

Sheboygan South Girls Basketball Handbook

The Sheboygan South Girls Basketball program provides a competitive playing environment for all of its student-athletes. The student-athletes must understand that representing South High School and the Girls Basketball Program is a **privilege**, not a right, that will provide them with the tools to be successful for the rest of their life.

We consider our "Team" to include student-athletes, coaches and parents, as well as important administrative staff. Before you commit to any one of these roles, we urge you to thoroughly read the South GBB Handbook. You should become involved in the South GBB Program, *ONLY* if you are able to make the commitment expected by Coach Botham and her staff. Past experiences have proven that those unwilling to make the commitment do not have a positive experience, while those willing to make the expected commitment have a very positive experience.

CORE BELIEFS

- ★ The Redwing Way -- Leadership, Commitment, Effort, Respect and Pride
- ★ Vision -- teach student-athletes, through athletic competition, the value of learning, service to others and personal responsibility
- ★ Mission -- Teamwork, Commitment, 100% Effort, Respect, Integrity and Perseverance will lead to Fox River Classic Championships and State Championships
 - Teamwork: working together, as a team, towards one common goal. Accepting your role on the team while putting the team's success ahead of yours.
 - Commitment: being committed to being the best you can be, in the classroom, on the basketball court and as a student-athlete role model, for the welfare of the team.
 - 100% Effort: giving all that you have mentally and physically to the activity.
 - Respect: giving particular attention and special regard to all those associated with the South Girl's Basketball Family and beyond.
 - Integrity: doing what is morally right and adhering to the academic and basketball expectations at all times.
 - Perseverance: continued effort to do or achieve something despite difficulties, failures or opposition.

Student-Athlete Expectations:

Daily Expectations/Priorities:

1. Academics comes first. You are at South High School to earn your diploma!
 - a. Go to class and be attentive.
 - b. Hand your homework in on time.
 - c. Prioritize your day to make time for academic responsibilities.
 - d. Ask for help if you don't understand something.
 - e. The Activities Academic Code will be enforced.
2. Be a positive teammate! Treat others as you'd like to be treated! Understand that people have grown up in different cultures.
3. Work well with others! Take accountability for your actions FIRST & accept your role on the team.
4. The Activities Conduct Code will be enforced (see consequences in SASD handbook)!
5. Respect people's time by being **ON TIME** for everything!
6. Give 100% in everything that you do! Ask for support!
7. Positive Self-Talk. You are YOU! Perfect in everyway!
8. Forgive yourself! Failure/Challenges are opportunities to learn and grow as a person.

Basketball Expectations:

1. You will be expected to attend all practices, games and scheduled basketball activities, unless you have a reasonable family conflict or emergency. If conflicts do arise, timely communicate directly with your coach and we can and will work it out.
 - a. Failure to communicate with the coach, could result in reduced playing time for next game.
2. If you do not participate in most of the drills during practice (taking yourself out and sitting on the sideline), you will not compete in the upcoming contest. Practice is each student-athlete's opportunity to show the coaches you are ready and prepared to compete in the games.
3. Put your cell phones away during practices and games.
4. Work to improve individually (mentally, physically and fundamentally) each and every day!
5. Practice productivity is one of the most important keys to team success, therefore:
 - a. On time for practice is late; come 5-10 minutes early so you can be dressed and ready to go at the start of practice.
 - b. **Listen**, when a coach or teammate is talking to you and/or the team. This will alleviate questions; someone making the same mistake; or asking the same question. Every player can learn from one another!

- c. If you are unsure about something, be sure to ask questions.
 - d. Jog between drills and to get water.
 - e. Remain standing throughout practice, to remain focused and ready to move.
 - f. If you are struggling learning the system; improving on certain basketball skills and/or being in basketball practice and game shape, take extra time (with coaches or on your own) to work on it.
6. In order to show complete respect for all those who sacrificed their freedom for our freedom, we will expect you to stand at attention, no swaying or movement, during the National Anthems.
 7. **COMPETE** ... in every competitive drill and every possession in the games.
 8. All practices will be CLOSED - no friends or family members are allowed to be present, unless they are invited or have received approval to attend.

Captains:

Being named a team captain is an honor. The position of captain is given to those athletes whom the rest of the team and coaches respect and trust to lead the team in the right direction. However, with this great honor also comes great responsibility. A strong captain should embody the four C's: Caring, Courageous, Consistent and Communicator.

