drugs or any mood-altering chemical.
- ... If you have a concern, talk to your coach in private.

*“Long term, repetitive success is a matter of building a principled system and sticking to it. Principles are the anchors; without them you will drift.”*

*- Pat Summit*

## **OUR MISSION**

To develop the student-athlete to the best of her ability within the framework of the team.

## **OUR OVERALL PHILOSOPHY**

Softball is instrumental in teaching basic life skills, especially as they pertain to following a path to becoming a moral, ethical, successful individual.

## **TEAM CHEMISTRY:**

*12-15 different players with different attitudes, abilities, expectations and personalities.*

*3 different coaches with different skills, strengths and weaknesses.*

*Somehow learning to work together to achieve a common goal.*

# TEAM

Respect

Attitude

Discipline

Responsibility

Honesty

Loyalty

Communication

## **Respect:**

- Yourself
- Parents/Family
- Teammates
- Coaches
- Opponents
- Officials
- Fans

## **Attitude:**

- CHECK YOUR EGO AT THE DOOR, PLEASE!!!
- You are responsible for:
  - Your own morale
  - The morale of your teammates

## **Discipline:**

- Discipline yourself so that no one else has to
- 100% is the minimum
  - Sprint the last step
  - Field the last ball
  - Speak the last word of encouragement
  - Spend the last ounce of energy

## **Responsibility:**

- The more you want to accomplish, the more responsibility you must accept
- Your attitude, grades, equipment and work ethic are your responsibility
- Take full responsibility for your own actions

## **Honesty:**

- Be truthful with yourself first
- Learn to be honest with others, but do not forget tact
- Summon the courage to act and speak with honesty, integrity and kindness

## **Loyalty:**

- Always support your teammates, coaches and school to everyone!
- To be received, loyalty must first be given
- Integrity demands loyalty

## **Communication:**

- Be sure you have communicated, not just spoken
- Communication involves words, tones and actions
- Seek to understand the other person's viewpoint, not just to reply

## **Coaches' Responsibility**

Preparation, Execution, Motivation

Evaluate the talent level and attitude of each player as it relates to the rest of the team.

Clearly communicate and teach the skills necessary to accomplish each practice/game goal.

Put the 9 best players on the field at any given time, given any set of circumstances.



## **SELF-REFLECTION QUESTIONS:**

1. What do I want from myself this year?
2. What am I willing to give?
3. What am I willing to give that I have never given before?
4. What do I expect from the coaching staff?
5. What do I want this team to accomplish and how am I going to help them accomplish it?
6. I will not be happy with myself if.....
7. List 5 specific goals you want to see yourself accomplish.
8. List 5 specific goals you want to see this team accomplish.

# **Every athlete's question:**

**“What can I do to improve myself in order to improve the team?”**

**We play offense to enhance our ability to score.**

- 1. By playing aggressive**
- 2. By attacking the defense**
- 3. By moving well on the base paths**
- 4. By working the pitcher and hitting our pitch**

**We play defense to inhibit our opponents' scoring opportunities.**

- 1. By being prepared for our opponent**
- 2. By focusing on each pitch**
- 3. By knowing the situation**
- 4. By making the proper play**
- 5. By backing up the play**

**We practice to become better threats in every phase of the game.**

**We do drills to improve our skills.**

**We condition in order to outlast our opponents.**

# **Game/Practice Philosophy**

**PLAY HARD**

**PLAY SMART**

**PLAY TOGETHER**

## **Individual Skills**

### **Offense**

- Have an aggressive approach to hitting
- Bunt when needed
- Aggressive confidence on the base paths

### **Defense**

- Use proper mechanics for throwing
- Use proper ready position
- Field balls with strong fundamentals
- Work the routine, work the spectacular

## **Team Skills**

### **Offense**

- Know the situation
- Work the situation
- Do the little things

- Move the runner

- Draw the throw

- Take the extra base

## Defense

- Talk

- Know the situation
- Work the situation
- Work our plays
- Be in position

## Sacrifices

- Ego
- Pre and Post-practice work
- 2 hour practices
- Some Saturday practices and games
- Practice and games on school holidays/SPRING BREAK

## Summary of Make-up Practices

**2020-21**

Definition: (Excused vs. Unexcused)

