

2017

HOCKEY SOFTBALL

FIGHT



**Fight to do your job!
Fight to uphold our
standards!
Fight for your team!**

2017 = FIGHT!

ROCKET SOFTBALL

TEAMWORK: Simply stated, it is less me and more we.



THE WHOLE IS GREATER THAN THE SUM OF THE PARTS.

This season's success will depend on the dedication and discipline of this team. We must find a way to come together, a way to continue to get better every day, and a way to stay together throughout the season. Discipline provides the foundation for what we believe in. It is the one characteristic necessary to achieve success in all aspects of life.

Discipline and pride provide the internal motivation to do things right all the time, even the *little things*. Doing things correctly all the time leads to success in achieving muscle memory in skill-related tasks. This is a must for the efficient development of every player.

A motivated team provides its own discipline. Anything else would be loss of focus and would lead to a path away from the mission.

Freshman, what will these next four seasons hold for you? How will you complete your dreams? Juniors and Sophomores, what will you do to improve your game this year? You are on the brink of completion as well. Seniors, at the end of this year what do you want the team to remember of your career? Most importantly when you walk off the field for the last time, will you be able to look back and say, "I have no regrets"?



**A SUCCESSFUL
TEAM BEATS WITH
ONE HEART.**

ROCKET SOFTBALL 2017

Dream big; it's your power.

(Knight, 2005)

We will be talking throughout the season about being in a Big Dog frame of mind. These thoughts and ideas are taken from the book *Winning State Softball* by Steve Knight.

Much of what we are going to focus on this year will be with the ultimate goal in mind. A goal to be the best team we can possibly be. In doing so we will look to practice and perform in game mode. Game mode is about serious and serious is not acting; it's about believing completely in your POWER deep inside---that is what enables you to deliver consistent superior play, and on the field is where your believing gets constantly tested. (Knight, 2005)

The mind of a champion is disciplined, so discipline yourself to focus during certain times and chill during others, without getting distracted by the surroundings or doubting teammates. (Knight, 2005)

Finding ways to discipline your mind can be difficult at times. You must take that game mode level of discipline to practice each day. Work harder every day, every play, every drill, every pitch, every

swing...know in your mind that YOU are working harder than your opponent.

Once you learn how to detect and control your emotions, you can transform from a mere player into a true competitor---a warrior; it truly is a transformation, and the transformation is completely based on believing in yourself. (Knight, 2005)

A true warrior is a player who will compete regardless of her adversary. She will always find a way to execute and perform as a BIG DOG. The attitude of a warrior must be full of confidence and discipline. Executing under pressure takes guts. Guts are about attitude. Few people are willing to work for greatness. Are you one of the few?

Harnessing and controlling your emotions is the key to your competitive success. (Knight, 2005)

The point it: you already have tremendous mental power; it's your choice whether you use it or it uses you. So learn



how to *focus*, get out or your own way, show some teeth, and let your BIG DOG out!

We want to play with BIG DOG confidence this season. Keep a mental picture in your head at all times of the way your top performance, how extraordinary you played. When times get rough, and they will, keep that DVD running in your head to help you remember your BIG DOG moments. You already have tremendous mental intensity. Allow yourself to use it to your benefit and to the benefit of the team.

Believe in yourself. Remember why you are playing, to compete...and win.

Real TEAMS don't emerge unless individuals on them take risks involving conflict, trust, interdependence and hard work.

ROCKET SOFTBALL

Established in 1987, first season 1988.

- Most Wins in a Season = 23 ('09)
- League Championships =
- Regional Championships = 10
- State Championships = 1 ('93)

COACHING STAFF

Kim Waltman ('04-'08 & '11-Current)

Ray Boese ('00-current)

Alisha Daniels (16-Current)

“With your Big Dog in control, you’ll be able to play at the level you’re capable of: **Full-on,**

ROCKET SOFTBALL 2017

It is essential for our program to maintain a high level of dedication to our goals, and especially our team rules. We must work together as one unit, molding ourselves into the greatest TEAM possible. In order to accomplish this task, we must be a disciplined team ready to sacrifice everything for the good of the team.

TRAINING RULES

1. **Mental training is necessary for our program to be successful. Always focus on the positive and eliminate the negative. Remember, what you focus on you get more of.**
2. **NO smoking, drinking or use of drugs. A copy of the school policy regarding substance abuse is on the next page. This policy is in effect and applies to all athletes.**
3. **Get plenty of rest. You know what your body needs. Do not allow yourself to fall to fatigue.**
4. **You must be in school and passing your classes. We will not tolerate unexcused absences from school. You are representing our team. Do so in a manner that would make us proud.**
5. **Maintain a proper diet. Good eating habits will help you peak at performance time. It will also allow you to maintain your daily health. Be disciplined about what you eat, especially prior to game time.**

ATTITUDES ARE CONTAGIOUS...
Is yours worth catching?

