

Wahpeton Lady Huskies Basketball

**Team Handbook
2017-2018**

Lady Huskies Coaching Staff

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Team Handbook

The philosophy of high school sports is that through participation you become a better individual player, better team player, and a better person. The overall goal is that it should be a fun and positive learning experience for you. The Philosophy of Wahpeton High School Girls Basketball is that through participation you become a better individual player, better team player, and a better person. At no time will the program place the total education curriculum secondary in emphasis to athletics. We strive to have each student athlete enjoy a positive experience. The participation of all student athletes is encouraged, without compromising that competitive nature. It is our vision to create a positive environment for student athletes, the school, and community while developing team and reflecting a deep sense of commitment and a sportsmanlike competitive spirit with a winning attitude exemplifying positive character traits.

Integrity and class will be taught on and off the court. As a program we will have class and integrity in all our decisions.

We want our athletes to be **RESPONSIBLE**.

Be **RESPONSIBLE** to yourself:

Never compromise one's character, ethics, sportsmanship, and respect for the game. We are all responsible for pursuing victory by using six core principles: trust, worthiness, respect, responsibility, fairness, caring, and good citizenship.

Be **RESPONSIBLE** to Wahpeton High School:

Our school's reputation is being shaped by the way we conduct ourselves. We contribute to our school's reputation in everything we do, and we should always demonstrate the PRIDE we have in our school.

Be **RESPONSIBLE** to others: "All eyes are on us" and we have a duty to represent

Our school and community in an exemplary manner. Our sport program is an educational experience, and our top priority is to demonstrate our positive character.

The following are expectations for our program:

1. We expect the coaches, players, and parents to represent the community, Wahpeton High School, and themselves with class at all times, on and off the court. You need to be a role model on and off the court.
2. We expect every player to respect their teammates.
3. We expect every player to respect our opponents. Handshakes before and after the game.
4. Every player needs to have an understanding of the Wahpeton uniform Code of Conduct for Student Athletes.
5. We expect every player, parent, or friends to respect the game officials.
6. We expect players to respect home and away school administrators, coaches and teammates.
7. Communication is the key to having a successful program. If you have any questions or concerns you need to address the coaches.
8. Pregame dress will be decided by the team captain prior to game day. Players need to follow the same dress code policy of the school district. If in doubt, don't wear it. All jewelry must be removed for practices and games.
9. We expect basketball players to eat healthy, live a healthy lifestyle.

Attendance Policy

Excused Absences:

An excuse absence is excused if the player notifies the coach in advance, in person preferably, if necessary by phone, text, or email. Excused absences include but are not limited to family emergencies, medical emergencies, special academic opportunities, and once in a lifetime opportunities. Absences are strongly discouraged and it disrupts the team dynamics, chemistry, drills.

Illness or injuries are NOT an excused absence unless a signed note from a doctor is provided to the coach. Injured players are expected to attend practices and all games. They can do work on rehabilitation and physical therapy with our training staff. Athletes who miss the practice prior to a game with an excused absence may have their playing status modified as determined by the coaching staff.

Unexcused Absences:

An absence is unexpected if the player does not notify the coach before the absence occurs, or does not provide the proper written documentation indicating the reason for the absence signed by parent/guardian of the player. Unexcused absences from practice/game are defined as: any missed practice/game that is not excused prior to the absent. Offenses are as follows:

1st Offense: Sit out one half of a game

2nd Offense: Sit out one game

3rd Offense: Removed from the team

Behavior and Discipline Policy

Behavior and Discipline will be handled on a case to case situation. The bottom line is that you represent your team, school, parents, coaches, and yourself. We do not tolerate any behavioral or discipline problems on any team. This is not just with basketball; we will not tolerate behavior or discipline problems in school or the community either. As an athlete you are put on a pedestal and you need to make sure you are doing everything right at all times. If you question anything don't do it.

Drug, alcohol, and tobacco have no purpose or value being used by teenagers and athletes. If you use any of the above, you are not welcome to be a member of our team.

Academics (Required and Expected)

Athletes must meet the academic requirements set forth by Wahpeton High School athletic department and the North Dakota School Activities Association.

