

Marcellus Ladycat Basketball

Parent/Player Handbook



“D” UP

DEDICATION * DETERMINATION * DESIRE * DISCIPLINE * DEFENSE

Marcellus Ladycat Basketball Program Philosophy

Basketball is a very small part of life, but is also a way to learn about life. In basketball the players and coaches have a duty to team, school, and to 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 primary goal is not to win championships, but to be a team that learns and exhibits great character. The Ladycat Basketball Program's 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 Ladycat basketball, then all players, parents 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 that conduct and attitude set an example, veteran players must be exemplary in the classroom, in the community, and on the court. They 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 schools, the foundations of a successful program can be built. Successful teams plan, prepare, and expect to win. If we are to be successful, we must be prepared to outwork other teams on both ends of the floor. Because of this philosophy, practices must demand our full attention and effort. Non-productive, lazy practices build a poor work ethic and fundamentally unsound techniques. If poor performance in practice 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 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.

Our Mission

The Ladycat basketball program is committed to excellence. We endeavor to develop a championship program that will conduct itself with class both on and off the court. We expect our student-athletes to conduct themselves as leaders, not only on the court, but also in the classroom and the community. We strive to develop our student-athletes into the best basketball players, students and individuals they can become. We dedicate ourselves to achieving this mission with the kind of attitude, commitment and persistence that is deserving of the kind of champions we desire to become.

COACHING PHILOSOPHIES

The effort that one puts into the sport of basketball will determine the outcome. Our coaching staff is very capable of creating a successful basketball team. This will be accomplished if all members are willing to challenge themselves to step up to the next level, not only as a player, but as a team. This means listening to the coach and making the necessary changes to better herself and the team, and not considering feedback to be personal criticism. "If you think you are good, then why not be better, If you think you are better, then be the best."

No team will win a championship with a star player and no supporting cast. In basketball, the whole team needs to work together in order to achieve success. Having an outstanding scorer means nothing if the team cannot get her the ball. We will work hour after hour on the basics of the sport so that we can first achieve a consistent level of play.

In order to be the best team that we can be, the coaches and players cannot settle for anything less than 100% effort. Coaches need to plan practices so that this can be obtained, and players will be expected to show up at practices and games ready to go all out for the period of time allotted. Players who are not willing to commit themselves to this kind of work ethic will see the results in their playing time. Remember, we are a team, and we will win and lose as a team. Those who choose to give anything less than 100% will be hurting the team.

Basketball is a sport that can only be mastered by repetition after repetition. Our practice time is limited. When athletes step onto the floor they will be performing basketball-related skills, drills and conditioning only.

We believe that doing as well as we possibly can is important. This means we want to perform well at all times. This means we want to perform better than our opponents do. I think you get the idea...we are going to win as many games as we possibly can. To accomplish this, we must utilize our best players and our best strategy. This means that there will not be equal playing time and players will not all experience the same amount of contacts within a game.

Although we believe that winning is very important, especially at the varsity level – it is not everything. Above all else, we hope to create a love for the game, building relationships, the competition that is created, the winning and losing that takes place, and the improvement that will come from hard work and dedication. By being part of a team, we learn the importance of community, communication, self-discipline, respect, maturity and work ethic. By practicing success as an individual and team, we are learning success in the real world.

We believe that basketball should be FUN! We believe that the sport of basketball should be an enjoyable spectator sport, which is a "looked forward to" activity by many people in the winter. Basketball games should be an enjoyable experience for the players, coaches, student-body, parents, community and everyone else involved. It is good entertainment and should always be kept in it's proper perspective. LET'S KEEP IT FUN FOR PLAYERS AND FANS ALIKE!"

PROGRAM GOALS

1. To maintain a 3.25 GPA (TEAM).
2. To become better students, athletes, and citizens.
3. To improve individual player skills each year.
4. To support each and every player in our program (K-12).

TEAM SELECTION

Being that basketball is a team sport with a restricted amount of players able to compete at one time, we will use the following team selection policy this season and beyond.

Ladycat Basketball Team Selection Philosophy Statement

In order to strive for excellence, it is the goal of Ladycat Basketball to put the best team on the court at all levels. All players will tryout for their respective levels, and a preset amount of players will be invited to participate on that team.