### **Excused**

1. Medical – Doctor's note + Phone Call (make-up)
2. Illness – Phone Call / Email Notification (make-up)
3. Illness – Present at Practice (no make-up)

4. Death in family – Phone Call (no make-up)
5. STAAR Related (no make-up)
6. Family Emergencies + Phone Call (make-up)

Note: Must be in attendance at school 3 out of 4 periods (CHS & IMMS)

### **Unexcused**

1. Absences due to Vacation/Thanksgiving/Christmas /Spring Break
2. Illness – No contact
3. Absent from Practice

- **Make up practices are mandatory before playing in the next game.**
- **Players must contact the coaches when they will miss a practice, no exceptions!**
- **Run 2 W's**
- **50 self-toss and hit**
- **Field 30 ground balls**
- **Field 30 fly balls**
- **If it is an excused absence, the athlete will do ½ of the above listed make up practice**

**Parents/Guardians- As with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals and skills, but the following will not be discussed:**

- 1. Playing Time**
- 2. Play Selection**
- 3. Personnel**

### **Transportation to/from games**

- Every player must ride the bus to games.**
- Players will be allowed to ride home with parents at this time.**
- We can make exceptions in an emergency situation, but the proper paperwork must be completed and turned in on-time.**
- We will take cell phones up on the bus and will return within 30 minutes of returning to school.**

## **SUGGESTIONS FOR PARENTS OF ATHLETES**

- Be positive with your child.
- Encourage her to work hard and do her best.
- Be loyal to the program and to the coaches.
- Insist that your child follow TEAM RULES.
- Insist on good grades
- Be a good fan in the stands
- Insist that your child develop self-control
- Refrain from comparing your child with previous children who have played sports, or with other players on the team.
- Have your child see the coaches if there is a problem.
- Enjoy your child and her play!



# CASTLEBERRY HIGH SCHOOL

## SOFTBALL SCHEDULE

### 2021



DATE	DAY	OPPONENT	LOCATION	TIME JV	TIME V
February 1	Monday	Trimble Tech (scrimmage)	Trimble Tech	6:00 PM	4:30 PM
February 11	Thursday	Rio Vista (scrimmage)	CHS	6:00 PM	4:30 PM
February 16	Tuesday	Venus	CHS	4:00 PM	6:00 PM
February 18-20	Thurs.-Sat.	Tri-City Rotational Tournament	CHS	-	TBA
February 23	Tuesday	Arlington Bowie	Arlington Bowie	5:00 PM	6:30 PM
February 25-27	Thurs.-Sat.	Everman Varsity Tournament	Everman	-	TBA
February 26	Friday	Diamond Hill-Jarvis	Diamond Hill-Jarvis	6:00 PM	4:00 PM
March 5	Friday	FW Southwest	Southwest HS	5:30 PM	7:00 PM
March 9	Tuesday	*Argyle (Teacher Night)	CHS	5:00 PM	7:00 PM
March 11&13	Thurs.&Sat.	Trimble Tech Tournament	Trimble Tech	TBA	-
March 12	Friday	*Argyle	Argyle	5:00 PM	7:00 PM
March 16	Tuesday	*Decatur	Decatur	5:00 PM	7:00 PM
March 19	Friday	*Decatur (Senior Night)	CHS	5:00 PM	7:00 PM
March 23	Tuesday	*Lake Worth	Lake Worth	5:00 PM	7:00 PM
March 25&27	Thurs.&Sat.	Everman Tournament	Everman	TBA	-
March 26	Friday	*Lake Worth	CHS	5:00 PM	7:00 PM
March 30	Tuesday	*Krum	CHS	5:00 PM	7:00 PM
April 1	Thursday	*Krum	Krum	5:00 PM	7:00 PM
April 6	Tuesday	*Springtown	Springtown	5:00 PM	7:00 PM
April 9	Friday	*Springtown	CHS	5:00 PM	7:00 PM
April 13	Tuesday	BYE			
April 15	Thursday	Southwest Christian	Southwest Christian	-	4:30 PM
April 20	Tuesday	*Bridgeport	CHS	5:00 PM	7:00 PM
April 23	Friday	*Bridgeport	Bridgeport	5:00 PM	7:00 PM

