



# CMS Softball

2023



# Coaching Staff

Anjelica Cordova - [anjelicacordova@ffc8.org](mailto:anjelicacordova@ffc8.org)

Taylor Morton - [tmorton@ffc8.org](mailto:tmorton@ffc8.org)

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Chris Psomas - [cpsomas@ffc8.org](mailto:cpsomas@ffc8.org)

Ethan Knepp - volunteer

Athletic Director - Brett Derickson [bderickson@ffc8.org](mailto:bderickson@ffc8.org)

Assistant Athletic Director - Jake Heath [jheath@ffc8.org](mailto:jheath@ffc8.org)

# Communication

Coaches will communicate with parents via Blackboard.

- Email and text communication

If you need to communicate with the coaching staff please contact Coach Anjelica.

- [anjelicacordova@ffc8.org](mailto:anjelicacordova@ffc8.org)
- 719-382-1615

The 24 hour rule will be implemented due to district and school guidelines.

# Expectations

Expectations list went home with students on Wednesday's practice. These are some key points from the list. Not every expectation is listed below.

- Players are student athletes, not athlete students.
- Softball is a season long commitment .
- Practice is closed to parents and bystanders.
- No cell phones at practice.
- Teams are never permanent.
- Character and positive behaviors are taken into consideration when deciding team roles.

# Transportation

- Practice ends between 5:30 and 5:35. Athletes must leave the field at that time.
- Please have all transportation arrangements made.
- If you need to register your student for the activity bus you can do so here:

<https://www.ffc8.org/departments/transportation/bus-registration>



# Team Determination

Due to lack of space there will be cuts. I highly encourage athletes to continue to work on their skills, even if they do not make the team.

- A and B team
- 12 athletes to a team
- Athletes will be scored during tryouts based on:
  - Throwing
  - Catching
  - Fielding
  - Hitting
  - Running
  - Coachability/Attitude
- The 24 athletes with the highest scores will be kept.

# Uniforms

## Practice:

- Appropriate shirt (long or short sleeve)
  - Hoodies are acceptable
- Softball/baseball pants
- Softball/baseball socks
- Cleats AND tennis shoes
  - Cleats cannot have metal spikes due to league policy

# Uniform Cont.

## Game:

- Jersey (provided)
- Black Under Armor (or similar shirt - we will provide one, but feel free to buy your own)
- Black softball pants (we will provide a pair, but feel free to buy your own)
- Black softball socks (not provided)
- Optional: belt (black) and hat/visor (black)
- Cleats
  - Cleats cannot have metal spikes due to league policy

# Where to buy equipment

Compression Black Socks: 6  
pairs - \$24 (Amazon)



Rawlings Black Socks: 2 pairs -  
\$9.99-\$16.99 (Amazon)



# Shopping cont.

Pants:

Mizuno \$19.80 - \$39.00



Other Places to shop:

- Amazon
- Walmart
- All American Sports
- Dick's Sporting Goods
- Play it Again Sports

CMS SOFTBALL SWAG COMING SOON!

\*Subject to change at any time

# Schedule - March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home games are highlighted yellow			1 Camp	2 Camp	3 Camp	4
5	6 Camp	7 Tryouts	8 Tryouts	9 Tryouts	10	11
12	13	14	15	16	17	18
19	20	21 CMJH vs. CMS	22	23 BYE	24	25
26	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break	31 Spring Break	

Practice for Spring Break will be announced by 3/22

\*Subject to change at any time

# Schedule - April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home games are highlighted yellow						1
2	3	4 CMS vs. D-2	5	6 Falcon vs. CMS	7	8
9	10	11 FMS vs. CMS	12	13 Grand Mountain vs. CMS	14	15
16	17	18 CMS vs. Horizon	19	20 Janitell vs. CMS	21	
23	24	25 CMS vs. Skyview	26	27 Sproul vs. CMS	28	29
30						

\*Subject to change at any time

# Schedule - May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home games are highlighted yellow	1	2 CMS vs. Watson	3	4 Playoffs (Top 6, location TBD)	5	6
7	8	9	10	11	12	13

Playoffs will be announced after 5/2

# Parent Involvement

If you are interested in assisting the team with any of the following please email [anjelicacordova@ffc8.org](mailto:anjelicacordova@ffc8.org).

- Announcer at home games
- Scoreboard at home games
- Organizing after game snacks