

# BONNEY LAKE HIGH SCHOOL GIRLS BASKETBALL

## TEAM RULES AND EXPECTATIONS

Playing basketball demands tremendous commitment and dedication to the game and your team. Likewise, parents make great commitment and sacrifice for players to play this sport. Playing for the Bonney Lake Panthers Girls Basketball team is a privilege not a right. As a Panther player and parent, you must understand and agree to follow the team rules and expectations:

### PLAYER RESPONSIBILITIES (“The Panther Way”)

- Be on time – if you’re going to be late, miss practice or a game contact the Head Coach or a team captain ahead of time. Tardiness will affect playing time in games. Chronic lateness may result in other disciplinary action up to suspension from the team.
- Treat teammates, coaches, teachers, administration, officials and opponents with dignity and respect. Depending on the severity of the disrespect, a player may be suspended from a game, or be dismissed from the team.
- Players are expected to control their emotions under all circumstances. Loss of control negatively impacts the team. Players become unable to focus on what must be done if they are worried about something that already happened.
- All players, regardless of ability and/or playing time are equal members of the team. Each and every player will treat teammates with acceptance, respect, and friendship.
- Game and practice uniforms will be worn tucked in at all times.
- All players will provide maximum effort in practice and games.
- Attendance at practices, team meetings, and games is mandatory. Injured players may be unable to play, however they are still expected to arrive on time, listen to coaches, and encourage teammates and assist the team. Players are expected to contribute in whatever manner you can while you are healing from your injury.
- When players miss practices and/or games, with an unexcused absence, playing time in future games will be affected.
- Unexcused absences are absences in which the coach was not informed in the manner described above. And/or the reason was for the absence is not satisfactory. **An unexcused absence from practice and/or game will result in the suspension of the player from the next game in which the player is eligible to play.**
- Players are expected to directly seek understanding and resolution when questions or problems arise with coaches and teammates.

### PARENT RESPONSIBILITIES (“The Panther Way”)

- Parents will treat players, coaches, opponents, and officials with respect and dignity.
- All comments by parents and their guests from the stands will be encouraging and/or complimentary. **Parents and guests will refrain from making comments about players’ mistakes or errors.**
- Parents will refrain from making **derogatory comments to officials.**
- Coaching basketball is to be done only by coaches on staff. **Parents agree to refrain from coaching or directing their child or other players during games or practices.**
- Parents will discuss player and/or team concerns and problems directly with the Head Coach or Athletic Director. **These discussions will not take place right before or after a game.**

A meeting will be scheduled. During the meeting, playing time and comparisons to other players will not be discussed. Remember, it is not the five best players. It is the five players that work together the best!

- Parents will support coaches and encourage their athlete to do the same.
- Parents will participate in the fund raising activities needed to sustain the needs of the basketball program.

### **COACHES RESPONSIBILITIES (“The Panther Way”)**

- Coaches are responsible to abide by the rules of conduct embodied in the spirit of this document.
- Coaches will balance individual growth, social development, and the acquisition of basketball knowledge and skills in working with individual players and the team as a whole.
- Coaches will train players to play with good sportsmanship and to abide by league Sportsmanship Code, and WIAA rules.
- Coaches will promote a positive atmosphere in all Bonney Lake Basketball activities.
- Coaches will devote the time and commitment necessary for the good of the team.
- Coaches will push and challenge each player in the program to be the best they can be!
- The coaching staff's goal is to help each player to play to their full potential and put each player in a position to help the team be successful.
- Coaches will treat players, parents, officials, and opponents with respect.

### **PANTHER BASKETBALL OBJECTIVES**

- Develop Champions on and off the court
- Play to win
- Play hard
- Play fair
- Respect Opponents, Teammates, Officials, and Spectators
- Win with modesty and give credit to teammates. Accept Defeat with Dignity

### **GENERAL POLICIES:**

1. **Practices are closed**
2. **24-hour policy** – Parents wait 24 hours before deciding if you want to address a concern with coaches. Concerns should be first addressed with head coach of the team.

### **COMMUNICATION:**

General information will be sent via:

1. TWITTER - @BLHSGBball
2. Email – [dee\\_nelons@sumnersd.org](mailto:dee_nelons@sumnersd.org)
3. Text Message – 253.229.2855

The contact info listed above is **NOT** to be used for general conversation; it should be used to setup a face-to-face meeting. Coaches will not discuss playing time with parents, or another player's role on the team, or the coach's basketball philosophies.

## **COMMUNICATION - CONCERN RESOLUTION:**

If a player has a concern about their role, playing time, progress, school or anything else, I and the rest of the coaching staff, will have an open door policy and will gladly speak with them before or after practice.

