



Girls Basketball

Head Coach: Trudy Tatum

Assistant: Elon Langston

Assistant: Thomas Young

P~R~O~U~D

Welcome to our Decatur High School Athletic program! Athletics and activities provide participants additional opportunity to learn, develop skills, grow as an individual and as a member of a team. Our Gator Athletic program will strive toward a united culture that fosters a high work ethic, accountability, outstanding sportsmanship, teamwork and respect for all.

During any season, there will be a wide range of emotional highs and lows, challenges that require perseverance, problem solving situations, wonderful celebrations and many lifetime memories. We consider ourselves partners with each role clearly defined:

Participants Compete, Parents Support, Coaches Coach, Officials Officiate

Decatur is a member of the North Puget Sound League (NPSL) with fifteen other schools resulting in extremely competitive contests. As Golden Gator's we will support the NPSL sportsmanship code and commit too:

Show pride, class, spirit and respect. Display modesty in victory and graciousness in defeat.

To assist participants and their families in planning for practice and contests during our season, coaches might provide additional documents. However, please always refer to our NPSL website <http://www.npslathletics.org/> as this is Decatur Athletics master contest schedule. Our NPSL site provides the opportunity for people to sign up and receive emails when a contest changes. Viewing the NPSL site on a regular basis is encouraged.

We enter the 2017-2018 school year with new energy, enthusiasm, Golden Gator Pride and great optimism! Thank you in advance for supporting our growth by becoming involved with our programs, attending our contests, cheering positively and loudly for all involved. We stand PROUD as a Gator Athletic program. As the saying goes at Decatur...

“It is and always is a great day to be a Gator!”

Annette J. Duvall
Director of Athletics
aduvall@fwps.org
(253) 945-5306 office

Coaching Staff

Trudy Tatum – Head Coach/Guidance Secretary: ttatum@fwps.org, 253-945-5208 office

Elon Langston - Assistant Coach: elonlangston@gmail.com, 206-853-2002 cell

Thomas Young - Assistant Coach: byoung@fwps.org, 206-476-9668 cell

Remind 101 – enter phone #81010, then enter @coachttatu into text box

<http://www.npslathletics.org/>

We are excited to be working with a great group of participants. My name is Trudy Tatum and I am mother of four children, granddaughter of one and the seventh child in a family of eight. I grew up participating a number of different sports. Track, Gymnastics, Volleyball, Softball, Flag football and Basketball. I enjoyed sports because it allowed me the freedom to learn something new all the time. Sports are ever evolving with new players bringing something new to the game.

This is my fourth year at Decatur working in the guidance office as well as coaching. I first coached the JV team and I now have the privilege of being the Head coach entering my third year. I am looking forward with great anticipation and enthusiasm for this season. Moving forward from a very challenging 2016-2017 season, I am optimistic for the future and what this group of young ladies bring to Decatur Girls Basketball program.

Elon “Coach E” Langston is an assistant coach in his third year at Decatur. In partnership with Thomas Young, they operating PURE Athletic Training and Mentoring which is an organization geared towards the development of scholar-athletes as they navigate natural struggles balancing life. Coach E uses his love of basketball to connect and build life-long relationships with the younger generation molding and shaping them into exceptional young individuals as well as future leaders on and off the court. He is extremely blessed and thankful to be a member of the Girls Basketball Coaching Staff at Decatur.

Thomas Young is our assistant in his third year at Decatur, co-founder of PURE Athletic Training and Mentoring with a total of sixteen years of experience coaching basketball. He is in his second year at Lakota Middle School where he is on the football staff as well as the advisor for the Pacific Island Club. Outside of basketball, Thomas has four kids, three grandchildren and another on the way. Philosophically Thomas is a true believer that keeping kids busy with activities will teach them characteristic that will help them in life. Hard work and dependability will always go further then talent.

This past off-season Decatur consistently had the best participation in many years. The entire coaching staff is very excited and looks forward to what the future has in store for our girls’ basketball program.

