



Lady Demons Basketball Player/Parent Packet 2019-2020

Welcome to the 2019-2020 Lady Demons basketball program. We are excited and honored to have the opportunity to serve as the coaching staff and want to pass on some important information about our program philosophy, principles and rules.

Players and parents- please take the time to sit down together to review and discuss the following items and then please sign the last page and return it to Coach Moser or another coach no later than **November 20, 2019**. The first day of tryouts will be November 18, 2019. A full practice and game schedule, along with additional helpful information can be found at www.glenwoodbasketball.com.

A. PHILOSOPHY OF OUR PROGRAM

Winning is not defined by the scoreboard- we will **always** play to win; however, the #1 priority and success of our program will not depend on our win-loss record. As John Wooden once said, "What you are as a person is far more important than what you are as a basketball player."

We are coaches who love to compete, win and be successful. However, we recognize the definition of success has many variations. For us, we believe we will be successful if we can accomplish the following goals with our players not just as coaches but also as mentors. Our hope is to mentor, coach, and teach our players:

1. *To be the absolute best that they can be (as a player and person).*
2. *To be women of character, empathy and integrity who have the capacity and confidence to lead by example and do the right thing, not with words, but with action.*
3. *To be devoted students, citizens, friends, family members and teammates.*
4. *To act with humility and to contribute to the betterment of their families, teammates, school & community.*
5. *To live and act with grace, dignity, pride and kindness.*
6. *To understand their roles as selfless teammates on the court, in their homes, and in their lives.*
7. *To work hard to get better, and be as competitive as possible.*
8. *To have fun!*

B. PRINCIPLES OF OUR PROGRAM- for both parents and players:

1. Embrace the fact that this is your daughter's journey – and let her enjoy every moment. We will do everything in our power to make sure the opportunity to play high school basketball for the Lady Demons is something she will remember forever. Do not live vicariously through her but support her and celebrate her. Put your focus on being a supportive and encouraging parent. When you are inclined to tell her something about her performance, her coach, her teammate or the outcome of a game, consider this: *"I love watching you play."*

2. Please be respectful and supportive of our coaching staff. Make every effort not to undermine our coaching staff in your daughter's presence. Subtle, passive aggressive comments like, "Your coach doesn't know what he or she is doing," or "I can't believe you don't play more," do not help your daughter but instead create a conflict between listening to you and listening to her coach.

3. Our goal is not to promote one player in our program but to **BUILD A TEAM, A FAMILY**. That goes for our entire player roster (C Team, JV, Varsity, Managers and Coaches) - we are a family. There may be times when you think your daughter should be shooting more or perhaps that she should be shooting beyond the 3-point line. Please know our players will understand their roles on the team and sometimes what you want for your daughter may not be what is best for the team. We will insist on each player's discipline and ownership of their role as it applies to the success of the team

4. We expect our players to take accountability for their behavior. Players- respect everyone, give 100% (in school, practice, & games), know and accept your role on the team and remember you always represent your team, your school, your community, and your family. What you do and how you behave, both on and off the court, has a direct effect on others, always.

5. Parents- we expect our parents to accept responsibility and be accountable for their behavior in and out of the bleachers. What you do and say affects each player, the entire team, the community, opposing players and parents. This includes your actions and reactions to the referees. Please do not berate them as it sets a bad example and will do nothing to help the outcome for our team, the situation, or the game.

Sportsmanship is a priority for our program. Please also remember that we live in a small community and there may be a good chance that you are sitting in the bleachers near a coach's spouse, significant other, or family member. While you may have an opinion about a coach or the efforts of the team, please be respectful of the loved ones in their lives as well. We can promise you we are not going to be perfect, we will make mistakes. We can also promise you we are constantly striving to learn and make our program the best that it can be.

C. RULES AND GUIDELINES OF THE PROGRAM

1. Team Selection/Playing Time- while we would love nothing more than to keep each player and give her the opportunity to learn and grow, but this is a high school program with only so many uniforms. This means that not all players that try out will make the team. Each player must attend all scheduled try-outs to be considered for any team (exceptions: participation in a fall sport that has not ended; other school sponsored activity; serious illness; family emergency; or, any other issue that has been pre-excused by the head coach).

a. Our intent is to have a C Team, a Junior Varsity Team and a Varsity Team.

b. Selection of players for the various teams will be at the sole discretion of the coaching staff. The coaching staff will use both measurable and subjective data to make player selections.

c. While not inclusive of this list, the selection process will include: basketball knowledge, team play, work ethic, grades, character, ability, effort, attitude, fitness, and commitment.

d. Selection for a team is a privilege, not a right. It can be revoked at the discretion of the coaching staff if a player fails to show proper attitude on and off the court, fails to give their best effort, fails to pass their class work, or fails to live up to the team expectations.

e. **Playing Time**- equal playing time is not guaranteed, nor will it happen. The coaching staff will determine the extent and amount of playing time for each player based on her contribution to the team and what skill set is necessary against any given opponent. Again, this is a high school basketball program. While it is our hope that all players get the opportunity to play in games, that may not always happen. All playing time is earned and decided at the coaching staff's discretion.

f. Each player will be given an equal opportunity to contribute to the team, but the final judgment on all matters will be decided by the coaching staff.

