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Girls Basketball Team Handbook

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Lady Longhorn Basketball Program Philosophy

Basketball is a very small part of life, but is also a way to learn about life. In basketball the players and coaches have a duty to team, school, and to one's self. Because of our commitment to our program, we must remember that after each game and each season only the team remains. Therefore, our only goal is not to win but also to become people and a team of great character. Basketball is an extra circular activity; which means you choose to participate. Therefore, in doing this you are putting yourself in a group that is going to be held to different standards than a regular student. I have high expectations for you to act appropriate in the classroom, on the court, and in public. You are a student-athlete. The first being the word student; you will work hard in the classroom as well as on the court. We are a team; we will only be as strong as our weakest link. Without this, our achievements will fall below our potential.

JV Philosophy

JV games are held to develop players for the future. Although we would like to win every game to have a sense of accomplishment, it is more important that we become better players both individually and as a team. At this level winning is not the most important thing. Player development is!

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TEAM STANDARDS

- Put the goals of the TEAM ahead of individual goals
- Have a great work ethic at all times on the court and in the classroom
- Be on time to all team and school activities
- Have pride in the Longhorns
- Respect the authority and each other, always be polite.
- Leave places better than how you found them

Role of the Coach

- Teach the game of basketball in a positive manner.
- Promote a trusting atmosphere
- To inspire players to reach their potential
- To communicate with the players and parents
- To be clear where players stand
- To treat players and staff with respect
- To represent the program and community in a positive manner.

Role of the Player

- Be a good teammate
- Be coachable
- 100% effort on the court and in the classroom
- Play smart and communicate with teammates and coaches.
- Be accountable and responsible.
- Display good sportsmanship at all times.
- Maintain your cool when faced with adversity.
- Represent the program and school in a positive manner.
- Enjoy the game, have fun!

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Practice starts at 3:55 pm unless otherwise noted. If you are late, you will run EXTRA, 1 line drill for every minute you are late. If you know you are going to be late for practice for any reason, let the coaches know. Just telling another player will not work.

A player that is failing (F) a class will not be allowed to travel with the team. If a player that is failing and is not working to bring up the grade up, she will be asked to leave the team.

All players will ride home on the bus together unless excused for specific reasons.

If a player gets a EMS

1st offense: Extra conditioning, if starter will not start.

2nd offense: Extra conditioning, sit out 1 quarter of the next game.

3rd offense: Extra conditioning, sit out the next game.

4th offense: Dismissed from the team

Unexcused Absence

1st offense: Extra conditioning and sit out 2 quarters of the next game.

2nd offense: Dismissed from the team.

ISS (In School Suspension)

1st offense: Extra conditioning and miss one game

2nd offense: Dismissed from the team

OSS (Out of School Suspension)

1st offense: Extra Conditioning and miss one game

2nd offense: Dismissed from the team

Inappropriate Language and Behavior

To be determined by the coaches

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Treat teammates, officials, opposing teams, school officials, coaches, and teachers with RESPECT.

Substance Abuse

The Hodgeman County Middle/High School activities policy is designed to create a positive, healthy, drug-free atmosphere for athletics and activities. The use of alcohol, tobacco, illegal drugs and non-prescription steroids is prohibited. U.S.D. #227 reserves the right to randomly inspect the buildings and parking lots with a K-9 unit.

Any student violating the terms of this policy will be reported to the appropriate law enforcement officials and will be subject to the following sanctions:

First Offense: Three school days OSS followed immediately by a 7 calendar day suspension from all school activities.

Second Offense: Six school days OSS followed immediately by a suspension from all school activities for the remainder of the school year.

Technical Fouls

Consequences of technical fouls will be dealt with on a case-by-case basis, considering the reason for the technical. Possible punishments include extra conditioning, not starting, and game suspensions. Any malicious intent to hurt someone will lead to suspensions or dismissal from the team.

Social Media

Any violation of using social media sites by posting lewd, inappropriate, compromising, illegal or unacceptable pictures and statements will be met with suspensions.

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FIVE SIGNS OF AN IDEAL SPORTS PARENT

- Cheer everybody on the, not just your child.
- Model appropriate behavior.
- Know what is suitable to discuss with the coach.
 - 24 Hour Rule
- Know your role.
- Be a good listener and a great encourager.

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Embarrassment Clause

The Hodgeman County Lady Longhorn Basketball Team shall be looked upon with high regard. As a member and contributor to this team, I understand my actions are a direct reflection on the program. I will not embarrass my family, my school, or my team either on or off the court. I will not use social media to say anything negative toward a teammate, team, or school. If I fail to uphold team standards, I subject myself to the discipline of the coach and team.

Athlete's Signature