

## **AGSL Spring 2013 Team Kickoff Meeting**

Welcome to the Spring 2013 AGSL 14U Synergy. We plan on having a fun and productive season for all participants. We are very open to all of you, and welcome any and all input during the season. Any comments or questions you may have please bring to Paul or me. I always have my cell phone with me, night and day. Feel free to call.

### **Contacts:**

Coach Mike                      Cell -- 703-xxx-xxxx  
   Home -- 703-xxx-xxxx  
   Email:

### **AGSL Code of Conduct:**

All parents and players need to read the online ([www.agsl.org](http://www.agsl.org)) AGSL Code of Conduct outline. The behavior referred to on the form is what is expected of ourselves; respect the game and each other and to behave as such. This includes respect for your teammates, coaches, opponents, spectators and officials at all time! We expect this from our coaches, our players, our parents, and our fans. Positive cheering is encouraged, for both teams. No negative cheering, whatsoever. Thank You.

### **Schedule:**

Practices will be:

**Monday -- Practice, at Stone Bridge HS 5:30 to 7:15;**

**Tuesday -- Batting Cages, at Trailside 5:30 to 6:30;**

**Wednesday -- Practice, at Trailside Park Field #2 5:30 to 7:15**  
(until season starts; then games on Wednesdays)

Games: Wednesdays -- time TBD;  
          Saturdays -- time TBD (afternoon)

Be at practice at least 5 minutes before practice time --- ready to practice;  
For games, be at field 50 minutes ahead of game time --- ready to play!

### **Changes From 12u:**

Changes going from 12u to 14u include: games are 7 innings (v. 6); and the pitching rubber is back to 43' (from 40').

**AGSL Spring 2012 --- 14u Synergy  
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**Absences:**

Please let us know in advance of any games or practices you will miss! Thanks.

**Parental Help:**

Assistant coaches are always welcome; we need at least 3 or 4 coaches to run the most effective practice. Intermittent help is fine. Thanks for consideration.

Game scorekeepers are needed; one or two would be appreciated.

Team Parent; for off-field events, including end of year party.

**Coaching Philosophy:**

Team is first and foremost. We strive for the girls to have fun; develop softball skills; and learn to work on, and as, a team.

The ladies are expected to play hard, and work hard at practice; and to be respectful to their teammates, coaches, parents and umpires.

At 14u, you will be focused on playing one or two positions; and the positions you would likely be aiming at if you expect to try out for high school teams. You may not always play where you want, but you might play where it helps give the team the best chance to be successful.

The girls should bring up any feelings, concerns, or ideas!

Players are to listen when coaches are talking, and during huddles!

Our team will always hustle, "especially between the lines".

We will be aggressive hitting, and on the basepaths.

Game playing time will be partially determined by the attendance at practice, the hustle at practice and games, attitude displayed to others, and willingness to listen to coaches.

**Play with Pride; Play with Passion; Play with Sportsmanship!**

**Equipment:**

Gloves, bats, cleats, helmets. (Oil glove several times; "Hot Glove"!!)

Sliding pants, and sliding leg pad.

Mouth guards, (or face masks) for infielders (good for all!)

Water bottles!!

**Game Preparations:**

Shoes securely tied, shirts tucked in, full uniform.

Visor/ hat/sunglasses!!

No jewelry, none.

Water bottle.

Let's have a great season--Go Synergy!!