2. Alcohol & Drug Policy- as established by the ROARING FORK SCHOOL DISTRICT.

a. The use of tobacco products, alcoholic beverages, or illegal drugs (i.e. beer, liquor, marijuana, cigarettes, cigars, pipes, e-cigarettes, vapor pens, etc.) is strictly forbidden. The intention is that students take the initiative to remove themselves from potentially dangerous situations. Therefore, students need to find ways to get themselves out of these situations. Athletes involved in situations in which drugs or alcohol are present must excuse themselves and leave immediately, or they will be considered in violation of

this contract. It is expected that athletes who find themselves in a situation in which they are unable to leave safely must notify parents, school officials, or police immediately.

b. While the District understands that students feel obligated to give aid to others who have participated in illegal consumption of illegal substances, there is the possibility that serving as a designated driver could result in an unintended consequence of danger or liability for students. At all times, the district encourages students to rely on responsible adults for assistance.

c. **For Athletes:** all students are permitted one (1) out of season opportunity to self-report a violation of the drug and alcohol policy. This will result in a “no consequence” outcome. This opportunity exists only once in a 4-year period of CHSAA eligibility. Students utilizing this opportunity must report this incident to the Athletic Director/ Principal/ Assistant Principal at the first available opportunity during the next school day. The school official will contact the parent/guardian to inform them of this opportunity being utilized.

FIRST VIOLATION- will result in a loss of athletic eligibility accordingly: five (5) consecutive contests (scrimmages are not considered contests). Students will be required to continue to practice with the team during this time.

Option After 1st Violation: an athlete under first violation may choose to **complete** (not just sign-up for) a District approved drug and alcohol class paid for by the athlete, their parent, or their guardian. If this is done, the loss of games will go from five (5) to three (3) consecutive contests (scrimmages are not considered contests). With this option all consequences are considered completed at the end of the season with no carry-over into the next season.

SECOND VIOLATION- will result in termination of athletic eligibility for the remainder of the current season and the following season of participation, which could carry-over to the following school year. Students will also forfeit 30% of the contests of any other athletic season in which they participate for one calendar year.

Option After 2nd Violation: an option for an athlete with a second violation is to choose to get a drug and alcohol evaluation, paid for by the athlete, parent, or guardian and **follow and complete** the recommendations. An athlete choosing this option will serve the following consequences: 5 consecutive contests (scrimmages are not considered contests).

THIRD VIOLATION- will result in termination of athletic eligibility for the remainder of the current sport season plus the next three sport seasons. *** (sport season is defined as fall, winter, and spring).

Option After 3rd Violation: an option for an athlete with a third violation is to choose to attend a district approved drug and alcohol prevention class and submit to a drug and alcohol evaluation, all paid for by the athlete, their parent, or guardian and **follow and complete** the recommendations. With this option, the athlete loses eligibility for activities for the current season plus will serve the following consequences in the next season of participation: 5 consecutive contests (scrimmages are not considered contests).

- **NOTE: Students who violate this drug and alcohol policy during a season in which they are participating are not eligible to letter, nor will they be eligible for post-season awards.**

3. **Attendance Policy-** players are expected to attend practices, team activities and games unless excused and planned for, (unless an emergency).

a. **Excused absences-** illness, school related activities, family emergencies, or any other appointment or issue that has been approved by the coaching staff. We expect advance notice unless it is an emergency or illness causing the player to miss school. Absent an emergency, all absences need to be approved, in advance, by the players' team coach.

b. **Unexcused absences-**

- i. One unexcused absence will lead to a one game suspension.
- ii. Two unexcused absences will lead to a three game suspension.
- iii. Three unexcused absences will result in dismissal from the team.

c. **School attendance-**

- i. A player may only miss up to a 1/2 day of school in order to attend that day's practice (the 1/2 day absence must be excused).
- ii. A player must attend 1/2 a day of school in order to attend that day's game (the 1/2 day miss must be excused).

d. **Tardiness-**

- i. If a player is tardy two times it will count as one unexcused absence.
- ii. If a player is tardy four times it will count as two unexcused absences.
- iii. If a player is tardy six times it will count as three unexcused absences and will lead to dismissal from the team.

