

Welcome

This purpose of this presentation is to present the mission and guidelines for the Lady Slater Basketball Program 2015-16.



Mission Statement

- The mission of the Lady Slater Basketball Program at Bangor Area Senior High School is to provide student-athletes with an enjoyable & challenging athletic environment which emphasizes the attainment of both physical skills & strong character development.

Slater Goals:



- Produce young women who will develop the capacity to be successful citizens in our highly competitive society.
- For student-athletes to leave the program proud for having participated.
- Provide opportunity for its participants to grow physically, mentally, & emotionally.
- Generate school spirit amongst athletes & non-athletes.
- Emphasize team play with the development of loyalty, cooperation, & fair play.
- Teach new skills and offer opportunities to improve on those that the student-athletes possess.

Challenges to Face

- Teach student-athletes to overcome adversity.
- Challenge student-athletes to pursue excellence & meet high expectations. (Get out of their comfort zone)
- This powerful learning environment also challenges families & coaches.

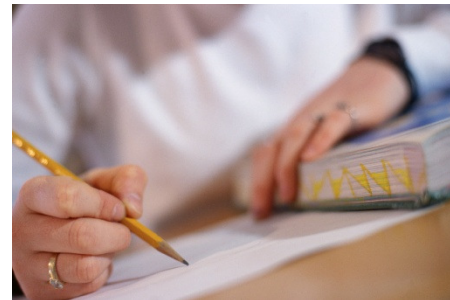
Building character

- The program aims to develop different characteristics in the student-athletes:
 - Work ethic
 - Cooperation
 - Sportsmanship
 - Leadership
 - Loyalty
 - Humility
 - Maturity



Academics/Athletics

- Both offer healthy learning & growth processes.
- Both provide experiences for student-athletes to mature, learn, & make thoughtful choices while considering the rights & feelings of others.
- Lady Slater Basketball Program encourages:
 - Participation & cooperation with others
 - Strong commitment to growth
 - Performance that demonstrates good citizenship
- Motivated students make better athletes



Lessons from Athletics

- Athletics teach:
 - Self discipline
 - Teamwork
 - How to operate under a set of rules & regulations
 - Rules of the game
 - Rules of training
 - Closeness between teammates
 - Sense of trust, respect, & dignity towards one another
 - Mental toughness
 - Dedication to reach an ultimate goal
 - Not to give up at the first sign of stress

“Slice of Life”



- Basketball, like life:
 - Has equal portions of hard work to go along with the fun
 - Has equal portions of adversity to go along with the successes

Participation is a Privilege

- Participation in this program is a privilege, not a right.
- The student-athlete must earn this privilege through dedication, desire, & discipline.
- Members of the program have a definite responsibility to contribute to the tradition, thereby gaining personal satisfaction.
- Participation should provide opportunities for lasting friendships as well as gaining of respect from teammates and opponents.

Levels of Competition

- Playing time in game situations will vary at all levels based on:
 - Skills (Knowing the plays and being able to execute them)
 - Demonstrated commitments to improvement
 - Adherence to team rules & practice policies
 - NO ONE IS GUARANTEED ANY PLAYING TIME. (Varsity Level)
- At the varsity level, coaches are expected to put the best team forward to compete against a quality opposition. At the sub-varsity level, focus will be on the development of fundamentals.

Coach's lessons & expectations

- Our coaches will teach:
 - Responsibility
 - The value of structure
 - Commitment
 - Sport specific skills
- Our coaches will expect:
 - Regular attendance
 - Active involvement
 - Strong commitment to practice
 - Good school citizenship
 - Above average progress



Success - Does not occur by accident or chance, But rather it is perceived, planned and implemented.

- The success of the Lady Slater Basketball Program has been a direct result of:
 - Dedication of our coaches
 - Cooperation between members of the Athletic Department & the Bangor High School Administration
 - Support provided by the Booster Club
 - Parents & members of the community
 - Dedication, skill, & attitude of our athletes



Attitude is contagious;
is yours worth catching?

Attitude

- Attitude of the student-athlete may be the single most important factor in determining her success or failure.
- Competitive athletics is a great way to develop a proper attitude.

“Opportunities are usually disguised as hard work so most people do not recognize them.”

100% - 100% of the time.

