

2007-08 Elkhorn Girls Basketball Information

Coaching Staff:	Head Coach:	Jennifer Wragge
	Assistant Coach:	Connie Bang
	Assistant Coach:	Paul Martin
	Volunteer Assistant:	Mary Jo Giesselman
	Freshmen Head Coach:	Sally Studnicka
	Freshmen Assistant:	Jeanne Houchin

The goal of this program is to make each girl a better person by creating in her a strong work ethic, make her a part of something bigger than herself, and to teach perseverance and enjoyment of the game of basketball. Athletes who are part of this program will have an opportunity to have fun and grow as a person and an athlete.

PLAYER EXPECTATIONS

“Be aggressive, confident, disciplined and love to compete. Be intelligent enough to listen and develop the ability to work and learn. Have faith in the people you are working with and always put the team ahead of yourself. Keep your sense of humor. Do not let your teammates down in anything you do.”

- 1) **Practices:** Freshman practices during the week will be before school. Junior varsity and varsity practices will be after school. Junior varsity and varsity teams will practice on Saturdays, during holiday breaks and other vacation days. These teams will also have shooting practice on game days that are on Saturdays. The freshmen will practice on Saturdays and holiday breaks as needed. Freshmen athletes will be notified in advance.
- 2) **Absences:** You are expected to attend ALL practices and games. Communicate in advance if you cannot attend a practice. **If you are sick, please notify one of your coaches as soon as possible. If you cannot speak to a coach in person, please notify via e-mail or phone message.**

1 Unexcused Absence – Make up time, miss the following game

2 Unexcused Absence - Make up time, miss the following 2 games

3 Unexcused Absence – Dismissal from team

- 3) **Safety/Injury Prevention:** Though there is nothing that will guarantee the prevention of injuries in basketball, we recommend all athletes to wear ankle braces and mid or hi-top basketball shoes. We will order ankle braces and shoes as a team for a reduced price before the season starts. You are not required to order ankle braces or shoes through the school!
- 4) **Athlete Conduct:** Team members will represent Elkhorn and your community at home, in the classroom and on the court in a positive way.

- 5) **Training Rules:** All athletes are required to sign and follow the EHS student-athlete guidelines for alcohol and substance abuse. Any athlete that violates these rules will have team consequences as well as those stated in the handbook. Consequences will be determined by the coaching staff and will be determined on an individual case basis. Please understand that if you violate training rules, we cannot guarantee your spot on the team.
- 6) **Parent/Athlete/Coach Communication:** All athletes, parents and coaches will be required to read, sign and follow the communication policy.
- 7) **Lettering:** Any player who plays in 25% of the total number of varsity quarters has an opportunity to letter. Lettering will be at the final discretion of the coaches.
- 8) **Playing Time:** This is **not** an intramural program --- there is no guarantee of equal playing time. Coaches will do what is best for the entire team. Playing time is determined by each player's effort, physical and mental ability and her ability to follow the team expectations.

PRACTICE EXPECTATIONS

- 1) Anytime on the basketball court, you must hustle. If you are not hustling, the team is not hustling, and we will have to find other ways to do conditioning. We would like to incorporate most conditioning through drills.
- 2) Be a positive team member at all times.
- 3) Look your coaches in the eye and acknowledge them.
"The player who looks away when being coached is ignoring you, or saying with body language "don't coach me".
- 4) You will play like you practice. Always give your best effort in everything that you do!

GAME EXPECTATIONS

- 1) Always show positive character and be a positive representative of your team, family, school, community and self.
- 2) If an opponent is on the ground, help them up. If the ball is rolling away from an official, get it to the official.
- 3) Never question an official and do not interact with the opposing fans.
- 4) We will show our hustle by hustling during every time-out or break in the game. If we are on the floor – we are hustling (including free-throws).
- 5) Win with pride and lose with dignity.
- 6) If you are not on the floor, you are still "in the game". Encourage your team!!
- 7) All junior varsity players are expected to sit with the team during the varsity game and help keep stats and/or encourage their teammates.

TRANSPORTATION TO AND FROM AWAY GAMES

- 1) All players are expected to ride the bus to and from the games.

TRY-OUT EVALUATIONS / CUTTING POLICY

- 1) Some people will get cut. Please understand this is the most difficult job as a coach. We understand that this is very hard on those that do not make the team. We appreciate the courage and effort that it takes to try-out. These decisions are not taken lightly. Teams will be determined by athletic ability, basketball skills and knowledge, work ethic, position, coach-ability and character. All decisions will be made by what is best for THE TEAM. This may not necessarily what is best for each individual.
- 2) We will have individual conversations with each girl at the end of the second try-out day to notify them if they have or have not made the team.
- 3) Coaches will make decisions on who makes the team. Coach Wragge approves all final decisions at each level.