**\* Denotes District Game**

Head Coach: Bonnie Brooks

Assistant Coach: Madeline Dow, Emily James

Girls Athletic Coordinator: Dena Atzenhoffer

Head Athletic Trainer : Taylar Ogden

Executive Director of Student Services: Lenny Lasher

Principal: Cathy Williams

Superintendent: Dr. John Ramos



# January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					No School Expectation Google meet 2:00	Softball practice 9:30-11:30
17	18 MLK No School Softball practice 9:30-11:30	19 Softball practice 3:15-5	20 Softball practice 3:15-5	21 Softball practice 3:15-5	22 Softball practice 3:15-5	23
24	25 Softball practice 3:15-5	26 Softball practice 3:15-5	27 Softball practice 3:15-5	28 Softball practice 3:15-5	29 Softball practice 3:15-5	30
31						

Practice times are subject to change, we may have some practices till 5:30. We may practice on some Saturdays and ALL practices are MANDATORY!!!!!!

# February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Scrimmage at Trimble Tech V 4:30 JV 6:00	2 Softball practice 3:15-5	3 Softball practice 3:15-5	4 Softball practice 3:15-5	5 Softball practice 3:15-5	6
7	8 Softball practice 3:15-5	9 Softball practice 3:15-5	10 Softball practice 3:15-5	11 Scrimmage home Rio Vista V4:30 JV 6:00	12 Softball practice 3:15-5	13 Softball practice 9:30-11:30
14	15 Softball practice 3:15-5	16 Game home Venus JV 4:00-V6:00	17 Softball practice 3:15-5	18 Varsity tournament home	19 Varsity tournament home	20 Varsity tournament home
21	22 Softball practice 3:15-5	23 Game at Arlington Bowie JV 5:00 V 6:30	24 Softball practice 3:15-5	25 Varsity tournament Everman	26 Game at Diamond Hill V 4:00 JV 6:00	27 Varsity tournament Everman
28						

## EVENTS

All practices are subject to change, we may practice till 5:30 some days! ALL practices are MANDATORY!!!! Varsity needs to be available to practice on Saturdays from 9:00-11. Track participants need to be able to stay at practice till 5:30 to finish the practice from being at track.

# March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Softball practice 3:15-5	2 Softball practice 3:15-5 (looking for a game)	3 Softball practice 3:15-5	4 Softball practice 3:15-5	5 Game at Southwest HS JV 5:30 V 7:00	6
7	8 Softball practice 3:15-5	9 1 <sup>st</sup> district game home Argyle Teacher App JV	10 Softball practice 3:15-5	11 Softball practice 3:15-5 V JV tournament TT	12 Game at Argyle JV 5:00 V 7:00	13
14	15 Spring Break Softball practice 9:30-11:30	16 Game at Decatur JV 12:00 V 2:00	17 Softball practice 9:30-11:30	18 Softball practice 9:30-11:30	19 Game home Decatur Senior Night JV 12 V 2:00	20
21	22 Softball practice 3:15-5	23 Game at Lake Worth JV 5:00 V 7:00	24 Softball practice 3:15-5	25 Softball practice varsity JV tournament	26 Game home Lake Worth JV 5:00 V 7:00	27 JV Tournament Everman
28 Coach Brooks birthday ☺	29 Softball practice 3:15-5	30 Game home Krum JV 5:00 V 7:00	31 Softball practice 3:15-5			

All practices are subject to change, we may practice till 5:30 on some days, we may practice on some Saturdays. ALL practices are MANDATORY!!!!!!

# April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Game at Krum JV 5:00 V 7:00	2 Good Friday Softball practice 9:30-11:30	3
4	5 Softball practice 3:15-5	6 Game at Springtown JV 5:00 V 7:00	7 Softball practice 3:15-5	8 Softball practice 3:15-5	9 Game home Springtown JV 5:00 V 7:00	10
11	12 Softball practice 3:15-5	13 BYE Softball practice 3:15-5	14 Softball practice 3:15-5	15 Varsity game at Southwest Christian 4:30 JV practice 3-5	16 BYE Softball practice 3:15-5	17
18	19 Softball practice 3:15-5	20 Game home Bridgeport JV 5:00 V 7:00	21 Softball practice 3:15-5	22 Softball practice 3:15-5	23 Game at Bridgeport JV 5:00 V 7:00	24
25	26	27	28 Softball District Certification	29	30	

## EVENTS

Practice times are subject to change/practices may go till 5:30 and we may practice on Saturdays, varsity please be available from 9:00-11!!!!

