

Alton Girls Basketball Team Rules/Contract

"Defense wins ball games and disciplined teams play great defense"

2019 Team Goals:

- Raise our overall basketball IQ
- Be a competitive threat in every competition through hustle and by outthinking other teams.
- Finish with a minimum team GPA of 2.75.

Grades:

- Anytime a student's name is on the ineligibility list, the parents will receive a text.
- Students who are on the ineligibility warning list must complete 1 day of tutoring on that subject and bring a note before playing in a game.
- Students who fall ineligible must attend tutoring and/or do homework in classroom outside the gym for 1 hour every day until eligible.
- Team GPA goal - 2.75 (If team goal is reached then team reward will follow!)

Practice Rules:

- PRACTICE IS *NOT* OPTIONAL!
- Be in the gym at least 5 minutes before start of practice. We will run as a team for every minute that the last person is late. If player is over 15 minutes late, she will owe a Warning Card before she can return to play.
- Saturday Practices are our main game prep days for the upcoming week. *Unexcused* missed Saturday practices result in no play for the first half of the next game plus a Warning Card due before that game.

Warning Cards:

- Card filled with 25/45 minutes of continuous conditioning drills.

Disposition/Attitude 4 Strike Policy:

- Playing on this team is a privilege and allowing athletes to remain in the gym who are unwilling to participate with *high/positive* energy takes away from the experience of others and causes a major distraction.
 1. First time an athlete is non-compliant and dismissed by coach – There will be a text sent to parent/guardian and playing time will be affected.
 2. Second time – A text sent to parent/guardian + 1-1 meeting between coach and athlete + Warning Card
 3. Third time – A text sent to parent/guardian + Parent/Athlete/Coach meeting + Warning Card + No Uniform for next competition
 4. Fourth time – Athlete will be asked to return all team administered gear and removed from team roster.

School Absences:

- If student misses school, I need to receive a text message by 1pm (or any time in advance) stating that they are not or will not be in school in order for the absence to be excused.
- All missed practices will be verified with a parent via text.
- If student does not feel well and does not get sent home for being sick or any other reason, she is still *expected to be* at practice. They can do homework during conditioning and skill drills and take notes and write or ask questions during the instruction/game planning portion of practice.
- DO NOT JUST GO HOME unless you are sent home by school nurse or parent.
 - A. Excused Absences:
 - Include Doctor's note, Parent note, or note from a school Administrator.
 - If excused, athlete must complete a *25 Min.* Warning Card before returning to practice.
 - B. Non-Excused Absences:
 - Weekdays – Must complete a *45 Min.* Warning card before returning to practice and playing time will be affected.
 - Saturdays - Must complete a *45 Min.* Warning Card before returning to practice AND will sit a minimum of the first half of the following game.
 - Player could potentially sit entire game if she struggles with the game plan for that week

Playing Time:

- Playing time and starting positions are privileges and EARNED in practice (not given or based on grade level).
- The best line-up(s), determined by coaching staff, will start/play.
- Starters are not set in stone and changes can and will occur weekly. If an athlete's performance consistently declines or an athlete's performance consistently increases, changes will be made accordingly. (Fight to keep your position or fight earn/take someone's position – Iron sharpens iron)

1. JV vs Varsity:

- Every player from Freshman to Junior can play JV at ANY time.
- This is not punishment but a chance to work on different sets, line-ups, gain more experience and allow us to be competitive at both levels.
- A player who typically plays Varsity but is asked to play JV due to a teammate's performance increasing that week, is still expected to play and play well. (earn your spot back!)
- ONLY Varsity starting 5 will *not* dress for JV. (Top 8 JV players will dress for Varsity game from that week)

HOME GAMES

- Athletes arrive to home games 1.5 hours before JV game begins.
- Get Prepared! Eat, complete homework, see trainer, listen to music, walk through plays, receive jerseys and warm up gear.

AWAY GAMES

- Athletes arrive 30 minutes before bus leaves to receive uniforms and warm up gear.
- Athletes must ride bus back to AHS campus UNLESS parent signs them out.

Parents:

- Please allow at least 24 hours after a game for a meeting with a coach.
- A 1-1 meeting can be scheduled with Coach post practice the following day after a game.
- Sideline coaching only confuses athletes during games.
- Allow the coaches to coach and the athlete to gel and build chemistry with her team.
- Please cheer and encourage and motivate them to play hard at all times!
- Feel free to watch game film with your child and discuss aspects of her game that you think will help her progress.
- Weekday practices are closed to the team and coaches only but SATURDAY practices are open for parents/guardians to watch.
- We will occasionally have optional Sunday practices where parents/guardians are encouraged to come in and work with your child from 3pm-5pm (see monthly practice schedule for dates).

Alton Athletics Administration (AAA)

- We will need parent volunteers for concessions, Sisterly Relations with the girls and fundraising efforts.
- Information regarding these endeavors will be disseminated throughout the season.

Head Coach:
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Assistant Coaches:
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