Tryouts

Tryouts are mandatory to make a team. If a player isn't there to be compared against other players, it isn't fair to place her on a team ahead of others. Tryouts will last between 2-3 days. At the end of day 1, coaches have the option to tell younger players that they may try out for a higher level team. By the end of day 3, coaches may formally end their team selection process. Coaches will be given the flexibility to continue team selection as long as they need to confidently select their team. Results of the tryouts will be discussed, in person, with the players.

The girls will be rated (in comparison to other players) on the following physical basketball skills: Dribbling, passing, shooting, rebounding, individual defense, team play.

The girls will be rated (in comparison to other players) on the following non-physical basketball skills: Communication, work ethic, taking direction, court awareness, teamwork, and athleticism

Decisions regarding team selection are collectively in the hands of the coaches running tryouts. Once the process is completed, decisions are final. If a player does not make a team, coaches can give suggestions on how to improve and off-season options to help them be ready for tryouts in the future. Our teams will also be looking for managers and statisticians as well.

Team Size and Playing Philosophy

The ideal number of players to participate on each team (F/JV/V) is 12; however, in certain circumstances teams may carry up to 15 players. Players will be placed on the team where they will benefit the program the most. Playing time on all teams will not be equal. Movement between teams may take place at any point during the season. Any seniors who do not make the varsity team will be cut. Juniors must make either the JV or Varsity team.

What is Our Type of Player?

1. Is a "good" person at all times both on and off the court.
2. Hustles every second in practice and games. Everybody can accomplish 100% in the area of hustle.
3. Constantly tries to improve her weaknesses.
4. Never uses excuses; realizes that she has given the best effort and that there are some things that no one has control over.
5. Realizes that good and bad habits are being formed all the time.
6. Knows that referees are human and that undue criticism or unsportsmanlike conduct may cause them to make an unfavorable decision later in the game.
7. Doesn't give up after a bad pass, shot, turnover.
8. Never criticizes a teammate. Tries to help the person rather than hurt. Realizes our sport is a team game and a team is only as strong as its weakest player.
9. Never under-estimates an opponent.
10. Is always loyal to herself, the team, coach and school.
11. Knows that on an entire squad each of us will not be completely happy with all the decisions and procedures during the season. Learns that one can adjust and must adjust to the team situations, not the team to the player. One must go along with the decisions for the best of the team.

TEAM POLICIES

Eligibility

- A. Academics. School comes first! All students must maintain their grades in school.
 1. All athletes must pass **ALL** their classes to be eligible for game participation.
 2. Players will be asked to show their grades online periodically by their coaches. They should have a login in for their Powerschool gradebook.
 3. If players are on the eligibility list as failing or near failing they may be required to go to homework hour after school or do homework instead of practice.
- B. Everyone must abide by the policies set forth in the Marcellus High School Student Handbook and Marcellus Athletic Handbook. All penalties will be implemented accordingly.

Paperwork and Fees

- A. All of the following paperwork must be completed and fee's turned in to the MHS Athletic Office BEFORE a potential player can begin practice or compete in an activity. This paperwork (#'s 1 & 2) can be found online or hardcopies are available in the office.
 1. MHS Registration Forms. Parent/Athlete Agreement, Uniform Agreement, Emergency Treatment Consent, Registration Fee
 2. Physical Exam Form

PRACTICE INFORMATION

Practice schedules will be distributed no later than the parent/player preseason meeting. There may be circumstances that come up where practice times and locations will be changed. We will make every effort to give you as much notice as possible.

Practice Rules

1. Players should be in the gym 15 minutes before the start of practice. This time will be utilized to have team talks, stretch, etc. Practice time is crucial! If you show up late (unexcused), you are hurting the team. Therefore, the whole team will share in the consequence. **DON'T BE LATE!**
2. When you step on the court, you must be ready to practice.
3. All conversation should be about basketball! The more you discuss random daily events, the less you are concentrating on the task at hand...basketball.
4. Never walk! Trot to the spot.
5. Jewelry cannot be worn in a game so it won't be allowed in practice.
6. Come prepared to give 100% every day during every drill and every match.

