

GET SET FOR SOFTBALL



SIX PRE-SEASON QUESTIONS TO
ENHANCE COMMUNICATION, COACHING,
AND BUILD STRONGER TEAMS

a worksheet for
THE SOFTBALL MINDSET

Get Set for Softball: Pre-Season Coaching Sheet

Enhance Communication and Build Stronger Teams

To complement the Softball Mindset Workbook, I've created the "Get Set for Softball" pre-season coaching sheet.

This worksheet features six simple questions designed to help athletes communicate their needs and goals to their coaches. By fostering open communication and understanding, coaches can better support their players, and athletes can feel more confident and valued.

Summer Montabone

Why it's important:

- + Builds Trust: Helps establish a foundation of trust and openness between players and coaches.
- + Individual Support: Allows coaches to understand each athlete's unique strengths, challenges, and goals.
- + Team Success: Enhances team cohesion and ensures everyone is working towards common objectives.

Incorporate this worksheet to start your season strong and ensure a successful, connected team dynamic!

The 3 C's x 2:

Coaches:

- + It's your responsibility to provide Clear expectations, Communicate effectively, and be Consistent.
- + It's your responsibility to Correct, Challenge, and Cheer. These are the building blocks to effective coaching.

If you'd like to sharpen your skills and level up your effectiveness as a coach, please reach out!

Coaches need coaches too;)

How to use the worksheet

1. Distribute the Worksheet:

- Give each athlete a copy of the worksheet at the beginning of the season.

2. Encourage Honest Responses:

- Remind athletes that there are no right or wrong answers and encourage them to be open and honest.

3. Review Together:

- Set aside time to review the completed worksheets with each athlete individually or in small groups.
- This is super important to connect with your athletes and will improve coachability.

4. Follow Up:

- Use the information gathered to tailor your coaching approach and provide ongoing support throughout the season.

By using the "Get Set for Softball" sheet, you'll create a positive and supportive environment that sets the stage for a successful season. Young athletes need mental fitness as much as physical fitness & skills training.

Note to Parents & Coaches:

Parents & Coaches of Young Athletes,

It's just as important for adults to be coachable too. Remember to be aware of the age and development level of the child or children you coach. Developmentally appropriate expectations are crucial. Emotional, mental, and physical development will vary from child to child, so be realistic with yourself and your athletes.

Parents: Be your child's biggest fan, but also hold them accountable. Show respect to your child, other children, parents, and the coaches.

Parents & Coaches: Your words matter. Ask yourself, "Is this helpful?" You can benefit just as much as the kids by reviewing the exercises in "The Softball Mindset" workbook.

We all want the best for our kids and we want to win! We want the kids to learn to be self-aware and have a growth mindset, so please remember adults need to as well.

Name: _____ Age: _____

Let's get set for softball!



We are looking forward to an exciting season of softball together! Mental and physical fitness , open communication and a strong work ethic are important keys to our success as individuals, and as a team.

As your coaches, we want to know how we can best support you as an athlete.

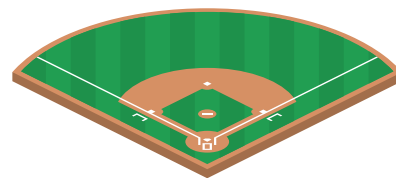
Please answer the following to your best ability. There is no right or wrong answer!

What do you enjoy most about softball? What do you like best?

What do you feel you do really well in softball? What is your strongest skill?

What would you like to improve this season? Where do you feel you need more practice?

Name: _____ Age: _____



NAME ONE FUN FACT ABOUT YOU: (Example: a hidden talent or a nickname.)

Is there something new or different you would like to try? Ex: Position, slapping, etc.

What brings out your best? What helps you perform at your highest level?

Is there anything else you would like your coaches to know?



This Guide has been compiled by
Summer Montabone an internationally
recognized performance coach and health
and fitness expert.

(Established)

- Division I Track & Field Athlete - University of Toledo (1994-1996)
- Certified Personal Trainer (1997)
- Bachelors of Health & Physical Education - High School Health Teacher (1998)
- NSCA- Certified Strength & Conditioning Specialist (2003+)
- National Fitness Champion & IFBB Pro Athlete (2004)
- Fitness Studio Owner, CEO Summer's Fitness Inc. (2007-2024)
- International Online Business Owner (2012+)
- Coaching Others to the highest athletic level (MLB)(3 Time World Record Winner 2013, 2014, 2015)
- Circle of Excellence and President's Circle Top 5 (2018)
- Creator of the Fit, Fab, Fearless Experience and Retreat (2017, 2019, 2021)
- Co-author Forever Fit (2020)
- Founder of Fearless Academy for Women (2020)
- Best of Canton Local Business (2021, 2022 and 2023)
- Contributing Author to *"Thriving as a Mom without a Mom"* and *"Advice for Moms from Around the World"* (2023)
- Co-author *"Start Up or Start Over. Just Start"* (2023)
- Creator of *"The Softball Mindset"* Workbook (2024)

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Hi, I'm Summer Montabone!

