

## Lady Slater Basketball Guidelines

**These guidelines will be in effect from the time you and your parents sign this outline until the time you decide to terminate your relationship with the Bangor Lady Slater Basketball Program. We have an open-door policy. If you have a problem please discuss it with a coach at any time before or after a practice, not before a game.**

One of the keys to success of any operation, whether it be in the business world, the world of social living, or in the sports world, is **DISCIPLINE**: the ability to respect and abide by a set of rules, policies, regulations, or laws, which govern our conduct and performance on the job, in our home, in our social environment, and at play.

For the younger women who are fortunate enough to be able to participate in sports, they get a head start and advantage over their non-participating classmates. They learn early to respect and accept discipline. This is not always easy because the young come from many different environments.

To varying degrees, most have been exposed to discipline in the home and by their coaches, and still others have never experienced much discipline of any kind. Here is where the coach may do a great deal for a young lady by exposing her to discipline which she may have never known but will face in life.

**Each person in OUR program needs to understand that she cannot always do things the way she wants.**

**The Bangor Lady Slater Basketball Program will not neglect discipline. It will be both an honor and a responsibility to be a member of OUR program. It is the dire hope of the coaching staff that both the player and the parents understand the following philosophies and rules:**

### PRIORITIES

Once you become a part of the Bangor Lady Slater Basketball Program, it becomes very important. However, it will never come before your responsibilities to your family, or your education.

Your priorities will always be in this order:

- Family
- Education
- Bangor Lady Slater Basketball

### CONDUCT

Behavior will be expected at all times. We will never consciously allow you to embarrass yourself, a teammate, your coach, your family, or the Bangor Lady Slater Basketball.

- 1st Offense - Verbal Warning
- 2nd Offense - Lack of playing time

### ACADEMICS

- The coaching staff will adhere to the eligibility policy of Bangor Area High School.
- Understand the policy and its consequences.

- Avoid allowing your grades to affect you and your teammates.
- The Bangor Lady Slater Basketball will never be the cause of your academic demise.
- I will ask the administration to give me a copy of your report card.
- If you are ineligible you must attend all practices and games. Bring your class work and the team will help you.

**IF YOU CANNOT PASS, YOU CANNOT PLAY. THIS REFERS FIRST TO YOUR SCHOOL WORK AND THEN TO BASKETBALL. IF WE CANNOT COUNT ON YOU, WE WILL NOT!!!**

### **LANGUAGE**

Speech which reflects good manners and self-respect is expected at all times. Swearing and cursing on the basketball court or in the locker room is prohibited. Profanity will never be condoned or tolerated.

### **LATENESS**

- Discipline yourself to be on time whenever time is involved. (5 Minutes Early)
- Lateness will never be condoned or tolerated.
- Lateness will result in the lack of playing time.

### **PERSONAL GROOMING**

You will be expected to take pride in your appearance at all times. Dress respectfully. You are representing your community, school and team.

**DRUGS - USE OF ALCOHOL -** District policy will be followed with infractions with these subjects.

1. Any player who consumes, transports, possesses, or sells alcohol or drugs will face immediate and indefinite suspension from the team
2. Any player who attends a party where alcohol or drugs are present will be in violation of this policy. If you arrive at a party where these activities are taking place, you are to leave immediately and immediately report to your coach

### **TOBACCO USE**

Any player who uses tobacco products will suffer the following consequences:

1. 1<sup>st</sup> offense: 1 game suspension
2. 2<sup>nd</sup> offense: indefinite suspension

### **PRACTICE**

Every basketball player is expected to attend all practices, meetings, and games unless excused by the coaching staff. If you need a ride, it is your responsibility to make arrangements. If you are absent or going to be late to practice you must call.

### **SCHOOL DAY**

If you miss school because of an illness or medical reason and need to miss practice, you are to call your coach and let him/her know how you are doing. Do not send messages with other players or have parents call. Players it is your responsibility. Students who miss a day of

school are not allowed to practice after school. Doctor appointments, family emergencies, etc. are exceptions.

### **SUNDAY OR HOLIDAY**

If there is a legitimate reason for you to be late or miss practice on a Sunday or Holiday, you are to call your coach at least one day before practice is to start. If no phone call is received, it will be considered an unexcused absence.