Team Placement/Player Evaluation

Player evaluation is conducted constantly throughout the year. This includes but is not limited to Team Camps, Skills Camps, Open Gyms, Captains Practice, and Summer Leagues. Final evaluations in regards to team placement will be conducted during the first week of the season.

Age and Grade are irrelevant. It is our goal as a coaching staff to put the best team on the floor regardless of age. Keep in mind there is room for movement in ALL levels starting progressing throughout the season.

Players in grade 9-12 are eligible for high school basketball.

Players in grade 7-8 are eligible for 9th/C-Squad grade if we need to fill a those teams.

Movement to the next level is not possible until the player performs above expectation at her current level. Her coach will inform the varsity coach of the potential in that player, resulting in a possible move up to the next appropriate level of play. Hard work, dedication, defense, desire and the ability to discipline yourself will help you improve yourself and reach the the next level. It is possible that some players may play both JV/C-Squad and Varsity at the same time This may be expected from a lot of our players regardless of their age/grade.

If you quit the team, it is your responsibility to notify the coaching staff immediately.

Facilities (Use, Security, and Expectations)

Make sure all equipment is picked up after practices. Never leave the gym messed up. We all need to pick up cups, bottles, and trash that are on floor. Do not make a mess in locker room of the gym. If a coach is not present do not get equipment out. A coach or adult needs to be present for activities. We expect you to clean up your gym.

Training Room (Use and Expectations)

The training room is not a socializing room. If you need to use the training room to get taped, do so. Don't hang out and clutter up space. We will get ice for you for injuries. If you use the training room you need to hustle after school, get changed, and get into the training room. We will not wait for you!

Injury and Sickness (Steps and Procedures)

Illness and doctor appointments related to an injury or current illness are legitimate excuses for missing a practice or a game. Eye doctor, dentists, orthodontics, and other doctor appointments are NOT! There are days through the school year and season when these can be taken care of, please plan accordingly. If during the school day an athlete leaves school because of illness, please leave a message or send a text or email to your coach. If an athlete has an injury that requires medical attention, she will need a doctor's release to resume practice or play. YOU must be in school throughout the day in order to compete in a game or practice.

Locker Room (Use, Security, Cleanliness, Expectations)

If you are using the locker room it is your responsibility to keep it clean. Do not leave anything unattended in the locker room for the risk of it being taken.

General Information (Public Image)

The fact that you are members of the Wahpeton High School Girls' Basketball program automatically puts you in the spotlight. Youngsters, fans, fellow students, instructors, and many people who may be antagonistic towards athletes closely scrutinize your actions. You are not only expected to follow the rules of the school, but to set a proper example. This should include daily dress and appearance. Conduct your moral life as an adult and in an orderly fashion. It will be to your benefit if you work towards appropriate manners while you are in high school.

Classroom Work

It is disappointing when a player is ruled ineligible for academic reasons. Don't let the team and yourself down. The instructors at Wahpeton High are interested in you. All players in the Wahpeton Girls Basketball Program will be required to complete their school work on time without any special treatment from teachers.

Practice

Individual stretching should be taken care of before practice. Unexcused tardiness for practices shall be penalized. If you are more than 10 minutes late without it being pre-excused, it will be viewed as an unexcused absence. Practice jerseys and proper dress attire is expected to be worn for all practices. All injuries must be reported without delay so that proper treatment can be prescribed. The training room will close five minutes before practice. We will tape only those who are in the training room prior to this time. Help place all equipment away. Take care of the equipment. As coaches, we might run over in our practice session on some occasions, but if there is a practice time or location change we will let players know of this.

Game Day/Dress Code

For away and home games, players are expected to be dressed neatly and look nice. You are expected to represent yourself, family, team, and your school in an admirable fashion. All players are encouraged to ride the team bus to and from all away games, unless an emergency dictates otherwise. Players will NOT be allowed to ride home with parents without approval from the coaching staff. Although it is not mandatory for freshman and C-Squad players to stay for the varsity game, it is highly encouraged.

