

BHS GIRLS' BASKETBALL HANDBOOK

2016-2017

TEAM PHILOSOPHY

It is the goal of the Bluestem Girls' Basketball Program to field a competitive team that will uphold the goals of sportsmanship and good conduct, while teaching the game of basketball and life. Things we gain from athletics are not limited to, but include: a work ethic, discipline, teamwork, self-sacrifice, goal setting, responsibility, sense of belonging, etc. We want to teach you how to play the game, but you must make yourself the best you can be.

PLAYER EXPECTATIONS

****POSITIVELY REPRESENT THE TEAM****

BHS basketball players display appropriate behavior at all times, games, practices, in school and outside school. You put on the uniform and step on the court, you have set yourself apart. You are part of an elite group. You have sacrificed to be a team member. Expectations away from athletics are higher for you. Players are expected to behave appropriately on the bus, at other schools and in public; we are constantly representing Bluestem Schools and OUR community.

****THE GOALS OF THE TEAM FIRST.**

As a BHS Basketball Player, you are expected to put your team first. Your individual goals and your team's goals may not necessarily conflict, but when they do, you accept that decisions are made for the "**good of the entire team.**" In order for our team to be successful on the court, we must develop respectful, trusting relationships with each other; Coaches, Players and Parents!

****ELIGIBILITY**

The student athlete must pass five subjects from the previous semester to be eligible to participate and be in good standing with the BHS office. As a team rule, student-athletes with Failing Grades will spend practice time making up or doing what work needs to be done to pass their classes. We will check grades on a weekly basis.

We are "Student-Athletes!"

PRACTICE EXPECTATIONS

Players who learn to give 110% effort at all times and maintain a positive attitude, will become the best possible athlete, teammate and person they can be!

ALWAYS PLAY HARD! COMMIT TO BEING A PART OF THIS TEAM.

****ATTEND ALL PRACTICES**

Players are expected to attend all practices! Schedule personal events or appointments at times that do not conflict with practices and games. If you are at school you will be expected to attend practice. **Injured players are still to attend practices and games unless they are working on rehabilitation and are cleared by the coaching staff.

****PRACTICE ATTIRE (Clothing)**

Each player will receive a practice jersey and practice shorts. Dress as athletes under their practice jersey. We do not want to see undergarments during practice White, grey, blue or black athletic socks only.

If you are going to miss a practice, notify a Coach.

Student-Athletes that miss practice for any reason will be required to complete the make-up workout before returning to practice or playing in a game. This is the student-athlete's responsibility.

**Absences from practices or games may result in loss of playing time or dismissal from the team.

The Practice Schedule Calendar will be on Coach Self's Website;
<http://lorrieselfusd205.weebly.com>.

GAME DAY EXPECTATIONS

****BE RESPONSIBLE AND PREPARED.**

Players are responsible for having the necessary items to participate at the game(uniform, shoes, socks(black, white or blue) and water bottles). Players are expected to take care of issued equipment. Each player will receive game jerseys, shorts and travel gear that we will keep after each game and wash here at school. Team Shirts jerseys may only be worn on game days and practice jerseys may only be worn during practice.

****SUPPORT ALL TEAMS DURING GAMES.**

Players are to stay at the game until the coach has given the entire team permission to leave. Players are expected to sit together and cheer on our teams when not playing. (home and away!) Players should refrain from activities that take attention away from watching the game and cheering. There will be a sign-out sheet for players riding home with parents. If at all possible we would prefer that the girls ride home as a TEAM!

****APPAREL ON GAME DAYS.**

Players will be expected to wear dress clothes for home games and team shirt with jeans for away games. Purchase of the team shirt will be the responsibility of the player, or communicated to the coaching staff if other arrangements are needed.

****AWAY GAMES.**

If on a special occasion an athlete needs to ride home with a parent, a coach must have a written note or the parent needs to sign their player out after the game.

