



Middle School Girls Basketball Player-Parent Handbook



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Dear Player:

I would like to welcome you to the Alsea Girls Middle School (MS) Basketball Program. I am looking forward to this season of Alsea MS basketball. You will be asked to make sacrifices and give all you can possibly give to this program. This means you will practice hard and encourage others to do the same. Hard work translates into success. As your coach, I promise to never quit on you and will do everything in my power to make your hard work pay off.

I cannot guarantee that all of you will be stars on the basketball court, but I do know that with the right attitude you can achieve most anything. We will set goals for ourselves as a team. We will work tremendously hard together, as a team, to achieve these team goals.

Our number one goal is to build a strong tradition with this program. We don't just want to win, but to win with honor and respect for the game. We will pursue victory with honor and represent ourselves, our school and our community with nothing but class. Grade will come first though, without them there will be no play time.

I want to make basketball enjoyable for you, but I want you to understand that it is a privilege to wear the Alsea uniform. You are going to push yourself to become the best player you can be, but without forgetting your love of the game and why you play this great game, because it is FUN!

Here is a quote from a former NBA coach, Hubie Brown that I find to be so true. **“Teams with athletes that have ability make for many wins, but teams consisting of athletes with dependability make seasons memorable.”** I believe we have athletes with a great deal of potential and ability, but if we can come to depend on one another to give max effort then we can build something special.

I am not looking for 5 great players, but I AM looking for one great team. Your ability to be a good teammate, to work hard, and to have a positive attitude will greatly improve our chances of success, and your chances of being a part of something special.

- Coach Terri-Anne

Alsea Basketball Program Philosophy

Basketball is a very small part life, but is also a way to learn about life. In basketball the players and coaches have a duty to team, school and to one's self. Players and coaches must perform their duty to all aspects of the game. A coach must first be responsible to the team and then the player. Because of our commitment to our program we must remember that after each game and each season only the team remains. Therefore, our only goal isn't to win championships, but also to become people and a team of great character. The Alsea philosophy contains high expectations and standards for our team. These expectations will be a guide for our players' and coaches' conduct on and off the court. If we are to attain our goals of building a strong tradition of Alsea basketball, then all players and coaches must buy into this philosophy.

All players must understand their role as a member of our team. It is because of this, our veteran players have a critical role on the team. Their experience and knowledge must set a positive example for the younger players in games and practice. Veteran players must realize their conduct and attitude sets an example, so they must be exemplary in the classroom and in the community, as well as on the court. Veteran players must instill confidence in younger players to help the team excel at all levels of play. By believing in and respecting your teammates and coaches, realizing your collective responsibility, and having pride in your team and school, the foundations of a successful program can be built.

Successful teams plan, prepare and expect to win. We feel that if we are to be successful, we must be prepared to outwork other teams on both ends of the floor during games. Because of this philosophy, our practices must demand our full attention and effort. Non-productive, lazy practices build a poor work ethic and fundamentally unsound techniques. If poor performance is allowed, it becomes the mode of operation in all things. We must practice well in order to perform well on the court. All players must make an effort in practice to prepare to be the best basketball player they can be, on and off the court. Aristotle once said and Shaquille O'Neal repeated an old adage, "**We are what we repeatedly do. Excellence, then, is not an act, but a habit.**" We must practice hard each day to build a habit that carries over to games.

Coaches Overall Principals:

MS games are held to develop players for the future. Although we would like to win every game to have a sense of accomplishment, it is more important that we become better players both individually and as a team. At this level, winning is not the most important thing. School grades are very first; player development is a strong second!

Just Me

From the time I was little, I knew I was great
'cause the people would tell me, "You'll make it – just wait."
But they never did tell me how great I would be
if I ever played someone who was greater than me.

When I'm in the back yard, I'm king with the ball.
To swish all those baskets is no sweat at all.
But all of a sudden there's a man in my face
Who doesn't seem to realize that I'm king of this place.

So the pressure gets to me; I rush with the ball.
My passes to teammates could go through the wall.
My jumpers not falling, my dribbles not sure.
My hand is not steady, my eye is not pure.

My fault is my teammates – they don't understand.
The fault is my coach – what a terrible plan.
The fault is the call by that blind referee.
But the fault is not mine; I'm the greatest, you see.

Then finally it hits me when I started to see
That the face in the mirror looked exactly like me.
It wasn't my teammates who were dropping the ball,
And it wasn't my coach shooting bricks at the wall.

The face in the mirror that was always so great
Had some room for improvement instead of just hate.
So I stopped blaming others and I started to grow.
My play got much better and it started to show.

And all of my teammates didn't seem quite so bad.
I learned to depend on the good friends I had.
Now I like myself better since I started to see
that I was lousy being great – I'm much better being me.

