

# LADY TRAPPER BASKETBALL

TEAM HANDBOOK



NEW ME, No Easy Way, More Effort!

2017 – 2018

**CHARACTER-HUSTLE-UNITY**

# INTRODUCTION

Being a member of the Lady Trapper basketball program is both a privilege and a responsibility. You should be proud that you are a part of such a select group of student athletes. You must realize that you have many responsibilities, not only to yourself, but also to your school and your team.

The following pages are designed to outline the standards expected in order to remain a successful part of the Lady Trapper basketball program.

## **THE TRUE ATHLETE SHOULD HAVE CHARACTER NOT BE A CHARACTER**

We want athletes in our program who are students first and athletes second. How you perform in the classroom is just as important as to how you perform on the court! Remember, in order to be accepted into college programs, you must have earned the grades in high school. Keep in mind that our program is only as strong as the individuals in it. Represent it and yourself well—both on and off campus.

## **PERFORM TO THE HIGHEST STANDARDS**

Fort Vancouver High School girls' basketball holds itself to the highest standards on and off the court. We are competitors and we are winners and we act that way. There is a district policy in place for grades in which we are required to follow. However, we will encourage all our student athletes to maintain at least a C average for C and JV teams, and 2.5 GPA on the Varsity level. We will incorporate study halls as needed and will work diligently with teachers to provide the best student-athlete experience we can. It is our goal as coaches to have the highest GPA's in our program. If we do not incorporate and teach to that, our student-athletes will not meet the expectations.

We show class by coming to compete every practice and every game. We show up to compete, we give all-out effort, and show the utmost respect in attitude until the final buzzer. We do not talk, we act. We will play hard during the game, and congratulate our opponents at the end, regardless of the score. We walk onto the floor as a team, and we leave the floor knowing that we are the team that hustled the most and played the hardest.

## **KEEP THIS THOUGHT IN MIND:**

If it were not for the people in your life, your family, and all they do for you, you would not be playing basketball, be thankful for who is in your life, and make sure you are able to say Thank you to them.

Playing a team sport is a big commitment. Not only are you making a personal commitment to yourself to play, but to a team of others as well. To a school, and to your community. Be sure you are able to make the commitment! Lady Trapper basketball practices 6 days per week. This includes over holiday breaks and Saturdays. There will be schedule changes, time changes, and flexibility needed by you as a player and parents.

In the following pages, we will review our Core Covenants. Our players have helped to define and identify what our program is committed to being about. Every student-athlete will voluntarily be given an opportunity in making a public declaration to each other that they will live by them. Please review expectations for Team Etiquette, Communication Plan, and Social Media expectations. After reviewing, please sign and return the last page to your coach. All players must have a parent, and student athlete signature on file.

"WHEN YOU ARE NOT PRACTICING, SOMEONE, SOMEWHERE IS, AND WHEN YOU MEET THEM IN HEAD-TO-HEAD COMPETITION, THEY WILL WIN."

-Ed Macaulay

# TEAM ETIQUETTE

## **AWAY GAMES**

When we travel, we treat the visiting locker room the same way we treat our own. Trash and tape are never left on the floor. We clean up after ourselves, leaving the locker room spotless. Sit with your team on the bus, when arriving at the away school, walk in together, sit together, and prepare to go into competition with your team, together. Before games, it is not acceptable for you to hang out with significant others. It is time for preparing for the job at hand. Sitting and interacting with your team is important. Be both physically and mentally prepared to compete. Give it your best effort every time you step on the floor.

## **HOME GAMES**

Please be at least one hour early to your game. Make sure you are with your team before your game, and like away games, you are mentally and physically preparing for competition. Be polite to the statisticians, other teams and to our supporters. Give thanks to those who support you and are around supporting you always.

## **HOW WE WILL DRESS| HOME AND AWAY**

Each team will have captains, and one of the captain's jobs will be to arrange how each team will agree to dress. This will be discussed further with captains once captains are established. Coaches can require a certain dress depending on a specific situation. For example, how we travel to a tournament may be different than how we dress for Regionals or Districts etc.

## **NEVER MAKE AN EXCUSE WHEN BEING CRITIQUED**

It is only when a coach ceases to critique your mistakes that you have to worry. In the heat of the battle, the game, the intensity is at a very high level. We care about the TEAM, and YOU. Your response should be a positive one— "yes", "got it" or something to show the coach and team you are ready to respond. We all do things well. Being able to work on things we do not do as well is part of becoming a better player and a better team.

## **PRACTICE**

The practice floor is the coach's classroom and teaching must take place. In order for teaching and learning to take place, certain rules must be followed. Come to practice ready to learn, pay attention at all times, and keep your focus.