Team Moral

There are going to be days and events throughout the season when you are not necessarily going to agree with each other. As a member of this team, we expect you to go along with what is best for the team. If anyone has a problem with anything related to the team, please address it directly to the coach so we can correct it. Follow the Wahpeton Communication protocol established by the school district. No person will be allowed into the locker room before or after a game unless the invitation comes directly from the coach or they are directly associated with the school or the team. Please leave the floor immediately after the game. Leave talking with friends until afterwards. We will have team discussion immediately after every game.

Game Policies

Follow instructions and be alert. On substitutions you need to hustle in and out. Reporting players need to go to the official scorer, run to replacement. Acknowledge your teammates as they come off the floor. At half time need to hustle to the team room. Take care of anything personal right away.

Playing Time

This is and always will be a major topic. Playing time is earned as a member of the Lady Huskies. Playing time is earned by hard work, dedication, teamwork, and smart play. We as coaches have to evaluate each situation and game differently. Certain match ups require certain players to be on the floor and these decisions will be made by our coaches. As parents we understand that you have your daughter's best interest at heart, but we as coaches have to do what's best for the team. There will be "NO PLAYING TIME DISCUSSIONS" with any coach on staff.

At our lower levels we will do our very best to provide **fair but not equal playing time**. Again this will be at the discretion of the coaching staff.

Sportsmanship

The Wahpeton Girls Basketball Program will not tolerate any inappropriate behavior or unsportsmanlike conduct by ANY of its participants; including spectators, parents, coaches, athletes, or students. If a spectator, parent, or student is observed acting inappropriately, the administration expects it to be stopped. If it is not stopped, that spectator may be asked to leave by an official, school personnel, administrator, or security officer. That spectator may forfeit his/her privilege of attending future contest, either home or away. If a Wahpeton Girls basketball player acts inappropriately, the coach is expected to take disciplinary action. This may include suspension or removal from the team.

Social Media

Athletes who may have Social Media accounts will be disciplined accordingly for inappropriate pictures, comments or videos that are posted on their pages or that of others. Athletes that post what they think is "private online" but become public will be held accountable. A significant number of athletes are captured in very embarrassing photographs that have proven to be a huge embarrassment to the athlete/family/school and community. Players are cautioned that NO ONE in our program put anything on the social media networks that would embarrass our program. Remember – once it goes online it can be distributed throughout the public. So please be responsible and smart.

Anti-Hazing Policy

Hazing is prohibited at Wahpeton High School and will not be tolerated on our basketball team. We are all equals on this team. Hazing is a practice which diminishes the integrity of individuals and their teams, activities, and organizations. Hazing occurs when an action is taken against a person for the purpose of initiation or admission into that organization or team where the action either results in humiliating, intimidating, demeaning, or endangering the physical/mental health of the person. Any player found in violation of this policy will either be suspended or removed from the basketball team.

Parent / Coach Relationship

Both parenting and coaching are very difficult. By establishing an understanding between coaches and parents, both are better able to accept the actions of the others and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their child.

Communication parents should expect from their daughter's coach:

1. Expectations the coach has for your child, as well as for other players on the team
2. Locations and times of practices and contests
3. Team requirements (i.e., special equipment needed, school & team rules, off-season expectations)
4. Written evaluation with suggested areas of development.

Communication coaches expect from parents:

1. Concerns regarding their daughter should be expressed directly to the coach, at the appropriate time and place.
2. Specific concerns in regard to the coach's philosophy and/or expectations.
3. Notification of any schedule conflicts well in advance.
4. Specific medical concerns.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your daughter by coaches or players.
2. Parts of the game your where daughter needs improvement.
3. Concerns about your daughter's behavior or safety.

It can be very difficult to accept that your daughter is not playing as much as you and she had hoped. Coaches make decisions based on what they believe are in the best interest of all student athletes participating.

Issues NOT appropriate for discussion with your daughter's coach:

1. How much playing time each athlete is getting
2. Team Strategy
3. Play Calling
4. Game Statistics
5. Any situation that deals with other student athletes

REMINDER

We realize that every possible event or circumstance that could potentially go wrong/happen during the season may not be covered in this handbook. Events and clarifications not covered in this handbook will be resolved at the discretion of the coaching staff in collaboration with the Athletic Director. We apologize if we have overlooked some things; please feel to bring it to our attention.