

## **Alsea High School Women's Basketball Program Player Handbook**

### **Prepare-Work-Execute**

Welcome to the Alsea High School Women's Basketball program. It is our desire, as the coaching staff, to help create a positive and successful experience for you as wolverine team member. To do this, we are concerned as coaches with the development of the whole individual, not just the part of you that is an athlete. It is our intent to provide opportunities which will develop character and strengthen values. We hope you learn more about life in general from being a member of this basketball program.

However, these ideals can only be realized if you, as a person, are totally committed to being a positive, contributing member of this team. We are looking for individuals who are devoted to their responsibilities as athletes and students, individuals who show desire and dedication on and off the floor, players who are coachable and committed to being the best they can be, athletes who are disciplined enough to maintain top physical condition throughout the season, and people who understand the importance of unselfishness and on-the-court cohesiveness. In short, we are looking for winners. We, the coaches, are committed to giving our best and we expect the same from you.

**“Once you become a member of a team you forfeit many individual rights”**

### **Team Expectations**

#### **Academic**

It is your responsibility as a member of the women's basketball program to maintain good academic standing.

1. Our goal is for the team to have a combined 3.0 GPA each and every term
2. Grades will be run weekly, on Mondays.
3. Players are expected to behave and treat others with respect both on and off the court.
4. Should classroom behavior issues arise there will be consequences to the team.

#### **Practice**

Practice determines how successful we will be during the season. It is in practice that we develop the habits and skills that carry over into our games. Therefore, as we strive to be the best, we must demand 100% effort and concentration from ourselves.

#### **Pre-practice**

1. Prepare yourself mentally for practice as you would for a contest.
2. Always have a specific goal for the day for yourself.
3. Enter the gym only after having prepared yourself both physically and mentally to work. Pledge to yourself that at no time is your opponent working harder than you.
4. The practice floor is our classroom, we expect you to do socializing elsewhere.
5. Use your pre and post practice time wisely by working on the weaknesses and strengths of your game.

### During Practice

1. Your total concentration and effort is expected in every drill; 100% all the time.
2. When a coach is talking look at them and listen to what they have to say. Don't justify your actions by telling a coach why you didn't accomplish a task, just get the job done.
3. Never look away from your teammates when you're tired. Be visible and give positive encouragement.
4. Be enthusiastic. Be cocky in your play, but not over-confident. Be positive. Do yourself proud.

### Punctuality

1. Be on time, in fact, be early. Notify the coach as early as possible regarding expected tardiness or absences.

### Injuries

It is important that the coaching staff be made aware of any injury or illness prior to practice. If you are unable to practice, but are able to attend, you must be in attendance. You will participate by paying attention to all teaching and drills, and by assisting where able.

It is imperative that you deal with injuries as soon as they occur. Failure to do so can significantly increase the severity of your injury as well as your length of recovery time. This is your responsibility and you owe it to yourself and your teammates to follow through on this.

### As a member of the team

There is much pride associated with being a representative of our program, one you must earn the right to be in daily. This means taking care of business in the classroom and on the basketball floor. Do not assume for any reason that you will be a starting player. You will be held accountable for your actions.

### Dress Code

On game days all players will wear either slacks or khakis and the game day team shirt. If players are not dressed in their game day clothes they will not be allowed on the bus. Leggings are not pants.

### Keys to Success

Consistent-Be consistent with training. Train on a regular basis and put a quality effort into each training session. Going gung-ho for a short period of time and then falling off will not be productive. Developing a high level of strength and fitness is a continual, gradual process. Consistency will bring results.

Conscientious-Follow the program as presented and do the best you can. Show you are accountable, and work hard even when a coach isn't around to check on you.

Control-This is probably the single most important word to safe training. Take pride in your work and strive to have perfect technique on every rep of every set. Make every rep count. Move up in weight as you are able, but don't sacrifice technique for greater weight. "Train don't strain".

## **Team Rules**

If a player is late to practice:

1st offense-an individual championship

2nd offense-team OD's (7)

3rd offense-No game participation

If a player skips practice:

1st offense-individual death by burpees

2nd offense-individual 12 ways of fitness

3rd offense-No game participation

If a player fails to communicate with a coach:

1st offense-individual 7 sprints

2nd offense-individual mile, on own time

3rd offense-No game participation

Leave attitude off the court.

Be taped before practice and/or games.

Be prepared.

Be nice.

Don't anger the coach.

As a player I have read, understood, and agreed to the expectations of me to both my teammates and my coaches and am ready to participate in the Alsea Wolverines' Basketball Program.

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Print

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Signature

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Date

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Parent Signature