Attendance

- A. Practice is your tryout for playing time. The more you miss the less chance you have to beat out other players. Practice is required. Any excuse for missing must be approved prior to the absence as far in advance as possible. Being late for practice is not excusable and will hurt our TEAM.
- B. School Policy.
 - a. In order to participate in a practice or contest during a school day or evening, the student must be in attendance ALL SEVEN (7) class periods of the school day.
 - i. Exceptions to this policy are: a. Administrative approved absence.
 - ii. School sponsored event (i.e. fieldtrip)
 - iii. Funeral, must have proof.
 - iv. Medical (doctor, dental, eye) absences must have a note from medical office.
 1. Appointments. Parents should attempt to avoid scheduling medical appointments during practice time. Although these are excused, practice time is still critical and may affect playing time.
- C. Team Policy
 - a. The following will apply to being late to practice:
 - A. 1st Tardy = TEAM will run one pridebuilder at end of practice
 - B. 2nd Tardy = TEAM will run two pridebuilders at the end of practice
 - C. 3rd Tardy = Player will not be allowed to practice, TEAM will run pridebuilders and player will sit a game.
 - D. 4th Tardy = Possible dismissal from team.
 2. Unexcused Absences. These are not tolerable. The following will apply to unexcused absences from practices:

- A. 1st unexcused absence = not be allowed to play in the next game + TEAM pridebuilders
- B. 2nd unexcused absence = dismissal from the team.

2. Excused Absences

- a. If you know you will be absent, **YOU** must let the coaches know in advance.
- b. If you are absent you must call or let your coach know in advance of your absence.
- c. If you miss practice with an excused absence the day before a game, your playing time will be affected.
- d. Multiple excused absences will lead to reduced playing time and possible dismissal from the team.

Other Policies

- A. Player to Player Conflicts. These situations need to be dealt with immediately for the sake of the team. Don't allow conflicts to ruin the togetherness of the team. All conflicts need to be addressed either to the whole team and dealt with in an adult-like fashion, or by talking with a coach first and having them make the first move. We will not be successful if we can't get along.
- B. Player to Coach Conflicts. The coaches and players need to be on a level of understanding and communication in order to reach success. If there is a break in this communication, the team will be affected. Find an appropriate time (A.S.A.P.) to meet with the coach and work through the problem. If this can be done over the phone or email, fine. If not, you will need to set up a time to meet with the coach. All player/coach conflicts need to be dealt with in that fashion. We always want to hear from the player before a parent contacts a coach. If the player is not satisfied with the outcome of the player/coach communication, parents are welcome to contact the coach.
- C. Parent to Coach Conflicts. As adults, we will expect to deal with any conflict in that manner. Never should a confrontation occur in front of the athletes. Conflicts will be best resolved if handled in a professional manner. Phone calls or public confrontations with irate parents will more than likely cause bigger problems than necessary. Please remember that as coaches, our job is to improve your daughter and the TEAM they are on. We are coaching because we love the sport of basketball and we want to see it improved. Please don't dampen our intentions. If a meeting needs to be set up, we will do our best to accommodate you. Your daughter will be required to attend the meeting. Topics we will not discuss will be playing time or one player compared to another player. Coaches may have another coach or even the A.D./principal attend the meeting as well.
- D. Alcohol/Drug/Tobacco Use. The worst thing the athletes could do to themselves and the team is to use alcohol, tobacco or drugs. Coaches will have absolutely NO tolerance with this issue. If caught using, the coaches will follow the school guidelines to deal with the situation. However, keep in mind the importance of team in this sport. Chances are if you miss an activity due to usage, you may never receive another chance to play at the level you were previously at. THINK ABOUT THE LACK OF TRUST THAT WILL BE LOST BY YOUR TEAMMATES AND COACHES AND HOW THAT WOULD AFFECT THE SENSE OF TEAM. Be smart. Even if you

have no intent of drinking, smoking or using, stay away from situations where it is taking place, because if caught, you will still serve the punishment.

- E. Harassment/Hazing. One of the quickest ways to destroy the concept of TEAM, is for a player to become involved in this type of activity. Coaches will have absolutely NO tolerance with this issue. If caught, the coaches will follow the school guidelines to deal with the situation. Remember the importance of team in this sport.

