

Mounds View High School Softball Player Expectations

- Understanding and comply with all rules and regulations of Mounds View High School and the MSHSL regarding academic progress, substance abuse, and personal conduct.
- At all times in School and Out of School control:
 - **ATTITUDE** – You are the only one who can control your attitude. Choose to have a great attitude.
 - **EFFORT**: - You are the only one who can control your effort. Give 100% on any given day in all that you do on and off the field.
- Have **HIGH EXPECTATIONS** – Strive to excel; expect and accept nothing less
 - BE ACCOUNTABLE for your actions - NO EXCUSES
- Take **PRIDE** in yourself, your school, your team, and your community.
- Your **ATTITUDE** and **EFFORT** can affect the outcome of a practice, a scrimmage, a game.
- Give **YOUR** 100% at all times. Everyone's 100% is different. **It requires individual actions and efforts to make a TEAM.**
- Focus on **TEAM** goals. Be a Great **TEAMMATE**.
 - A Great Teammate supports every player in every role. Understand your role, accept your role, work hard to excel in your role, and root for all other team members in their roles.
 - A Great Teammate must understand that you don't know everything that another player is going through in life. Do your part to be respectful and understanding of others feelings and emotions.
 - Check your personal interests at the door. Use softball as your outlet.
 - What type of teammate do you wish to be next to in the dugout? Be that type of teammate yourself.
- Seek a **REWARDING** and **FUN** experience:
 - With hard work, attitude and effort – rewarding experiences occur when you are willing to persevere through adversity.
 - Through simply enjoying the game itself! Softball is FUN!
- **FOCUS ON WHAT YOU CONTROL** – **control the controllables** your own preparation and performance; not on results or outcomes outside your control.
- Understand the 3 Goals the Coaches have for the season. **EACH PLAYER:**
 1. **Leaves the season with a new found respect for the Game**
 2. **Learns something new every day and leaves the season with a higher softball IQ**
 3. **Leaves the season a better person, teammate and competitor**

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- **COMMUNICATE!**
 - Be honest and ask questions if you are unsure, and address issues/concerns with coaches – don't allow them to fester or talk to others.
 - Accept coaching feedback as Instruction; not Criticism.
- **Social Media**
 - You must be aware of what you post. It is seen by everyone. You know better than anyone the effects a single post can have. Think of how you would feel about your post before you post it. What you post is a direct reflection of you! Cyber bullying will not be tolerated!
- **Substance Abuse**
 - The use of E-Cigs, alcohol or any other chemical substances will not be tolerated. If you don't want to disappoint your coaches, teammates, peers and parents, steer clear of any and all chemical substances.
 - **ZERO TOLERANCE!** MSHSL rules will be followed

Any player who fails to abide by the expectations will face consequences set forth by the MSHSL, MVHS and deemed reasonable by the coaching staff. This may include: not starting a game, sitting games, being removed from competition, and being removed from the team.

All athletes and parents are expected to watch the Code of Conduct video created by our Athletic department. The link is on our website. Click on the "Links" tab, then click on <https://www.moundviewschools.org/Page/7101>