



CARDINALS

GIRLS BASKETBALL

2018-2019 HANDBOOK

I. COACHING STAFF

Head Coach:	Debbie Peterson	debpeterson12@yahoo.com	612-607-4601
Assistant V:	Tom Weko		
JV:	Alicia Jefferson	aliciamontbriand@gmail.com	
Assistant JV:	Sydney Driggs		
Sophomore:	Jason Lindquist	jason.lindquist@ahschools.us	
Freshman:	Breanna Bergquist	brbergquist@hotmail.com	

II. COACHING PHILOSOPHIES

“I coach to use the joys and challenges of basketball to help empower girls to live lives of integrity, respect, and empathy.” – Coach Debbie Peterson

OUR MISSION

As coaches and players in the CRGB program, we are striving to put forth our best effort every day, whether in the classroom, at practice, or during games. Our mission is to be better than we were yesterday.

“You don’t try to build a wall. You don’t set out to build a wall. You don’t say, ‘I’m gonna build the biggest, baddest, greatest wall that’s ever been built.’ You don’t start there. You say, ‘I’m gonna lay this brick as perfectly as a brick can be laid.’ And you do that EVERY. SINGLE. DAY. And soon you have a wall.” – Will Smith

OUR CORE VALUES

The following values make up our program DNA. They are the foundation that allows us to move forward in meeting our mission.

TRUST: As teammates we will stand together on and off-court, accepting and believing in each other, while respecting team confidentiality.

PRIDE: As teammates we will stand together on and off-court, excited to represent CRHS, CRGB, our families, and the community.

ACCOUNTABILITY: As teammates we will stand together on and off-court, holding each other accountable to our standards while accepting feedback from others.

OPTIMISM: As teammates we will stand together on and off-court, realistically accepting the ups and downs as opportunities for growth.

RELENTLESS: As teammates we will stand together on and off-court, to develop a mindset of giving 100% effort – no holding back – for yourself and your team.

Coon Rapids Girls Basketball has one main rule: ***Do the right thing.*** This applies to players off the court, not just at team-related functions. Any conduct harmful to the team or the community's view of the team will be subject to the following consequences, per the head coach's discretion:

1st offense: Ineligible for 1st half of next game

2nd offense: Ineligible for full game

3rd offense: Dismissal from team

III. TEAM POLICIES

ELIGIBILITY

School comes first! All students must maintain their grades in school. Players must meet all school and MSHSL academic guidelines for participation. No player will be allowed to participate if they are failing a class at any time.

ALCOHOL, DRUG, TOBACCO USE

The worst thing an athlete can do to herself and to 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 and MSHSL guidelines outlined below 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 not receive another chance to play at the level you previously experienced. 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 intention of drinking, smoking, or using, stay away from situations where it is taking place. If caught, you will still serve the punishment.

MSHSL governs all chemical violations with a two week/two game policy. A second violation will result in removal from the team OR a three week/six game suspension AND completion of a chemical treatment program as described in MSHSL Bylaw 205.2B.

ATTENDANCE

Coaches cannot build successful, cohesive teams if players are consistently absent. Players are expected to attend, and be on time for, all practices, games, meetings, and other team functions. You have made a commitment to your teammates and that will be enforced.

Excused absences include doctor appointments, funerals, etc. To the best of your abilities, these should be scheduled outside of school and practice times. If you know you will be absent, let the coaches know in advance. If you miss practice with an excused absence the day before a game, you will not play in the first half of the game.

Unexcused absences are not tolerable. If you are unexcused for any practice or game, you will not play in the first half of the next game. This will, in turn, hurt your chances to remain at the level you are playing. By missing you are giving another athlete the chance to prove herself to be more committed than you. Any player with 3 unexcused absences will be dismissed for the remainder of the season.

Sleeping in after a game night or on a game day is not excusable and will result in not playing the next game. You are student-athletes, not just athletes.

VARSITY LETTERING REQUIREMENTS

1. Participation in 24 varsity halves during a season.
OR
2. Player who has played 4 years with the program, regardless of how many varsity halves they have played.
OR
3. Successful completion of 2 years as a manager with the varsity team.
OR
4. At the discretion of the coaching staff.