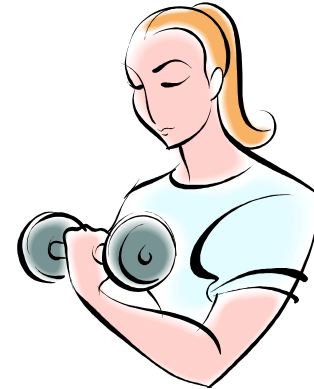
The Successful Athlete Understands:

- Training is the key to individual & team success.
- It means getting into condition physically & mentally by means of common sense living & intelligent, hard work. BEFORE, DURING and AFTER the season.



The Successful Athlete Understands:

- Athletes are made during the off-season
 - The off-season is the time to develop:
 - Stamina
 - Quickness
 - Strength
 - This is done by taking advantage of the opportunities presented
 - Regular attendance in the strength room
 - Participation in individual workouts
 - Attending Slater activity camps
 - Attending team camps
 - Attending open gyms
 - Attending summer leagues



The Successful Athlete Understands:

- Self-discipline
 - To develop self-discipline, the athlete needs to:
 - Participate in off-season work-outs
 - Stay involved
 - Make the most of each & every workout, whether it is during the season or off-season
 - Be on time! If you are 15 minutes early you're on time. If you are on time you are late. Come prepared.
 - Leave all facilities better than the way you found them
 - Do not abuse mental/physical well-being

Successful Seniors

- There have been 68 Seniors who have graduated in the 18 years that I have been in charge of the program
 - Academic accolades
 - 66 Attended College – 97%
 - 61 were on the Honor Roll – 92%
 - Majority were in the National Honor Society
 - Valedictorians
 - LVC or Colonial League or Skyland Scholar Athletes
 - Athletic accolades
 - 39 played a college sport (21 Play Basketball)– Div I / Div II Scholarships
 - Player of the year
 - 1st team LVC/MVC/SKYLAND/COLONIAL CONFERENCE
 - 2nd team LVC/MVC/SKYLAND/COLONIAL CONFERENCE



Lady Slater Game Goals

- The program goals for each game:
 - Score at least 48 points
 - Hold opposition to 38 points
 - Shoot 72% from the foul line
 - Shoot 42% from the Floor
 - Shoot 30% from the 3-point line
 - Commit fewer than 12 turnovers
 - Out rebound our opposition
 - Shoot more foul shots than our opponents
 - Allow no opposing player to score more than 14 points

The Point Guard

- The point guard runs the offense and defense and is an extension of the coach.
 - She must have instinctive knowledge of the game.
 - She must be a good ball handler / passer.
 - She must be able to penetrate and dish off.
 - Must be vocal on both ends of the floor

The Shooting Guard

- The shooting guard runs the offense and defense and is an extension of the coach.
 - She must have instinctive knowledge of the game.
 - She must be a good ball handler / passer.
 - She must be able to penetrate and dish off.
 - She must look to shoot from the 15 -20 foot shot. Looks for the open shot all of the time.
 - She must be able to move without the ball.
 - Must also know the offense in case she needs to play the point.
 - The best of these, can score at will, and simply take control of the game.
 - She must be able to run the floor on fast breaks.

The Center

- The center needs to be aggressive and a little arrogant with a streak of meanness.
 - She is king in the paint. She must prove by her manner and actions that this territory is hers.
 - She must be adept at the power lay-up, with and without shot fakes, from both sides of the floor.
 - She must have defensive leadership always communicating to her teammates.
 - She must have strong hands, good upper body strength, and good jumping ability.

The Small Forward

- The small forward is the most gifted player on the team.
 - She must be quick and fast.
 - She must be an adequate rebounder.
 - She must be a good passer.
 - She must be able to play defense anywhere on the floor.
 - Most of all must be a good scorer, capable of shooting from anywhere from the wings, around the key, and under the boards.
 - She must be able to run the length of the floor on fast breaks.

The Power Forward

- The power forward is the player doing the “dirty work”.
 - She must be solid rebounder..
 - She must be “gutsy” dribbler and a hard driver.
 - She must be able to run the length of the floor on fast breaks.
 - She must stand up to the opposition at both ends of the court. She is known as the “enforcer”. Never be intimidated.
 - She should be one of the first people back on both offense and defense
 - She needs to communicate continually on defense.
 - She needs to set solid screens

“Loser’s say it might be possible but it is difficult, Winners say it might be difficult but it is possible.”