

01

# Chisholm Trail Ranger Softball



2023-2024



# WELCOME RANGERS

## INTRODUCTION

We want to welcome you to the 2023-2024 softball season. We are looking forward to working with you and your athlete. Softball is a privilege and not a right, therefore your athletes will be held to a higher standard on the field, in the halls and the classrooms.

[Sign in](#)

[Handbook](#)

[Athlete Contract Agreement](#)

[Pictures](#)

[Booster Club](#)

[Concession](#)



# Coaching Staff

## GEMMA LAPPA

Head Coach

GGibsonLappa@ems-isd.net

## LINDSEY MERCER

Varsity Assistant

LMercer@ems-isd.net

## DAVID NORRIS

JV Coach

DNorris@ems-isd.net



# ATHLETIC TRAINERS

## CHISHOLM TRAIL HIGH SCHOOL

01

Injuries

When to see the trainers.  
(Immediately!)  
Treatment Times

02

Doctors

References may be given but  
ultimately it is YOUR choice.

03

Concussions

Return to Play Protocol

04

Nutrition and  
Hydration

Drink 1/2 body weight in water  
DAILY

05

Insurance

Procedures  
School Secondary Insurance  
Policy:  
Home > Dept > Risk  
Managemnet / Property &  
Casualty Insurance > Student  
Accident Insurance

WORDS TO LIVE BY

Perfection is not attainable,  
but if we chase perfection  
we can catch excellence.



Vince Lombardi



# Policies and Procedures



- PRACTICE AND GAMES

Players are expected to attend all practices and games as well as be on time.  
Communicate with Coaches EARLY and OFTEN.  
Game Day procedures

- CLASSES/GRADES

Academics before Athletics.  
NO Pass NO Play.  
Tutoring and Make up.

- BEHAVIOR

Respect is an expectation.  
Lead by example.

- TRAVEL

Teams travel together.  
JV MUST stay for Varsity games and Vice Versa

# Policies and Procedures

## INJURIES

Players will be required to seek trainer assistance on injuries AND attend treatment.  
Communication must be made to coaches AND trainers regarding injury.

## CELL PHONES

Cell phone use is not permitted in the dugout without express consent from coaches.  
NO Airpods, earbuds etc...

## CONSEQUENCES

Team and Individual.  
Practice Make-Up  
Illegal Activity

## BEHAVIOR OFF THE FIELD

ISS, OSS, Detention.  
Behavior Contracts.



# No Pass / No Play



## ELIGIBILITY CALENDAR

Gain and Lose Eligibility based on grading periods.

## TUTORING

Tutoring opportunities

## CONSEQUENCES

Team and Individual.

## GRADE CHECKS

Weekly grade checks





# PARENT AND PLAYER EXPECTATIONS

COMMUNICATION

ATTITUDE

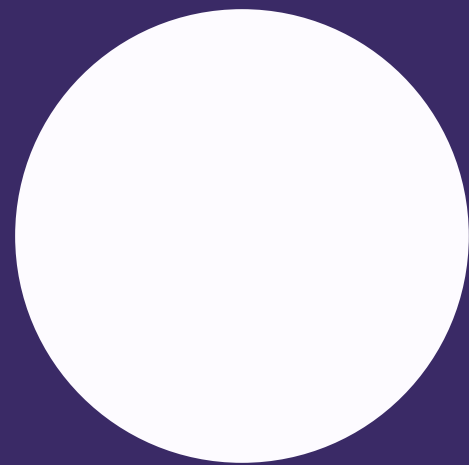
PRACTICES

GAME DECORUM





# Connect with Us



Remind 101  
Text 81010  
@CTSB2024



Instagram  
CTHS.Softball



Twitter  
@CTHSSoftball

09

# PICTURE DAY!

FEBRUARY 15, 2024

Pictures information to come.  
Banners will be 50/50 on payment.



# HOW TO HELP

## CHISHOLM TRAIL SOFTBALL

01

### Booster Club

Become a member!  
Scholarship opportunities!

02

### Concession Stand

Time! Time is valuable and we  
appreciate your time!

03

### Fundraising

Donate!  
Sponsor!





## CONCESSION

Everyone is required to work 1 game per season. Sign up today!