Philosophy of our program:

A successful season for our team will be determined by our participant’s ability to improve every day; by how hard we practice, by how aggressively we compete, & by how united we are as a team. We believe that it takes the talents of many individuals and hard work to produce a successful team effort. Our success as a team hinges on our ability to develop our individual talents and build a team culture that operates as one cohesive unit. We believe that for our team to be successful, the good of the team must come first, before the good of the individual; however, individual contributions will be valued and recognized. In addition, girls basketball will:

- 1) *Instill* hard work and accountability in each student athlete so they can maximize their full potential in the classroom, on the basketball court and the game of life.
- 2) *Prepare* each student athlete for the real world by holding them accountable to our program core values of family, integrity, leadership, commitment, toughness, respect, selfless, teamwork, communication and confidence.
- 3) *Ensure* each student athlete is taking care of business in the classroom before they have the privilege to play high school basketball.
- 4) *Create* a family atmosphere for all past, current and future Decatur girls' basketball players.
- 5) *Set* specific, measureable and attainable individual life goals, academic goals, tactical performance goals and team goals along with implementing an action plan for all four areas to be achieved.
- 6) *Educate* and counsel our student athletes about career choices and internships preparing them for the future.
- 7) *Map-out* and follow our 2017-18 Critical Path to ensure individual and team success.
- 8) *Develop* and improve each player's basketball skill and IQ through a comprehensive system of play so they can become the best player they are capable of becoming.
- 9) *Master* the fundamentals of the game of basketball by giving 110% effort during practice and skill workouts to fully prepare for game play.
- 10) *Upgrade* the respectability of the Decatur Basketball Program in the Puget Sound, Washington State and throughout the NW region.
- 11) *Establish* an attitude and tradition that will attract students to want to participate in the basketball program at Decatur High School.
- 12) *Display* a winning attitude through the development of team "chemistry" and unity.
- 13) *Build* positive relationships with Decatur faculty, students and the surrounding community.
- 14) *Become* servant leaders in our community by conducting volunteer work, clinics and camps.
- 15) *Compete* and win the 4A NPSL Championship, District Championship and State Championship.

Determining factors for team designation in our program:

- PROUD characteristics
- Academics, attitude and attendance
 - We understand some participants may have jobs or work commitments. This makes a 100% commitment to any team challenging. If a job or work commitment impacts

one's ability to be a fully present participant, coaches and participants will collaborate with the intent to find a solution but ideally, our athletic program priorities are family, academics, team.

- Talent, sport knowledge, experience, work ethic and cooperation
- Performance & dedication at team practices and contests
- 12 Core Values: The coaching staff will acknowledge and emphasize the twelve core values in every team practice, event and game. The core values are instrumental for lifelong success and helping our athletes become role model citizens. Our message is much larger than the game of basketball! We want to prepare our student athletes for the real world. Anything that can be done to improve the character of our student athletes and team increases our chances for success. The following core values will be taught and addressed in all that we do:

**FAMILY • INTEGRITY • TEAMWORK • COMMITMENT • SERVANT
LEADERSHIP • PASSION • TOUGHNESS • WORK ETHIC • SELFLESS •
COMPETITIVE • COMMUNICATION • RESPECTFUL**

Any path that leads to success has a strong and sturdy foundation. These 12 core values will be the cement that holds our TEAM together.

Decatur Athletic Program Philosophy:

Varsity is designed to compete and win while demonstrating PROUD characteristics.

JV and C is designed develop and retain participation numbers while demonstrating PROUD characteristics.