#### **Consequences for unexcused absence:**

1st Offense - Lack of playing time.

2nd Offense- Game suspension.

**MAKE EVERY EFFORT TO ATTEND EVERY PRACTICE.** If you have an injury, you must still report to practice and school for treatment, unless otherwise noted. A full-time trainer is on staff to provide medical treatment.

**All practices are closed to parents. We will dismiss the players on time. Please pick up your daughter appropriately.**

### **TRAVEL**

Players will arrive 15 minutes prior to the scheduled departure time. Buses will leave at a designated time. If you are not there at departure time, the bus will leave without you. **Only low conversation will be tolerated and only music with headphones will be allowed.**

### **AWAY GAMES**

Varsity will sit together during the JV game JV players will sit together, behind the Varsity bench if possible. Managers and JV players will be responsible for loading and unloading the bus. **Immediately after the second half and fourth quarter, players will proceed into locker room without delay or interruption and focus on the game**

### **HOME GAMES**

All varsity players will be in the gym at the start of the JV game. Varsity players will sit together. You will not sit with your friends. Varsity players should report to the locker room at the beginning of the third quarter. Be ready for pre-game at the beginning of the fourth quarter. JV players are expected to stay for the entire varsity game. You will sit as a team during the varsity game. Bangor attire should be worn for halftime shooting and for JV players after JV game.

### **GAME DECORUM**

Temper displays or any display of any negative attitudes is unacceptable.

Technical fouls have no place in our games and are not condoned. The coaching staff reserves the right to evaluate the flagrancy of the technical and dispense whatever disciplinary measures their discretion dictates.

**Run to the bench on all time outs.** Players who are in the game will sit for full timeouts and pay attention. When a coach is speaking you are to have eyes-on-the coach.

**TO PARENTS:** Parents are discouraged from attempting to coach their daughter from the stands during the game and/or time outs. This serves to distract and/or embarrass the player and team.

### **BENCH DECORUM**

Home and Away- enthusiasm is contagious and encouraged. Every lady on the bench is important to her team and must assume a positive attitude at all times.

When a player is going into a game, she should quickly report to the scorer's table and only when called by the referee, should she quickly and enthusiastically enter the game. **KNOW YOUR ASSIGNMENT WHEN ENTERING THE GAME. TAG THE HAND OF THE PLAYER YOU ARE GOING IN FOR.** Any behavior which might be construed as a reflection of a less than enthusiastic attitude is totally out of order.

### **HALF-TIME DECORUM**

**Run to the locker room.**

- You will have two minutes to yourself.
- The coaching staff will have four-five minutes to make adjustments.
- We will have approximately three minutes remaining to warm up for the start of the second half. Upon returning to the floor after half time, every player must warm up at our basket until the game buzzer sounds.

### **POST GAME DECORUM**

You are to extend congratulations to the opposing players and coaches and then quickly go to our locker room for a brief but important meeting. **No dressing until we meet, WIN OR LOSE.**

### **RULES OF CONDUCT FOR PRACTICE AND LOCKER ROOM**

**Rules of Conduct for Practice and the Locker Room**

1. Be dressed, on the floor ready for practice on time every day. (There is no substitute for enthusiasm.)
2. Before the organized practice begins you should warm up, work on your weaknesses, and shoot shots that are applicable to your position. (If the gym is open)
3. Work hard to improve yourself without having to be forced. Be serious. Have fun without clowning around. You develop only by doing your best.
4. No cliques, no complaining, nor criticizing, no jealousy, no envy. Earn the respect of all.
5. Never leave the floor without permission.
6. When a coach blows the whistle, give him/her your undivided attention and respond immediately. **(Eyes on the coach that is speaking.)**
7. Take excellent care of the equipment.
8. Do things the way you are told. Correct habits are formed only through continued repetition of the perfect model. Work at game tempo. All-out effort during practice is expected and will make game habits automatic.

9. Be clever not fancy. Good clever play brings praise while fancy play brings ridicule and criticism.
10. When a group activity is stopped to correct one individual, pay close attention in order that you will not require the same correction. Accept all criticism in its proper vein. Profit from it; that is why it was given.
11. Condition comes from hard work during practice and proper mental and moral conduct.
12. Poise, confidence, and self-control come from being prepared.
13. Approach new techniques and situations with positive attitude. How questions are always welcomed.
14. LISTEN TO DIRECTIONS!