Substance Abuse

The RHHS substance abuse policy is designed to create a positive, healthy, drug-free atmosphere for athletics and activities. RHHS recognizes that the use of alcohol, tobacco, and drugs, all of which shall be referred to as “substances,” decrease long term injury and physical damage, and lessen the chance for a student to reach his or her full measure of excellence. The primary goal of this plan is to prevent the use, possession, purchase, sale, and transfer of these substances. **RHHS encourages students to participate in a variety of academic, social, and athletic activities while maintaining healthy, drug-free lives.** *During the school year, a student shall not use, possess, sell, distribute, or abuse beverages containing alcohol, tobacco products, illegal drugs, or drug simulations.*

Substance Abuse Policy: Confirmation of Violation

1. A violation is confirmed by admission of the student or by a signed written statement of an observer.
2. The reliability and validity of an observer shall be determined by a majority vote of a panel consisting of the high school principal, athletic director, one faculty member, the coach/sponsor of the student in question, and one impartial coach/sponsor.
3. The RHHS Principal and Athletic director will be responsible for documentation and implementation of this program.

Substance Abuse Policy: Violations and Penalties

First Violation - After confirmation of the first violation, the student will be ineligible to participate for the next competition date. The student will be required to continue practice and prepare for their sport or activity.

Second Violation - The student will be ineligible to participate for 30 calendar days from the administrative recognition of their second violation.

** For reinstatement to the program, the student may provide documentation that they have attended an assessment with a professional substance abuse counselor.

Third Violation - The student will be ineligible to participate in an sport/activity for the remainder of the school year.

PRACTICE RULES

1. You should be at practice and ready to stretch by 3:30pm, if not before. Don't be late! Excessive tardies will result in a reduction of playing time. Only school related tardies or absences will be excused. Detention IS NOT an excused absence or tardy. Please try to make up tests with your teachers before school. When missing practice to serve a detention, players must run a 5-4-3-1 at the end of that practice. They will also be expected to complete 10 minutes of coach directed skill work and a 10-minute run. You are expected to be at school and practice on time the day after a game. This will be monitored!
2. You are expected to be at practice, even if you are injured. Only Coach Waltman may excuse you. You may let Coach Boese know if you are going to be late for practice for academic reasons, or if you are going home ill. You must call the Rose Hill Middle School and leave a message for Coach Waltman (776-3320, 650-4355), or you may send an email or text if it is before 3:00pm. (kwaltman@usd394.com)
3. If you miss practice (due to being ill), you must make up conditioning before you play in the next game. If you are injured and can play by game day, your conditioning must be made up before the second game date. Any unique situations will be handled at the discretion of the coaching staff. Conditioning consists of a 10 minute run and 10 minutes of coach directed skill work.
4. You must be at school to practice or play in a game. If you are leaving school for a doctor's appointment, Coach Waltman must know in advance and you may not be gone from the school day more than three hours. If you miss any part of the school day, due to sickness, you **MAY NOT** practice or play in a game. School related absences will be excused, but should be reported to Coach Waltman as soon as possible.
5. During practice, utilize your time. Practice as hard as you would play in a game. Stay actively involved in the practice at all times.
6. Come to practice prepared! ALWAYS have a set of indoor and outdoor clothes with you, including shoes for both places; and remember your glove! If you forget your gear and are unable to practice it will be treated as an absence from practice. Be responsible.
7. Show respect for your coaches and teammates. Call players by their first name and address each coach by, Coach _____. Never, NEVER say can't!

GAME/TRIP RULES

1. We will sprint on and off the field every game, every inning, no matter what. During the game you are expected to stay focused, especially while you are in the dugout. Do not visit with friends, parents, or fans during the game! You have a very capable coaching staff. Allow them to do their job.
2. Be supportive to your teammates. Everyone has a role. Not everyone will be the star player/starter. If you have concerns regarding your role, address them to the head coach only.
3. Treat umpires and opponents with respect. Congratulate the other team after every game.
4. You are a representation of your school. Act appropriately! No profanity, unsportsmanlike acts, etc. will be tolerated.
5. Immediately after each double-header or game we will have a team meeting. At the close of that meeting you will be dismissed. You may talk with fans, parents, and college coaches after our meeting. If the JV is still playing, the varsity will go to watch the end of their game and vice versa.
6. In the result of a double header, do not eat only junk food between games. Remember to take in only water during and between games.
7. Be quiet on the bus. You should be mentally preparing yourself when we play on the road. When we reach the city limits of the town where we are playing, it should be QUIET on the bus. Seniors have the right to ask you to be quiet. You must comply.
8. Everyone should ride the bus home. We will go as a team and return as a team.
9. Be intense and sharp during warm-ups. You will play how you warm up!
10. Do not talk to spectators (including parents) during warm-ups. Even if you are not a starter, you have responsibilities. (i.e.: check equipment, backups, shagging, warming up the pitcher, etc.)
11. No one is allowed in the dugout except the members of our team. Friends, parents, and small siblings are not allowed.