EXPECTATION AGREEMENT

Please sign if you agree with the expectations on the previous pages.

Athlete Signature

Date

Parent Signature

Date

Parent Signature

Date

Coach Signature

Date

Elkhorn Girls' Basketball
Parent-Athlete-Coach Communication Policy

Communication among parents, athletes and coaches is essential for the success of any athletic program. It is important to understand that we all want what is best of each individual athlete as well as for the team. Throughout the season, there will indeed be situations that will arise that will make communication among parents, athletes and coaches an absolute necessity. While concerns and opinions concerning coaching decisions are welcome, it is important to make it a learning experience for the athlete. The following policy will be enforced throughout this basketball season:

If a problem, concern or question arises from an athlete and/or parent, the following steps will be taken:

- Step One:** The athlete will meet with a coach or coach(s) addressing the situation.
- Step Two:** If step one has been followed and the situation has not been resolved to the satisfaction of the athlete, parent(s) and/or coach(s), a meeting with the athlete, parent(s) and coach(s) will occur.
- Step Three:** If steps one and two have been followed and the situation is not resolved to the satisfaction of those involved, a meeting with the administration will take place.

This policy is not to turn-away input, questions or concerns. It is to teach a vital communication lesson to the athlete. This policy also minimizes misunderstandings and miscommunication among the athlete, parents and coaching staff. Thank you for your cooperation with this policy.

Sincerely,

(Please sign the following page if you agree to follow the Communication Policy)

I agree to follow the Elkhorn Girls' Basketball Parent-Athlete-Coach Communication Policy.

Athlete's signature

Date

Parent's Signature

Date

Parent's Signature

Date

Coach's Signature

Date

PLEASE UTILIZE THE FOLLOWING CHECKLIST TO ENSURE THAT YOU HAVE EVERYTHING DONE !!!

Please note: You will not be allowed to tryout if the following things are not turned in and/or completed!

_____ Physical Form turned into A.D. office (Blue Sheet)

_____ Parent Permission Form turned into A.D. office (red sheet)

_____ Athletic fee paid at A.D. office

_____ Expectation form read, signed and turned in

_____ Communication Policy read, signed and turned in

_____ Shoe and/or ankle brace order form turned in

You will not be allowed to participate in games until the following is turned in:

_____ "The Role of Parents in Athletics" questionnaire to be completed by parents and athlete

_____ Parent and athlete signatures verifying that you have all watched the video entitled "The Role of Parents in Athletics"

ATHLETE/PARENT VIDEO VERIFICATION

_____ Yes I have watched the video: "The Role of Parents in Athletics" with my daughter.

_____ Date _____
Parent / Guardian signature

_____ Yes I have watched the video: "The Role of Parents in Athletics" with my daughter.

_____ Date _____
Parent / Guardian signature

_____ Yes, I have watched the video "The Role of Parents in Athletics" with my parent (s).

_____ Date _____
Athlete's signature

The Role of Parents in Athletics
Bruce Brown

Name:

Date:

1. What percentage of kids gave the reason that they play their sport for Fun?
2. If the expectations of a parent are different from the expectations of the player – What should be done?
3. Things that you as a parent can do:
 - 1.
 - 2.
4. What are the 5 red flags that a parent has not released their daughter to the game?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
5. What are the 5 things that athletes say they need from their parents and coaches?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
6. What are kids saying to their parents through Bruce Brown?

Shoe and/or Ankle Braces

We will be placing orders for shoes and/or ankle braces. Please understand that this is not required!!! I strongly advise purchasing ankle braces, however this is your decision. We can offer you a discounted price for each of the items. If you would like to order either or both, please indicate below. Please also note that I will not place the orders until AFTER tryouts or completed. Payment will be due AFTER try-outs.

Thanks,

Jennifer Wragge

Ankle Braces (approximately \$22)

_____ No, I am not interested in ordering ankle braces.

_____ Yes, I would like to order ankle braces.

I would like to order _____ ankle braces. (indicate how many)

My **women's** shoe size is _____ .

Shoe order (\$90)

_____ No, I am not interested in ordering shoes through the school.

_____ Yes, I would like to order shoes through the school.

My **men's** shoe size is _____ .

******* WE CANNOT RETURN THE SHOES, SO YOU MAY WANT TO GO TO AN ATHLETIC SHOE STORE AND TRY A MEN'S PAIR OF NIKE BASKETBALL SHOES ON. (The name of the shoe is Nike Soldier)**