Varsity (V): All participants have the opportunity to compete at the Varsity level if they are capable and can be competitive. Playing time decisions are dependent upon PROUD characteristics, talent, commitment, punctual, in attendance, work ethic, attitude and our 12 core values. In addition, our Varsity team has the highest emphasis on skill and speed of play, in order to compete with the best teams in the state. Coaches will communicate who is starting and/or playing before or during warm-up. Line-up changes could occur based on participation performance leading up to the contest as well as performance during the contest. There is no guarantee of playing time for any player. We will focus on outcome-based results which may lead to an inequity of opportunity at the Varsity level. The coaching staff has the responsibility and prerogative to make these decisions.

Lettering Requirements:

Participants will have suit up/competed in at least over half of our NPSL contests

Participants will be in attendance at practice and contests 95% of the season

All participants must consistently demonstrated PROUD characteristics throughout the entire season. In addition, participants will:

- be academically eligible at the end of the season
- have returned all issued equipment or gear

- missing or damaged may result in a fine for that item.
- Uniforms are to be returned before the banquet
- have paid all fines through the finance office before the season ends

If in case there is a behavior standard or a situation that falls short of our PROUD characteristic standard, it is possible that this could impact their receipt of a Varsity letter.

Junior Varsity (JV) team: The JV team will focus on the development and retention of participants with the intent to prepare them to eventually compete at the Varsity level. When participants are meeting practice/attendance expectations, an effort will be made to get everyone in during each contest, however this may not always be possible. Contest participation will depend on PROUD characteristics, commitment, punctual, in attendance, work ethic, attitude, skill and our 12 core values. Coaches will communicate to participants who is starting before or during warm-up. Our JV contests are opportunities to develop and not outcome focused.

Program Expectations:

Being worthy of respect starts with giving respect. Our coaches are committed to do everything they can to help those they coach grow, develop, and succeed. While we may not always understand or see eye to eye, it is important that we support each other in a positive, constructive way.

Practice Standards:

- Practice times will rotate weekly as we are in partnership with the Boys Basketball program. Our practice times will last two and a half hours. We expect everyone to be in the gym dressed and ready to start practice 10 minutes early.
 - Pick up time at the gym will be when practice ends.
- Attendance at practice every day is critical to our ability to improve and be competitive. If for some reason a participant cannot make practice please communicate to Head Coach at your earliest convenience through #1 - Remind 101 or #2 – email.
 - FWPS scholars are required to attend at least half a day to compete in a contest or practice. School related activities and pre-arranged health appointments are considered part of the regular school day.
 - 100% attendance is required at all team practices, contests and functions.
 - If you are sick and at school, you need to communicate with Head Coach if you believe you need to go home, in lieu of practice.
 - If you stay home from school, do not attend practice. If you are too sick to be in school, you are too sick to participate.
 - Per WIAA rules, participants must have 10 practices before competing in a contest.
- ASB cards must be purchased before competing in a contest.
 - Financial hardships should be communicated to the Head Coach and/or Athletic Director during a school day.
- All participants will help with the equipment, gym set up required etc. once a coach has entered the gym. “See a need and fill it”
 - Participants are not to be active or set up until there is a Coach present and is overseeing everyone’s safety.

- Cell phones, gym, accessories, jewelry of any kind are not allowed on the court during practices or contests.
- Appropriate sport specific apparel should be worn at every practice – proper shoes, shorts, shirts.
- Breaks will be taken as a team. We strive to be fully present and engaged as a unit during practice.
- Practices are open to participants and coaches only. This will decrease distractions so we can maximize our learning time with 100% focus.
 - Non-participants can wait in the gym foyer until practices are completed.
- When a participant is academically ineligible, recovering from an illness or injured, we expect them to be fully present to the best of their ability, an “all in” team member, supporting and cheering on teammates during practices/contests and in a position to continue learning so they are fully prepared and ready to contribute upon return.
- Come to practice ready to compete with intensity every day. #bethechange, #wecompete

Behavior Standards:

- Participants are expected to conform to all state, local, community, district, school and team rules, policies, and standards. That includes showing proper respect to coaches, officials, parents, other teammates, other sports athletes, school faculty and staff, bus drivers, and/or any other adult in an authoritative position at our school or any locations that we may visit.
 - Families and participants can be a tremendous help for coaches to become aware of bullying and harassment. Please communicate with Head Coach or AD asap.
 - We do not allow demeaning initiation ceremonies or hazing of any kind. Families and participants can be a tremendous help in this area as well. Please communicate to Head Coach or AD asap.