12. No food is allowed in the dugout during the game or between games in the event of a double header. Sunflower seeds are the only exception.

13. If you know in advance that you will be missing a practice(s) or game(s), please let Coach Waltman and the staff know as soon as possible.

A promise must never be broken.

Alexander Hamilton



SELECTION OF STARTERS

Each athlete is expected to give 110% at every practice, as well as games. Starters will be determined by their skill, effort ability, leadership, attitude, hustle and desire. A starter may be replaced at any time if the previous mentioned requirements are not present in that particular athlete's performance. NO athlete may become complacent or lethargic. Continue to push yourself to become better each day. Consistency counts in every move you make. If you want it, work for it.

There are only two options regarding commitment. You're either in or out. There's no such thing as a life in-between.

Pat Riley

LETTER REQUIREMENTS

1. Play in one half of the total varsity innings played for the regular season.
2. Finish the season in good standing. Follow all rules in the handbook.
3. Seniors who have played for four years will letter.



ROCKET SOFTBALL HONORS

1988

Most Valuable Player	Kelly Dennis
Most Inspirational Player	Didi Panzer
Most Improved Player	Michelle Hammitt & Laurie Reschke
Record:	10-12

1989

Most Valuable Player	Kelly Dennis & Barb Hartnett
Most Inspirational Player	Annie Reimschisel, Shelly Swaney & Megan Wiley
Most Improved Player	Kelly Dennis
Record:	13-6

1990

Most Valuable Player	Kelly Dennis & Barb Hartnett
Most Inspirational Player	Krista Farber & Megan Wiley
Most Improved Player	Laurie Reschke & Megan Wiley
Record:	17-6

1991

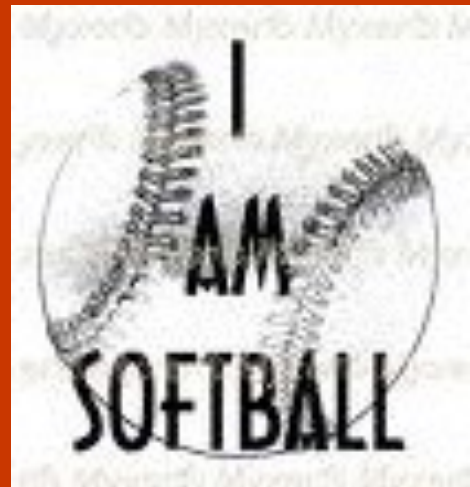
Most Valuable Player	Barb Hartnett
Most Inspirational Player	Megan Wiley
Most Improved Player	Anna Howell
Record:	13-9
Regional Runner-Up	

1992

Most Valuable Player	Brandi Nickell & Shelly Swaney
Most Inspirational Player	Megan Wiley
Most Improved Player	Kelli Watson
Record:	11-12
Regional Runner-Up	

1993

Most Valuable Player	Brandi Nickell
Most Inspirational Player	Chloe Tagtow
Most Improved Player	Kim Savoy
Record:	17-4
Regional Champions	
STATE CHAMPIONS	



ROCKET SOFTBALL HONORS (CONT.)

1994

Most Valuable Player: Brandi Nickell
 Most Inspirational Player: Chloe Tagtow
 Most Improved Player: Heather Savoy
 Record: 16-7
 Regional Champions

1995

Most Valuable Player: Stephanie Kendall
 Most Inspirational Player: Allison Cox
 Most Improved Player: Darcy Russell
 Record: 14-6
 Regional Runner-Up

1996

Most Valuable Player: Kim Robertson
 Most Inspirational Player: Heather Savoy
 Most Improved Player: Erica Schoenherr & Amanda Slack
 Record: 14-8
 Regional Runner-Up

1997

Most Valuable Player: Heather Savoy
 Most Inspirational Player: Heather Savoy
 Most Improved Player: Summer Peerson
 Record: 17-6
 Regional Champions

1998

Most Valuable Player: Lori Manion
 Most Inspirational Player: Lori Manion
 Most Improved Player: Chrystal Nunnold
 Record: 11-10

1999

Most Valuable Player: Brie Beran, Summer Peerson & KayCee Raitt
 Most Inspirational Player: Summer Peerson
 Most Improved Player: Diana Chouinard
 Record: 13-7



The harder you work, the harder it is to surrender.

