

Farmington Basketball

2023-2024



Player & Parent Handbook

Welcome to Tiger Basketball!

It is with great excitement that I introduce to you myself, as well as the important aspects of the basketball program. This is my 20th year as a Head Coach at the high school level, and my 9th year as Head Varsity Basketball Coach at Farmington High School. I am also teaching Social Studies at FHS. Along with teaching and coaching, I serve on the High School Girls Basketball All-Star Committee, and I'm also the section 1AAAA representative for the MN Girls Basketball Coaches Association. It is an honor and privilege to give back to and promote the sport I love. Basketball is truly my passion and I am excited to share the experience with your daughter. I feel it is very important that as players and parents you know exactly what our standards are and what we hope to promote in the Tiger Basketball program. I hope you take the time to read through this handbook to understand what will be required of each of you.

The Coaching Staff

Varsity Coach-Liz Carpentier

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Assistant Varsity/JV Coach-Tom Cross

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B-Squad Coach-Jon Ostgaard

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9A Coach-Ellie Clayton

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Finally, I can ensure you the coaching staff at Farmington High School will be one of the most dedicated, enthusiastic, and hard working in the state. They are all ready to share their love of the sport with your daughter. I am privileged to have them as part of this staff. We are all geared up to start the new season with a new dream!

Please be sure to check out the **Girls Basketball Website:** <http://www.tigerfanclub.org/> (click on Sports and Activities, click on Girls Basketball). Bookmark it as one of your favorites! You can find practice, booster club information, and other important information regarding our program! **Farmington Athletics Website:** <https://farmingtontigers.com/> Here you can find ticket information, scores, game schedules, bus times, rosters, and articles/game recaps. We are also on **Facebook:** Farmington Tigers-Girls Basketball Program and **Twitter:** @FHS_gbball

GO TIGERS!

Sincerely,

~ The Coaching Staff

WHY I COACH/PURPOSE STATEMENT

I coach to model servant leadership, instill confidence and belief in my athletes and promote accountability, and commitment within our team environment. It is my goal to create a positive environment that others want to be a part of, and one that focuses on being a good person, teammate, and being held accountable. These standards will prepare and empower young women for life experiences beyond sports.

PRACTICE GUIDELINES

1. Practice at Game Speed-Work Hard
 - The only way to make fewer mistakes in games is to practice the way you play every single day! We will expect the most out of you and you must be prepared to work hard.
 - Hustle between all drills, to coaches, and from one spot to another.
2. Don't Give Up
 - There will be days we will be doing things that are difficult and new your attitude is what is most important when you are struggling to learn new skills. We don't want to hear "I can't" and "I won't".
 - Believe in yourself and so will the coaches and your teammates.
3. Be on Time
 - Be dressed and ready on the floor 10 minutes before practice, practices can start at 3:15pm, 4:45pm, or 5:15pm.
 - Communicate with your coach if you are going to be late or gone. When you are absent it affects our practice plan so the earlier we know the better.
 - Information on Tardies and Absences are found below.
4. Trainer
 - See the trainer before practice starts. You must be ready to go 10 minutes before the start time.
5. Wear Practice Gear
 - Each and every day you need to make sure you have your practice gear (jersey/shorts). There will be consequences for players who forget their practice gear.
6. Be present and work hard for all weight lifting sessions on Mondays and Wednesdays, and some Saturdays.

GAME DAY EXPECTATIONS

1. Pre-Game Routines
 - Every player will find a routine that works best for them on game days, and follow that routine.
 - Home Games: VARSITY PLAYERS will need to be in the gym by 5:30pm or whatever the start time is for the game prior. **Know the Game Schedule:**
<https://www.southsuburbanconference.org/public/genie/184/school/2371/>
 - ❖ All other players (9th, B-squad and JV) need to be dressed and ready 30 minutes prior to game time. You should be in the gym for the start of the game before yours!
 - ❖ **ALL players are encouraged to be present and support each team during our home games.**
 - **Away Games:** all players must be in the locker room at half time of the game prior.
 - **Apparel: Each player will wear the travel gear to ALL games (jacket/pants). You are also responsible to bring and wear your shooting shirt and uniform to each game.**
 - Limit cell phone use once arrival into gym. No tweeting, texting, phone calls before games.
 - ❖ They have been a distraction in the past and cause way too much drama prior to game time. If a player needs to call parents or has an emergency they need to discuss phone usage with me or their coach first!
2. Game Time Routines
 - Every time there is a substitute, every player will stand and give positive feedback to that player.
 - Players will sit by coaches upon substitution from game.