Athlete Responsibilities

- A. Game Night
- a. JV/Varsity girls only.
 - i. Varsity- Must be at JV game. May sit with fans in 1st half. The second half must sit as a team and isolated from fans/spectators.
 - ii. JV- Required to sit as a team away from fans/spectators in 1st half. Can leave or sit with fans in 2nd half.
 - b. JV only or Varsity only nights
 - i. Teams may sit with fans

Cell Phones

Cell phones will not be allowed at practice or games. They must be put away and not brought out for the duration of the practice or game.

Social Media

Players who have social media accounts will be disciplined accordingly for inappropriate pictures, comments or videos that are posted on their pages or pages of others. Athletes that post what they think in "private" that become public will be held accountable. Posting negative comments about the team, teammates, coaches, school or our opponents will not be acceptable and will be dealt with according the Marcellus guidelines.

Travel

- A. School Image. Be courteous and friendly while interacting with others from another school. Remember that you are representing Marcellus Community Schools. Leave a good impression both on and off the court. Keep the bus and other schools' locker rooms clean. Any athlete caught stealing from or vandalizing another school's property will be immediately dismissed from the team and the authorities will be notified.
- B. Bus Trips. Bus trips can be a fun time to be with the other players and let loose. All players will be asked to be silent once we hit the town we are playing to mentally prepare for the task ahead of us. You may play music at this time as long as you are the only one that can hear it. On the way home from a match please consider the outcomes of all the squads on the bus before expressing your excitement or disappointment at too high of a level.

- C. Transportation. All players and managers are required to ride to and from games on the TEAM bus, win or lose. Part of being a TEAM member is riding to and from athletic contests together on the bus. If a player or manager needs to ride home with parents following a game, that athlete and parent will be required to sign the athlete out from the head coach. Players may ride home with parents only, unless prior arrangements are made.

Appearance

- A. Game Day Dress Code. On days when a match is scheduled, the players of each team will be expected to dress up. No jeans or sweats are to be worn on game days. The importance of a dress code is to promote a sense of team and unity. We also want to look professional when on the road. Any player who doesn't follow the dress policy will sit a half of the game.
- B. Uniform Information. You will be provided with a team practice and game uniform for use during the season. You are responsible for maintaining your assigned uniform. For all, this will include a practice jersey, a game home and away uniform and shooting shirt. If the uniform is lost or returned to the school damaged, you will be required to pay for it.
1. Most of the season the coaching staff will be responsible for washing the uniforms. In the event you must wash the uniform, please DO NOT put in dryer and DO NOT use liquid fabric softener.

Miss Basketball

1. Miss Basketball is a representative of the girl's basketball program, therefore all 9-12 grade players and coaching staff will vote on this award.
2. Characteristics of a Ladycat Miss Basketball Player:
 - A. Is a senior player.
 - B. Positive and encouraging of all players in the program.
 - C. When things are not going right for the individual, Miss Basketball is someone who rises above and puts the TEAM first.
 - D. Volunteers in the Jr. Pro and skills and drills program.
 - E. Abides by the athletic code of conduct.
 - F. Rides the bus home in victory and defeat.
 - G. Does academically well in school.

REMINDER

We realize that every possible event or circumstance that could potentially go wrong/happen during the season may not be covered in this handbook. Events and clarifications not covered in this handbook will be resolved at the discretion of the head coach in collaboration with the Athletic Director. We apologize if we overlooked some things; please feel free to bring it to our attention.

COACHING STAFF INFO

Don Price- Varsity Head Coach

1. dprice@marcellusathletics.org
2. 269-350-4674

Chelsea Fonseca- JV Head Coach

1. cfonseca@marcelluscs.org
2. 269-816-8033

Kyle Townsend- Volunteer JV assistant

Mckenna Terrill- Volunteer JV assistant

Kim Moe- 8th Grade Coach

AJ High- 7th Grade Coach

PLEASE RETURN FORM TO COACH PRICE

We, the parents of _____ have read the above MHS Girls' Basketball handbook and we fully understand the rules as set forth in this handbook.

I, _____ have read the above MHS Girls' Basketball handbook and I fully understand the rules as set forth in this handbook.

_____	_____	_____
(Player's Name)	(Player's Signature)	(Date)
_____	_____	_____
(Parent's Name)	(Parent's Signature)	(Date)
_____	_____	_____
(Parent's Name)	(Parent's signature)	(Date)