

Highline High School

Girls' Basketball

Team Handbook

INTRODUCTION

Being a member of the Highline High School girls' basketball program is both a privilege and a responsibility. You should be proud that you are a part of such a select group of student athletes. You must realize that you have many responsibilities, not only to yourself, but also to your school and your team.

The following pages are designed to outline the standards you are expected to live up to in order to remain a successful part of the Highline High School girls' basketball program.

THE TRUE ATHLETE SHOULD HAVE CHARACTER NOT BE A CHARACTER

We want athletes in our program who are students first and athletes second. When you go to class, have a proper attitude and strive for the best grade in the course. Remember, in order to be accepted into college programs, you must have earned the grades in high school. Keep in mind that our program is only as strong as the individuals in it. Represent it and yourself well—both on and off campus.

No basketball player will remain on the team if she is not consistent with the Highline High School athletic academic policy, or becomes a discipline problem. If you find yourself having academic problems, discuss the problem with either the instructor of the class, your coach, or preferably both.

PERFORM TO THE HIGHEST STANDARDS

Highline High School girls' basketball holds itself to the highest standards on and off the court. We are competitors and we are winners and we act that way. We show class by coming to play every game and hustling until the final buzzer. We don't talk, we act. We stand with respect during the National Anthem, play hard during the game, and congratulate our opponents at the end, regardless of the score. We leave the floor knowing that we are the team that hustled the most and played the hardest.

Thank the people around you for all they have done for you to be able to play basketball.

KEEP THIS THOUGHT IN MIND: When you are not practicing, someone somewhere is, and when you meet them in head-to-head competition, they will win.

CORE VALUES

ACCOUNTABILITY: make decisions with the knowledge that your actions control not only your own destiny, but those of the program too.

UNITY: understand and embrace your role. Use it to lift others.

INTEGRITY: do unto others as you would have them do to you. Free yourself of pride, arrogance, and falseness.

“ABILITY MAY TAKE YOU TO THE TOP, BUT IT TAKES CHARACTER TO KEEP YOU THERE.”

ATTITUDE

1. You must be dedicated—your attitude must always be the best part of your game. “You must believe to achieve!”

2. Use good judgment at all times on and off the court. A good axiom is, “Do only the things you KNOW are right, and don’t do any of the things you KNOW are wrong.”

3. Play **UNSELFISHLY**. If you have talent to be a great shooter, for example, and the game is already won, or you find a teammate with a hot hand, sacrifice your scoring. “**IT’S AMAZING HOW MUCH CAN BE ACCOMPLISHED IF NO ONE CARES WHO GETS THE CREDIT.**”

4. Take every opportunity to play a complete game and help your teammates play a complete all-around game. A complete game is infinitely more important than just scoring.

5. You must believe that what you do when you don’t have the ball will probably determine whether your team will win or lose—**OVER 90% OF THE GAME IS PLAYED WITHOUT THE BALL.**

6. Basketball is at least as much mental as it is physical. Be prepared! Before the game, decide how you’re going to play your man. Try to determine his strengths before the game—then take them away during the game.

7. Good talent isn’t the critical thing--**ATTITUDE IS**. Do not let what you can’t do limit what you can do. Don’t put limits on yourself by making excuses, rationalizing or blaming others. Whatever you think you can do—you usually **CAN** do.