Core covenants of all Decatur Athletics are PROUD characteristics:

Present – we show up everyday, fully committed to learn and develop in our sport.
Respect - of self, teammates, coaches, opponents, officials and all people and property.
Ownership - of all decisions, being a dependable and trustworthy teammate.
United - as a team, Decatur Athletic program and as a high school.
Determined – to do our best everyday, never give up and to represent Decatur at the highest level at all times.

As a Decatur Girls Basketball Team Member:

- No longer am I simply myself. Everything I do reflects upon those I serve, my teammates and Decatur High School.
- I do not cheat, steal, or lie. People must be able to count on me, and my word, as solid and trustworthy.
- I set the positive example for others to follow.
- I am tolerant of those who may not yet share the same level of commitment I have, and those who seem to have even more.
- I have high expectations and will focus on our accomplishments - not on our disappointments.

- I will always strive to be worthy of the responsibilities I have been given and to promote the goals of our team to the best of my ability.

Game Standards:

- Game start times can be found at <http://www.npslathletics.org/>
- Participants need to be dressed in Decatur gear and ready to warm up one hour before game time.
 - Admission will be charged as of 5:00pm for all level contests home and away.
- Participants will know one day ahead of time if they are competing V, JV and/or C the next day.
- At home games, participants are expected to be in the gym and in the stands. All participants will sit together and cheer for the teammates that are competing on the court.
 - Varsity participants will arrive in time to support the C game as well as support the JV game. C and JV participants will stay after their games are over to cheer on the later matches.
 - Our basketball program will help put away chairs and clean up any water bottles on the gym floor after our home Varsity games. This is the standard for Gator Basketball.
- Bring a snack and drink on game days. We will not leave a school's campus for food, drink or any reason.
- When we are competing in an away game, we want all the players in our program to attend. If they are not suiting up, they are to cheer for their teammates and be learning.
 - Our home game standard of sitting together and cheering for our teammates will be the expectation at our away games as well.
 - Participants are encouraged to work on their academics as a team in the stands when they are not competing. Studying and completing homework assignments in the gym bleachers is common, standard practice for basketball participants.
- For home or away games, our participant's presence is required from start to finish, unless there is a valid reason that is communicated as early as possible and supported by the Head Coach.
- During any season, there could be unexpected illness, family travel plans or school conflicts. Please inform Head Coach as soon as possible. How unexpected issues are processed will be handled on a case by case basis.
- Safety is a high priority. Participants must use the buddy system and let a coach know when using the restrooms or moving out of vision from our coaching staff.
- Each participant on our team will wear Decatur gear. Decatur gear will be worn on ALL contest days (NO EXCEPTIONS) and encouraged to be worn to school on contest days.
- We will exhibit outstanding sportsmanship at all times. Play fair but play hard!

Post-Game Behavior Standards:

- We will shake our opponent's hands after every contest.
- All participants are responsible for making sure our bench area is completely cleaned up whether the trash belongs to Decatur or not. We will always leave our spaces better than we found them. Everyone in our program will lend a helping hand.
- After every contest we will have a brief team meeting **before** participants talk with loved ones, the fans, or the media.
- After contests if an participant is approached by a reporter before we meet, politely tell them that you will be glad to talk with them in a couple of minutes after our team meeting.
- When talking to the media always be a humble winner or a gracious loser. Always give your teammates and coaches credit for their play and allowing the team to be successful. Give your opponents credit where credit is due, and never ever criticize your teammates, coaches, opponents or the officials in public.

Program Communication:

Remind 101 – Sign up now!