*Be The Best **YOU** Can Be!*

Team Principles

- Put the goals of the TEAM ahead of individual goals.
- Have a great work ethic at all times on the court and in the classroom
- Be on time to all team and school activities
- Have pride in the Wolverines
- Respect authority and each other, always be polite
- DO NOT GET KICKED OUT OF CLASS
- Leave places better than how you found them (pick up any trash)

***Role of the Coaches:**

- Teach the game of basketball in a positive manner. Correct and encourage.
- Promote a trusting atmosphere.
- To inspire players to reach their potential.
- To communicate with the players and parents.
- To be clear where players stand.
- To treat players and staff with respect.
- To represent the program and communities in a positive manner.

***Role of the Player:**

- Be a good teammate.
- Be coachable.
- 100% effort on the court and in the classroom.
- Play smart and communicate with teammates and coaches.
- Be accountable and responsible.
- Display good sportsmanship at all times.
- Maintain your cool when faced with adversity.
- Represent the program and communities in a positive manner.
- DO NOT GET KICKED OUT OF CLASS.
- Enjoy the game, have fun!

***Role of the Parent:**

- Support your child on and off the court in a positive manner.
- Help maintain your child's academics.
- Promote a good training lifestyle. I.e. sleep, no alcohol, no tobacco, good diet.
- Communicate injuries to the coaching staff. Sometimes players want to hide these so they can continue to play.
- Be a positive example at games and any school activities as you represent our program and community as well.
- Encourage and support all players on the team as well as the coaching staff.
- Support the style of play of the team. You are not going to change it with your comments, and you will confuse your child.
- Let the coaching staff do their job. Giving "extra" information may go against what is being taught, and can confuse your child.
- Trust the coaches and school district to do what is right for your son as a person and player. As a coach we have the player and the entire program in mind when making decisions. We are all on the same side.
- If you don't like what I'm doing, by all means, step up and take over the coaching; but don't talk about me to your child or other parents. If you can do it better, I will gladly let you.

***Practice and Games:**

- See page 13 for games and page 14 for practice schedule.

***Practice:**

- Be on time and work on YOUR game before practice starts.
- Be prepared (mentally and physically).
- Be coachable with a good attitude.
- Make yourself and team better by pushing yourself and your teammates.
- Come with all your homework.

***Games:**

- Be prepared (mentally and physically).
- Dress properly.
- Attendance at school must align with student handbook.
- Conduct yourself in a professional manner – you represent our school, the program and your parents. Any other type of behavior will not be tolerated.

"I have failed over and over again, and that is why I succeed."

--Michael Jordan

Being a Wolverine is about.....

- Displaying good sportsmanship on and off the court.
- Respecting other teams, other players, other coaches, and other schools, while wholeheartedly loving and rooting for the Wolverines.
- Being a championship contender every year.
- Doing things the right way, even if it's not popular.
- Integrity and hard work.
- Good grades and respect for all teachers.



Individual Records:

(We will be looking at the following for acknowledgement after the season, and to see improvement next year.)

Most points scored in a game
Most offensive rebounds in a game
Most defensive rebounds in a game
Most total rebounds in a game
Most assists in a game
Most steals in a game
Most 3 pointers in a game
Most free throws in a game

Most rebounds in a season
Most points in a season
Most assists in a season
Most 3 points in a season
Most steals in a season

Most points in a career
Most rebounds in a career
Most assists in a career
Most steals in a career
Most 3 pointers in a career

Team Records:

Best final record
Best field goal % in a game
Most points in a quarter
Most points in a game
Most 3 pointers made in a game
Fewest points allowed in a game
Most rebounds in a game
Most steals in a game
Most assists in a game
Best final season scoring average
Lowest opponent season scoring average

Eligibility Requirements for Athletes

All athletes will follow the Athletic Handbook of Alsea School. All athletes must conform to all state regulations as well as Alsea School Policies.



Team Rules

- Each athlete must have the following before participating in any practice or game:
 - Physical
 - Contract signed by player and parent (by 1st game)
 - Appropriate practice gear, including a water bottle.

- Code of Conduct:
 - We will take responsibility for all our actions, their consequences, and our own physical and mental preparation. Excuses are usually failure to take responsibility.

- School-Practice-Game Attendance:
 - All players will be required to be on time for practices, games, and bus departures. For practices, players must be dressed and on the floor when practice is to begin.
 - Unexcused:
 - Any player with an unexcused absence for any period during the school day will not be allowed to participate in any practice or game that day.

