TEXAS TECH SOFTBALL
2019-2020

ONE TEAM EMPOWERED BY ELITE WORK, STRONG RELATIONSHIPS AND A RESOLUTE WILL TO WIN
- ONE
- HARDWORK
- CELEBRATE
- COMPETITIVE

- POSITIVE
- RESPECT
- HONESTY
- ACCOUNTABLE
**AGREEMENTS DEFINED**

**ONE**
- Athletes, coaching staff, support staff = ONE TEAM
  TEAM > individuals

**CELEBRATE**
- The game; your teammates; your experiences; your coaches and staff; your life

**RESPECT & HONESTY**
- Tell the truth and be your authentic self; show concern for the feelings, wishes, rights, or traditions of others

**HARD WORK**
- Put forth the time, energy and effort to keep our program at the top level of college softball

**POSITIVE**
- Encouraging words and forward thoughts are the building blocks of production

**COMPETITIVE**
- Inner drive is the engine of success

**ACCOUNTABLE**
- Awareness and ownership of one’s self, actions and attitudes will allow us to face truths together and be the catalyst to success.
ACADEMICS

Goal each year will be to have the highest female sport GPA

Individual GPA benchmark is 3.0 or above

Team study hall will be administered to all athletes once a week in the Marsha Sharp

All incoming athletes and those with below a 3.0 will have mandatory:
- Weekly study hall hours consisting of 6 hours
- Weekly meetings with Brooklyn in the Marsha Sharp Center
- Weekly class check-ins

Study Hall Policies Include:
- Non-flexible, non-negotiable hours
- Must include Academic activities only
- Tardiness will count as an absence
- Team guideline foods will be allowed; no sodas, fried food, energy drinks etc.
- No cell phones unless used for music or podcast
- No social media applications or streaming sites on any device
- Returner/transfer availability to progress out of it at semester if overall GPA is above 3.0

Individual academic meetings with Brooklyn are:
- Mandatory if required
- Required of you to be honest and show your work/progress
- Counted as an absence if more than 5 minutes late
- Reported back to Coach G weekly

Tutoring will be required for ALL C/D’s submitted in first grade check and beyond

Tutoring Policies Include:
- 15 minute window before no-show will be administered
- $10 no show fee for every missed tutoring appointment
- Text in advance with any conflicts or unavoidable situations
- No cell phone use

Clothing policies are to be followed at all times in class and in the Marsha Sharp

* Disciplinary action will be taken if the above expectations are not met
ONE TEAM

Our program will create Team Values; consisting of Core Agreements, Standards and a Accountability System

Create ownership of facilities by student-athlete
  • Keep all areas of facility clean at all times

Team activities will be administered to create relationships
  • Team Retreat, Team Dinners, Group Breakouts, Training Camp

6 week individual meetings will be held between players/Coach G
  • Create trust through building of rapport

Small group huddle ups will be set monthly between players and coaching/support staff
  • Create opportunity for staff and player bonding; also built in time for self-advocacy

Staff/leadership panel conferences will be set monthly to ensure that culture is on point
  • Create dialogue between different team members and staff ensuring solidarity

Solutions box will be placed in locker room and consistently monitored for player-based ideas and solutions to problems
  • Allow avenue for ideas and conflict resolution that comes from our locker room
ONE BRAND

TEAM:

- Be respectful of others’ property and space, beliefs and choices
- Be respectful of locker room. Should be positive, team building, TTU supportive conversation within
- If issue occurs, face THAT individual and make every attempt to work it out together
- Be responsible for one another; have each other’s backs (Trust Trios)
- **Ask 5 teammates questions before you ask a staff member**
- No hazing or initiation of any kind
- **No drinking if you are under the age of 21**
- **No providing alcohol to anyone under the age of 21**
- **No drinking and driving**
- **Adherence to the Texas Tech Athletics drug policy is required**
- Inter-Team Dating: Avoid if at all possible! If chosen, put team first always. When with team, on team time. Personal issues should stay off the field, out of the softball building and removed from teammates
- Conversations surrounding quitting or transferring **must be had with coaching staff only**
- Living arrangements must be two or less and must be discussed with Coach G prior to signing a lease.
- If situation arises with coaching staff, a meeting must be set with coaching staff to reach to a positive solution
- If situation arises with teammate, set meeting with that person directly to get to a positive solution
- No discussion regarding scholarship dollars between players
- No conversations including or regarding inappropriate subject matters (i.e. sexual innuendos, racial or discriminatory remarks, foul or vulgar language) with or towards a staff or support staff member
- When calendar is open to leave Lubbock, **talk to Coach G 24 hours prior to leaving.** Must text when leaving and when you arrive.
  - If traveling 8 or more, must leave prior to 3 p.m.; 6 hours, must leave prior to 4 p.m.; and 5 or less, must leave prior to 5 p.m.
BODY LANGUAGE:

- Definition: The process of communicating nonverbally through conscious or unconscious gestures and movements
- Explained: These signals may be silent (nonverbal) messages communicated through the sender’s body movements, facial expressions, voice tone and loudness. Microexpressions, hand gestures, and posture register almost immediately, a silent orchestra that can have long-lasting repercussions
- In regards to TTU Softball: Will be the measure of all attitude, positivity, team focus and or individual/team energy
- Body language is to be respectful and courteous to all staff, support staff, and teammates
- Body language must be positive, team oriented and building.
- Body language in between the lines, in the dugout, in the bullpen, in the cages, in the building and anywhere that you are representing TTU Softball is to be positive, inviting and TTU Softball focused

YOUR BODY LANGUAGE MATTERS!

PUBLICITY: while in TTU Athletic Gear or representing TTU Athletics in any way

- No inappropriate language (i.e. sexual innuendos, racial or discriminatory remarks, foul or vulgar words)
- Drinking, smoking or use of illegal substances is prohibited
- All piercings must be minimized to studs. No hoops or bars
- Comments, concerns, likes and posts about Texas Tech, Texas Tech Athletics and Texas Tech Softball should remain positive
- No showing of your bellies, booties or boobs while representing TTU Softball

REMEMBER: You represent OUR BRAND Always
SOCIAL MEDIA:

- Pages must be shared with TTU Softball Staff (Instagram, Twitter, Facebook)
- No inappropriate posts (including, but limited to: sexual innuendos, racial or discriminatory remarks, foul or vulgar words) on any media site, including snapchat. This includes retweets and likes
- Team dynamics and dealings should stay internal; Communicate with one another, not through media outlets
- No alcohol, tobacco, drug or illegal substance in any part of pictures or comments posted – repercussions will be administered on every offense –
- No nude or photos showing bellies, booties or boobs
- **No seductive or enticing selfies/posts**
- **No public display of affection on any media outlet (i.e. kissing or photos suggesting, leading or partaking in sexual conduct)**
- Keep likes, posts, comments or concerns about Texas Tech/Texas Tech Athletics/Texas Tech Softball positive
- If posts/pictures are questionable, the will be posted in our building
- Retweet and likes will be treated the same as you saying it yourselves!

**REMEMBER:** You represent **OUR BRAND**
PRACTICE:
- **Be Early!** If you are directly on time, you are late
- Wear designated clothes on designated days
- Hats and headgear worn must be issued from the team
- Language should be **clean** and appropriate
- Check posted practice and have equipment set up **before** start time
- All training room treatment and taping should be done in advance! If in training room at start of practice, you will be considered late
- Respect the field and the game each time you step between the lines
- Enter field behind fence, using the “**WALK OF CHAMPIONS**” to the first base side dugout
- **Clothes should be turned in, right side out, 15 minutes after practice is finished**
- Do not ask for extra clothing if forgot designated clothing

HOME GAMES:
- No drinking 48 hours before event – Regardless of age
- No smoking, tobacco or illegal substance abuse before or during game
- Be responsible and get appropriate amount of sleep – **ALL of your teammates are counting on you**
- **Be on time for pregame meal**
- Injured players will dress the same and be instructed what to wear
- Enter field behind fence, using the “**WALK OF CHAMPIONS**” to the first base side dugout
- Hats and headgear worn must be issued from the team
- Change clothing in designated areas
- Clean language and behavior should be used maintained at all times
- **Uniforms should be turned in, right side out, 15 minutes after completion of game(s)**
ROAD GAMES:

- No drinking at any time!! Potential removal from the team will be the result
- No smoking, tobacco or illegal substance abuse at any time
- Be early for departure; we will leave on time and will leave someone behind if need be
- Appropriate language should be used and represented at all times
- Dress in Texas Tech apparel unless directed otherwise
- Hats and headgear worn must be of issued from the team
- Injured players dress the same and be instructed what to wear
- No hats, visors, hoods, headphones are worn while walking in airport
- **Stay in groups of 3 or more at all times**
- A curfew will be set each evening and will be **strictly enforced**
- No food delivery to hotel outside of what team provides (i.e. uber eats)
- Hotel attire is to be team issued apparel and shoes at all times
- Parents, family members, significant others or friends are **NOT** to be in hotel rooms at any time
- Parent time will be before and after games and in designated family times. In between games, during scheduled meetings or dinner times will be team time.
- Special arrangements with parents should be discussed with Coach G

APPAREL:

- **Be grateful.** Say thank you to those who hand you or wash clothing
- No rolling of issued shorts
- Turn in clothing right side out and **everything out of pockets**
- Uniforms are **NOT** to leave facility on home games
- Away game uniforms should be turned in the night of arrival
- Texas Tech Softball clothing should be worn in appropriate settings
- Appropriate clothing should be worn in facility, cages and on field at all times!
- When worn, remember **OUR BRAND!!**
PHONE ETIQUETTE:

- Phones will be placed in a phone bin before practice, pregame meals and when entering the bus on game days
- No phones present at team events
- No phones while at dinners
- No phones out in class
- No phones in study hall or tutoring
- Be respectful with your language
- **Reply to texts from any staff member**
- Know what is text worthy verses call worthy
- **Call** if you have questions

FACILITY:

- **No parents, significant others, friends or other athletes in our building or using our facilities without approval from Coach G**
- **No pets in facility without approval from Coach G**
- No use of vulgar, sexual or foul language in ANY of our facilities
- No inappropriate words, pictures or videos at any time
- Appropriate clothing is to be worn at all times (i.e. covering bellies, booties and chests)
- No fried foods, sodas or energy drinks
- Carpets, couches and kitchen areas picked up and clean
- Locker room is able to be shown at any time
- ‘Demo locker” is standard
- Use mud room – All cleats and gear stay there
- Cleaning crews will be provided and followed
- Adhere to the Triple B Rule in public facility areas

Take **PRIDE** in **OUR** facility
TEAMWORKS:

- Weekly schedules will be uploaded every Sunday in the fall and every Monday in the Spring.
- You are responsible for checking TEAMWORKS by Monday evening.
- You are responsible for discussing any academic conflict with Coach G by Monday evening at 6 p.m. (i.e. tutoring, SI session, academic meeting, professor meeting).
- Academic appointments or requirements are very important and are of high priority. You have a responsibility to discuss those with our staff prior to the day of.
- Any conflict or schedule questions should be discussed with Coach G or Brooke Reed by Monday evening at 6 pm.
- If activity is labeled as “Voluntary” you are not required to be there.
- Our program and our compliance office will provide information on the difference between CARA related activities and “athletic” required activities. It is the athlete’s responsibility to strive to understand the difference between the two.
- ALL volunteer practices or extra help will be logged on our “Extra Work” sheets. These will be posted at the entry of the locker room, the exit of the locker room, and the exit of the hitting indoor facility.
STRENGTH TRAINING:

- No excuses for missing workouts – specific repercussions will be administered
- Be accountable: for yourself and your teammates
- Wear designated Texas Tech workout apparel once handed out
- Turn in designated workout apparel after lift
- Wear designated training shoes unless approved by athletic trainer to wear alternate shoe
- Follow all weight room policies and procedures
- Put all phones away prior to workout and keep away until after workout is dismissed
- All workout plan adjustments (i.e. injury accommodations) will be handled through strength staff and athletic trainer
- Any and all adjustments should be discussed in advance

Work **HARD** and **GIVE** your **MAX EFFORT**
ATHLETIC TRAINING ROOM:

IF YOU HAVE AN EMERGENCY AFTER 10PM - CALL, DO NOT TEXT

TREATMENT TIMES

*Pre-Practice/Game Treatment*: 1 hour before report time
*Post-Practice/Game Treatment*: Immediately following, end 1 hour post
*Off-Day Treatment & Rehabilitation*: Scheduled time frame with Jenna

Do:

- Report any injury or illness ASAP 24/7
- Ice baths must be taken post practice day before game, dark sports bra and sliders worn
- If you fail to report an injury/illness, no modifications will be made for practice/weight room
- Must always wear appropriate clothing in the training room (shorts and shirt required)
- Make all appointments on time with referral
- Respect other athletes/staff while in the training room
- Ask for medication refills minimum 3 days prior of running out

Do Not:

- Show up late for or miss treatments or appointments (rehab, MD, massage, sports psychology, etc.)
- Miss class or tutoring for any injury/illness without permission from your athletic trainer
- Forget equipment at home (shoes, braces, sleeves, etc.)
- No food in the Athletic Training Room (Drinks are okay)
- No cell phones during rehab
- No shoes in athletic training room
- No medication/supplementation without approval from AT
- Take anything from the athletic training room without permission

Consequences for Non-Compliance:

- 1st offense - Warning
- 2nd offense – Report will be sent to coach for consequences
Gratitude events are monthly events that will either be planned or participated in by our team as a whole. Each event will be aimed at a different target group in our community that has a need to be filled. We are blessed with a unique stage and opportunity to help others together! Let’s be big and give selflessly!!

- **September:** Coaching Staff
- **October:** Team
- **November:** Coaching Staff
- **December:** Team
TRUST TRIOS
CONTRACT AGREEMENT:

I ______________________ acknowledge that I have read this manual in its entirety. I also acknowledge that I am accountable for the knowledge that it contains and that I will adhere to each and every part that it contains. I understand that if I break a procedure in this manual, I am accountable for the repercussions of those actions. I recognize that I am responsible for my own actions, and only my own actions, and that I represent the brand of Texas Tech Softball. I am willing, committed and prepared to enter into this contract with Texas Tech Softball.

Signature:___________________________                  Date:_________