

2023-2024



Lady Broncos

Basketball

Guidelines and Expectations

"Basketball is the hardest game to play and hardest to coach. Why? It is the ultimate team game founded upon the most individuality that you possibly can have. You need to have players that want to get to be as good as they can be. Every day, players must want to get better. Then, when you get to be as good as you can be, you have to play with four other players with you. It is not just about you; it is about five players on the court playing together."

Joe Scott, former Basketball Coach
Princeton University

Our Purpose

Develop the complete student-athlete

How

with SOUL

TEAM

I AM BECAUSE WE ARE

Non-Negotiables

- ❖ Blame, Complain, Defend
- ❖ Effort
 - Work as hard as you can all the time. Effort is the basic expectation in all we do; it's the beginning of everything.
 - Always run from one drill to another. We have to outwork teams in practice before we can ever expect to beat them in games.
- ❖ Coachable-listen, make adjustments, improve and take what is being taught and apply to your skill set .
- ❖ Finish every drill-quitting in drills means you are quitting on your teammates (put the team first)
- ❖ Be on time to every practice, game and school activity

Academics

Being a student-athlete is a big commitment and privilege. Therefore, it is each player's responsibility to develop effective communication and time management skills.

1. Each player must maintain above a 2.5 GPA and no more than 2 failing grades to be eligible to play. Failing more than two classes will result in reduced playing and practice time. Student-athletes who do not meet these requirements will have an academic contract.
2. It is the athlete's responsibility to get all schoolwork completed.
3. Students must be in school for 3 classes to attend practice or games.
4. Classroom and academic misconduct such as being tardy, cheating, plagiarism will result in a response to your behavior.

Practice

The key to success is preparation and teams who are not prepared are preparing to fail. We will learn and take advantage of every opportunity at practice in order to give us the confidence to compete with our opponents. Playing time is earned at practice and not on game day.

- 1. Be on time to every practice (10 til). Any conflicts communicate in advance with your coach.*
- 2. Report all injuries to our Athletic Trainer (Mikayla). Otherwise, practice is required. Mikayla will communicate injuries or any practice modifications to your coach.*
- 3. Always wear your complete practice uniform at practice: team issued practice uniform, basketball shoes, black socks or white socks, black or white spandex. **NO JEWELRY AT ALL***
- 4. Get ready in the locker room, Lock in before you step out and warm-up on the court.*
- 5. Always respectfully respond promptly to a coaches call or text message*
- 6. Missed or late practices due to lack of communication could result in reduced playing time, not starting or a running consequence. This includes if a player is sick, prearranged family event or family emergency.*
- 7. Schedule Doctor/dental appointments outside of practice times as best as possible.*
- 8. Communicate college recruiting visits with Coach Mincy before they are scheduled if they will take place during the season. Missing practice, games/tournaments should be avoided in any way possible.*
- 9. If injured remain engaged and vocal during practice. Players should not be sitting in practice unless instructed by coach or AT.*
- 10. Please arrange transportation to be to picked up immediately after practice. Players are not to hang around campus without supervision.*

After Practice

1. Check your area before you leave for all your belongings and trash. **No exceptions!!!** Always leave it better than you found it, no matter where we go.
2. Players are to be appropriately dressed when leaving the building. Take the time to put on your pants, your coat, and, when appropriate, a hat. It is important to our team stays healthy.

Any attire missing for games or practices will result in a response to their behavior at the coach's discretion

Playing Time

- Being on the team does not entitle anyone playing time. Our philosophy is that the players who understand and demonstrate the coaches philosophy in practice, and generate positive results individually and as a team will have opportunities to play.
- Playing time **WILL NOT** be discussed with players or parents. However, players may communicate with a coach on ways they can improve in order to earn playing time.

Game Day

- Transportation will be provided on most away games. Players will have to ride the bus home immediately after games unless player's parents are there. Players need to communicate their transportation needs before departure to away game.
- Players should dress the same during the day as the rest of the team.
- Bench etiquette- sitting up straight staying positive, paying attention to the game and not in the stands, engaging with teammates and holding each other accountable
- During substitutions:

- Communicate who you have on defense and any other instructions directed by your coach
- Acknowledge your teammates and coaches when coming out of game and talk to a coach about your performance.

Behavior

- Players should show respect to other players, coaches, teachers and all administrators. Disrespect will not be tolerated.
- Represent the program in a positive way and always look presentable (follow the school dress code)
- Be responsible and appreciative for all clothing given to them.
- Look coaches in the eye when spoken to and answer with “yes,” no,” “I, don’t understand,” or “check.” We are not interested in excuses or talking back. Learn healthy communication tactics.
- Treat others the way you would want to be treated.
- Be humble-never take anything for granted
- Be careful on social media on what you post and like. You are always representing Brookwood Basketball in all that you do. You are responsible for everything posted on your page, make sure you do not share your password with friends
- Leave cell phones turned off and inside bags during practices and games and team functions

Role of the Parent

- Pay booster club fees
- Signing up for volunteering is mandatory. Follow through with your commitments (we are only as good as our support system)

- If a parent needs to talk with a coach, please email and set up an appointment. After games allow 24 hours before addressing any coach.
- Allow the players to discuss their concerns with the coach. Coaches will discuss the well-being of your daughter, academics or disciplinary issues associated with the team and/or school with parents. We will not discuss playing time.
- Encourage your child to work hard and be respectful of coaches and teammates.
- Encourage your child to develop a healthy lifestyle by eating nutritious meals and staying hydrated throughout the day.
- Speak positively of coaches/teammates/program at home
- Cheer for all members of the team
- Set an example by working well with the other parents on the team and staying committed to your responsibilities
- Support and do not coach your child from the sidelines, limit coaching at home to attitude, effort, hustle, etc. Players should not be looking at you during games, timeouts, etc.
 - players need to stay focused during games. Therefore, it is important for players not to be distracted with negativity and sideline coaching
- Refrain from obscene and inappropriate comments to the officials

I have read the 2022-23 Lady Broncos Basketball player and parent expectations outlined in the packet. I will abide by all expectations and standards that have been put in place.

Student-Athlete Name

Student-Athlete Signature

Guardian Name

Guardian Signature

Date