During basketball season, you will never have enough time to complete all that needs to be completed, so every minute is important.

Practices are closed to your friends and family—we want your undivided attention.

If you are not at practice the day before a game, you will not play in the game. If you are at a practice but do not participate (sickness, injury, recovery) you may still play, but may not hold your usual position.

All holiday practices are required.

Always wear practice gear. This includes bringing your braces, inhalers, or anything you may need to practice/play.

**PUNCTUALITY**—being on time is a good habit to apply to all phases of your life. Practices begin at a specific time. You are expected to be on the floor, dressed and ready to play at that time. Being late will result in team consequences. One person being late affects the entire team.

**ATTITUDE AND EFFORT**—Nothing less than the proper attitude and 100% effort will be acceptable. Come to practice ready to work hard in order to be a better player and team member. Only positive talk is acceptable—no swearing, negative comments, trash-talk, etc. Encourage your team members, help them practice/play at their full potential.

**SPRINT**-- from drill to drill—no one walks on a basketball court!

**WHEN A COACH SPEAKS**—Absolute attention is expected. No one sits down, kneels down or leans on walls. Drinks and restroom breaks will be given. Do not leave the floor unless you have a coach's permission.

**LEAVING OR MISSING PRACTICE**—A player should not miss a practice—a parent must call your coach. If the coach is not available, leave a message.

### **PLAYING TIME**

There are three things that determine who will play:

1. Playing time is earned in practice.
2. Your ability – mental and physical.
3. You have control over 2 things. Your Attitude and Your Effort. Both will earn you playing time!

### **TIME OUTS**

All players in the game will **SPRINT OFF THE FLOOR** and sit on the bench--otherwise we will assume you are tired. All players not in the game form a semi-circle around the coach. 30 second time outs we will stand as is required.

### **GAME DAY**

You **MUST** be at school the day of the game in order to play!

### **PRE-GAME**

The dressing room should be used for conversation about the game. Get ready to play—concentrate on the job before us. Know your role before we go on the floor. Be prepared, be ready to compete, and play as a team.

### **AFTER THE GAME**

Coaches will meet with players after every game win or lose. Please make sure you do not miss an after game meeting, some of them may be short, others may take more time.

### **LEAVING THE GYM**

Always bring a jacket or sweat shirt. Keep yourself warm when you leave the gym. Take every precaution you can to keep yourself healthy.

### **BASKETBALL BANQUET**

It is expected that each player that participated on the Lady Trapper basketball team will attend the end of the year banquet. This is out of respect for your teammates, parents and all those that helped you during the season. It is also a chance for the coaches to recognize the hard work and dedication you have shown. We start the basketball season together—we finish it together.



**BASKETBALL  
NEVER  
STOPS**



# COMMUNICATION PLAN

Within the Fort Vancouver Basketball Program, we encourage our student-athletes to learn the value of accountability and dependability. These are important qualities to develop as an individual and a teammate. For this reason, it is important to maintain strong communication with the coaches and players. We require direct communication with coaches if a player is going to miss any scheduled event. The following are reminders we use to encourage this communication:

## **PARENTS TO COACHES COMMUNICATION and VICE VERSA:**

As coaches, we believe that we have a great responsibility to help all of them as female student athletes. We will do our best to communicate with you as the parents, and hope that you in turn will do the same. Here are a few simple tid-bits to keep us all on track.

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

### COMMUNICATION THAT YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Expectations the coach has for your child as well as all the players (This handbook and Core Covenants)
2. Locations and times of all practices and games (also on our website, Facebook, twitter, and handouts)
3. Team requirements, i.e., practices, special equipment, out of season conditioning, etc.
4. Discipline that may result in the denial of your child's participation

### COMMUNICATION COACHES EXPECT FROM PARENTS:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

As your child becomes involved our program, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept if/when your student-athlete may not play as much as you may hope. Coaches do make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as the following, must be left to the discretion of the coach.

### ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

1. Playing time
2. Team Strategy
3. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.

IF THERE IS A CONCERN TO DISCUSS WITH A COACH, THE PROCEDURE SHOULD FOLLOW:

1. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
2. **Please encourage your student-athlete to speak directly with the coach, many times this can take care of the problem and helps to further teach the student-athlete proper communication when things may not go the way they want.**
3. Call the coach of your child's team to set up a time to meet.
4. Please note, it is our preference as coaches that you and your child are present for any meetings/conferences that may need to occur.
5. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the Athletic Director to discuss the situation

## **NO ALCOHOL, TOBACCO, OR ILLEGAL SUBSTANCES**

ANY PLAYER BREAKING THIS RULE IS NOT TRULY 100% DEDICATED TO THE TEAM EFFORT AND ALL INSTANCES OF ISSUES AROUND THIS WILL FOLLOW DISTRICT POLICY.

