WASILLA HIGH SCHOOL GIRLS' BASKETBALL

WHAT IS BASKETBALL? Basketball is teamwork, self-discipline, communication, sportsmanship, fun, attitude, responsibility/commitment, competition, and success.
WHAT IS A COMPETITOR? She plays like every play means the championship. The woman never gives up. She's never beat mentally. She comes through for the team. She is consistent. She does her job every play. She's never satisfied with her performance. She keeps on going play after play – FULL SPEED. She can't relax for a moment. She's aggressive – always on the attack. She's more interested in the team than personal glory and winning is the most important GOAL.
ATTITUDE! Attitude is a little thing that makes a BIG difference.
TEAMWORK! Teamwork is the fuel that allows common people to produce uncommon results. Coming together is a beginning… Keeping together is progress… Working together is a success.
SUCCESS! The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather is a lack of will.
QUITTERS NEVER WIN, WINNERS NEVER QUIT!!!!!
THERE IS NO "I" IN TEAM!!!!!
EXCELLENCE IS THE EXCEPTIONAL DRIVE TO EXCEED EXPECTATIONS!!!
Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting.
We as coaches will listen to individual opinions, but we make the ultimate decision and everyone is expected to respect and follow it.

PRACTICE

1. **MISS PRACTICE** – No excuses: exceptions are illness, death in family, personal problems, etc
   Please notify the coaches in **advance**.
   Hebert-Truax = 232-0551c Hewitt = 232-8123c Babcock = 351-0806c
   Rustad = 690-0255c 352-8249w Anderson = 841-7260c
2. **IF YOU'RE TOO SICK TO COME TO SCHOOL, YOU'RE TOO SICK TO COME TO PRACTICE!**
   Exception is an appointment made by parents.
3. **LATE TO PRATICE** – player owes 10 second drills (lines) per minute. *DO NOT BLAME IT ON PARENTS*
4. T-shirts/cut-offs are mandatory under practice jerseys (not same color as jersey)
5. NO jewelry.
6. Water breaks are scheduled into practice – one is not to leave the basketball floor without permission.
7. Extras are to stand, watch, listen, and learn from the sidelines.
8. You are in a game what you are in practice. You give 70% in practice; you will give 70% in game.
9. Listen and do what a coach tells you no matter what team you play on. When a coach talks, nobody else talks. Make eye contact with the person doing the talking.
10. When a coach blows the whistle, stop, and listen to what she/he is saying. When drills are being rotated, **SPRINT**.
11. Basketball coaching is a classic example of route teaching. Get used to going over things again and again.
12. When you make a mistake, please do not dwell on that mistake. "**Rebound**"
13. If have to stop practicing for an injury, prepare to sit out rest of practice. You do not get to choose which drills to be a part of.

GAMES

1. No guarantee playing time. You must earn the right to play. **PLAYING TIME** is based on practice, situations (foul trouble, tempo, and mismatches), effort, attitude, chemistry, 100% at all times, and off-season dedication.
2. MISS PRACTICE – MISS GAME TIME ISS/OSS/Sat. School = NO PRACTICE/GAME TIME
3. **No ABSENTS or TARDIES** the day of a game.
4. **LATE** for game will affect playing time. **DO NOT BLAME IT ON YOUR PARENTS!!**
5. **ONLY** team captains will address the referees. Your job is to play the game of basketball and leave the referees to the coaches.
6. **FACIAL EXPRESSIONS** – we want to never show any emotion as a reaction to a referee's call.
7. **COACHES' TIME -----** individuals need to focus and concentrate on the game ahead. One is not to be talking to parents, friends, students, listening to the fans, or playing on cell phones, etc.

AWAY TRIPS

1. Winter gear is required.
2. Remain with the team unless released by a coach.
3. **NO DESTRUCTION OF PROPERTY -** hotel, school, restaurant, etc.
4. **Bus** waits for no one. Be ready 15 minutes before bus leaves.
5. Parents take home after a game – must be arranged in advance and make sure Coach releases you after the game. If with someone besides parents – must have a note into ADMIN the day before.
6. Traveling is a **PRIVILEDGE** not a **RIGHT!!!!!**

INJURIES

1. You are still required to be at practice unless released specifically by a Coach.
2. Let us know immediately, so we can handle it correctly.
3. If sent to a Doctor, must have a Dr.'s release to practice or compete.