III. 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:

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

TRYOUTS

All girls will have the opportunity to try out for their respective grade level team. Tryouts are mandatory to make a team. If a player is not there to be compared against other girls, it is not fair to place her on a team ahead of others. Tryouts will last between 1-3 days based on the team, age of girls, number of girls, and the given situation for that year. Coaches will be given the flexibility to continue team selection as long as they need to confidently select their team.

The girls will be rated on the following physical basketball skills:

Ballhandling, passing, shooting, defense, rebounding

The girls will be rated on the following non-physical basketball skills:

Communication, work ethic, taking direction, court awareness, teamwork, athleticism

Results of the tryouts will be discussed, in person, with the players. As the week goes on, by request, coaches may update the players as to where they see them regarding impending cuts. Cuts can be made at any time after the 1st day of tryouts.

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 9th grade program has an A and B team so long as there are sufficient numbers. Players may change between the A and B teams at any point during the season. The focus of the 9th grade program is to develop a solid, common foundation of skills to carry the girls throughout their high school careers. Playing time will not be equal.

The B-squad team will consist of a maximum of 12 players. Freshmen or sophomores are eligible for the team. The focus of the B-squad team is to teach the basic principles of the program's offensive and defensive schemes. Playing time will not be equal.

The Junior Varsity and Varsity teams will have a combined maximum of 22 players. Playing time on both the JV and Varsity teams will not be equal. Movement between these two teams may take place at any point during the season. Juniors must make either the JV or Varsity team. Seniors that do not make the varsity team will be cut unless their position is not filled on the JV team.

Captains will be selected for the varsity team every year. Any member of the JV/Varsity roster is eligible for captainship. Interested players will apply and interview with the coaches. The number of captains will vary between 2 and 4, per the head coach's discretion. Captainship is not carried over from season to season; players will need to reapply and re-interview every season. Captains for freshman, B-squad, and JV will be left to the discretion of the respective team's coaches.

Being a captain is a PRIVILEGE and not a right. A captain needs to be a leader in words as well as actions. This includes both on and off court activities and behavior. Captains need to be positive role models for all teams. They must serve this position respectfully. If this is not possible, they will be removed from this position.

IV. COMMUNICATION

Player-to-Player Conflicts. These situations need to be dealt with immediately for the sake of the team. Do not allow conflicts to ruin the togetherness of the team. All conflicts need to be addressed like adults: either individually, with the help of the captains, or by talking with a coach. We will not be successful if we can't get along.

Player-to-Coach Conflicts. The players and coaches 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. There will always be at least 1 other coach present in the meeting.

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. Please remember that as coaches, our job is to improve your daughter(s) and the TEAM. We are coaching because we love the sport of basketball and we want to see it improved. Please do not dampen our intentions. If a meeting needs to be set up, we will be more than happy to schedule a time. Please do not expect us to address issues on game days. There will be a 24-hour "cool down" period for all parent-coach issues. Topics we

will not discuss will be playing time, player comparisons, or a player who is not your daughter. Coaches will have another coach or even the A.D. attend the meeting as well.

V. SOCIAL MEDIA

Facebook, Twitter, Instagram, SnapChat and other social media sites have grown in popularity worldwide. Student-athletes should be aware that third parties – media, faculty, future employers, and school/league officials – could easily access profiles and view personal information. This includes all photos, videos, comments, and posters. Inappropriate material found by third parties affect the perception of the student-athlete, the team, the athletic department, and the school. This can also be detrimental to a student-athlete's future employment options and college acceptance or scholarships.

Examples of inappropriate and offensive behaviors concerning participating in online communities may include (but are not limited to) depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco (examples: holding cups, cans, shot glasses, etc.)
- Photos, videos, and comments that are of a suggestive and/or sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No post should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use)
- Content online that would constitute a violation of any school or league policies (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits).
- Information that is sensitive or personal in nature or is proprietary our team and/or school, which are not public information (examples: student-athlete injuries and eligibility status, team playbooks, private team conversations).

Please detach and return this portion to your coach by **prior to the first game.**

I have read and understood the above policies and expectations and agree to abide by them.

Player Signature

Date

Parent Signature

Date