1. Caring:
 - a. Undeniable passion for competing and for their teammates. They put the success of the team ahead of their own needs and are truly concerned with the well-being of all team members.
 - b. Treat all teammates with respect and recognize the contributions made by all team members.
 - c. If you have a problem with a teammate, you should approach that teammate in private and in a positive way to address the situation and find a solution.
 - d. The captain should be the one to stop rumor spreading and gossip. These kind of behaviors destroy team chemistry.
2. Courageous:
 - a. Captains are willing to step up and are not afraid to compete in the worst of situations.
 - b. Courageous captains set the example for the rest of the team. Their actions must embody the core values of the team, especially during times of adversity.
 - c. They are a model of courage and dedication to their teammates by setting lofty goals and working hard to reach them.
 - d. A courageous captain must show that they trust their teammates and coaches and are willing to hold teammates accountable to working hard and being prepared.

3. Consistent:
 - a. Captains need to be the model of consistency. To be a consistent captain, they need to hold themselves to a standard of giving 100% effort in every practice and game. They cannot cut corners and earn the respect from teammates and coaches that is necessary to lead the team effectively.
 - b. Consistent captains hold themselves accountable, each and every day, to the team expectations in the classroom and on the court. In other words ... captains “walk the talk”!
4. Communicator:
 - a. Captains have an authentic style of communicating. Some lead by their actions, while others are more vocal. It is important to remain true to your own style of communication and not try to be someone else.
 - b. Captains need to be the mouthpiece for the coaches to their teammates, as well as for their teammates to the coaches if the need arises.
 - c. Captains need to take care of internal player issues, with timely communication, to help keep the team focused on their team goals.

If you successfully accomplish these 4 C's you will earn a 5th C – ***credibility***. Nothing is more important in leading your team into competition than being seen as an authentic, credible leader.

Choosing Captains:

The role of captain(s) will be chosen by the players and coaching staff prior to the first non-conference basketball game of the season. The number of captains chosen, for each team, will depend on the number of players that the coaches feel embody the four C characteristics as a student-athlete and are positive role models in the Sheboygan South community.

It is also important to understand, captain roles do not automatically go to the upperclassmen. The role must be earned throughout the spring, summer and fall seasons and could be assigned to an underclassmen as well.

As stated above, being named captain is a great honor but it also comes with great responsibility. If, during the course of the season, the captain is unable to handle the responsibilities and/or violates any team or athletic code, the role of captain can and will be taken away.

Team Travel Expectations:

1. Be on time for bus departure from South High School. The bus will leave at designated assigned time, thus be sure to board 5 minutes early.
2. Wear Team Travel Sweats to and from away games or at team volunteer activities.
3. You may travel home with a parent/guardian (with signed permission) if the team you are participating on WINS the game. If your team loses, as a team we will travel home on the bus together. This gives us the opportunity to process the game and discuss how we can learn from the experience together.

Team Playing Time Philosophies:

JV2:

1. Freshman, Sophomores and Juniors may compete at this level. This team is intended to introduce some players to competitive basketball.
2. All players will play in every game, unless there are disciplinary issues. Playing time at this level will be determined by attitude, skill, player effort and conditioning.
3. Players need to understand that the better players will start to play more minutes in the second halves of certain games.
4. Although playing time does not need to be equal at this level, enough playing time should be provided to allow each player a chance to work on their skills during game situations.

JV1:

1. Freshman, Sophomores, Juniors & Seniors may compete at this level. This team is for players who have played competitive basketball.
2. All players will play in every game, unless there are disciplinary issues. Playing time at this level will be determined by attitude, skill, player effort and conditioning.
3. Like JV1, players need to understand that the better players will start to play more minutes in the second halves of certain games and that playing time does not need to be equal at this level. Players should be provided enough playing time in games to allow them the chance to work on their skills in competitive situations.

Varsity:

1. Freshman, Sophomores, Juniors and Seniors may compete at this level. This team is for players who have played competitive basketball and have the skill set, athletic ability, work ethic, conditioning and a positive attitude to compete on Varsity.
2. Playing time will be determined by the characteristics above, as well as their knowledge of the offensive and defensive systems as well as their behavior in

the classroom and on the basketball court. Consequently some players may not play in every game.

3. The Head Coach's playing time decisions are based primarily on putting the team on the floor who will put South in the best position to succeed in the competition.
4. Each player will have an important role on the team that will be essential in helping the team perform to their full potential.