CONDUCT

1. No destruction of property - locker rooms, hotels, schools, etc… - respect what is around you!
2. No use of drugs, alcohol, smoking, or tobacco (vaping/Juul) at any time – respect your body!
   (TADS) Civic Responsibility - Make a report or you become involved in issue.
   See or hear anything – you must report it.
3. SOCIAL MEDIA – Negative Content – Consequences.
4. CELL PHONES – They will be collected on away trips at night and not use in locker room inappropriately.
5. **UNSPORTSMAN LIKE CONDUCT –** fighting, stealing, profanity, etc…
   Technical Foul a) 1st – lose four quarters of play b) 2nd – lose one full game
   c) 3rd – suspension from the team
6. No drinking of SODA, Energy drink during season. Drink Chocolate Milk, Gatorade, Water. (HYDRATE)
7. Develop good eating habits. Eat breakfast. No Supplements.
8. Develop a regular (7 hours at least) sleeping pattern. Please be in your bed by 11:00 PM at the latest.
9. We will not treat all players the same. We allow some players to use techniques and shoot shots that we do not allow other players to use. That is because the players are all different in their ability and experience.
7. Leave your personal problems off the playing floor. However, the coaching staff is ready and willing to counsel with/listen to you at any time.

DRESS

1. HOME GAMES*** - Dress up NO JEANS
2. AWAY GAMES – Team Outfits *** Palmer and Colony are considered HOME games.
3. **NO SHORTS OUTSIDE** - Bring sweats to wear after practice.

ACADEMICS

You are a student-athlete and a student first and foremost. We expect you to perform well in your classes and work in a spirit of cooperation with your teachers.

1. Must have a 2.0 and **NO** F's or I's in all classes. If you are having trouble in a class, we want to know.
2. Must be enrolled in at least 5 classes (4 seniors). (One PF/Class of Student Aide)
3. Progress reports will be done – must turn in to practice/play.
4. **BAD GRADES – NO TRAVEL!!!! NO PLAY!!!!**

LETTER AWARDS

1. Playing time – 24 varsity quarters
2. Attitude and Sportsmanship
4. Practice attendance
4. Member of region/state team
5. Coaches' discretion
6. Good Academic standing
6. Adhere to State, Borough, School, and Coaches Rules

EXPECTATIONS

	TEAM	*EXPECTATIONS*		*TEAM*	*EXPECTATIONS*
SENIOR	Varsity	Major Contributor and leader	JUNIOR	Varsity	Role player and contributor
	JV	Major Contributor and leader			
SOPHOMORE	Varsity	Role player	FRESHMAN	JV	Role player
	JV	Role player and contributor		C	Play hard and learn the game
	C	Major Contributor and leader			

COMPLAINTS

1. **NO BACKSTABBING –** if you have a problem with a coach, player, parent, etc… talk to a coach or individual not behind their back. Hatred is always a complete waste of time. Disloyalty is a waste of your potential.
2. **NO CRITICIZING - this** is the coaches' job, not the players. Learn to accept criticism. When criticized, at least you know you're being watched and observed.
3. **Worry about yourself, not others.**
4. If you have questions about practice, position, playing time, etc … use the following process
   a) Player talks to the coaches b) Player and Parent talk to the coaches
   c) Player, Parent, Coach talk to the Administration d) If no decisions, administration will make one
5. **PARENTS –** support players **PLAYERS –** encourage teammates **COACHES –** critique players

Clarification on talking to coaches
NO – what should be doing with BB (i.e. – zone or man defense). Please do not under coach me and my philosophy here at WHS
YES – if there is a concern about your child. (i.e. – medical, sick) If issue with playing time, I will chat as long as your child has spoken to me first about the issue.

FUNDRAISING

1. Each student/athlete is responsible for at least 3 (or more) fundraising materials!
   (Ultimate Warriors, Auction Item, etc…)

_____ _____ _____
Player Signature Parent Signature Date