****PLAYER INVOLVEMENT**

6 ways to be more coachable (<http://www.positiveperformancetraining.com>)

1. **Be prepared.** Take five minutes before every practice to release from your mind the rest of your day's activities. Remember your goals and remember why you're practicing. When you're at practice, really, truly BE at practice.
2. **Listen to what your coaches say.** The coaches are the voice for the team. Listen to their instructions, not those coming from the stands or others. Trust in their knowledge of what is best for the TEAM.
3. **Always look your coaches in the eye.** Don't hold your head down. Don't look away. You want to be treated like a young adult, so BE a young adult; have confidence and class and look your coach in the eye. Doing so isn't even for them: it's for YOU. (Yes – this time it IS about you.)
4. **Don't roll your eyes.** It's immature and says more about you than the person you're offending. (See #4.)
5. **If you really have something to say, SAY IT.** So, if all else fails and you just don't get what you need from your coach, be an adult and communicate that in a mature way at the proper time. Whining about something constantly, or tuning out and not committing yourself to your team, is NOT a solution. In fact, it's the exact opposite: absolutely detrimental to you, your team, and your coach's ability to effectively train you.
6. **They really (REALLY) want you to be your best** even if it sometimes comes out sideways. Give them a break if they aren't perfect or if their tone isn't right in line with what you'd prefer. They are there to help you be successful. Trust them.
7. **Social Media: always be positive about your team and other teams here!**
There will be no tolerance for this on our team!

****PARENTS INVOLVEMENT**

Parents are extremely valuable to the success of the team. The role of a parent is one of the support and confidence. When a player questions the authority or decision of a coach, parents are expected to support the decision of the coach. When a player gets mixed signals from the coach and the parents, confusion results and the situation usually gets worse. The coaching staff encourages parents to attend games and support the **TEAM**. It is important to realize that it is unethical for players and spectators to "coach" during a game. The **TEAM** needs one common voice, and that is from their **TEAM** bench. It is the belief of this coaching staff that parents can greatly contribute to the program and development of their child. Should a parent feel the need to communicate something with the coaching staff, it is important to do so in a manner that will be conducive to that goal.

6400 - DRUG AND ALCOHOL POLICY

The Board of Education and educators recognize the illegal use of drugs and alcohol as being detrimental to the positive development of students. **The school's primary role in this area is to educate students concerning the hazards of drug and alcohol use.**

All Bluestem USD 205 personnel and students have the responsibility to report to the Principal observed use or knowledge of any chemical substances. These chemical substances include any un-prescribed prescription drug, narcotic drug, alcohol, hallucinogenic drug, amphetamine, barbiturate, marijuana, solvent or narcotic device.

Students shall not unlawfully manufacture, distribute, possess, use or be under the influence of any chemical substances on or within 500 feet of the school grounds or school property, off the school grounds at a school activity, or upon arrival at school or a school function.

First Offense – With the first violation of this policy, the student may be suspended from school for 5 days and can be subject to long-term suspension or an expulsion hearing. The expulsion hearing will include discussion of a recommendation that the student receive an evaluation and any necessary counseling from a professional chemical dependency counselor (the cost of such programs will be borne by the student and his/her parents) prior to re-admittance to school on a probationary status. If at anytime a student fails to make satisfactory progress in a program, the expulsion will be re-imposed. Additional Activities Code of Conduct Consequences may apply.

Second Offense – A student who violates the terms of the policy for the second time may be expelled from school for the remainder of the school year and will not be allowed to participate in or attend any school activities during the expulsion.

Students who are suspended or expelled under the terms of this policy will be afforded the due process rights contained in Board Policies and Kansas Statutes, KSA 72-8901, et seq. Nothing in this policy is intended to diminish the ability of the District to take other disciplinary action against the student in accordance with other policies governing student discipline. In the event a student agrees to enter into and complete a drug education or rehabilitation program, the cost of such program will be borne by the student and his/her parents. Drug and alcohol counseling and rehabilitation program contacts are available for students of the District. Parents or students should contact the directors of the programs to determine the cost and length of the program.