4. **Academic Eligibility & Grades-** academics are the number one priority. All players must remain eligible to participate in games.

a. **Academic Ineligibility-** If a player is ineligible, they may practice however, they will not be allowed to play in games until they are eligible. If a player is ineligible for two consecutive weeks, they will not be able to practice. If a player is ineligible and is unable to bring her grades up for three weeks, and if her teachers are not willing to affirm that she is making every effort to raise her grades, she will be dismissed from the team due to academic ineligibility.

b. **Academic Warning-** If a player receives an academic warning, she will be required to get a note signed from the teacher of that class stating that she is working on correcting the problem and/or that the problem has been resolved.

c. Our coaching staff will make every effort to check in with the players and attempt to address issues with academics before they lead to ineligibility; however, it is the player's responsibility to make sure she is putting the time and effort necessary into school to pass and be successful. Skipping class will not be tolerated.

5. **Uniforms & Program Gear-** each player will be issued uniforms and program gear. It is the player's sole responsibility to take care of the gear and return it in the same condition as it existed when it was issued. The uniforms and practice gear **MUST** be cleaned no less than once per week. Please do not put them in the dryer. We receive a uniform allotment every 3 years so we need them to last. Washing them once when the season ends or once every few weeks is unacceptable. Be accountable for the items and take pride in wearing them. Remember, playing basketball is a privilege, not a right.

a. The cost for gear for the 2019-2020 season will be **\$150.00** per player. While I know this is expensive, I assure you that this does not cover the full cost of the gear they will receive. This year they will each get: a full set of travel gear, a long sleeve shooting shirt; a basketball program t-shirt; a backpack; and, a practice shirt (for under their practice uniform). We work hard throughout the year to fundraise to off-set our costs.

b. **Fundraising-** in addition to the fee of \$150.00, we will have a Free Throw Shoot-A-Thon during Midnight Madness to be held on Friday, November 16, 2018 where each player will be required to raise **\$75.00** for the program. This is not intended to be paid directly by the parents but to be raised by the individual players through pledges or donations. It is a great way for the girls to have a buy in as well. This money is used to help offset travel & hotel costs during the season, provide scholarship opportunities for players during the year, and also for scholarships for summer camps and training.

6. **Holiday Schedule-** we understand that basketball season lasts for many months and falls during the major school holiday breaks. We will have practice during these breaks. If you know you will be gone over the holidays, please talk to us as soon as possible. If your daughter is in town, we expect her to be at practice.

7. **Parent/Coach Role-** as the head coach, I also wear a second hat- as a parent. I assure you that I am keenly aware of the responsibility this brings and at no time will I blur the lines between the two. I am a coach and mentor for each and every player, including my daughter. With that said, if you ever have any questions or concerns about this issue please contact me immediately so that it may be addressed and resolved.

8. **Addressing a concern or issue:**

a. Our coaching staff has an open door policy with the exception of 24 hours before and after a game. This 24-hour rule allows us to focus on the task ahead and allows some time

separation on issues that may arise during a game.

b. The player should first present the problem to her team coach and be a self-advocate. If the issue still requires more clarity or discussion after the meeting with her team coach, please contact Coach Moser and a meeting will be scheduled.

9. Coaching Staff- Coach Rhonda Moser (Head Coach); Coach Deanna Spracher (Junior Varsity Coach); Coach Garrett Peters (C Team Coach); and, Coach Jordan DeCrow (Assistant Coach). Feel free to contact Coach Moser at 970-319-7076 with any questions or concerns.

Player (print name) _____

I affirm I have read and discussed the team philosophy, principals and rules for the Lady Demons Basketball Program with my parents/guardians. I believe that basketball is a team sport and will give 100% to execute my role on the team and be the best that I can be for myself, my team, my school, my family and my community. I agree to abide by the rules of the program and will keep the coaching staff informed as to issues that may prevent me from doing my best at home, at school or on the court. I realize I represent Glenwood Springs High School and the Lady Demons in all that I do and agree to maintain the character and integrity that comes with that responsibility and be accountable for my behavior and actions at all times.

I fully understand the Lady Demons Basketball program follows the Roaring Fork District School policy regarding alcohol and drug use and agree to abide by such policy.

Player Signature

Date

Parent (print name) _____

I/We give permission for our daughter to be a part of the GSHS Lady Demons Basketball Program for 2018-2019. I/We affirm that we have read the team philosophy, principals and rules for the Lady Demons Basketball Program and agree to such.

We understand the Lady Demons Basketball program follows the Roaring Fork District School policy regarding alcohol and drug use.

I/We give the coaches and medical personnel permission to seek and perform medical treatment, as necessary, utilizing the insurance information provided on the RFSD medical insurance form.

Parent Signature

Date