

Hempstead Softball Information

Welcome to the Hempstead softball program! Below is some information for you as we get started soon for the 2021 softball season! If you have any questions after reading through this, please feel free to reach out to any of the coaches in the program. Also, please be sure to follow us on twitter: **@Stangsoftball**

Thank you, and again, welcome to Mustang Softball!

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What to expect as an incoming 8th grader:

1) Here at Hempstead, we have 1 freshman team, a JV team, and a varsity team. A few players on the varsity team will have the chance to also play on the JV team, as will a few players on the freshman team. As coaches, we will do our best to communicate this with the players during the season.

Please understand that due to (possible) large numbers, cuts are probable. We plan on evaluating players during the first week of the season and then setting our rosters during the 2nd week.

2) Official softball practice in Iowa starts May 3rd. 8th graders can start immediately on that date (those out for middle school track can come after track practice for a bit, or when the season is over, with NO ramifications).

ALL softball players will need an updated physical and practice permit turned into the AD secretary before the first practice. These should be transferable from the middle school if already done. Players will also need to complete a concussion test at the high school. More info on this at a later date.

3) Practice will be every day after school. The Varsity/JV team will practice right after school at 2:45 - 5:15 pm. The Freshman team will practice from 5 – 7 pm. This will last until the school year is over.

3) Once the summer starts, the Freshman team will practice in the morning (specific times TBD), and all games are in the morning. Games consist of 5 inning doubleheaders starting at 10am.

4) The Freshman team will play 30 games (or so) depending on the weather. Transportation will be provided from Hempstead for away games. There are no games or practices on weekends. Game and practice schedules will be handed out after the rosters are set. Game-only schedules are available now on the MVC school website:

[Dubuque Hempstead High School \(mississippivalleyiowa.org\)](http://mississippivalleyiowa.org)

5) For equipment, players need to have their own glove and cleats (steel cleats are OK). While most players tend to have their own helmets, bats, and catcher's gear if they play that position, the program has that equipment in excellent condition that anyone can use.

For uniform tops, we ask that freshman team players pay \$10 (the program will cover the rest) for a shirt that will have Hempstead softball and their number on it. When the season is over, the shirt is theirs to keep.

6) Players on the Freshman team can still play DGIL, but high school ball comes first! If a player gets the opportunity to be moved up to the varsity team, they will NOT be able to play DGIL or travel ball until the season is over. I will communicate this to those players and parents.

7) Players are expected to be committed to Mustang Softball! This means no other camp/clinics where they miss softball practice/games, no summer Dr. Ed., and hopefully no vacations until after the season. However, common sense supersedes everything! 😊 Family does come first and I will accommodate anyone who does have a family vacation scheduled during the season. With that said, I understand that players and parent have a decision to make, however, lack of commitment by multiple players in the past has caused problems that I want to avoid.

8) We will have a meeting before the season (date and time TBD) for ALL players and parents in the program that will talk more about program policies, rules, etc.

Pre-season workouts: Until official practice begins on May 3rd, we will start open gyms at Hempstead on Thursday evenings, Feb. 11th, from 7:00 – 8:30 pm. Incoming 8th graders are welcome to come up and participate as players get a chance to throw, field, and go through hitting stations. Pitchers and catchers will also be working out.

Additionally, pitchers and catchers will also throw on Tuesdays right after school, from 2:30 – 4 pm. 8th graders are welcome to come to these as well. As the weather gets nicer, we will move outside and may include other opportunities to utilize the field and cages for more hitting. Again, please make sure to follow **@Stangsoftball** for any cancellations or changes!