

Denton High School

Lady Bronco Basketball

2014-2015



“Committed to GREAT”

Giving **R**eceiving **E**veryone **A**chieving **T**OGETHER

COACHING PHILOSOPHY

Young athletes need guidance, positive role modeling, and coaching on the court, in the classroom, at home, and in the community. Successful programs are those which take a comprehensive approach to coaching and creating an atmosphere that provide players, coaches, fans, administrators, and the community with a sense of belonging.

As coaches we must be well prepared, well rounded, knowledgeable, and a “student of the game,” who leads by example and sets the standard for academic success, winning, and discipline. Our coaches must drive and motivate athletes to obtain their full potential as a player and person.

Players gain confidence and a love for the game through positive feedback from parents, coaches, and players. High school girls basketball can be an exciting opportunity for your child to have fun, develop as an individual/team player, learn discipline and responsibility, and mature as a person.

Competition is an important element of any sport and as kids grow they naturally become more competitive. I feel my role, and that of the parents, is to help the students develop the ability to deal with competition in a healthy way. Effort and attitude is the focus. If we can achieve that, then we have accomplished more than a winning season.

Different expectations from the coach, parent(s), and player can take away from the experience of the athlete/team. As you read through this handbook please make sure that our philosophy fits with your expectations of what you want for your child.

Parents’ Roles:

Roles are important on any team. Parents have a very important role in the program. We feel that the following roles are very important for parents to follow:

1. ***Support/encourage your daughter and the program.*** You might not always agree with every decision made by a member of the coaching staff, and you might not always agree with decisions made by players, but please be there to support your daughter and the program in a positive manner. We as coaches try to make decisions in the best interest of the program and the kids involved in our program, so please be supportive of your daughter and our basketball program.
2. ***Be a “Lady Bronco fan.”*** Sometimes as parents we focus in too narrowly on our children (daughter in this case), and we become more concerned with the success of our own child, rather than the success of the team. Please remember to cheer for the Lady Broncos and to be a fan of all members of the team when they are playing.
3. ***Display good sportsmanship.*** Please represent Denton High School at each game by showing good sportsmanship towards referees, coaches, players, and fans from our school and other schools.

OUR MISSION

Students involved in the Denton High School Girls Basketball Program will have a positive experience which will teach them many valuable life skills such as discipline, respect, hard work, and team work.

PROGRAM GOALS

1. To graduate 100% of our players each and every year.
2. To support each and every player in our program.
3. To become better students, athletes, and citizens.
4. 100% Student Passing rate (failing is not an option).
5. To improve individual player skills each and every year.
6. To generate enthusiasm, excitement, and support for Lady Bronco Basketball.
7. To work HARD, play HARD, show RESPECT, and have FUN!

OUR CODE OF CONDUCT

- We do not limit ourselves in any way. All things are possible. You have the potential to become everything you are capable of being.
- We intend to promote an environment in which champions can develop and flourish. We recognize the importance of working together.
- We take responsibility for all our actions, their consequences, and our own physical and mental preparation. Excuses are seen by all as a failure to take responsibility.
- Despite our aspirations, none of us is perfect. Therefore, it is necessary for us to forgive each other and ourselves again and again and again.
- We keep lines of communication open and attempt to be straight with each other by speaking clearly and directly. One way we do this is by listening carefully to everyone.
- Anything worth doing is worth having fun doing it. It is our intention to get as much enjoyment as we can from the team, practices, games, and other team activities.

*"Promise yourself to give so much time to the improvement of yourself that you have no time to criticize others."
- J.W. Scott*

PLAYERS PRE-SEASON REQUIREMENTS

All basketball players must have workout clothes and shoes every day. Coaches will not provide practice gear until the first official practice begins. Prior to the start of the season players must have an athletic physical on file.

NO ATHLETE WILL BE PERMITTED TO PRACTICE/PLAY IF THIS INFORMATION IS NOT ON FILE WITH THE ATHLETIC OFFICE

SCHOOL/PRACTICE/GAME ATTENDANCE

Players are required to be on time to every practice, game, and bus departure. Practice will START at the designated time. If you are in school, you are expected to be at practice unless you have made prior arrangements with a coach. If you miss school, you must contact your coach that morning or the night before. Please contact the coaches at the following phone numbers:

- **Coach Taylor- Head Coach**
 - **(940) 206-7017**

ABSENCES

An excused absence from practice/game is defined as: any missed practice/game that is excused prior to the absence by the coach. (i.e. School Activities, Sickness, Family Emergencies, Funerals, Etc.). For all absences the coach should be notified before or on the day of that absence. We DO NOT excuse players from practice or games to attend a job. You will be given a calendar at least a month in advance. It is your responsibility to provide your employer with a copy for them to plan accordingly. Unexcused absences from both practice and school will not be tolerated. You are here to learn and you cannot do so by continuously missing class. Furthermore, please try to avoid scheduling doctor and dentist appointments during practice time. This is a class in which credit is given and you are expected to be here just like any other class. This is even more crucial during season as we need all members of the team present as much as possible. Unexcused absences from practice will result in running. Excessive absences may result in removal from team.

SUSPENSION

If a student receives a school suspension, they can NOT participate in practice and/or games on that day or for the duration of their suspension. This is the same for in school suspension as well. The coach reserves the right to take additional disciplinary action against players violating this policy.

TARDIES

As a member of the Lady Bronco Basketball team you will be expected to be punctual in all that you do. Whether class or practice, team meetings, or the bus to games, you are expected to arrive on time. The following are consequences for being tardy to either class or practice.

