

WEST GEORGIA NIGHTMARE FASTPITCH

ATHLETE AGREEMENT

2026-2027 SEASON

Welcome

Welcome to the Nightmare family! When you accept a roster spot with West Georgia Nightmare, you are joining more than a softball team. You are becoming part of a family that values hard work, accountability, sportsmanship, joy, kindness, and putting the team before yourself.

Every time you wear the Nightmare jersey, you represent your teammates, coaches, family, and every athlete who has worn it before you. Wearing that jersey is a privilege. You are expected to represent it with pride through your effort, attitude, choices, and the way you treat people on and off the field.

Our Story and Coach Alex's Legacy

Coach Alex was an important part of the heart of Nightmare. He believed every athlete deserved to feel seen, loved, encouraged, and celebrated. He reminded us that the little things matter and that softball should include joy, connection, and memories that last far beyond the final score.

When we say Make Alex Proud, we are not only talking about winning games. We are talking about how you respond when things are difficult, how you support a teammate, how hard you work when no one is watching, and the kind of person you choose to be. Compete with heart. Treat people with kindness. Celebrate the little things. Leave every person and every field better than you found them.

Commitment

When you commit to West Georgia Nightmare, your teammates are counting on you. Arrive on time, prepared, and ready to compete at every practice, game, tournament, and mandatory team event. Family events, illness, school obligations, vacations, and unexpected situations happen, but communication is always expected. Missing events without communication may affect your role, playing time, and future opportunities.

Attendance and Communication

Communication shows respect for your teammates and coaches. If you know you will be absent or late, you or your parent must notify your Head Coach as soon as possible. Do not wait until the last minute unless it is an emergency. Your teammates deserve to know they can depend on you.

Multi Sport Athletes

We encourage athletes to participate in multiple sports. Playing different sports can help you become a stronger and more complete athlete. However, accepting a Nightmare roster spot is a commitment. Nightmare should not consistently take a back seat to another activity. Communicate conflicts early and be prepared to honor the commitments you make.

School Ball, Travel Ball, and Recreation Ball

School softball comes first. Outside of school season, West Georgia Nightmare becomes your primary softball commitment. Recreation softball is encouraged for additional development, but Nightmare takes priority whenever recreation conflicts with a Nightmare practice, game, tournament, or mandatory team event.

Guest Playing Policy

Missing a Nightmare practice, game, tournament, or mandatory team event to participate with another softball organization is not permitted and may result in immediate removal from West Georgia Nightmare.

Helping another team may be allowed only when it does not conflict with a Nightmare commitment and your Head Coach has been informed in advance.

Personal Responsibility

Great athletes learn to take care of their own responsibilities. Your parent should not have to manage every detail for you.

- Pack and carry your own equipment.
- Check that you have your glove, helmet, bat, cleats, uniform pieces, water, and anything else required before leaving home.
- Arrive in the correct uniform and be ready by the team report time.
- Keep the dugout, bench, and facility clean.
- Help with setup and cleanup when asked.
- Respect equipment that belongs to teammates, coaches, and the organization.

Championship habits are built by doing the small things correctly without needing to be reminded.

Attitude and Effort

Your attitude and effort are choices you make every day. You may not control the result of an at bat, a call, or a game, but you always control your hustle, body language, response, and work ethic. Negative body language, lack of hustle, giving up, arguing, complaining, or refusing to compete does not meet the West Georgia Nightmare standard. Coaches notice your effort and response just as much as your performance.

Coachability

Great athletes never stop learning. Being coachable means listening when coaches speak, accepting correction without making excuses, asking respectful questions, applying what you have been taught, and trusting the coaching process. Mistakes are expected. Refusing to learn from them is not.

Respect

Treat teammates, parents, coaches, opponents, umpires, tournament staff, and facilities with respect at all times. Respect is shown through your words, actions, facial expressions, and body language. You do not have to agree with every decision, but you are expected to respond with maturity.

Team First

WE BEFORE ME

Celebrate your teammates. Encourage one another. Be engaged in the dugout. Never make the game only about yourself. A teammate's success does not take anything away from you. When one Nightmare athlete succeeds, the entire team succeeds.

Leadership

Leadership is earned through your actions, not your age, position, or popularity. Every athlete can lead by working hard, being positive, encouraging teammates, holding herself accountable, and doing the right thing when nobody is watching. Choose to be someone worth following.

Athlete Self Advocacy for 12U and Older

Beginning at 12U, you are expected to speak directly with your Head Coach about playing time, positions, development, goals, questions, and feedback before asking a parent to step in. Speak respectfully, listen to the answer, and be willing to work on the plan you are given. Parents may join the conversation after you have taken the first step. This policy does not apply to emergencies, safety concerns, medical concerns, bullying, or financial matters.

Playing Time

Equal playing time is not guaranteed. Playing time is earned through attendance, effort, attitude, coachability, preparation, sportsmanship, performance, consistency, and team needs. Every athlete has a role, and every role matters. How you respond when you are not in the lineup says just as much about your character as how you perform when you are playing.

Winning With Class and Losing With Grace

Win with humility. Lose with dignity. Never blame teammates. Never disrespect opponents or umpires. Never embarrass your coaches, your family, or the organization. Represent Nightmare with class regardless of the scoreboard. Character is most visible when things do not go your way.

Celebrate the Little Things

Coach Alex believed every contribution mattered. Celebrate the home run, sacrifice bunt, diving stop, walk, hustle play, great block, smart base running, and the teammate who picks someone else up. Positive energy is contagious. Choose to be the teammate who makes everyone around you better.

Social Media and Public Representation

Everything you post represents you, your family, your teammates, and West Georgia Nightmare. Never post negative comments about teammates, coaches, opponents, officials, tournament directors, parents, or the organization. Do not engage in online drama or share private team conversations. Screenshots last forever, even after a post or message is deleted.

Representing Nightmare

Wear the Nightmare jersey with pride. Lead with character. Compete with heart. Respect the game and the people around you. Leave every field better than you found it.

MAKE ALEX PROUD.

Consequences

These expectations are not suggestions. They are the standard for every athlete in the organization. Poor attitude, disrespect, bullying, poor sportsmanship, lack of effort, repeated failure to communicate, refusal to follow team expectations, or behavior that harms the team culture may result in a coach-athlete meeting, parent meeting, reduced playing time, suspension from practices, games, or tournaments, or removal from West Georgia Nightmare. Serious behavior may result in immediate action.

Coaches will always work to teach, mentor, and support you. We will also protect your teammates and the culture of the organization.

Our Commitment

Your coaches promise to believe in you, challenge you, teach you, encourage you, hold you accountable, celebrate your growth, and provide a safe environment where you can develop as an athlete, teammate, leader, and young woman.

Athlete Agreement

By signing below, I acknowledge that I have read and understand the West Georgia Nightmare Athlete Agreement. I agree to uphold these expectations and understand that my choices may affect my role, playing time, and continued participation in the organization.

Athlete Printed Name: _____

Athlete Signature: _____

Parent or Guardian Acknowledgement: _____

Date: _____