- Any missed game or practice that is not excused prior to the game or practice is considered unexcused.
 - Being kicked out of a classroom will be considered unexcused for that period.
 - 1st Offense – Sit out a quarter of a game.
 - 2nd Offense – Sit out half of a game.
 - 3rd Offense – Sit out a full game
 - 4th Offense – Better not happen.
- Excused:
 - Any student with an excused absence during the school day may participate in practice or a game that day.
- Tardies:
 - The following rules will be applied if an athlete is late for practice and is not excused:
 - 0-10 minutes late – Player will perform 2 minutes of burpees after practice.
 - 11-20 minutes late – Player will perform 5 minutes of burpees after practice.
 - 20+ minutes late – Player will be considered unexcused, and follow the unexcused protocol above.
- Dress Code:
 - Uniform attire:
 - All players will wear travel uniforms to and away from games unless otherwise directed by the coaching staff.
 - We represent Alsea School and should dress in a way that will bring pride and respect to our program and community.
 - Shoes:
 - We will not mandate team shoes, but game shoes are expected to be non-black skid soled.
 - Practice attire:
 - All players will be required to dress in regular workout attire.
- Practice Duration:
 - Practices should not exceed two hours in length.
- Transportation:

- All players are expected to ride to the games on the bus. If a player chooses to ride home with their parents after a game, the parents must sign out their player on the travel form or make arrangements with the school office prior to the bus departure for the game.
- Social Media:
 - All athletes, players, and parents are required to always be mindful of what is said and posted on social media sites such as Facebook, Twitter, YouTube, Snapchat, or via email and text.
 - Any violation of using these social media sites by posting lewd, inappropriate, compromising, illegal or unacceptable pictures and statements will be met with suspension. Parents caught doing it we will have a talk.
- Parent-Coach Communication Rules:
 - I have four rules for running my program in regards to parent-coach communication.
 - 1 – There is a 24 hour cool down period after games until I will meet with parents about something that happened. This meeting never takes place in the gym after the game.
 - 2 – We will never talk about playing time, period. That decision is a coaching staff decision and it is not up for discussion. If you ask, what can my daughter do to “earn” more playing time, I can answer that question. We will try our very best to make sure everyone has play time, how much, I can’t say.
 - 3 – I will never talk about another player on the team with parents. You would not like me talking about your daughter to other parents and I won’t do that to them either.
 - 4 – I don’t tell you how to do your job, so don’t tell me mine. If you don’t like something I’m doing schedule a time to talk with me, please don’t talk about me or bad mouth be to your daughter or community, I’m sure you wouldn’t want me to .

Not every event can be covered in a handbook. Any other incidents that take place during the season will be resolved at the discretion of Coach Terri-Anne in collaboration with the athletic director and assistant coach Joy Jordan.

Game Schedule:

Date:	Start:	Event:	Location:
11-07-16	4:30 pm	@ Siletz	Siletz
11-09-16	4:30 pm	@ McKenzie	McKenzie
11-14-16	4:00 pm	@ Triangle Lake	Triangle Lake
11-16-16	4:00 pm	@ Oak Hill	Oak Hill
11-28-16	4:00 pm	vs Lowell	Alea
11-30-16	4:00 pm	@ Falls City	Falls City
12-05-16	4:00 pm	vs Mapleton	Alea
12-07-16		<i>Christmas Performance</i>	
12-12-16	4:30 pm	@ Mohawk	Mohawk
12-14-16	4:00 pm	vs Waldport	Alea
01-04-17	4:00 pm	vs Crow	Alea
01-11-17	4:00 pm	vs McKenzie	Alea
01-17-17	5:00 pm	@ Waldport	Waldport
01-18-17	4:00 pm	vs Triangle Lake	Alea

***Remember games are subject to change.**

Practice Schedule:

We will practice November 1st, 2nd and 3rd from 3:30 to 5:30 pm.

We will then practice the 8th and 10th from 3:30 to 5:30 pm.

Starting on November 14th, after school on days we don't have games, we will practice from 3:30 to 4:30 pm.

We will announce practice times as they occur for half days and over the break periods.

Mountain West League

Junior High Basketball Regulations:

1. The first season's practice may begin at the termination of the associated fall season (boys may begin immediately at the end of football; girls may begin immediately at the end of volleyball season). The second season's practice may begin December 26.
2. Winter Vacation: No MWL games are to be played.
3. Players are intended to be 7th and 8th grade. 5th and 6th graders are allowed to play if there are not enough 7th and 8th graders to fill an "A" and a "B" team. It is each school's decision as to whether or not 5th and 6th grade players are allowed to play on either the "A" or "B" team.
4. Order of games will be "A" first and "B" second.
5. Referees for home games should be adults if certified officials are not used. Coaches are expected to make sure officials are aware of the League's special rules.
6. The League's major emphasis is on sportsmanship and participation. Coaches are expected to keep control of their players at all times and see that proper supervision is present at all their home games.
7. The visiting school is responsible for bringing their own towels.
8. All cooperative sponsorships shall be submitted to the league for approval before the activation of the cooperatively sponsored athletes.

