



PLAYER HANDBOOK AND FAMILY EXPECTATIONS

MISSION

The New Hampshire Lightning Softball Club is a volunteer run non-profit organization with the mission of training youth female athletes to take part in competitive softball opportunities in a safe, positive and learning environment. Our teams currently compete in the 10U, 12U, 14U, 16U, 18U and 18+ age brackets. We are proud both of their success on the field and the way in which our athletes and coaches conduct themselves by focusing on sportsmanship and teamwork. We value the basic principles upon which good softball is based: physical and mental discipline, strong athletic development, respect for others, and fair play.

SCHEDULE

Weekly practices begin right away in the fall and will generally be twice weekly, with batting during the week and full team practices on Sundays.

Teams can choose to schedule additional scrimmages throughout the winter and spring. Full tournament play typically begins in May and may run until the end of July. Most teams conclude with the Lightning hosted Caroline Farley Memorial Tournament.

It is expected that discussions with coaches must occur in advance of any potential conflicts with these requirements during the season. By making this commitment you understand the you are fully accountable for fees regardless of circumstances that may arise. Please understand that we have budgeted based on the number of players and financial commitments have been made to cover the expense of providing this program. Refunds will not be granted in the vast majority of cases. Rare exceptions may be made due to extreme extenuating circumstances such as season ending injury, as granted by the Board.

FINANCIAL INVESTMENT

Tuition for the 2022-2023 Season is \$1,000. This cost covers administration fees, insurance, registration, field fees, indoor facility fees, professional instructions, etc. Tuition payments can be made entirely upfront or can be broken down in the following way: \$250 deposit (non-

refundable) upon commitment to play in August, \$500 due November 1st, the remaining \$250 balance due in January, no later than the first indoor practice. Players must be paid in full before attending winter workouts.

This tuition provides you:

- All training/practices
- Practice jersey
- Tournament and scrimmages (typically 5-7 per season, depending on the costs per tournament)

Players are required to register and pay online through our website's Player Registration page. Exceptions will only be made if a player chooses to pay in full upon committing to play. In that case, a player may pay by check, made out to NH Lightning Softball Club. Please note that a one-time processing fee is administered by the web hosting company when paying online.

Players are required to participate in one league fundraiser, our annual Calendar Raffle, which takes place in December. The final costs of a player's tuition may be offset by their level of participation in the calendar raffle fundraiser. Players are required to sell calendars, and once they reach a threshold of \$100 worth of calendars sold, that triggers a 50% return of all calendar sales, which can be used toward their remaining tuition balance or a credit to the team store. For example, a player that sells \$100 gets a \$50 credit; if they sell \$500 worth, they get a \$250 credit.

UNIFORM

Tuition does not include the cost of the uniform or any travel expenses relating to playing. Players must purchase their uniform through our team store. Uniforms include a game jersey, helmet, pants, socks and a belt. Players are required to have a full team uniform in order to play. These typically run approximately \$175-200 for the first-time purchase. In following years, most players may choose to replace various items, but there is no need to replace and re-purchase a complete new uniform each year, unless a uniform item becomes obsolete and a change in uniform is called for by the Board.

POSITION ASSIGNMENT & PLAY TIME

Every athlete who has been offered a position on the roster of their respective team is paying to be part of this team and participate in all practices and tournament weekends. Coaches at NHL have made a commitment to coach, support and develop each player on the roster. Players have opportunities to earn assignments and time through hard work, attendance, skills development and a positive, coachable attitude. Final assignments of positions and time are completely at the coach's discretion with all of the above principles in mind.

Active players are not permitted to practice or play for any other travel softball organization while rostered for NHL unless they have the explicit consent of their head coach. This does not include recreational or school leagues.

PRACTICE PROTOCOLS

All team practices, unless otherwise stated, are mandatory. If a player cannot attend a practice session, the player (and/or the guardian/parents) must give advance notice of the absence or tardiness. Player participation in games can be affected by attendance. Players are expected to arrive prior to the practice start time and be ready, with their gear on, to participate at the start

time. A positive attitude is expected at all times during practices. Negative comments and/or behavior contrary to a positive learning environment will not be tolerated from players or families.

PARENT/GUARDIAN RESPONSIBILITIES & CONDUCT

The New Hampshire Lightning Softball Club is a family. How we conduct ourselves reflects on everyone in the organization. Additionally, conduct of family members impacts players. We demand that our players are treated with respect, support and good sportsmanship. While we hold our athletes to high standards, we also know that failure is part of the game of softball. We expect that families will support their own players -and all players on the team- by allowing them to experience frustrations, failures and successes on and off the field, without judgement or shaming. Every adult in the Lightning family is expected to act as a role model for good sporting behavior.

Specifically:

- No vulgar or inappropriate language will be tolerated.
- Taunting or “trash talking” will not be tolerated.
- During games and practices, family members must refrain from being in the dugout or player area unless called on by a coach.
- All comments must be kept to a positive nature.
- Family members will not interfere with coaching decisions on the field.

COMMITMENT FORM

I accept the invitation to join the New Hampshire Lightning Softball Club and commit myself to play fastpitch softball for this club during the 2022-2023 season.

AS AN ATHLETE:

In addition to committing to play, I understand that I will have to make other commitments to the New Hampshire Lightning. Among these commitments are:

- I will attend all practices, scrimmages, team meetings and games, unless noted in advance and discussed in person with my coach.
- I will be on time to practices, games and team meetings. I will arrive, be dressed and ready at the designated start time.
- I will always exhibit a positive attitude and support my teammates even if I am not in the game.
- I will control my temper in games and around my team at all times.
- I will give 100% of my effort in all games and practices.
- I will, at all times, show respect for my teammates, my coaches, the officiating staff, as well as the players, coaches and spectators of the opposing team.
- I will play as a team player, not an individual.
- I will apply what is taught by my coaches, so that I may improve myself as a person, teammate and a softball player.
- I will not complain during practices because I know my coaches and teammates want me and my team to succeed. Concerns will be communicated to my coach after games or practices have concluded.
- I will not engage in talking negatively about my teammates, and I will treat each teammate with equal respect – in the dugout, privately, and on social media.
- I will represent myself, my team and my league with respect on social media, refraining from posting inappropriate content.

AS A PARENT/GUARDIAN:

- I will support my player's commitment to attend and be on time for all practices, team meetings and games.
- I will control my temper around my player and her team at all times.
- I will, at all times, show respect for officiating staff, as well as the coaches, spectators and players of opposing teams, and my own.
- I will not argue with coaching decisions on or off the field. Any questions or disputes will be communicated to coaches after games or practices have concluded, offsite while no players are present.
- I will not openly complain about my player's position or playing time. Any questions or disputes will be communicated to coaches after games have concluded, offsite while no players are present.
- I will not engage in gossip or talking negatively about other athletes, parents or coaches.
- I will not have contact individually with any NHL athlete who is not my own, privately or on social media.
- I will participate in fundraising programs that will benefit my player's team and the league.
- I will help, as needed, in efforts to successfully execute tournaments hosted by the NH Lightning, like the Caroline Farley Memorial Tournament and the Fall Thriller.

I have reviewed the items in this handbook for the NH Lightning Softball 2022-2023 season, and I agree to all of these terms.

Signature of Parent/Guardian

_____/_____/_____
Date

Signature of Player

_____/_____/_____
Date

I give permission for New Hampshire Lightning to use my player's picture for promotional purposes which may include social media.

Signature of Parent/Guardian

_____/_____/_____
Date

I give permission for my or my player's personal contact information to be shared with other NH Lightning members.

Signature of Parent/Guardian

_____/_____/_____
Date