

# Maple Valley



## Girls' Basketball

**2015-2016**

**Team Handbook**

## **General Guidelines**

### **1. Sportsmanship**

- Good sportsmanship will be displayed by coaches, players, and managers at all times.
- Respect others: coaches, teammates, managers, opponents, fans, and officials
- Poor sportsmanship will result in loss of playing time.

### **2. Academics**

- A smart team in the classroom is a smart team on the court.
- Failure to achieve school set academic standards will result in loss of playing time.

**3. Suggested Curfews:** Su, M, Tu, W, Th -----10:00 p.m.

F, Sa w/game the next day -----10:00 p.m.

F, Sa no game the next day -----12:00 a.m.

- Being well rested and getting plenty of sleep is crucial in giving 100% in your schoolwork and on the basketball court.

### **4. Alcohol, Tobacco, and Drugs**

- The use of these substances will not be tolerated.
- Association with minors using these substances will not be tolerated.
- All Maple Valley and NDHSAA rules will be enforced.

### **5. Other illegal activities (vandalism, stealing, etc.) will not be tolerated.**

- Failure will result in a two-week suspension from games.

### **6. Players will follow all rules and procedures described in the Maple Valley School District High School Student Handbook.**

## **Practice Rules**

**1. All practices are mandatory.** Unexcused absences will result in loss of playing time.

- 1<sup>st</sup> offense: one game suspension
- 2<sup>nd</sup> offense: dismissal from team

If a player is unable to attend practice, she should contact one of the coaches as soon as possible. If a player must miss practice due to injury, illness, or a family matter, she must bring a note signed by a parent stating the reason.

**2. Be on time.** Players should be dressed, warmed-up, and ready to go by the time practice starts, and they should begin pre-practice routines as soon as they are ready. Walking in right before practice begins will result in a tardy.

- Three unexcused tardies equal one unexcused absence and will result in a one game suspension.
- The decision on whether a tardy or missed practice is excused or unexcused will be determined by the coaching staff along with the administration of the school.

**3. Blue/white reversible practice jerseys must be worn.**

**4. Come prepared and ready to practice.** Give it your all in practice both physically and mentally. During practice, be ready to learn. Don't walk, run! Don't complain, encourage!

## **Travel Policy**

1. Traveling with the team to games is required unless prior arrangements have been made with the coaching staff.

2. Players must ride home from games with the team unless a parent or guardian signs them out on the sheet or makes arrangements with a coach.

3. Players must dress-up for games unless travel gear has been approved for that game.

4. Before games, cell phones may be used for music only. Focus on the game, not texting friends.

5. While watching games, players must sit together as a team.

6. If at any time while traveling to or from a game a player fails to use common sense and chooses to act in a way that is illegal or irresponsible to herself, her coach, her school, or her team, her status on the team will be jeopardized.

## Officials

Respect them and the call that is made.

Negative comments and looks at the officials will not be tolerated.

Help the officials whenever possible. Hand them the basketball instead of throwing it at them.

Placing blame on the officials for a loss will not be tolerated.

## Miscellaneous

All physical forms must be turned in prior to participating in the first practice.

Concussion forms are good for two years, and they can be found in the office.

Players must participate in a total of nine practices before they can compete in a game.

Academics come first. Let a coach know if you are having trouble, so we can get you help.

Gradechecks will be every two weeks.

In order to receive a varsity letter in girls' basketball, players must play in a minimum of four varsity quarters.

If you have an injury, notify a coach immediately. Do not try to play through the pain. If you are trying to hide an injury in order to stay on the court, you are putting your individual goals ahead of the team's goals. Take care of your injuries. A trainer will be available Tuesday mornings, so make sure you see him if you are hurting.

Players and parents - anything posted to social media (Facebook, Twitter, etc.) should be positive, supportive, and appropriate.

It is our policy to play each player at the level in which they will get the most playing time. This is a competitive program. **The players the coaches think can get the job done will receive the most varsity playing time. Players are not guaranteed minutes or equal playing time on the varsity.** The JV program is also competitive. The players are not guaranteed equal playing time, but the coaches will make every effort to give everyone a chance to play at this level.

## **Respect**

Respect your coaches. The coaches work hard to make you a better basketball player and a better person. They will treat you with respect, so do the same in return.

Respect your teammates. Do not talk behind your teammates' backs. You may not be best friends with everyone on the team, but you must respect everyone on the team. Everyone has a role on this team, and they deserve to be treated fairly.

Respect the managers. They are helping our team in many ways, and they deserve a please and thank you.

Respect your opponents. Do not talk trash or try to intimidate the other team. Let your game speak for itself.

Respect the fans. Whether at home or on the road, you need to act maturely on the court. Again, let your game speak for itself.

Respect the officials. They are doing their best to call a fair game. Any disrespect towards an official will not be tolerated.

If you feel you are being disrespected by anyone, please inform the coaches or proper administration of the situation. Disrespect will not be tolerated on our team, and it will be dealt with and have consequences.

## **Coaches**

Jeff Miller

Cell: 612-251-8897

Maple Valley Elementary - Oriska: 845-2846

Ron Nudell

Cell: 371-3761

Maple Valley High School: 749-2570

# Raider Commitment Pledge

As a member of the Maple Valley Girls' Basketball Team, I will:

- respect others both on and off the court.
- model proper sportsmanship at all times.
- participate in all classes and do the best of my ability.
- refrain from using tobacco, alcohol, and illegal drugs.
- abide by the rules, guidelines, and expectations described in the Raider Player Handbook.
- put the team first.
- have a positive attitude in everything I do.
- always be willing to learn.
- give 100% in everything I do.

Signature: \_\_\_\_\_

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

Parent's Signature: \_\_\_\_\_

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