- All JV players are expected to suit up and sit on the bench for Varsity games and tournament games. The section 1AAAA playoff roster will be determined by the Coaching Staff prior to the tournament. (*Coaches discretion*).

3. Road Trips

- All JV/Varsity players are expected to ride the team bus to and from all away games, scrimmages, and events. **(There will be a return bus back to FHS from all away sites)**. If a special circumstance arises and you must ride home with your parents, you must communicate with a coach prior to leaving for the game.
- The bus ride to away games will be SILENT! Prepare yourself for the game, do your homework, and relax!
- **All players on the 9th/10th grade teams will be transported to and from ALL away games;** All 9th/10th grade team players are expected to ride the bus to all away games, scrimmages, and events. Players can ride home with a parent upon completion of the game if there is written communication with the coach.
- Please check bus times on the Girls Basketball website <http://www.tigerfanclub.org/> or the SSC website <https://www.southsuburbanconference.org/public/genie/184/school/2371/>

UNIFORMS

1. Uniforms are to be worn for games only. This means jerseys and shorts.

2. Laundering Uniforms/Practice Gear

- Please wash uniforms and practice gear inside out. Uniforms need to be handled carefully. Please follow the directions on the tag for washing and **DO NOT DRY** the uniforms/practice gear. If there is no label, please launder in cold or warm water and hang dry on a plastic hanger. This will ensure that our uniforms/practice gear last as long as they need to.

3. Uniforms and practice gear are school property. They will be issued, inventoried, and must be returned at the end of the season. They should not be worn at any point other than in the game/practice setting. If they are not returned, lost, or stolen the player will have to pay a fine before graduation.

ACADEMICS

One of the student-athletes greatest achievements is to receive their diploma. Our program will provide the support needed to make this possible. The basketball program will commit to making education a top priority among our student-athletes. The following are very important...

1. School Attendance-

Girls Basketball Attendance policy: If a student has an **unexcused/unverified absence** from any class during the school day they will be ineligible to practice or participate that day. Excused absences will not impact participation regardless of how many periods the student was absent. Conversely one or more unexcused or unverified absence will make the participant ineligible to practice or compete that day.

- Players must be on time and present for class. Coaches will check player attendance/tardies throughout the season.

2. Grade-checks

- Once each trimester, grade checks will occur (November/February). We will demand academic successes from our athletes. If grades decrease or are at a D or lower, the coaching staff will follow up with the student, and with teacher if need be. Coaches will also check grade periodically throughout the season to ensure athletes are making academic progress.

ABSENCES FROM BASKETBALL

We need to have outstanding communication in this area. Please make the coach aware of your absence as soon as possible. If you are leaving school sick, you must tell a coach before you leave.

Attendance after an injury/during is required. It is important to be at practice as we introduce or review strategies each day.

Excused Absences-An excused absence or tardy is one where the coach is aware of the absence or tardy well in advance of a game or practice. The coach should be contacted by telephone or email to be notified of absences. An excused absence can come in the form of a family emergency (funeral) or illness. *(Coaches discretion)*

Unexcused Absences- An unexcused absence is an absence or tardy that is not approved by the head coach or that does not result from an illness or emergency. Examples of unexcused absences include work, babysitting, concerts, being out of town, other sports practices or games, family vacations, academic make-ups, college visits, haircuts, senior pictures, outings with friends, and missed alarm clock/sleeping late. *(Coaches discretion)*

***If a player is gone the day before a game excused or not it will be *coaches discretion* on whether the player will start and/or play in the game. Being absent the day before a game means you are missing out on game prep, scouting report, etc. As a player you risk the possibility of loosing playing time or sitting out that game!**

Unexcused absence from practice will mean the following:

1st Offense-Sit 1 Half

2nd Offense-Sit 1 Game

3rd Offense-Release from Team

TARDIES

Don't be late! If you are with a teacher finishing school work, please make sure to get a pass and bring it directly to your coach upon entering the gym. If you know ahead of time that you will be late, please let your coach know!