Coaches will refer student-athletes to their designated counselors for personal issues. As coaches we care about each and every one of our student-athletes, we will not give up on them even if we have to suspend them from a team. We are here to help build strong female student-athletes, we will not ever give up on your child. Even if we have to dismiss them from a team.

## **SOCIAL MEDIA**

Every student signs a digital social contract at Fort Vancouver High School. Within this each student is agreeing to acknowledge they are responsible for their actions with social media.

As you begin participation in another athletic season, the Lady Trapper Basketball program and Fort Vancouver High School recognizes and support the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Vancouver School District is a privilege. As a student athlete, you represent the school district and you are expected to portray yourself, your team, your school and the school district in a positive manner at all times. Below are the social networking guidelines which provide the following direction for social networking site usage per the Lady Trapper Basketball program.

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.

- What you post may affect your future! Many employers, college admissions officers, and athletic recruiters review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments and posters).

- Similar to comments made in person, Online comments and behavior online that is disrespectful will not be tolerated, this includes things such as:

- o Derogatory language or remarks that may harm teammates or coaches; other FVHS student athletes, teachers or coaches; and student athletes, coaches or representatives of other schools, including comments that may be disrespectful to opposing teams.

- o Incriminating photos or statements depicting violence, hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism; stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behavior (including the use of profanity).

- o Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.

- o Indicating knowledge of an unreported school or team violation – regardless if the violation was unintentional or intentional.

All Lady Trapper student-athletes are encouraged to do the following:

1. Follow [@LdyTrapperHoops](#) on Twitter. Allow [@LdyTrapperHoops](#) to follow you.

2. “Like” <https://www.facebook.com/FVHSLTBball/> on Facebook.

3. Never involve yourself with alcohol or any other controlled substance. Posting pictures, retweeting or “liking” a post where this behavior is going on also indicates your approval.

4. If you are asked to remove a post, you must do so immediately! This is for the protection of your reputation and that of the basketball program. In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Think about who you represent: yourself, your family, your teammates and coaches, and your school. Like it or not, people are going to associate everything you post with you and what you represent. Protect yourself by maintaining a self-image of which you can be proud for years to come.

**Ability may get you to the top,  
but it takes character to keep  
you there.**

**- John Wooden**

## **MISCONDUCT**

**Player misconduct- A basketball player violates team, school, or district rules, including misconduct in the classroom.**

We strive to hold our student athletes in the basketball program to the highest of standards. In doing so, and in them learning and growing, we realize that they will make mistakes. Being corrected and held accountable when misconduct occurs is part of this process. Misconduct in this program is a student athlete not following the rules of the high school, the classrooms, family at home, and on the basketball court. It is a part of coaching to help mold each of these student athletes into the best person they can become.

**Consequences: depends on misconduct issue.**

Worst case scenario, removal from the team. Other consequences we will weigh out as appropriate based upon the infraction. Most consequences are due to tardies, unexcused absences and are usually dealt with in a manner of extra conditioning. Not passing a class will result in mandatory study halls and no playing time until passing all classes. You may see students with books at practice instead of running drills. There are a multitude of appropriate consequences for misconduct and giving an example for everything is not doable, so please know, that first and foremost it is about upholding what we are about, and working hard to teach them during the basketball season.

It is ultimately the coach's discretion to come up with an appropriate disciplinary response in most situations. It may be appropriate to have a conference to deal with certain violations. If that is required, a conference will be scheduled with you and your child. Please note that for Vancouver School District policy violations, appropriate protocol will be followed and most likely will mean we will release the student athlete from the program in those situations.

## **CONCLUSION**

The purpose in preparing this handbook has been to present the guidelines and rules necessary to have the best possible season, and to help everyone be on the same page in regards to this program.

The coaching staff hopes that you will read, understand and follow the material contained in this handbook; and, with a tremendous amount of hard work in the gym and classroom, you and your team will be one in which everyone can be proud.

When you graduate from Fort Vancouver High School, we hope that you will have gained more than a diploma and basketball skills. You will have learned many character traits that will have a strong carryover in life. You will always be a part of this program.

# PARENT AND STUDENT ATHLETE SIGNATURE PAGE



I have read and understand the included information in this program handbook. I understand that my daughter will be expected to follow and abide by the rules with-in this handbook, and that we have reviewed the handbook in full.

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Student-Athlete Signature

Date

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Parent/Guardian Signature

Date

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Parent/Guardian Signature

Date

Please give signed copy of signature sheet to your Coach.

Player Handbook 2017-2018