

Argo Girls Basketball Handbook

Book Number _____

This handbook is your property for the duration of the season. It is your responsibility to study it and keep it where it is easily accessible. This handbook must be returned when equipment is returned. If it is lost, please report it to one of the basketball coaches immediately.

Section I

Philosophy

“Win Without Bragging, Lose Without Excuses”

Basketball is a game to enjoy. We want to strive to play as best as we can, which includes mental preparation as well as physical. Our basketball teams at Argo will be well-conditioned, dedicated, and clean playing with an emphasis on good sportsmanship in both winning and losing. Our athletes will display good behavior both on and off the court. They will strive to set a good positive example to the team, school, and community.

If these goals are attained, our season will be successful and fun. By achieving these goals, our teams will develop winning attitudes—which in turn, will develop winning teams.

Section II **Attendance**

The single most important factor in a player's ability to improve is ATTENDANCE!

- Everyone is expected to attend all practices and meetings and be on time. Being on time is defined as:
*Being **dressed and ready for stretching 15 minutes** prior to the scheduled practice time.*
- The only reason to ever miss a practice or a game is because of an excused absence. Excused absences include:
 - ✓ Sickness (having an excused absence from school)
 - ✓ Family emergencies (cleared with your coach)
- Practice schedules for the entire season will be distributed so players can plan ahead for things such as doctor and dentist appointments. **It is expected that players plan these appointments around our practice schedule.**

Unexcused absences would include:

- Missing a practice/game without prior knowledge by the coach
- A school detention/suspension causing a missed practice
- A player who is asked to leave practice because of a disciplinary issue
- Missing a practice because of a reason not accepted by the coaching staff, this includes a birthday...we all celebrate birthdays...it's not too much to ask for that celebration to start at 6:00 p.m.

Doctors/Dentist Appointments

Any player who misses practice or portions of practice because of a doctors or dentist appointment must provide a verification/discharge note to her coach before the next practice or it will be **deemed unexcused.**

Detentions

Players should not receive detentions--**EVER**. However, any player receiving a detention **should serve that detention on Wednesday mornings before school** so that you do not miss practice. Again, school detention/suspension causing a missed practice or game is **UNEXCUSED.**

- ✓ 2 unexcused absences will result in a one game suspension and parent contact.
- ✓ 3 unexcused absences will result in dismissal from the team.

Absences and/or tardiness will affect a player's:

1. Status as a starter
2. Playing time as non-starter
3. Status on the team

Injuries

If you become injured, **you are still required to attend all practice sessions.** An injured player who cannot participate in a practice still is a valuable member of the program. There still is learning to be done even if you cannot physically be a part of practice.

Holiday Vacations

Typically, during holiday seasons, we play anywhere from 5-7 games. Family vacations are unexcused.

Section III **Practices**

-Success in Games is a Direct Result of Practice-
TAKE PRIDE IN YOUR PRACTICE INTENSITY

Priorities:

1. Family
2. Education
3. Basketball

- Go hard or go home (minimum 100% effort).
- Always be early (at least 15 minutes prior to stretching).
- Call in advance with anticipated lateness or absence.
Phone trees will be provided
- When the whistle blows or a coach is speaking—**Everything stops and** absolutely no talking while the coach is addressing the team, or a player, or a situation.
(give attention to the coach). **(THIS IS CRITICAL TO TEAM SUCCESS)**
- **Sprint from drill to drill (no walking).**
- Attitude: TEAM COMES FIRST.
- Discipline problems will not be tolerated. (it can jeopardize participation).
- Handle constructive criticism (we are all on the same side). You will not develop as a player unless you are working on weaknesses.
- No alibis or excuses.
- No profanity.
- Communication to teammates and coaches should always be in a respectful manner. We are trying to create psychologically safe learning zone so that everyone feels a sense of value and pride. **Negative talk will not be tolerated.**