Junior High Basketball Playing Rules:

All basketball playing rules used by the OSAA will be used for all games with the following changes:

1. Playing Time: "A" game – 32 minutes, "B" games – 32 minutes
2. Quarter Length: "A" game – 8 minutes, "B" game – 8 minutes
3. Overtime: "A" game – 4 minutes, "B" game – 4 minutes
4. Pre-Game Warm-up: 10 minutes
5. Halftime: 5 minutes
6. No press is allowed when a team has a lead of 15 or more points. The ball must gain front-court status (both feet and ball) before it can be stolen, unless a backcourt pass is going to a player inside the 3 point line.
7. League start time for all junior high basketball games shall be 4:00 pm.

Motivating Yourself

Our reaction to failed attempts at success often determines whether our ultimate goal will ever be reached. Henry Ford once said “Failure is only the opportunity to begin again more intelligently.” Consider the following story the next time you fail.

It was late afternoon and a skinny young man was dashing down the step at his school to check out the bulletin board by the gym. His heart was pounding as he saw the list that was tacked to the board. This list would tell him if his dream of making the high school basketball team would be realized. He read the list again, and again, each time with the same result – his name was not there. He had failed. That day, the moment, would change his life.

For the next year, regardless of the weather, he practiced 4-6 hours every day. There were many nights that he was all alone under the moonlight, practicing every move, every shot that needed to make next year’s team.

The ending is a happy one. He did make the team – and Michael Jordan, on the heels of failure, went on to become the greatest basketball player of all time.

“Those who dare to fail miserably can achieve greatly.”

--Robert F. Kennedy

Don't be
AFRAID
To Fail

Coaches Contact Information:

- Head Coach – Terri-Anne Thalman
 - 541-487-4305 -- School
 - 541-270-7752 -- Cell
 - 541-487-4031 -- Home
 - terri-anne.thalman@alsea.k12.or.us

- Assistant Coach -- Joy Jordan
 - 971-235-9586 -- Cell

- Athletic Director – Tiffany Schreiber
 - 541-487-4305 -- School
 - 541-740-9924 -- Cell
 - tiffany.schreiber@alsea.k12.or.us



Player-Parent-Coach Contract

I, _____, want to play basketball for the Alsea Wolverines this season. In exchange for the privilege of being on the team, I promise to do the following:

1. Adhere to all of the training rules listed in the player and school activities handbook.
2. Commit myself to pursuing victory with honor by demonstrating high standards of ethics and sportsmanship.
3. Accept and understand the seriousness of my responsibility, and the privilege of representing myself, my team, my school and my community with honor.
4. Learn the rules of the game.
5. Respect the integrity and judgment of the game officials.
6. Do what is right.
7. Do the best that I can.
8. Treat others the way I want to be treated.
9. Win with humility; lose with grace.
10. Represent my school, town and the program in a positive light. This includes dress code, haircuts, and my actions at all times.

As a parent of the above named player, I realize that I am part of the team and promise to do the following:

1. Influence my child to abide by the contract they have signed.
2. Report any failure by the athletes to live up to the contract they have signed.
3. Be an example of good sportsmanship at all team events.
4. Represent myself, the team, the school, and the community with honor.

We, the coaches, promise to do the following:

1. Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards.
2. Respect the integrity and personality of the individual athletes.
3. Abide by and teach the rules of the game.
4. Describe and define respectful and disrespectful behavior.
5. Respect the integrity and judgment of the game officials. (No matter how bad we know it was.)
6. Display modesty in victory and graciousness in defeat.
7. Make sportsmanship a priority.

We know that being a part of this basketball program will require sacrifices, adjustments, and extraordinary commitment on the part of the players, their families and the coaches. However, we are working to achieve an extraordinary team success which demands extraordinary effort on all of our parts. In return, we have an opportunity to create a positive experience that could affect our lives forever.

The players will be constantly evaluated on their demonstration of coach-ability, hustle, mental and physical toughness, loyalty to team, unselfishness, their desire to improve, and completion of homework and passing grades. Our goal is to field a team of players that constantly demand more of themselves, than is demanded by the coaching staff; both on the court and off.

In every game situation, our team will play to win. Game substitutions will be made with that in mind. However, there will be situations where a player may be pulled from the game, despite their ability to contribute. I expect positive behavior on the court, I like to win, but that isn't everything. Players that attend every practice and work hard will see playing time regardless.

The members of this team are expected to work harder and with more discipline, hustle, enthusiasm, teamwork, and dedication than any other team in this state. This is not a goal, this is an expectation.

*I understand that as a part of this team, I agree to abide by these expectations described on this contract.

Player Signature: _____

*My child has shared with me these expectations and I agree to give him all the possible help to meet them successfully and fulfill my part with him.

Parent Signature: _____

*As head coach of this MS basketball team, I agree to abide by the expectations listed on this contract.

Coach Terri-Anne: _____