8. When the going gets tough—the tough get going. When you face a challenge that is difficult OR makes you feel uncomfortable—attack it head on, with focus, before you take on the lesser challenges.
9. If you want to be a great player, you must have confidence. If your man beats you, don't put your head down or slam your fist or swear. Accept the challenge. "SUCCESS CONSISTS OF GETTING UP ONE MORE TIME THAN YOU FALL."
10. Learn to win—winning is a frame of mind. Don't be content with losing, whether it be a pick-up game or league game. Develop an appetite for winning and always be hungry.
11. Learn something from every practice and every game in which you participate, or see, or read about.
12. You only get out of basketball what you put into it.
13. Everybody makes sacrifices in athletics. You must make sacrifices above and beyond the ordinary in order to be at the top.
14. Don't dispute an official's call, even if you think he is wrong. They can be wrong because they are human. Play with an inner intensity that cannot be broken by any outside direction. Stay focused!
15. Go into a game knowing officials are different and that each game will be called differently. Learn to adjust to the officiating. If it's physical, play it that way. If every blocked shot is a foul, then don't block shots that night.
16. Play within the spirit of the rules, don't bend or break the rules.
17. You, as an athlete, must not forget that the primary objective is to finish number one, but that those who don't must find satisfaction in having finished as high as they are able, in having participated, and in having learned.
18. It is true that it's how you played the game—not whether you won or lost.
19. Do not question the coach when you are being taken out of the game. Do not display any negative response—words or facial expressions or ignoring the coaches. Negative behavior is not good for team morale. Coaches don't like it **AND** teammates don't like it. Stay focused and think TEAM.

EVERYONE HAS THE WILL TO WIN, BUT FEW PEOPLE HAVE THE WILL TO PREPARE TO WIN!

PRACTICE

The practice floor is the coach's classroom and teaching must take place. In order for teaching and learning to take place, certain rules must be followed.

During basketball season, you will never have enough time to complete all that needs to be completed, so every minute is important.

If you are not at practice the day before a game, you will not play in the game. If you are at a practice but do not participate (sickness, injury, recovery) you may still play, but may not hold your usual position.

All practices are required, including Saturdays and those over breaks. Always wear practice gear.

PUNCTUALITY—Being on time is a good habit to apply to all phases of your life. Practices begin at a specific time. You are expected to be on the floor, dressed and ready to play at that time.

ATTITUDE AND EFFORT—Nothing less than the proper attitude and 100% effort will be acceptable. Come to practice ready to work hard in order to be a better player and team member. Only positive talk is acceptable—no swearing, negative comments, trash-talk, coarse talk, etc.

SPRINT-- from drill to drill—no one walks on a basketball court!

WHEN A COACH SPEAKS—Absolute attention and silence is expected. Your eyes should be looking at the coach's eyes.

GENERAL PRACTICE RULES

No one sits down, kneels down or leans on walls. Get a drink only when your coach allows it.

MISSING PRACTICE—A player should not miss a practice or leave early -- contact your coach. Unexcused absences can lead to suspension or possible removal from the team.

A student may miss up to 3 periods from school and still practice, if the absences are **excused**. Any unexcused absent will prevent a player from practicing.

Coach Stolz 206.445.3095 darrin.stolz@highlineschools.org

Coach Cooper bruce.cooper@highlineschools.org

Coach Modde 206.861.4165 colleenmodde@yahoo.com

GAME DAY

You **MUST** be at school the day of the game in order to play!

If you have a doctor's appointment, you must miss less than ½ day, get a note from your doctor, and be pre-approved with Ms. Box.

PRE-GAME

The dressing room should be used for conversation about the game. Get ready to play—concentrate on the job before us. Know your responsibilities before we go on the floor. Prior to both home and away games, the team will sit together.

HUSTLE

We out-hustle all opponents. We run on and off the floor. We don't walk. We run everywhere. Our opponents will not know what real hustle is until they play Highline High School.

OTHER TEAMS

Never talk trash to an opponent. Maintain your composure and play hard. Stay focused. When the other player tries to take you out of your game, focus—don't respond and play YOUR game. Never talk to an opposing coach.

When we travel, we treat the visiting locker room the same way we treat our own. Trash and tape are never left on the floor. We show class by cleaning up after ourselves and leaving the locker room spotless.

PLAYING TIME

There are three things that determine who will play:

1. The needs of the team--understand that some players will not play.
2. Your ability.
3. How well you live up to the responsibilities of the team. Regardless of where you stand, always be ready to play.

AFTER THE GAME

All players should get off the floor as soon as possible. Don't socialize with your friends. This procedure should take place, win or lose.