It's ain't gonna be easy...COWBOY UP!



TEAM GOALS:

- 1.
- 2.
- 3.

Personal Goals:

- 1.
- 2.
- 3.

This step - choosing a goal and sticking to it - changes everything. — Scott Reed

PRACTICE

Feb. 27 - May 27

Monday - Friday

3:30pm-6:00pm

ROCKET SOFTBALL HONORS (CONT.)

2000			
Most Valuable Player	Chelsea Stancoff	2008	Nicole Summervill
Most Inspirational Player	Melinda Roeder	Most Valuable Player	Jenna Engels
Most Improved Player	Ashley Louia & Porsha Purdy	Most Inspirational Player	Alyssa Drosselmeyer
Record:	16-6	Most Improved Player	15-7
		Record:	
2001			
Most Valuable Player	Danielle Beran	2009	Keelyn Bonar
Most Inspirational Player	Katie Hoyt	Most Valuable Player	Jordan Rehm
Most Improved Player	Jeri Fraipont & Emily Roby	Most Inspirational Player	Marissa McGregor & Rashed Chickadonz
Record:	20-4	Most Improved Player	Keelyn Bonar
Regional Champions		Co-MVP All League	23-3
		Record:	
2002		Regional Champions	
Most Valuable Player	Nicole Ringwall	State - 3rd Place	
Most Inspirational Player	Emily Roby		
Most Improved Player	Della Smith		
Record:	17-7		
Regional Champions		2010	
		Most Valuable Player	Courtney Rash
		Most Inspirational Player	Jordan Rehm
		Most Improved Player	Marissa McGregor
2003			
Most Valuable Player	Ashley DeMoss	2011	Keelyn Bonar
Most Inspirational Player	Brandy Louia	Most Valuable Player	
Most Improved Player	Tristan Smades		
Record:	11-11	2012	
Regional Champions		Most Valuable Player	
		Most Inspirational Player	
		Most Improved Player	
2004			
Most Valuable Player	Katie Hoyt	2013	Ashton Wheeler
Most Inspirational Player	Tristan Smades & Jenny Hoyt	Most Valuable Player	Bailey Santo
Most Improved Player	Kelsi Simpson	Most Inspirational Player	Peyton Wheeler
Record:	12-9	Most Improved Player	
		Record: 8-11	
2005			
Most Valuable Player	Della Smith	2014	Peyton Wheeler
Most Inspirational Player	Vanessa Tennison	Most Valuable Player	Kendra Baldrige
Most Improved Player	Megan Craig		Darby Van Houtan
Record:	19-3	Most Inspirational Player	Jessica Bollog
AVCT III League Champions		Most Improved Player	
		Record: 12-11	
		Regional Champions	
2006			
Most Valuable Player	Kristen Ozbun	2015	Kendra Baldrige
Most Inspirational Player	Katie Davis	Most Valuable Player	Peyton Wheeler
Most Improved Player	Jamie Knight	Most Inspirational Player	Danyel Yardley
Record:	18-5	Most Improved Player	
AVCT III League Champions		Record: 10-11	
Regional Runner Up			
2007			
Most Valuable Player	Nicole Dunphy & Cheyenne Stewart	2016	Kendra Baldrige
Most Inspirational Player		Most Valuable Player	Dani Sherwin
Most Improved Player	Kasi Lingafelter	Most Inspirational Player	Maci Carlson
Record:	Courtney Louia	Most Improved Player	
MVP All League	15-6		
AVCT III League Champions	Nicole Dunphy		

SOFTBALL NEWS from KSHSAA

What can players do once the season starts Feb. 27th?

Here are the rules regarding what you can and cannot do during the season.

1.A student MAY NOT practice or play with a non-school team in softball.

2.A student could play on a non-school team in another sport.

3.A student may receive private instruction. Private instruction is defined as ONE student receiving instruction from one person during the period of instruction. Group sessions ARE NOT private instruction.

4.A student may not attend a softball camp or clinic.

5.A student is a member of the school team until their team has

completed competitions and the player is no longer practicing with the school team.

6.Until the Saturday before Memorial Day no more than 5 softball players from the same school squad may play or practice on a non-school team.

7.The five player restriction begins again the Tuesday after Labor Day. There are no limits on a non-school team during the summer.

If you have any questions regarding the rulings of school softball you may contact the Kansas State High School Activities Association through their website: www.kshsaa.org. Please address any questions to Fran Martin.