Parent Expectations:

“Your child's success or lack of success in sports does not indicate what kind of parent you are. But, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, and tries their best, IS a direct reflection of your parenting.”

1. I will attempt to relieve the pressure of competition, not increase it.
2. I will empower/expect my daughter to communicate any issues/concerns directly with the captain and/or coach following the Coaching Ladder of Communication (see below)
3. I will be supportive of the coach:
 - a. Expecting your child to follow the program expectations and Activities Code of Conduct at all times
 - b. Bring and/or pick up your child from practice on-time
 - c. Promptly read and respond to communications from the coach
 - d. Help enforce building rules and respect of property while at practice and events, while keeping watch of siblings
 - e. Refrain from coaching your child from the stands
4. I will demonstrate good sportsmanship by applauding a good play by our team as well as the opposing team and accept the results of each game
5. I will refrain from openly questioning a referee's judgment; setting a good example for the players
6. I will refrain at all times from making negative or derogatory comments about players, coaches, officials or fans while at an event and or in a public place – remember that you are also responsible for extended family members & friends – we also strongly suggest to avoid these types of conversations in front of the players
7. I will refrain at all times from using email, Facebook or other social media to post concerns, issues or negative / dissatisfactory comments.

8. I will assist the GBB Program in providing volunteer hours at concessions and/or other fundraising events; understanding that this is vital for the success of the GBB programs to have strong volunteer support of its parents as well as understanding that this is a requirement of my child's participation
9. I will properly care for my daughter's uniform and return it cleaned at the designated time; failure to do so could result in a fee to replace the uniform.

Student-Athlete/Parent/Coach Communication:

Parenting and coaching are extremely difficult vocations and being a student-athlete comes with many responsibilities. In all roles, you have the right to understand what expectations are placed on all those involved in the program - which is why we have developed the South Girls Basketball Program Handbook. Throughout the season, questions and concerns will arise which are important to address in a timely manner.

Communication the student-athletes should expect from her coach:

1. Philosophy of the specific program she is participating on (handbook)
2. Expectations the coach has for the student-athletes in the program (handbook)
3. The role she has on her basketball team (which may change throughout the season) and what she can do to change her role
4. Location and times of all practices and contests, as well as the times bus will leave for away contests
5. Consequences associated with the student-athlete's actions in the classroom, in the high school community and on the basketball court

Appropriate concerns for the student-athlete to discuss with coaches:

1. Playing time and what she can do to increase her playing time
2. Teammate issues - someone is not treating her appropriately; someone is causing a distraction on the team with their behavior; someone is violating the activities code
3. Academic issues that need to be addressed
4. Understanding the offensive & defensive system; team strategy in certain games and why certain plays are called

Appropriate concerns for the parents to discuss with coaches:

1. The mistreatment of your daughter, mentally and/or physically by a teammate or the coach.
2. Concerns about your daughter's inappropriate behavior or poor academic results..

Ladder of Communication (if a student-athlete has an issue with a coaching decision and/or something within the program):

- 1st rung of ladder: Student-Athlete communicates directly with the Captains to see if, together, they can solve any team issues.
 - If issue is not resolved...
- 2nd rung of ladder: Captain and/or Student-Athlete communicates directly with the Head Coach (coordinate a time before or after practice)
 - If issue is not resolved...
- 3rd rung: Student-Athlete & Parent communicates directly with Head Coach (schedule a meeting with the coach that is not on a game day)
 - If issue is still not resolved...
- 4th rung: Student-Athlete, Parent & Head Coach communicates with Activities Director (schedule a meeting - not on a game day)
 - If issue is still not settled ...
- 5th rung: SA, Parent, Head Coach, AD communicates with Principal (same as above)
- 6th rung: SA, Parent, HC, AD, Principal communicates with the Superintendent (same as above)

South Redwing Girls Basketball Handbook Acknowledgment

My parent/guardian(s) and I have read and reviewed the South GBB Handbook. We understand the contents of all documents and agree to abide by them.

If you have any questions in regards to the handbook feel free to contact your designated Head Coach or Coach Ellyn Hansen; ellyn.hansen@yahoo; Cell: (608) 201-8700

Print Student-Athlete Name:

Student-Athlete Signature: _____

Print Parent/Guardian Name (s):

Parent/Guardian(s) Signature: _____