- Show respect to your teammates at all times. Understand that they too, are persons capable of making mistakes just as you are. Always acknowledge a teammate's effort in practice or a game. Point to her for delivering an assist to you or help pick her off the floor after she has taken a charge for the team. Developing a team in a "team" sport begins with respect of one another.
- **Limit talk on the floor to basketball only (THIS IS CRITICAL TO TEAM SUCCESS)**
Players who cannot stay focused will be asked to leave practice.
- Players are expected to wear their Argo practice jersey and shorts everyday for practice unless otherwise noted by their coach. Players must also wear athletic socks and basketball shoes. Headwear such as bandannas or head rags are prohibited at all times. Dress socks are prohibited.
- No jewelry is to be worn at practice. **It is your responsibility to remove all chains, earrings, wrist watches or rings before you take the practice floor.** Not only is the wearing of these objects against the rules, it may also cause an injury to yourself or another teammate.
- No one in the gym but the team during practice (this is our classroom).
- No player may sit down at anytime during the course of a practice session.
- Respect equipment at all times. Make sure that all unused basketballs are put away in the rack. Wear gym shoes that are specifically used for basketball only and not a pair that you also wear outside. These types of shoes ruin the surface of the gym floor
- Never spit on the gym floor
- Develop great pride in all phases of your play, both offensively and defensively, as an individual and as a team player
- Become a keen **student of the game**. Know all the positions both offensively and defensively. "I don't play that position" is not an excuse for not knowing what's going on.
- Truly believe that you are better than your opponent; in knowledge of the game, in conditioning and in fighting spirit. This type of attitude is developed in practice and makes our team impossible to defeat

Section IV **Injuries**

Training Room Regulations

- Whenever a player is injured, she must report it first to the coach

- All players must ask permission from their coach prior to see the trainer. **It is an unexcused tardy to be late for stretching because you were in the trainer's room without prior consent from your coach**
- All taping must be done prior to the start of practice. You may not miss the first 15 minutes of practice because you are in the training room. This means you need to **hustle to the training room immediately after school**
- We will never ask you to play injured but remember that playing with some slight pain is part of being an athlete. The training staff will tell your coach if you cannot practice. The trainer has **final say** in such matters.
- Do not enter the training room before or after practice unless you have a specified need or are there to have the trainer address a concern of yours.
- If you are someone who needs to be taped on a daily basis, it is your responsibility to know the trainer's schedule in order to be properly prepared for a practice session. **DO NOT COME OUT ON THE FLOOR TO PRACTICE WITHOUT BEING TAPED FIRST.**

Equipment

Each player is responsible for her own equipment at all times. You should keep all equipment locked up at all times when not in use. Any lost equipment will be determined by the replacement cost at the end of the season. Lost equipment that is picked up by coaches will result in extra running after practice.

- **Any valuables should always be locked in your locker.**

Section V **Conduct**

Locker Room Conduct

- Absolutely no swearing. The locker room is an extension of the classroom so all behavior expectations will be enforced
- Show respect for all teammates in our locker room
- Keep your area clean at all times. Throw away food, drinks, athletic tape, etc..
- Show respect for all bulletin boards or anything else that a coach may have put up
- Never write anything negative or non-basketball related on the bulletin board
- Do not leave any large amounts of money or expensive jewelry in your locker. Give valuables to your coach at the beginning of practice
- **Any player caught stealing from another locker will be immediately removed from the team for the remainder of the season and the police will be called**
- Never leave your locker unlocked at any time. Check that your locker is secure before you leave to go to practice and once again before you leave at night

Training

Smoking, vaping, drinking, or use of drugs at any time can result in a suspension/ dismissal from the team as set forth by the Argo Athletic Code of Conduct. Players will not only meet consequence from the Athletic Department but they will jeopardize their standing on the team.

