

STMA Knights Girls Basketball Player/Parent Handbook

2017-2018

Contagious

- Be Positive
- What wolf are you feeding?
- Show up every day
- Be on time.
- Be accountable.
- Work even harder today, to be better than you were the day before.
- Be a team! Learn to work with a group of people and tolerate all of our differences.
- Be confident, and yet be humble.
- Be Respectful.
- Be Grateful.

Practice Policy:

- All players are expected to be on time, dressed, and ready to go at the start of practice. If you miss practice it may affect your playing time.
- ***If you are gone from school for a doctor appointment you must bring a note from the doctor***
- If you know you are going to be absent (leave school early, funeral, doctor appointment, etc.) **YOU** must let one of the coaches know **before** practice by phone or email.
- It is a school policy that you must be in school by **10:00am** to be able to participate that day.

- If you have two unexcused absences from practice you may be asked to leave the team.
- Missing practice to do homework or make-up a quiz, test, etc. is unexcused! You need to manage your time and plan accordingly.
- Missing practice because of illness could result in missing game time.

Team Rosters

Cuts will be made prior to the first game so you will receive a full activity refund. Reasons for possible cut:

1. Excessive players
2. Ability level
3. Negative influence

Roles

If you cannot accept your role on the team, you may be excused from the team.

- Fight for each other's success and our team's success
- Everyone role on the team is as equal in importance to each other.

Selecting Teams

- Coach's' decision

Game Policy:

- Players are expected to watch the games they are not playing in.
 - Varsity be at the start of JV and 9th grade games
 - JV and 9th grade stay for the varsity game
- **Leaving a basketball game to go to a practice for another sport is not acceptable! It is basketball season!!!**
- Per school district policy, all 9th – 12th grade players must travel to and from games, away from STMA, in transportation provided by the school. The only exceptions are
 1. Injury or illness to a participant which would require alternate transportation.
 2. Written arrangements made 24 hours in advance between the participant's parent/guardian(s) and activities director or principal, if the activities director is unavailable, for the student to ride with an adult (not high school student) other than the student's parent/guardian.

or

Verbal and written communication between parent/guardian and the coach at the game for the student to ride with his/her own parent/guardian.

Day after game:

- It is expected that all players are in school the day after a game. If you are not in school by the start of the next day you will not be able to practice or play in game if we have a game that night.
- Only excuses will be funeral, doctor appointment, etc. Please try avoiding scheduling morning appointments after games. If you do have an appointment, ***you will be required to bring a note back from the doctor to verify.***

Dress Code:

- Dress appropriately!
- Follow team expectations on game days (i.e. game day shirts, travel suits, dress up).
- You are representing yourself, your family, your school, and STMA GBB.

Playing Time/Roles:

- Coach's' decision is final.
- Playing time is not guaranteed at any level.

Time Commitment

- Please avoid planning vacations during the basketball season.

- We do recognize that family emergencies come up and no player will be faulted for absences related to such a situation. All we ask is that you respect that others are counting on you, and your presence at practice and games is of great importance to your teammates and our program.

Other Sports and Activities during the Basketball Season:

- If you are on the STMA Girls Basketball team and participating in another sport's off season program you must abide by the following guidelines:
 - **Varsity Players:** No practices or games the day or night before a basketball game. After January 31st you will not be permitted to participate in any other sport. We need your full commitment to our program.
 - **9th Grade and JV Players:** Missing practice to attend another sport or activity is considered unexcused and will affect playing time. Two unexcused absences may result in dismissal from team.

Academics

- We expect all of our players to perform at a high level in the classroom.
- We will not ask any teacher for extra privileges or exceptions for you during the season.
- We will be leaders in the classroom.
- The top priority for players is to get a good education. Basketball can be a part of the learning process, but only when grades and behavior in school are satisfied.

On and Off the Court Behavior

- Our players will take their position as role models very seriously.
- Knights basketball players will be expected to conduct themselves in a classy manner on and off the court.
- We expect that our players will never use drugs, alcohol, or tobacco. Players who are partaking in such illegal activities are demonstrating a selfish attitude and a lack of commitment to their teammates.
 - The MSHSL and school's policy will be enforced.
 - In addition to the school's policy, a player may be subject to additional consequences determined by the coaching staff. Note: this policy is not limited to the duration of the basketball season, but rather the entire calendar year.

Respect:

- We, as coaches, respect all players and in return expect your respect. You may not agree with our decisions but you need to respect them.
- We will not tolerate players disrespecting coaches, teammates or opponents.
- Look your coach in the eye when we are talking to you. ***Walking away or rolling your eyes is a sign of disrespect.***
- If behavior like this becomes a problem you will be asked to leave the team

Social Networking:

- Tweeting, facebook, instagram, snapchat and any other sources of social networking!
- Social networking that is negative, bragging, putdowns, or shows slander towards a teammate, coach, or opponent may result in punishment of sitting out of games or being kicked off the team. We are ok with positive comments!

Parent-Coach Communication:

- Parent-coach communication should not take place before or after the games; this is a very hectic time for parents who get emotionally caught up in the game, and coaches have several responsibilities to take care of before and after the game.
- ***At no time will any coach respond to an email that is directed at x's and o's or playing time. If there is a problem, email is not the way to communicate. IT IS NOT OKAY FOR PARENTS TO TALK TO COACHES ABOUT GAME DECISIONS AND PLAYING TIME WITHIN 24 HOURS OF THE GAMES.***

Lettering

- For a player to earn a varsity letter they must reach the following:
 - 1. Play in at least 30% of total halves in a season;
 - 2. play meaningful minutes in section or state games; or
 - 3. Coaches' discretion. All seniors will letter.

Other Polices:

- Cell phones are **not** to be used on the bus, in the gym, or in the locker room.
- Get in the habit of removing all jewelry while in uniform; this includes practice.
- Wear your reversible blue and white to every practice. Make sure you wear a **Gold** undershirt that covers your underwear/bra. If you are not dressed appropriately you will not be able to practice.
- If you have an injury or illness you must communicate it with one of the coaches and athletic trainer.
- All players will be given a uniform and it is your responsibility to take care of the uniform. Any lost or damaged uniforms will be the responsibility of the player and will be charged for the uniform

Elastic Clause

Recognize that the above list of policies and procedures is not comprehensive. As coaches, we reserve the right to add or adapt policies as we deem necessary. All district and administrative policies and decisions will supersede the policies listed above.

Now that we have dispensed with the policy and formality, let me again thank you for being a part of STMA Knights Girls basketball. We look forward to an exciting, productive, and rewarding season! GO KNIGHTS!!!

Coaches Contacts

Head Coach

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Assistant Coach

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Assistant Coach

Andy Cleveland
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JV Coach

Jeff Bebo
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9th Grade Coach

Jennifer Wiese
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763-238-5808

We have read and understand the guidelines and policies of the STMA Girls' Basketball program:

Player Signature

Date

Parent Signature

Date