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**INTRODUCTION**

The development of a basketball player is a total team effort. It begins in elementary school and progresses each year through high school. We want you to have a GREAT experience in the BLUE VALLEY NORTH BASKETBALL PROGRAM. The team effort is a coordinated and progressive development of each player by his/her coaches. To successfully develop the Blue Valley North Basketball Teams, the coaches will rely on the positive support of all the faculty, administrators, students, family and parents.

The purpose of this guide is to acquaint our players and families with our basic philosophies. In addition to practice and game expectations, responsibilities toward academics, training and rules and personal conduct will be mentioned.

We are extremely fortunate to have the opportunity to work with all the young women in the mustang basketball program. If you have any questions about the items in this handbook, feel free to contact us.

Blue Valley North Coaches

Ann Fritz

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**STATEMENT OF PHILOSOPHY**

We want you to know that you will be expected to work extremely hard. You will have high expectations placed upon you in the classroom, on the court, and on citizenship. Also, we know that as coaches we have a commitment to our team. We assure you that our coaching staff will work as hard as possible. We will work you very hard but as fair as possible. The following statement is presented to explain, from a coaching standpoint, how we see our role as your coaching staff at Blue Valley North.

**THE COACH AS A TEACHER**

Since the coach has the responsibility and duty to teach his/her players how to properly execute the various fundamentals and skills involved in the game of basketball, he/she is first of all a teacher. We adhere to the theory that you teach best through example. We are not implying that is essential for the coach to be able to demonstrate and execute to perfection every fundamental and skill in basketball, although this would be a great aid in teaching. We speak of teaching through example by the way we deal with players and we live our lives. For example, if we don’t give our best as coaches, we can’t expect the players under our supervision to give their best as players. You will see the coaching staff at North committed to the Lady Mustangs program year around.

Our goal as coaches are to help develop young ladies into successful adults in society. Being part of a successful team can be very rewarding. The commitment and dedication you will acquire through basketball can carry over to your adult life.

Discipline is also an important part of basketball philosophy. Discipline is defined as the ability of the players to control their bodies and emotions under the direction of the coach. We will stress discipline both on and off the court.

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 **Practice Policy**

**Practice is necessary if we are to meet our goals. Therefore every player needs to be at all practices and ON TIME. If you cannot be at a practice the coach must be notified by the athlete. It is not acceptable to have another player pass the information on to a coach. A phone call, a text or email is mandatory.**

**First missed practice player/coach meeting**

**Second missed practice is game suspension**

**Third missed practice is dismissal from team**

**Playing time**

**Regular attendance along with continued focus during practice sessions are essential to the success of the program and will have a direct effect on the level of achievement during competition. Every effort will be made to allow for meaningful contest participation during each season; however, a specific amount of playing time is never guaranteed. Some players may practice every day and not get playing time.**

**Attitude**

**Lady Mustang players need to have a positive, team first attitude. They are working toward individual improvement and achievement in an effort to strengthen the team.**

**Team Player**

**You should be an individual who will benefit the team most by accepting, respecting and supporting your teammates and working toward the goals established by the team. Individual recognition, scoring and playing time is a secondary result of being a team player..**

**PLAY FOR YOUR TEAMMATES!!!!**

**Transportation policy**

**All parents are required to sign the BVN travel consent form. In a unique situation if a player needs to ride home with a parent after a game communication must be made a day prior to the game. My philosophy is we go as a team we come back as a team.**

**Social Media**

**Facebook/Twitter/Social Media**

**While social media is a large, positive part of our culture, it can also have a disruptive impact on young people.  Participating in basketball is a privilege not a right.  And that right will be revoked if social media is mishandled.  Consequences determined by the coaches/athletic department will result with the misuse of social media.**

**The following things are prohibited and will result in disciplinary actions:**

1. **Sexually, explicit, profane, lewd, indecent, or defamatory language.**
2. **Derogatory language regarding school personnel or other students.**
3. **Nude, sexually-orientated, indecent images, or altered pictures will not be acceptable and is a violation of team policies.**

**Players should be very cautious about what they post on social media and what their friends post about them.  Parents should have the password to their daughter’s account and check it frequently.  If parents have Facebook/twitter accounts, they should be friends with/follow their daughter for proper supervision.**

**ADVANTAGES OF PARTICIPATION IN THE**

**LADY MUSTANG BASKETBALL PROGRAM**

1. **Develop lasting friendships**
2. **Develop Self Confidence**
3. **Stay in good physical shape**
4. **Develop respect for rules and authority**
5. **Opportunity to participate in an activity which parallels many life experiences**
6. **Opportunity for college scholarship**
7. **Opportunity to be a part of a team with high expectations and striving together as one unit to accomplish a goal**
8. **Helps develop well rounded quality individuals**
9. **Be a role model for future Lady Mustang athletes**
10. **opportunity to travel**

**Disadvantages of Participation**

1. **You may practice and never play in a game**
2. **Social sacrifices**
3. **Less study time available, yet you must maintain good grades**
4. **Hard and tiresome practices**
5. **Possible injury**
6. **Sacrifice time over the Holidays**

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**RESPONSIBILITIES OF A**

**LADY MUSTANG**

**BASKETBALL PLAYER**

As you read throughout this handbook, you will begin to better understand the type of basketball program that will be expected at Blue Valley North High School. There are many points of emphasis that make up our coaching philosophy. The following thirteen player responsibilities best summarize our goal to help you become the best basketball players and person you can be. Remember BASKETBALL is a privilege, not a right, at North.

