



The **SIDEWINDER SOFTBALL TEAM** is a premier fastpitch team, playing in San Dimas Softball League, whose main goal is to help create a team of winners, which will strengthen them in the game of life. At all time, we want to make sure our daughter's remain the focus - first and foremost. Secondly, the overall team and staff are always given respect in order to make your daughters softball experience as enjoyable and free from conflict. Thirdly, parents are shown respect for their dedication to the team.

**SIDEWINDER SOFTBALL TEAM** is dedicated to instilling in all its players a sense of fair play, good sportsmanship, and a commitment to creating an environment which will enhance every player's development and provide the framework to build a positive self-image as part of the athletic experience.

Our ladies are all student/athletes and we emphasize ensuring our players balance school and softball in an equitable manner.

Our parents are the best and we all work together to make sure our players maintain a strong family oriented environment by encouraging full support from each family to help foster and promote this environment.

**THIS AGREEMENT IS BETWEEN SIDEWINDER SOFTBALL TEAM, MANAGER, COACHES, PLAYERS AND PARENTS:**

1. The team's best interest should always be kept at the forefront of every decision made, on and off the field. All our players will be taught to respect the game at all levels. This includes the respect of teammates on both sides of the dugout, coaches, parents, umpires and their equipment. This rule is not taken lightly and players not adhering to this first rule will be talked to.
2. We are committed to give the instruction and direction we believe your daughter deserves and will benefit the most from. We are committed to quality time with each player to recognize and develop their strengths and minimize their weaknesses. At no time will we place your daughter in harms way.
3. All our players are Student/Athletes. We know only 1% of all athletes get scholarships for college. With that in mind, athletes are required to provide to the coaches all progress reports and report cards when they are given out. We want to make sure their grades don't suffer because of softball.
4. We are a "family-friendly" team and ask all parents to keep in mind siblings are sitting the stands with them. Please refrain from foul language at all times.
5. Our parents are reminded all coaching is done on the field. To avoid any confusion to your daughter, we ask you keep your comments to a minimum. Also, once the game starts, parents should not make any attempt to speak to their daughter or any other player during the game.



6. We believe our parents are a vital part to the success and/or failure of our team. If you would like to talk to any of our coaches regarding your daughter, we ask that this be done before or after practice and/or games. Discussions will be kept confidential and will be conducted on a one-on-one basis and NEVER in front of the team. Please don't ask to speak to the coaches during a practice or game. We want to give your daughter all the attention she deserves.
7. If you become dissatisfied for any reason with decisions made by the coaching staff, please allow a "24-hour" cooling down period before calling the Manager regarding your concerns. Allow US to address the issue and do what we can to try and fix it. All our coaches will keep the conversation confidential and we ask you do the same. Please DO NOT voice your dissatisfaction with other parents. This action will ultimately only hurt the girls.
8. For the success of our team, ALL parents MUST participate 100% to all our fundraisers. Fundraising money is used to strengthen the leagues programs and absorb some of the costs associated. Please do your part for our team.

### **Team Information:**

Colors: Navy/Gold/White

Jersey: Navy w/team logo (available through team)

Socks: Gold socks (available through team)

Pants: Navy pants (parents purchase)

Team practice shirt: white practice T-Shirt (available through team)

Team visor: Navy w/logo (available through team)

Games: Double Headers every Saturday beginning September 11, 2010

Contact: Paul Gabriel, Manager – 909-815-8364

Sergio Velasquez, Head Coach – 562-639-8072

### **Team Practice Information**

#### **Batting Practice and Player Conditioning**

Every Tuesday from 6:00p to 8:00p

Team will meet at Batter's Up in Chino, CA. We will do team batting and then conditioning with a trainer. We are asking the entire team participate in doing this. Special pricing has been arranged for our team - \$32 per month (\$8 per session)

#### **Batting Practice:**

Every Wednesday 6p to 8:30p (batting is done in small groups lasting 45 min)

Coach Paul's House - 6887 Alcedo Ave., Chino, CA 91710

Sidewinder Softball Team – Coach Paul Gabriel  
Contact Info: 909-815-8364 – [paul@sidewindersoftball.com](mailto:paul@sidewindersoftball.com)  
<http://www.sidewindersoftball.com>



### **Fielding Practice:**

Every Thursday from 5:30p to 8:00p (pitcher/catcher 5:00p to 5:30p)

Practice field will be announced prior to the weeks practice. We will use fields that are available us.

### **Typical Sidewinder Practice Routine** – Please arrive 15 minutes early so we can start on time

- Review previous practice and basic rules of the game.
- Stretching and warming up.
- Base running drills/game situations on the base path
- Throwing the softball to each other
- Fielding drills; hitting cutoffs; understanding how to make the play

### **Typical Sidewinder Pre-Game Routine**– Please arrive 90 minutes before scheduled game time

- Warm-up is 75 minutes (15 minute roll-up time)
- Team jog and stretching/warming up
- Hitting stations, including live pitching, bunting, soft-toss & Tee-Work
- Various throwing drills with teammates
- Fielding drills and going over game scenarios
- Review game plan, players rolls during the game, starting players and bench players

### **Sidewinder After-Game Routine**

- We say “good game” to the other team and umpire(s) at the end of each game.
- Equipment needs to be picked up ASAP and dugout left cleaned
- The team will meet for approximately 10 minutes after the game to go over what went well and we can do better the next time.
- Snacks passed out to team - Please DO NOT pass out snacks until this is done.



## Parental Waiver and Consent Form

As the parent or legal guardian of the child named below, I hereby give my full consent and approval for my child to participate in batting practice/instruction at 6887 Alcedo Court, Chino, CA 91710.

I understand that there are certain risks of injury inherent in the practice and play of this sport and other related activities incidental to my child's participation, and I am willing to assume these risks on behalf of my child. I hereby certify that my child is capable of participating in the designated sport and that my child is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as listed below.

In addition to giving my full consent for my child's participation I do hereby waive, release and hold harmless Paul and Michele Gabriel for any injury that maybe suffered by my child in the normal course of participation in the designated sport and the activities incidental thereto, whether the result of negligence or any other cause.

I hereby agree to the following rules that my child will adhere to:

1. Unless otherwise stated, one person at a time in the batting cage.
2. Batting helmet worn at all times in the batting cage and surrounding areas
3. No practice swings outside of designated practice areas
4. Area in front of pitching machine is off limits/out of bounds
5. Persons must stay within the batting cage/instruction area.

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Child's Name

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DOB

Please list any physical limitations (allergies, hearing, sight, etc.)

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Parent's Signature

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Date