### **Mission**

- Hustle always. We need to set the tone for the year on day one. Everyone gives 100% when they are on the gym floor.
- Teamwork- our offensive/defensive schemes are not difficult. Pay attention to the fundamentals of each and communicate with each other.
- Execution- we need to execute on both the offensive and defensive ends of the floor. **No one exempt from playing defense.** Our best offensive players are going to have to play better defense or your' playing time will not be what you think it should be.
- Attitude- Need to develop a "fire in the eye attitude." We need to get excited about playing basketball. **No selfishness.** I will guarantee "**We will out work other programs.**"
- Conditioning- we need to be in better shape than all of our opponents. We need to physically wear down our opponents. (Pressure defense and fast break offense)
- **REBOUNDING IS A MUST!**

**We have an enormous amount of information that needs to be learned. Lack of effort or acceptance to the philosophy will not be tolerated. This program will be built on the principles of democracy, however implemented and executed as a dictatorship.**

### **TEAM CONCEPT**

- **PUT YOUR TEAM BEFORE YOURSELF. We must play together to win.**

### **SCHOOL**

We do not expect any of our players to be tardy for school at any time. We understand you may be tired but your education comes before basketball. You are expected to act like a young lady during the course of the school year. If you are late to school (8:15) without an excuse, you will not be able to practice or play. If you are absent from school you cannot practice or play.

## **TRUST**

The existence of deceit and dishonesty in the **Bangor Lady Slater Basketball Program** will destroy trust. When trust is destroyed, there can be no relationships.

You can be sure that our staff will be open and honest with you. We will expect the same from you.

## **EQUIPMENT**

All equipment that you have been issued is the property of **Bangor High School and the Bangor Basketball Program**. As such, all equipment is subject to recall by the coaching staff. Quitting the program at any time or dismissal from the program will necessitate the immediate return of all equipment. **NO PLAYER IS PERMITTED TO ALLOW ANOTHER STUDENT OR FAN TO WEAR ANY OF HER EQUIPMENT AT ANY TIME.**

## **PARENTAL MEETINGS**

The coaching staff will be available by appointment to discuss your daughter's academic or social growth at any time. **However, the coaching staff will not discuss decisions, strategies, or your daughter's playing time. The coaching staff will not be available to talk to you before or after a basketball game.**

## **INFRACTIONS NOT COVERED**

Any infraction of these guidelines that does not have a concrete consequence will be left up to the discretion of the coaching staff.

## **CONFLICTING DATES OR APPOINTMENTS**

Make a list of any conflicting dates and give to coach as soon as possible.

## **Curfew**

Rest and relaxation are important ingredients for success. On school nights we will have a 10pm curfew and on the weekends we will have an 11:30 curfew.

## **SOCIAL MEDIA**

The use and popularity of social networks (facebook, twitter, myspace etc.) has drastically increased among young people around the country. Student athletes must be aware that when using these sites that they not only represent themselves, but also their individual teams and their community. Any information posted on these sites is easily viewable by third parties and, therefore, can have a negative impact on that student athlete and/or their team and community.

**Anything posted on these sites that is against the athlete code of conduct, drug and alcohol policy, and/or individual team rules may result in disciplinary action against that student athlete.**

The athletic department makes the following recommendations when using social networking sites:

1. Understand that anything posted online is available for viewing by anyone in the world. Any text or photo placed online becomes the property of the site, even if you limit the access to your site.
2. You should not post any information, photos, or other items that could embarrass you, your family, your team, or school.
3. Understand that others have the ability to post photos of you on their site without your consent or knowledge.

For your own safety:

1. You should not post your email, home address, phone number, or other personal information.
2. Adjust security settings so that only friends can view your profile.
3. Be aware of who you add as friends.

BANGOR LADY SLATER BASKETBALL

STATEMENT OF UNDERSTANDING

I have read the preceding philosophy and rules. More important, I understand them and endure them because they are necessary for the total success of the Bangor Lady Slater Basketball Program.

\_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent/Guardian

\_\_\_\_\_

Date: \_\_\_\_\_

Signature of Player