Late to practice excused or not will mean the following:

1st Offense-discussion with coach

2nd Offense-Team conditioning, discussion with coach

3rd Offense-discussion with coach/parent, further action taken

CONSEQUENCES

- Failure to do any of the above will affect your playing time.
 - 1st Offense-Sit 1 Half
 - 2nd Offense-Sit 1 Game
 - 3rd Offense-Release from Team

****Accountability-as a player and teammate you must take responsibility for all actions and words. Know that there are consequences either good or bad with every decision you make. Others are relying on you! This also includes ALL social media posts. OWN IT!***

COACH/PLAYER/PARENT COMMUNICATION

Please see the "Athletic Situation Solution following a Chain of Command" handout.

PLAYING TIME

9th Grade Team: Provide an opportunity for our younger, inexperienced players to learn, grow and develop. The ultimate goal is to have the student athlete continue competitive basketball and prepare them for the next level. **Playing time is not equal** and will be up to the discretion of the coaching staff. These players may be asked to play/suit up for part of the 10th Grade game.

10th Grade Team: The goal is to provide our younger players the opportunity to learn, grow, mature, and prepare them for the next level. While preparing and striving to win is part of athletic competition, the ultimate goal is to improve in all aspects of the game. However, **playing time will not be equal** and will be up to the discretion of the coaching staff. These players may be asked to suit up for JV or Varsity games.

Junior Varsity Team: The team will continue to focus on improving basketball skills and their understanding of the game. Opportunities will be provided for players to have more playing time than they would get at the varsity level alone. **Playing time is not equal.** These players are expected to suit up for varsity games and sit on the bench to support and learn from the varsity team. Players are also expected to help prepare the Varsity team for their opponent/game and may be asked to run thru opposing teams' plays. **Typically, seniors will not play at the JV level, however it will be up to the discretion of the coaching staff. This may change year to year.**

Varsity Team: Varsity competition is the culmination of the basketball maturation process.

Playing time is based on ability to execute in games, effort, coachability, and attitude. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is not guaranteed, just showing up does not guarantee playing time. Being a senior in the program does not guarantee playing time.

- Making a team/roster doesn't guarantee playing time. Playing time is earned.
- All players will be assessed on their skill level and abilities throughout the season; the coaching staff constantly evaluates individuals. **The players will be assessed on their performance. A player earns playing time by demonstrating skill, intelligence, being a team player, and knowing your role.**
- The Coaching Staff at all levels will place players on rosters based on the head coach's analysis of each player, where the player will be most successful, and **the needs of the program.**

LETTERING POLICY

To **EARN** a varsity letter the player must meet the following requirements:

- 1) Be a member of the JV/V team. On the final roster for *ALL* Section Tournament games.
- 2) Play in 7 Varsity games. Time not a factor.
- 3) Complete the entire season.
- 4) Show the dedication, desire and fortitude necessary as determined by the coaching staff. Examples of these qualities can be show by participation in offseason strength training. The off-season is (April-NOV) and is a great time to improve strength and athletic performance.
Here are 4 different ways to improve strength and speed in the offseason...

- Summer Training/JAQS at FHS: participation is strongly encouraged for FHS athletes
- Girls Basketball Off-Season Lifting/JAQS: Sept-Nov. (3x a week) =for all non-fall sport athletes
- Spring/Fall Sports: Weight sessions within your spring/fall teams
- Weight Training class, or Phy-Ed class at FHS

5) Service: Participate in Adopt-A-Team program with Farmington Travel Basketball (attend 3-4 practices and the Farmington Girls Tiger Classic Tournament), volunteering at clinics for youth basketball, and volunteering at the Boys Tiger Classic, and our fundraising tournament in March.