NPSL bulletin board - <http://www.npslathletics.org/>

When there is a concern – Head Coach prefers to be contacted via Remind 101 or email.

- Approaching a coach to discuss a sensitive topic before or immediately after a contest is not our process.
 - Connection with a coach when emotions are in check is best for all involved.
 - We respectfully ask for a 24 hour rule in hopes to be able to discuss concerns rationally.
- Playing time can be a sensitive topic when a participant and/or a parent doesn't agree with the amount of contest time.
 - Coaches will discuss playing time concerns with parents and participants present.
 - A participants playing time will not be discussed with another participant.

Problem Solving Steps:

We encourage all participants to speak directly with coaches if there is a misunderstanding, clarification is needed or an issue arises. As parents, please encourage participants to communicate directly with their coaches. If the issue is not resolved with the coach, the problem solving chain will be:

- Athlete speaks directly with Head Coach in person when emotions are controlled
- Athlete and Parent speak directly with Head Coach
- Athlete, Parent, Head Coach and AD speak in person
- Athlete, Parent, Head Coach, AD and Vice Principal speak in person
- Athlete, Parent, Head Coach, AD, Vice Principal and Principal speak in person
- Athlete, Parent, Head Coach, AD, Vice Principal, Principal and District Athletic Director speak in person

Gator Coaches have high expectations and are developing competitive programs which can lead to intense emotion at times. As we work through emotional situations, Gator Head Coaches are

committed to collaborative, healthy problem solving interaction believing that our communication order provides a healthy framework for working through conflicts. If there is a situation of high priority, danger to scholars and/or others of severe nature, these steps may be altered for the welfare of all involved.

Team Travel: Transportation Policy:

Our bus transportation standard is for everyone to ride to and from contests. Bus transportation is a great opportunity and time for building team culture and bonding.

We will travel with PROUD characteristics at all times.

- Participants should be in the bus area 15 minutes before departure time.
- When we step off the bus, we will be ready to compete by our behavior and appearance.
- Participant safety and whereabouts is a high priority. Please help us with communicating clearly and in writing about transportation of our participant returning home from contests.
 - Players are not to drive teammates to or from any practice or contest.

Injuries:

Decatur Athletics has an ATI Athletic Trainer (AT) who provides care for our participants. Hours are posted on the entry door to the AT office which is located by the locker room entrances. FWPS has a detailed contract with ATI. We encourage all participants to utilize this resource for physical care.

- Injury defined is when a participant can no longer practice or compete in a contest. Our AT or anyone at ATI can reinstate a participant after an in person review as long as an outside Dr. has not been part of the evaluation process.
 - It is not inside a coach's wheelhouse of knowledge to determine a participant's physical status so they are not able to reinstate an injured participant. AT's or ATI has this responsibility.
- If an injured participant sees a physician she must then provide a written physician's note clearing the athlete for the referred injury before return to play to the AD or AT.
 - The AD or AT will communicate in writing that a participant is released for practice or competition to a Head Coach.
- If a participant is removed from a practice or contest due to a suspected concussion, she must have approval from a medical professional before they return to play.
 - The participant must also be cleared through our AT who has specific return to play protocol for concussion.
- If an injury bridges seasons, a written physician clearance is required to participate in the second season.
 - ALL written notes are to be turned into the AD or the AT – not a coach. AD or the AT will communicate in writing to Head Coach that the participant is released for practice and/or contests.