HOME GAMES

Stay to clean up the gym—walk the bleachers to pick-up trash. Turn the rails, put away chairs, score table and mat.

LEAVING THE GYM

Always bring a jacket or sweater to practice. Keep yourself warm when you leave the gym. Take every precaution you can to keep yourself healthy.

NEVER MAKE AN EXCUSE WHEN BEING CRITIQUED

It is only when a coach ceases to critique your mistakes that you have to worry. In the heat of the battle, the game, the intensity is at a very high level. Look into the coach's eyes and listen. He cares about YOU and the team. Your response should be a positive one—"yes", "got it" or something to show the coach and team you are ready to respond.

CORRECTION

The things you do well will win a game; the things that you do poorly will lose games. Therefore, the coach must critique what you do poorly. Accept this in the spirit that it is intended.

TIME OUTS

All players in the game will SPRINT OFF THE FLOOR and sit on the bench--otherwise we will assume you are tired. All players not in the game form a semi-circle around the coach.

PARENT BEHAVIOR AND EXPECTATIONS

You are not the coach.

To be successful the players need to hear one consistent voice. Our coaching staff is experienced and knowledgeable. Let us do our jobs and support our decisions. We work with the players every day. We know their talent and we will put them in a position to be successful. Every member of our staff is also a parent. We have been in your position. We will make decisions that best help the team.

You are not the referee.

Most referees have years of experience and work in the off season to improve their craft. Criticizing the officials will not help us win games; in fact, it may have the opposite effect. Players win and lose games, not referees. Cheer on your daughter and team in a positive manner. Good sportsmanship is an expectation for all our fans.

You are the parent.

Encourage your daughter to work hard and do her best. She is going to experience the ups and downs of a high school season. Let her express her frustrations, but don't give excuses. She needs to play for herself and her team, not to live up to anybody else's expectations. Praise her for her individual improvements and try not to compare her to teammates or other players. If you have concerns please contact the coaching staff to make a meeting time. Immediately after a game is not the time to meet with the coach. The following topics are off limits; playing time, style of play, and other athletes. Please bring concerns to the coach first, and then if not satisfied, we can meet with the athletic director.

BASKETBALL BANQUET

It is expected that each player that participated on the Highline High School girls' basketball team will attend the end of the year banquet. This is out of respect for your teammates, parents and all those that helped you during the season. It is also a chance for the coaches to recognize the hard work and dedication you have shown. We start the basketball season together—we finish it together.

LETTERING CRITERIA

An athlete will earn a varsity letter if they:

1. Complete the season in good standing, including all playoff games, as a varsity player.
2. Compete in at least half the varsity games and/or compete in a playoff game.
3. Have no unexcused absences from a game.
4. Are eligible to compete in first Seamount League game.
5. Have no ejections or league suspensions.
6. Have no school suspensions.

Coaches reserve the right to use discretion in all cases of lettering.

NO ALCOHOL, TOBACCO, OR ILLEGAL SUBSTANCES

ANY PLAYER BREAKING THIS GENERAL TRAINING RULE IS NOT TRULY 100% DEDICATED TO THE TEAM EFFORT AND WILL THEREFORE FACE SUSPENSION FROM THE TEAM OR POSSIBLE REMOVAL.

CONCLUSION

The basic purpose in preparing this handbook has been to present the guidelines and rules necessary to have the best possible season.

The coaching staff hopes that you will read, understand, and follow the material contained in this handbook; and, with a tremendous amount of hard work on the practice floor, you and your team will be a group of which everyone can be proud.

When you graduate from Highline High School, we hope that you will have gained something more than basketball skills. You will have learned many character traits that will have a strong carryover in life.

HIGHLINE HIGH SCHOOL GIRLS' BASKETBALL—WE STRIVE FOR SUCCESS

**I HAVE READ AND UNDERSTAND THE HIGHLINE HIGH SCHOOL
GIRLS' BASKETBALL HANDBOOK**

PARENT SIGNATURE

DATE

PLAYER SIGNATURE

DATE