A copy of this policy and available counseling and rehabilitation programs will be provided to all students and the parents of all students. Parents of all students will be notified that compliance with this policy is mandatory.

2200 - ABSENCES

In general, it is the policy of the school to excuse pupils from school for worthwhile reasons and upon the written request of parents. The Principal will determine the importance of the request and shall ultimately decide upon the merits of each case. If absence from school seriously retards the pupil's progress and interferes with his/her school work, then conferences with parents will be held to inform them of these effects on the child's school progress.

Whenever possible, pupils' appointments for private music lessons, dentist or doctor visits, and beautician appointments should be scheduled for times which will not conflict with the school day.

When a student accumulates eight (8) absences in a school year, parents will be notified and provided with information about the importance of good attendance to student achievement. After this notification, and if the pattern of absences is deemed excessive, future absences may be recorded as unexcused unless written verification from a doctor is obtained.

A student will be counted absent from school if he/she is not present for the regular class schedule, except when on activities sponsored by the school. An excused absence may be allowed for other activities if requested by parents and approved by the Principal.

When a student is absent, he/she must bring a note from the parent, guardian, or doctor stating the reason for the absence. Oral verification of absence is acceptable with the Principal's permission.

It is the student's responsibility to make up any work (practice) missed due to an excused absence.

A certificate for perfect attendance is given at the end of the year to those with no absences.

Attendance is taken in half-days at Bluestem Elementary School. Period attendance is taken at Bluestem Jr/Sr High School. Missing 20 minutes or more of a class period will constitute an absence from a class period.

When a student is not reported absent from school, a timely attempt shall be made to contact the parent to determine the reason for the absence.

Whenever absences become a concern, a staff member or administrator should request a parent / teacher conference to develop a plan to improve attendance.

Lady Lions Basketball

1. Practice begins at 4:10 on most school days. Be on time - On the court and ready to begin.
2. Attendance: Covered in USD 205 Student Handbook.
Excused: 4 Towel Up-Backs, Pre-practice routine, 10 speed layups, 4 Def Slide/Close Out laps, 10 free throws
Unexcused: Double the above plus Handbook consequences
3. Unsportsmanlike behavior is not acceptable.
4. No profanity or disrespect toward team: 2 up backs (As a member of this team it is your responsibility to "self-report")
5. Drugs/Alcohol/Tobacco: See Handbook
6. Game day clothing expectations: Travel Gear or Dress up - Uniform: shoes, socks, wristbands, headbands, etc
7. Respect your teammates. No harassment, bullying, hazing, etc. will be allowed. We are a TEAM.
8. Lettering: participate in half of the varsity games and/or participate in post-season competition.
- 9.. Playing time - Coaches get to determine your playing time.
Control what you can control. **Attitude and Effort.** No one can take that from you.
10. Parental/Family Involvement: Parents/Family are very important to the success of the team. The role of the family is to support and encourage the athlete. Please save your coaching moments for the home environment.

Should a parent feel the need to communicate with the coaching staff with a concern, please schedule an appointment.

- **1st (PLAYER)** I request that the athlete discuss any concerns with me first. Most issues can be resolved at this level.
- **2nd (PLAYER, PARENT)** If issues aren't resolved with the player and coaches: Contact the Coach. We will not be available on game day to discuss your concerns. (24 hour Rule)
- **3rd (PLAYER, PARENT, ADMINISTRATION)** If issues still are not resolved we will meet with the Administration, Parent, Coach and Player.

I HAVE READ AND UNDERSTAND THE EXPECTATIONS GOVERNING MY PARTICIPATION IN THE BLUESTEM BASKETBALL PROGRAM.

_____ Player Signature/Date

_____ Parent Signature/Date

Practice days we will be gone-- Thanksgiving & Christmas etc...

Feel free to call us if you have any questions.

Lorrie Self and Shelby Thompson: 316-742-3281