My responsibility as a Mustang Basketball player are:

\*To attend all classes and make an effort to the best of my personal ability

\*To be honest, sensitive, and not steal or cheat

\*To develop a positive self - image

\*To give 100% in practices

\*To represent North as courteous, disciplined student athlete

\*To play up to my potential

\*To do what coaches ask of me

\*To accept criticism in a constructive manner and not as a personal attack

\*To be at all practices and games on time

\*To be a positive role model in the classroom, hallways, and on the court

\*To fulfill my team role the best I can

\*To look for ways to compliment my team members, on and off the court, and to create a positive attitude

\*To set high but reachable goals for myself, and to encourage and assist my teammates in attaining their goals.

Student and Parent Expectations

Student

1. Players support each other
2. Eliminate negative comments
3. Be a positive, contributing team member
4. Find your role on the team
5. Give your best effort on and off the court
6. Be a positive role model
7. Problems will be worked out inside the program
8. Basketball will be the most fun and memorable experience of the school year
9. Game situations handle adversity and success in respectful manner
10. Be respectful to officiating

Parent

1. Encourage by example - Positive comments
2. Control negative “table talk”
3. Keep realistic measuring sticks of success
4. Support daughter’s role in a positive manner
5. Encourage daughter to always give best
6. Communication is done professional and with concern of the team dynamic
7. work together to create the best and most positive experience
8. Positive support for the team without interfering
9. At games cheer for team in positive manner
10. Be respectful to officiating and control comments directed to officials

**“WHAT IS THE DIFFERENCE?”**

There is very little difference in people, but that little difference can make a big difference. The little difference is attitude. The big difference is whether it is positive or negative.

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**EXPECTATIONS**

**ACADEMICS - GAMES - PRACTICES**

Certain responsibilities were mentioned earlier in this handbook. This section is included to inform all participants that there are other, more specific, expectations of them as members of this team.

The first area of concern is academics. You should notice that in the term student athlete, “student” comes first. The MOST important reason for attending North is to receive an education. Basketball is just a part of your total education.

Your coaches are concerned with your academic progress as the school year progresses. We will be monitoring your academic standing with each of your teachers. You will take a report periodically to have them fill out your grade and effort in class.

During the season it can become more difficult to manage your grades. You will have to become more disciplined and be able to manage your time wisely. Keep your coaches abreast of any problems that may develop.

Remember always you are a part of an “ELITE FAMILY.” Everyday people will look up to you, not only on the basketball court, but also in the classroom and hallways. Therefore, we want you to excel in the classroom as well as on the court. There are a lot of peers who will try to bring you down to their level. They do not have as much going for them as you do. You can always be in control of how hard you work and what type of attitude you have. **Being successful takes a lot of determination, time, sacrifice, pride, and hard work.**

**HARD WORK AND HUSTLE DO NOT REQUIRE ANY TALENT!!!!**

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**Substance Abuse Guidelines**

For purposes of interpretation of consequences for offenses of the BV Substance Abuse Guidelines, all KSHSAA activity programs at Blue Valley North will follow the guidelines listed below, beginning with the 2003-03 school year.

# First Offense

1. **Suspension from participation in extra-curricular activities for not more than 50% of one full seasons.**

## For BVN participants, this will mean the following

1. One week suspension from the team, which includes all practices and contests; and
2. Two additional weeks suspension from contest.
3. If try-outs fall within the suspension time, the participant will be allowed to try-out, with the suspension beginning immediately after try-outs are completed.
4. If the violation occurs near the end of a season, the suspension will carry over to the next season.

# Second Offense

A Suspension from participation in extra-curricular activities for not more than one full seasons.

For BVN participants, this will mean the following:

1. Dismissal from the team for the remainder of the season

### Communication with Parents and Athletes

Communication is a concern to relationships. This is especially true in the coach-athlete relationship. Within this relationship difficult issues must be dealt with at times, including discipline, player performance and player dissatisfaction. Proper communication results in the positive resolution of such issues, stronger coach-player relations and other benefits such as the student learning how to solve problems. **We encourage students to speak on their own behalf, addressing issues with the appropriate individual**,

Parents also have a relationship with their child’s coach, and communication is equally important to this relationship. Parents may feel the need to step in on their child’s behalf. Whatever the motive, proper communication will enhance coach-parent and coach-player relations.

The following is a guide for coaches, parents and student-athletes. This guide provides a chain of communication that will maintain and build positive relationships.

**Step One:** Coach – Athlete Session

If a player or his/her parent has any issue or problem with the sport experience, the student athlete is expected to address the coach. Students are also encouraged to talk with the coach about any issue in their personal or academic life. The district expectations of coaches include open communication and positive relations.

S**tep Two: Coach** – Parent – Athlete Session

If an issue has not been resolved in step one, the next step in communication process is a meeting with the parents. The guideline here is to set an appointment at the coach’s discretion. If the issue is emotional, the appointment should be scheduled at a later time so parties are calm and problem solving can occur.

In this step, there may be cases when it may be best if the athlete does not participate in the session.

**Step Three:** Administrator-Coach-Parent-Athlete Session

If an issue is not resolved in Step Two, any party may initiate the next step. Using the same format as above, an appointment is set and all parties define the purpose of the meeting