- 0-5 Minutes Tardy = Player will run three Syracuse Conditioning Drills after practice for time
- 6-10 Minutes Tardy = Player will run four Syracuse Conditioning Drills after practice for time
- 11-15 Minutes Tardy = Player will run five Syracuse Conditioning Drills after practice for time
- 16-30 Minutes Tardy = Player will run six Syracuse Conditioning Drills
- 30+ Minutes Tardy = Discipline will be at Coach's discretion

The coach reserves the right to take additional disciplinary action against players violating these rules. Three or more tardies of 30 minutes or more may be grounds for dismissal from the team.

ACADEMIC EXPECTATIONS

The Lady Bronco Basketball Program will conduct WEEKLY grade reports. Players will be required to submit a grade check to their coach on Thursday of every week. If a student has a failing grade in any subject, they will be required to attend tutorials with the teacher of that subject and provide a written note from the teacher stating that they have attended tutorials.

ATHLETES DRESS CODE (Practice, Game, and Game Day Attire)

Athletes will dress appropriately, as determined by the following:

Daily Attire—Athletes will follow the DISD dress code policy. The athletes are representing Denton High School and should dress in a way that will bring pride and respect to their program and to the community. Failure to do so will result in extra running. If it is a persistent issue, other disciplinary action may be given.

Team Shoes- Shoes will be purchased for all Varsity players. Sub Varsity (JV, Freshmen) may purchase the team shoe, however, it is not required. Athletic shoes are required in order to practice and play.

Game day attire—Team decision

Practice attire— All athletes will need to bring their practice uniforms (In Season), basketball shoes, socks, and gym shorts to every practice. Practice uniforms are to be worn only at practice. Players will not be permitted to practice in just sport bras, and shorts etc. A player can be loaned gym shorts and/or practice uniforms after running one Syracuse Conditioning Drill if they forget to bring them. **No jewelry or metal can be worn by a player during practice, no exceptions.**

LOCKER ROOM/GYM

We have some of the best facilities in the area and possibly the state. It is the expectation of the coaches that you do your part to keep it that way. Do not walk across the gym floor in street shoes. It brings in dirt and dust and scuffs. We only get the floor professionally waxed and sealed once a year so we have to make it last.

Players are expected to clean their lockers out on a WEEKLY basis. Players get sweaty and sweat breeds bacteria and germs. Keeping dirty clothes in the locker keeps the locker room smelly and encourages the spread of sickness. Any clothing or shoes left on the floor is subject to disposal. Be proud of your locker room. Treat it like another home away from home.

PRACTICE DURATION

If a practice plan is adhered to, most practices should not exceed two hours. We try to take into consideration that athletes have other commitments, such as homework, and fatigue can occur when practices are too long. However, there will be times when practices may exceed two hours and this will be at the discretion of the head coach.

Team practices are generally closed to family, friends, etc. Practice times are very precious and the players need this time to focus solely on skill development and game prep.

SATURDAY PRACTICES

Saturday practices may/will occur at times during the season. **All players are expected to be at all practices.** These are treated as regularly scheduled practices. Players will be notified in enough time to take off of work or plan activities accordingly .

HOLIDAYS & BREAKS

There will be practices and games during breaks and all players are expected to be present! There are certain circumstances such as court ordered visitation etc. In which players simply cannot attend practice. Please see Coach Taylor regarding these situations.

NO SCHOOL

If school is cancelled due to bad weather, all activities may be cancelled. This is a decision that will be made with the safety of the athlete in mind. **Your coach will notify you if there is a cancellation.** If school is dismissed early due to bad weather, there will be no practice.

TRANSPORTATION

All players will be required to ride to and from games on the team bus or school van. Part of being a team member is riding to and from athletic contests on the bus together. If a player needs to ride home with her parents following a game, that player should bring her coach a note from her parents requesting permission. This note should include a phone number in the event a coach needs to contact the parent to verify the note. **To be able to go home from an event you must provide a WRITTEN note to be approved by the coach.**

If the team must wait through a game before or after we play at an away game site, the players are to sit together as a team in an area designated by their coach. Players are to act appropriately at all times, and stay under the supervision of their coach.

SPORTSMANSHIP

The Lady Bronco Basketball Program will not tolerate any inappropriate behavior or unsportsmanlike conduct by ANY of its players. If a Lady Bronco Basketball player acts inappropriately, the coach is expected to take disciplinary action. This may include suspension or removal from the team. (See discipline section for consequences for such behavior)

DISCIPLINE

Disciplined athletes will be the cornerstones of the Lady Bronco Girls Basketball Program. Players will conduct themselves in a manner reflective of our program. Stealing, fighting, and other prohibited activities, whether in or out of school, will not be tolerated. Any player found in violation of this will either be suspended or removed from the team. A player can be dismissed from practice for behavior detrimental to the team. Should this happen three times or more, the player could be suspended or removed from the team. Should the severity of the infraction require, behavioral issues could result in the immediate dismissal from the team.

SUBSTANCE ABUSE/USE

Substance abuse/use is a serious matter. We will be following the subsequent rules:

Drugs, Alcohol, Smoking

- 1) Possession and/or usage are prohibited. Everyone knows the rules, abide by them. Stay away from people and places where these things go on. We want to run a high class program. Do not cheat yourself and your teammates. The Lady Bronco Basketball policy will be followed in this matter. No Drugs, No Alcohol, No Cigarettes or No Team and No Play.
- 2) Do not let Drugs, Alcohol, or Cigarettes replace your uniforms. **YOU HAVE THE CHOICE!** Make the correct one. Anyone found in violation of these rules will be dismissed from the team.
- 3) Playing on a TEAM involves TRUST. If we cannot count on you in these matters, we cannot count on you on the court.

REMINDER

Please Remember

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.

“ Welcome to our season of GREAT ”