Defining Roles:

Role of the Coach:

- Encourage sportsmanship
- Lead by example
- Promote a family atmosphere
- Guide the team towards success and elevate the level of competitiveness
- Establish and develop a positive culture that is based on PROUD characteristics
- Help each participant be a better competitor and person
- Inspire participants to reach their full potential
- Foster a love for their respective sport

Role of the Player

- Be coachable
- Display PROUD Gator characteristics and take PRIDE in your team
- Always give your best effort – be fully Present
- Keep control of your emotions at all times
- Always bring a positive attitude
- Show respect for your teammates and be the BEST teammate
- Work hard and compete with intensity
- Be enthusiastic, honest, dependable and loyal
- Earn the respect of your teammates by your actions
- Be present and compete each day as if it is for the CHAMPIONSHIP (#wecompete)

Role of the Parent

- Leave the coaching to the coaches
- Participate in the program where there is a need
- Support your participant with your presence and words
- Understand and support the goals/dreams of the team
- Communicate with the Head Coach when you have concerns (ideally with your child present)
- Always stay positive and enjoy your participants experience
- Encourage your participant and the entire program throughout the season

Academic Requirements and Eligibility:

Academic status will be monitored by the AD. FWPS has defined dates for academics to be checked as well as specific recovery process. Parents will not be notified if their high school scholars are academically ineligible. Our high school participants will be notified by the AD or Head Coach and they are responsible to communicate their status to others. Parents can view scholar grades through ParentVue. Please connect with your child's counselor if you need assistance to access ParentVue.

Social Media Standards

FWPS and Decatur Athletics supports Social Media sites as this is how information is shared in today's times. Decatur Athletics and Coaches commit to projecting an image that supports our

PROUD characteristics and acknowledges our accomplishments. Once comments and information are posted on social media, they are difficult to retract. Therefore, we trust and respectfully request that our participants, parents and coaches are positive on all social media sites focusing on Gator accomplishments.

- Trash talking on any social media form is considered inflammatory and subject to athletic discipline.
- Inappropriate postings on any social media site is subject to athletic discipline.

We ask our entire Gator Community to avoid challenging or being critical of other schools, our own programs, our coaches/players, official's etc. on social media sites. Thank you in advance for protecting our Decatur image as PROUD GOLDEN GATORS!

Early Dismissal Days:

During our season, there will be a few early dismissal days. Unless the Head Coach has scheduled supervised time in a specific location for team members, participants will need to leave campus and then return when coach supervision is present for practice/contests.

Athletic Code for Alcohol, Anabolic Steroids, Illegal Drugs, Tobacco Products (including e-cigarettes) and Misuse of Prescription and Over the Counter Drugs:

Participants that violate any of the above will work through the language in both the FWPS Athletic Handbook (<https://www.fwps.org/Page/4920>) and policy 18.25.0 in the WIAA Handbook (<http://wiaa.com/conDocs/Con1690/Eligibility.pdf>) with the appropriate Decatur Administrators or Designee.

Areas Parents can be involved/helpful:

Be a positive supporter of your child and all our participants during and after contests
Shout words of encouragement to your daughter during the game
Cheer for all our Gator players, even if they are playing in front of your daughter
Let the officials officiate
Leave the game at the gym and only chat about it if she initiates the discussion
Respect coaches decisions regarding playing time
Be actively involved in our booster club (goal to have this up and running January 2018)

General information:

- Please check www.npslathletics.org/ for league schedule, transportation departure times and standings.
- Go to www.maxpreps.com for NPSL sport specific information.

Additional Resources

- NCAA Eligibility Center (EC): www.ncaaeligibilitycenter.org
 - This is for ANY student who has the desire to continue playing in college.
 - The NCAA EC allows for any school you are recruited by or you contact, to track your transcripts, test scores and amateurism.

- Without clearance from the NCAA you will not be allowed to participate on a college team.
- There are 1,200+ NCAA Div. I, II, and III colleges and Universities across the country, there is a place for anyone who is interested.
- Decatur Counselors assist our scholars with NCAA Eligibility. Please connect with them if you need assistance.
- Washington Interscholastic Activities Association (WIAA): www.wiaa.com
 - Provides in depth rule and policies that all high schools are required to follow.
- Federal Way Public Schools website – www.fwps.org
 - In depth athletic department rules and policies for all high schools in the district:
<https://www.fwps.org/Page/4920>