Here are the steps of communication that we expect our players and parents to follow:

1. Player meets with his coach or coaches to discuss the situation at hand and develop a timeline to improve the situation. Typically a player and coach meeting will help get everyone back on the right track.
2. If the player and coach meeting doesn't help improve the situation we will look to schedule a player/parent and coach meeting. The player must be present during this meeting.
3. At no time will coaches discuss playing time with parents, or another player's role on the team, or the coach's basketball philosophies.

## **ACADEMIC RESPONSIBILITIES:**

Academics come first! We expect our players to give their best effort in the classroom. With that being said, players need to take care of responsibilities in the classroom. Plan ahead. Resolve situations before they become a problem. Do all of this so that you do not need to miss practice time. Missing practice time may lead to reduced playing time.

## **SOCIAL RESPONSIBILITIES:**

Playing basketball at Bonney Lake High School is a privilege. With privileges come special responsibilities. Understand you are **ALWAYS** identified as a member of this program. Conduct yourselves at all times with this in mind. Any player's actions in or away from school are subject to discipline by the coaching staff. Discipline may range from discussion to dismissal from the team.

## **PRACTICE EXPECTATIONS:**

1. All practices are to be attended. This includes practices held over Thanksgiving and winter break. Injured players also are to attend unless otherwise directed by a doctor, or trainer.
2. Any illness or other reason that causes a player to miss practice should be reported to the head coach. This is expected of everyone. Failure to do so may result in an unexcused absence, and possible consequences.
3. Players need to be on time. Practice will start at the scheduled time. Players need to be ready to start practice at that time (shoes and athletic clothing on, etc.). Players that need to be taped should arrive early to have this done.
4. Players need to be dressed in the appropriate practice clothes (don't forget to bring basketball shoes and practice jersey).
5. When a coach is speaking, all players are expected to give their full attention – with great eye contact.

6. Players should not offer excuses to coaching feedback. The coaching staff cares for each player, and is intent on making each player better.
7. No player should ever sit at practice, unless they are injured.
8. Practices are an extension of what we want to happen during games. Effort and intensity are to be maximized. Further, team members should be supportive of the effort and good play of others.
9. Inappropriate language will not be tolerated.

### **GAME DAY EXPECTATIONS:**

1. If a team dinner is planned, all players are expected to attend. Parents go to a lot of extra effort for our benefit. If a conflict occurs with a team dinner, players are expected to inform a coach that they will not be able to attend.
2. Arrive earlier than the assigned time for the game. **Do not be late!**
3. Every home and away game players are expected to dress up or wear team travel suit. Appropriate attire includes skirts, dress slacks, blouses, sweaters or dresses. No jeans are allowed.
4. All players will travel to and from games on the transportation provided by the school.
5. All actions on game day should reflect the seriousness with which we approach each game. This includes the school day, the bus ride, the locker room, etc.
6. Varsity players are expected to watch the first 1/2 of the JV home/away game before heading to pregame meeting room.
7. JV and C-Team players are expected to watch the entire Varsity game home or away. At Home Games JV/C Players are expected to be in the Student section cheering the Varsity on.

### **DURING THE GAME:**

1. All players in the program are to be properly dressed. This includes the following:
  - Bonney Lake High School uniform (white home uniform, and black away uniform)
  - Bonney Lake High School shooting shirts (we warm-up in our shooting shirts, no exceptions)
  - Undershirts may be worn under the following conditions: the color must match the primary color of the uniform
  - Players must wear team socks
  - Players must wear black shoes basketball shoes for games
  - No headbands, wristbands around knees or upper arms, or any other apparel that draws attention to the individual are to be worn
  - These guidelines are in place so that we as a team are uniform. No exceptions!
2. Players on the bench are to be into the game and cheering for their teammates on the floor.

3. Any time a player comes off the floor to the bench, the entire bench is to stand and applaud/congratulate the player.
4. Always hand the ball to the officials, never throw the ball to them.
5. Do not over celebrate. Expect good things to happen. Win and lose with dignity. In short, act with class at all times.

## **LETTERING POLICY**

Letters are only awarded to varsity basketball participants. The following criteria must be met:

1. You must play in at least one-third of the varsity quarters
2. You must remain in good standing with the athletic program. Meaning behavior and academic eligibility.

# BONNEY LAKE GIRLS BASKETBALL

## SIGNATURE PAGE

Player Initials	Parent / Guardian Initials	THIS IS REQUIRED TO BE SIGNED AND TURNED IN BEFORE PLAYERS WILL BE ALLOWED TO PARTICIPATE IN A GAME
		I acknowledge and agreed to abide by the rules and expectations outlined in the BLHS Girls Basketball Team Rules and Expectations document.

Player \_\_\_\_\_  
Print Name \_\_\_\_\_

Coach \_\_\_\_\_  
Print Name \_\_\_\_\_

Parent \_\_\_\_\_  
Print Name \_\_\_\_\_

Parent \_\_\_\_\_  
Print Name \_\_\_\_\_