I started my athletic journey at just 2 years old with gymnastics, later adding baton, softball, volleyball, and eventually competing in track in college. I became a national fitness champion and pro athlete. With experience coaching everyone from toddlers to professional athletes and formal training as a health & physical education teacher, I've seen it all.

Throughout my journey, I heard a lot of "you can't do that" and faced hurtful comments about my body. There were times I sat on the bench and dealt with injuries. But I learned that my belief in myself was the key to my success. What you think about yourself is the most important factor in achieving your dreams!

I've felt the same ups and downs you have. That's why my mission is to empower girls and women to be courageous, pursue their passions, and go after their dreams unapologetically. With over 29 years of experience as an entrepreneur, personal trainer, health educator, coach, trauma survivor, and CEO, I've created a step-by-step formula to help girls and women feel their best, do their best, and be their best.

As a parent of two school-age girls in sports, I'm more passionate than ever about helping girls develop resilience, confidence, and skills that will serve them well today and in the future.

Empowered girls become fearless leaders who change the world.

Dream Big. Be Fearless.



DREAM BIG. BE FEARLESS.

Parents, Coaches, & Athletes - Connect with us:

 @DREAMBIG.BEFEARLESS

 @DREAMBIG.BEFEARLESS

 DREAMBIGBEFEARLESS.com

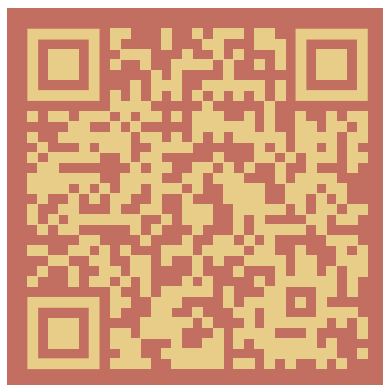
PARENTS & COACHES – CONNECT WITH ME HERE:

Become a fearless decision maker and CEO of your life!

 @SUMMERMONTABONE

 @SUMMERMONTABONE1

 SUMMERMONTABONE.com



**FEARLESS
ACADEMY**
for women

Summer, I really love this (*The Softball Mindset Workbook*)! The mini-lessons are engaging and perfect for keeping kids interested. I especially appreciate the reframing section, which encourages them to think differently. This workbook will build so much confidence in young girls, which is essential for every sport and life in general. The hands-on activities are fantastic. The Softball Mindset Workbook is a must-buy!

~ Lauren Stone, MS, Teacher and Intervention Specialist, Parent

I LOOOOOOOVE this Softball Mindset Workbook! The journaling sections are fantastic, offering plenty of opportunities for reflection. The reframing section, with questions and examples, helps players see situations differently. I also appreciate the bonus prompts that encourage open communication with coaches. The coloring pages are a nice touch, boosting confidence, creativity, and reducing anxiety. The entire workbook is easily digestible for this age group. My kids are using it eagerly on their own. You've done a great job—this workbook is a must-have!

~ Ann Moyer, 10U & 12U Parent



Empowered girls become fearless leaders who change the world.

THE SOFTBALL MINDSET

"As a coach, I highly recommend The Softball Mindset book. The team loved working through the growth mindset section and was able to write down and express the most important mental aspects of the game. As a busy parent, I appreciated the accountability the book offers. There are several easy-to-follow workouts that the girls can complete on their own. The activity tracker is especially helpful in keeping them invested, as it allows them to track their daily progress."

Glenn Hannum, Jackson Xtreme 10U & 12U Coach and Parent

"My daughter really enjoyed the workout plans in the Softball Mindset workbook and has been working out on her own at home more often. As a parent, I appreciate the empowerment the workbook provides. It offers guidance for girls and helps them shift from a negative to a positive mindset in sports and life.

As a coach of 10-11 year old girls, I find it challenging to encourage them based on their personality types. This book offers a structured method to promote empowerment in young girls and helps them handle adversity. I highly recommend this workbook to youth coaches and parents of young female athletes. It provides tangible, hands-on content that guides girls through handling setbacks and building a strong, positive mindset."

Quinn Serban, Perry Xplosion 10U Coach and Parent

<https://summermontabone.com/softball-mindset>

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