ROCKET SOFTBALL. WHAT WILL 2017 BRING?



We are all in this together.

There is little room left for wisdom when one is full of judgement. (Hein)

If we are to have our best season ever, we must put self aside and work for the betterment of the team. Together we can accomplish great things.



2017



FOUR CLUES TO WINNING

1. Hard work and good luck travel together.
2. The competition always deserves respect.
3. Hustle can make up for mistakes; haste creates them.
4. Seek character, not characters.

John Wooden, The Essential Wooden.

Characteristics of a Team Player by John Wooden

We all fit into different niches. Each of us must make the effort to contribute to the best of our ability according to our own individual talents. And then we put all the individual talents together for the highest good of the group.

Thus, I valued a player who cared for others and could lose himself in the group for the good of the group. I believe that quality makes for an outstanding player. It is also why the best players don't always make the best team. I mean by this that a gifted

player, or players, who are not team players will ultimately hurt the team, whether it revolves around basketball or business.

Understanding that the good of the group comes first is fundamental to being a highly productive member of a team.

All-Time Best Starting Five

1. Industriousness
2. Enthusiasm
3. Condition(mental, moral & physical
4. Fundamentals
5. Team Spirit

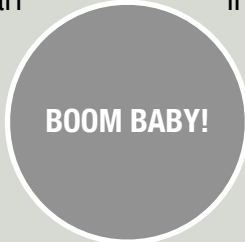


For the love of the game...



Attitude

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important to the past, the circumstances, than failures, than successes, than what other people say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will



embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and this is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it.

-- Charles Swindoll



SENIORS	JUNIORS	SOPHOMORES	FRESHMAN
The heart and soul of a team. Leadership in its strongest form.	Pushing the seniors to do their best. Working to be the glue of the team.	Finding their role and continuing to perfect their game.	Work, work, work. Absorb as much as you possibly can. Work some more.

To the **WARRIORS** of the **2017 Rocket Softball team**:

Tomorrow when you step on this field you will **NOT** be the team from **2016**. That team is now history. However, you **will be** the **2017 Rocket Softball team**. The team who is **0-0**, the team who has everything to gain, the team who will begin the journey of this season **TOGETHER**.

Please know that when you show up tomorrow, or even in days to come, you will be expected to work hard every day, to find ways to improve your game every day, to be an example to all those who are watching. We will be in this all together.

We have been on a countdown for awhile now and the day has finally come. What you do with this year is up to you and your teammates. Look around...who will work as hard as they can, who will be there for you when you need a confidence boost, who will be a warrior right along side of you, who will talk you down when needed?

Few people are willing to work for greatness. Are you one of them? We never earn respect just by winning. We earn respect by **FIGHTING**, by constantly battling for every run, by giving it everything we've got and never mentally giving up. We will transform from mere players, to **WARRIORS**; and true **WARRIORS** will suck it up and execute and compete every time. A **WARRIOR** has unflinching confidence that obliterates doubt and destroys hesitation.

Remember to discipline yourself. Do what is required. We are, one team with one dream. Now **DREAM BIG** and **CREATE YOUR OWN POWER**.

I WILL ALWAYS BELIEVE IN YOU. The question is, will you believe in yourself?

What Does it Mean to Fight?

FIGHT TO DO YOUR JOB:

- * I will out work my competition!
- * My effort will always be **RELENTLESS!**
- * **PRACTICE HARD** - I will always be in beast mode at practice. I will treat each practice as hard core as a game.
- * I will preform my role to the best of my ability, regardless of what that role may be. (Running, warm up pitcher, keeping stats, etc)

FIGHT TO UPHOLD OUR STANDARDS:

- * Practice starts at 3:30, I will 100% focused by 3:29.
- * I will stay positive during the good time and the hard times.
- * I will never let a losing attitude overcome me. I will always play like a winner, no matter what the score is.
- * I will show good character on and off the field (this is at school, on the softball fields or out in public. This is with my friends, my parents, and even on social media.

FIGHT FOR YOUR TEAM:

- * I will be a good teammate. I will pick you up when your are down.
- * I am willing to let you know when you are not upholding our team standards.
- * We will love and support each other, but when it is time to focus, we welcome together and dominate.



We all as individuals must not only love each other, but most importantly, love the game. Unconditionally! Cherish each moment that you get to pick up a bat, ball, or glove. This game is a gift, a privilege, not a right. Never take advantage of this opportunity. Play EVERY SINGLE TIME like it's the last time you ever will, because it very well could be.

- Maci Carlson



Seniors will be honored at the last regular season home game. This does not mean that every senior will start the game.