

# Lakeland High School Girls Basketball



## 2022-23 Lakeland Girls Basketball

Thank you for joining us for the Girl's Basketball Parents' Meeting. I will try to keep this as brief as possible, but I want to provide you with the basic information you may want or need throughout the season.

### Coaches:

Varsity Head Coach: Tyrel Derrick, [tyrel.derrick@lakeland272.org](mailto:tyrel.derrick@lakeland272.org), 208.967.2509

Varsity Asst. Coach: Caelyn Caulfield

JV Head Coach: Mark Kiefer

C Head Coach: Amanda Kral

\*If you are needing to email the coaches, please reach out to me (Coach Derrick) first so I can create the proper email thread for communication

### Lakeland Girls' Basketball

We are looking forward to the season. We believe in a "defense first" mentality. A long-standing belief amongst many coaches is that "defense wins". We will hold to that, emphasizing the defensive end of the court a great deal. That said, we still have to put the ball in the basket. Our teams will play an up-tempo style, pushing and dictating the pace of the game to our liking. We will run, intelligently. And, we will expect to play hard, never allowing an opponent to outwork us!

We will evaluate our success in many ways. We look to improve each day, playing our **best basketball at the end of the season**, not the start or middle. Because we keep score, wins and losses will be part of the evaluation by everyone: coaches, players, parents, and fans.



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*I don't think coaching is about making a million dollars a year. I don't think coaching is about winning championships. I don't think coaching is about going to a great school. I think coaching is about helping young people have a chance to succeed. There is no more awesome responsibility than that. I think one of the greatest honors a person can have is to be called 'Coach.' ”*

- Lou Holtz

### **Our Mission:**

To teach habits of successful living through a competitive basketball atmosphere.

### **Our Vision:**

Through habits instilled and demanded, a winning culture will follow, allowing our players to proceed confidently in their future endeavors.

### **8 Suggestions for Succeeding**

- 1- Fear no opponent. RESPECT every opponent.
  - 2- Remember, it's the perfection of the smallest details that make big things happen.
  - 3- Keep in mind that hustle makes up for many a mistake.
  - 4- Be more interested in character than reputation.
  - 5- Be quick, but don't hurry.
  - 6- Understand that the harder you work, the more luck you will have.
  - 7- Know that valid self-analysis is crucial for improvement.
  - 8- Remember that there is no substitute for hard work and careful planning.
- Failing to prepare is preparing to fail.

- John Wooden



## **THE TENETS OF OUR PROGRAM**



**EFFORT**  
IS AN  
INDICATION  
AND  
REVELATION  
OF ONE'S  
**CHARACTER.**

**BE CURIOUS**  
ABOUT BASKETBALL,  
LET THIS HABIT OF  
ASKING QUESTIONS  
APPLY IN ALL FACETS  
OF LIFE, FOR THAT IS  
**HOW TRUTH IS**  
**REVEALED**

**OUR DUTY**  
IS TO TREAT EACH  
OTHER AS  
**PEOPLE FIRST,**  
PLAYERS  
SECOND. NEVER  
REVERSED.



# Lakeland High School Girls Basketball

## PARENT/GUARDIAN CODE OF CONDUCT

As a parent or guardian of a Lakeland High School girl's basketball player, it is expected that you are responsible for your behavior and other parents, family, or guests that you bring to the games. Please remember that this is high school basketball, so it is important that players learn to be a competitive athlete while being respectful and demonstrating good sportsmanship regardless of circumstances. Every adult (parents and guests) is expected to be a positive role model and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game. Words and actions while attending or participating in a Hawk Basketball attended event shall conform to the behavior in the following code of conduct:

1. Support the Lakeland Girls Basketball program and its philosophy in front of our athletes.
2. Sportsmanlike conduct is expected. Adults will not engage in any kind of unsportsmanlike conduct with any coach, player, or parent such as berating, taunting; verbal or physical threats; or using profane language or gestures.
3. Respect the officials and their authority before, during, and after games and never confront officials at a game. Allow coaches to handle disputed decisions or calls made by referees, officials, or volunteers responsible for game rules.
4. Privately communicate your concerns about behavior of the program, players, parents/guardians, guests, coaches, or volunteers to me as the Head Coach. NEVER APPROACH ANY OF OUR COACHES AFTER A GAME WITH YOUR FRUSTRATION. **Arrange a face to face meeting after 24 hours of the end of the game (24 hour rule). All meetings should be arranged beforehand and will include myself, and another coach.**
5. Communication of any concerns to the coach will be provided verbally, in a face to face setting. Email will only be used to reinforce discussion first made in person, or to schedule.
6. If any parent has an issue with a player's opportunities to play, they must first attend **5 practices** to have a meeting with the head coach to discuss this matter.
7. All players must be picked up at the scheduled end of team functions. It is a reasonable obligation that coaches will ensure that players are not left outside of a gym at the end of practice without supervision, I know we will not have an issue with this.
8. Fill out all paperwork including physical, medical insurance, and emergency information.
9. Every parent wants to see the best 5 players on the court, including their daughter! Remember, "TEAM" means so much more than what you see on the court.
10. We Need Volunteers To Work Concessions!