Track participants will need to be able to practice till 5:30 daily if needed!



# Castleberry Independent School District

## Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2070

### STANDARD REQUIREMENTS FOR LETTER JACKET RECIPIENTS (GRADES 9 - 12)

When determining letter jacket recipients, sponsors will observe the following standard requirements:

- 1) The student and parent/guardian must sign the organization's extracurricular participation agreement.
- 2) The student must be considered a participant from the first until the final date of the season.
- 3) The student must remain academically eligible from the first until the final date of the season.
- 4) The student must demonstrate an attitude of commitment while exemplifying the philosophy of the organization.
- 5) The student must be recommended by the sponsor of the organization and approved by the principal and appropriate director.
- 6) Student letter jackets will be provided by the district for approved organizations. Students will receive only one jacket with one varsity letter during their high school career. An additional symbolic award will be presented to a student who earns an additional letter(s) by the corresponding organization. Additional patches will be the financial responsibility of the student.

In addition to the above standard requirements, the sponsor may request that additional requirements be identified for his/her program.

Organization	Dates	Additional Requirements
Football	Aug.-Oct	Play in a minimum of eight (8) quarters at the varsity level.
Cross Country	Aug.-Oct	Participate in three (3) varsity meets and the District Cross Country Meet.
Volleyball	Aug.-Oct	Participate in ten (10) games at the varsity level.

Basketball	Nov - Feb	Participate in ten (10) games at the varsity level
Powerlifting	Dec - Mar	Earn 5 points in a season or Regional Qualifier/ or year participant in the program
Soccer	Nov - Mar	Participate in seven (7) games at the varsity level
Track	Feb - May	Earn 10 points in the season or 1 point at the District Track Meet
Baseball	Feb - May	Compete in (innings) as total number of games Example 28 games = 28 innings
Softball	Feb - May	Compete in (innings) as total number of games Example 28 games = 28 innings
Tennis	Feb - April	Participate in two (2) varsity meets and the District Tennis Meet
Golf	Feb - April	Participate in two (2) varsity meets and the District Golf Meet
Athletic Training	Aug - May	Standard Requirements (see above)

## DESCRIPTION OF AWARDS

### GRADES 9-12

A participant school or member school district may give an award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in U I L interschool competition. Each year a participant school or member school district may present additional awards, not to exceed \$10 each, for participation in each additional interschool organization.

The major award (\$70) presented to a student participating in the organization in grades 9-12 is a jacket with an attached 5" letter. This award will be presented to the student in the sport in which he/she first earns a letter. An additional symbolic award will be presented to a student who earns an additional letter/s. The additional award shall not be given to a student for an activity during the same school year that a major award is earned, if the total award exceeds \$70.

### GRADES 7-8

A participant school may not give and a student may not accept awards for participation in interschool competition in excess of \$8 per year (total for all U I L activities). A student may accept a symbolic award in recognition of his / her achievement in an interschool contest if it is given by the organization conducting the contest (all tournament awards, ribbons, plaques, and medals).

Individual certificates of achievement will be presented to students in grades 7 and 8 for each sport in which the student participates and fulfills the Standard Requirements for Award Recipients as identified in this section.

I have read the above information and consent to the responsibilities outlined in the Standard Requirements for Letter Jacket Recipients.

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Student Signature

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Date

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Parent/ Guardian Signature

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Date

# Castleberry Independent School District

## Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2071



### CASTLEBERRY HIGH SCHOOL SOFTBALL STUDENT-ATHLETE/ PARENT AGREEMENT AND CONSENT FORM

#### Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Castleberry High School Softball Student-Athlete/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

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Printed Name of Player

Signature of Player

Date

#### Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Castleberry High School Softball Student-Athlete/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

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Name of Parent/Guardian (please print)

Relationship to Player

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Signature of Parent/Guardian

Date