- It is under the discretion of the coaches to letter any individual whose attitude/behavior **contributes** towards the success of the team, regardless of the number of games she has played.
- The coach also has the right to withhold letters from an individual who displays behavior/attitude that is **detrimental** to the team's success, regardless of meeting the above criteria.

***Your daughter will be challenged, treated fairly, held accountable, be expected to be a great teammate and give her best effort. It won't be easy, but it will be worth it!**

PLAYER EXPECTATIONS

- When you are selected for a team you are expected to make every practice, game, or events/appearances required by the team.
- Responsibility falls on the player to contact the coach prior to being unable to make an event.
- You must commit to the Farmington Basketball program in season. It is your only contact with basketball. Skills sessions, practices, etc with AAU teams/coaches, or personal trainers is not acceptable. You will play enough basketball 5-6 days a week.
- I encourage you to take an "off-season" of other sports, be careful of injuries, health, and fatigue.
- You are a student first, athlete second. The high school setting and having the opportunity to play basketball is the best correlation between high school and college.
- Positivity is emphasized, being coachable, and embracing your role are keys to success
- Be ready for your opportunity!

PARENT EXPECTATIONS

As parents you play the most crucial role in the development of your child. Your daughters model your behaviors and take to heart every lesson you teach them. As a parent I hope you will be involved in a positive way and encourage good sportsmanship by demonstrating support for the program, players, coaching staff and officials. We ask the following of you at all levels:

- Support your daughter and the team. Always be positive around your daughter!
 - o Try not to take "sides". There will be times your daughter does not like our decisions. Instead of attacking the coach and siding with her against the coach, support your daughter by encouraging her to continue working hard and having a positive attitude!
- Encourage your daughter to always give her best, be a great teammate, and be committed to the team.
- Attend your daughter's games as often as you can.
- Cheer for the team and all players in our program, do not instruct from the stands.
- Observe proper basketball court etiquette during games and scrimmages. Parents are not allowed to attend practices.
- Be completely honest with yourself about your daughter's athletic ability, work ethic, and attitude. Remember there are things you do not see that happen at practice that may be affecting your daughter's playing time.
 - o Try not to compare your daughter to others on the team so that it puts the girls against one another.
- Encourage your daughter to meet and communicate with the head coach regarding any issues that may arise.

- Take an active role in the Booster Club, attend meetings, or assist with fundraising activities and team events.

Volunteer Events

1. **March 9/10th** in our annual fundraising tournament. It's our **BIG** fundraiser and we need **EVERYONE** involved! Parents and players are expected to help (Family=Parents/player-a total of two shifts).
2. Concession shift at home Girls Basketball games-all families are expected to work one concession shift. A sign up genius will be sent out.
3. Team meals-program meals are put on by "teams". Each team will provide two meals during the season. Each meal will feed all four teams. Parents will work together on what to provide, and the organization. The team meal schedule can be found <https://www.tigerfanclub.org/page/show/5347973-volunteer-info>
4. Please use <https://www.tigerfanclub.org/page/show/2899616-calendar> to look at practice times, weight room times, and team events. Practice times tend to be different for 9A, B-squad, JV/V.
5. Purchasing Tickets Online: <https://farmingtontigers.com/>
6. Live Streaming of Girls Varsity Home Games/FHS TIGERS LIVE: <https://farmingtontigers.com/sports/2022/3/9/fhs-tigers-live>

***Social Media (Twitter, Instagram, Snapchat, Tik Tok, etc.):** Everything you post is public information – any tweet, post, or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. The Farmington High School Girls Basketball coaching staff will not tolerate disrespectful comments and behavior online. Some examples are derogatory language or remarks that may harm teammates or coaches; other FHS student athletes, teachers, or coaches, and opponents. Incriminating photos or statements depicting violence; hazing; sexual harassment; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.

***Protect yourself by maintaining a self-image of which you can be proud for years to come.**

***If your daughter has a twitter account, I encourage them to follow @FHS_gbball to receive updates regarding the girls' basketball program. If they do, in fairness FHS_gbball should be able to follow your daughter's account.**