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Parent Signature



# Lakeland High School Girls Basketball

## PLAYER CODE OF CONDUCT

### Expectations

1. BELIEVE IN WHAT WE TEACH, PRACTICE OUR **TENETS**
2. Be on time and in attendance to all practices, no excuses, and no options.\*
  - a. \*All injured or hurt players must attend and participate in the spirit of the practice and in the program (study hall meetings etc.).
3. Notify the coaching staff in person of any time you will be late for practice or will miss due to illness, emergency, etc. Any player who is sick and is 'parent excused' is still expected to attend practice and watch (whenever possible).
4. Understand that you will be responsible for your attitude and the attitudes of others. You are expected to understand that if camaraderie, family, and player development are not enough for you, then you may have to change your attitude. *If this is an issue you can't resolve, you will be asked to leave the program.*
5. Always answer back to the coaches as "Yes, coach", "No, coach", "Yes, sir!" or "No, sir!"\*
  - a. \*If There Is A Question, Ask A Coach In A Respectful Manner, Or After Practice.
6. No profanity.
7. To have class/sportsmanship/be humble in your victory and handle your loss with maturity.
8. Dress appropriately at school, practice, and for games. (Practice gear to be shorts fingertip length, and an undershirt with a practice shirt over the top). If not followed you will be asked to change.
9. Follow rules of practice, games and travel as listed.
10. Respect school property and take pride in your school: Show acts of respect towards your locker – rooms, court, weight room facilities etc..
11. Turn in all property back in at the end of the year. Anything not turned in will result in you being red tagged for graduating.
12. Do not do anything to embarrass your school, community or yourself!

### Grade Policy Rules

1. Maintain a grade above "C" in each class or you will have grade checks and talk with our staff.
2. No referrals – 1 st referral is a half game suspension, 2nd is full game suspension with a meeting with captains and me, 3rd referral results in suspension and consequences in future games.
3. 2 truanies is one game suspension and 3 truants and YOU'RE GONE!!!
4. Less than a 2.0 GPA and you will have study hall two times weekly under coaches' scheduled times. No more than one "F" is permitted at grading period.

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Player Signature



# Lakeland High School Girls Basketball

## LOGISTICS

- Tryouts
  - October 30st, at 3:00pm in the LHS Main Gym
  - All girls must have the proper paperwork/physicals/school waivers turned in before trying out. If you are unsure, make sure to contact the office - as we will not let a girl participate in tryouts if the proper paperwork is not in.
  - We will be posting team rosters on the board at 5:45pm 10/30
  - If your child did not see her name on the roster unfortunately they did not make a team.
  - If your child did not make a team of their choosing I have very little to say on the matter as I know myself, and the coaching staff were available and working at all times with girls all spring/summer/fall.
  - Remember, this is a great chance to speak to your daughter, and have a tough conversation if they did not make the team they wanted. It may be difficult, but this is where sports are great - they produce realities you have to face each and every day, which they may not have encountered by not playing.
  - Some girls may miss tryouts or days of tryouts, this will be handled by the coach discretion, but all girls will have an opportunity to tryout.
- Away Competitions
  - Players must be 30 minutes early before bus departure. If a child misses the bus, they will miss the first half of the game (if parents then drive them to the competition).
  - My desire is to have every girl ride the bus back to the school from competition. *If there is a situation in which this would not be the case it must be cleared through me at least 24 hours before the game. No one other than the child's legal guardian can sign out a player to take home, unless cleared through the athletic department at least 24 hours prior to competition.*
  - On long bus trips we will stop for food, if you would like your athlete to have money to purchase, plan accordingly.
- Travel Gear
  - Varsity will have school bought Jackets, other teams will wear Lakeland gear
- Team Dinners
  - I encourage all teams to have team dinners.
  - With that being said, Varsity, this will be an expectation for Home games. I need a parent or two to organize these dates and make sure the girls have a great time at these dinners.
  - I also need a parent volunteer to be present at Booster club meetings to advocate for Girl's BBALL (While Communicating with Coach Derrick)
- Photos
  - There will be team photos announced by your coach to the players **NOVEMBER 4TH, 9 AM IN THE MAIN GYM.**
  - Varsity Banner photos will be taken at the same time. I do not know pricing yet.
- Game Schedule
  - On the District Website
- Lettering
  - A girl who is on Varsity and plays in a varsity game will letter for the program and will receive this at our end of the year awards banquet.