Social Networking

Players may not use any social websites to post disparaging remarks about her teammates, coaches or players from other schools. Players are prohibited in interacting negatively with other players from opposing schools. Social Networking should not be used as a tool to express feelings of dissatisfaction. **Violation of this rule could and has resulted in expulsion from the program.**

Conduct Detrimental to the Program

As long as you are a member of the basketball program, your conduct off the court is expected to align with the values of the basketball program. Players that engage in at-risk behaviors that result in negative attention to the program will be held accountable—this could result in a possible suspension or expulsion from the program.

Section VI **Communication**

Acceptance of Role

Girls Basketball is a competitive sport and our program performs at the highest level in terms of expectations, work habits, and commitment to excellence. With these expectations, players are expected to be “honored to wear the Argo jersey” and accept whatever role is given to them. Skilled players who show a commitment to our off-season programs, as well strength training in Athletic Weight Training, are usually the players who garner more playing time over the players who were less committed.

Players who are unhappy with playing time should have a direct conversation with their coach. In matters of playing time, among the topics of conversation that will be covered include:

1. The player’s written and verbal evaluation from the prior season
2. The player’s attendance to off-season programs
3. The player’s practice habits

Parents should not be calling coaches to discuss their daughter's playing time. Make sure you remind your parents that coaches will not conduct parent discussions/parent meetings regarding playing time.

Coaches welcome communication from players. One to one meetings with coaches usually result in positive outcomes. Players are encouraged to maintain healthy and honest dialogue with their coaches.

Level Changes

All players (except juniors and seniors) should understand that they could be moved both up and down a level (i.e.. Freshmen and sophomore teams) from their respective teams during the season. In most seasons, a player(s) can be moved from the freshmen team to sophomore team or from the sophomore team to varsity team. These moves are usually the result of a particular player who is exceeding the skill level of her peers. Other times it could be the result of an injury of a varsity player that results in a sophomore player moving up to fill that roster spot, and then a freshmen player moving up to fill the sophomore player's spot. **Expect roster changes when a player suffers a season long injury or has left the team for other reasons. Players are expected to play basketball to their truest potential regardless of the level they are assigned to. Roster decisions are made by the coaches, and the players are expected to honor those decisions in the spirit of what is best for the basketball program.**

Text Messaging

1. Text messaging between players and coaches should be short in content and direct in nature, ie...who, what, where, and when. "Why" type of messaging is discouraged. Face to face conversations are the preferred method of communication.
2. Players are expected to return text messages from their coaches and teammates **in a timely manner.** In other words, it's **unacceptable** to ignore a message sent to you in matters related to the girls basketball program.

Spring Sport Meetings

No player may be late for practice because they are attending a Spring Sport Meeting. No exceptions. You may:

1. Attend a **morning meeting** if offered by the sport.
2. Sign-in, pick up paperwork and leave immediately if you attend an after school meeting.

Spring Open Gyms for Other Sports

Players are not allowed to participate IN ANY OPEN GYM OR CONDITIONING ACTIVITY during the basketball season. This includes weekends and non-school days. Absolutely no exceptions!

Section VII

Game Day

Team Travel and Pre-Game Conduct

- Always arrive early before a scheduled bus time. Make travel plans, homework plans, and study plans well in advance
- **Make sure you are in dress code before and after games—this means you are wearing your black pants and Argo basketball shirt. Regardless of the weather conditions, we do not want to see you in shorts.**
- Make sure you have all your gear! Double and triple check before your leave home
- Always eat a meal after school—never play a game without eating at least 3 hours before tip-off
- As we travel on the bus, you will be required to show the same type of respect that is expected from you in all phases of the program. Leave the bus in the condition that you found it. Place your garbage in the trash and not on the floor of the bus. No loud music and **absolutely no loud talking allowed.** Talk about games responsibilities, the scouting report, and/or go over plays
- Cell phones should be placed on “vibrate or silence” upon arrival at Argo on game day and stay in that mode until we head back to Argo after a game. It is extremely disrespectful to have your cell phone ringing while the coach is speaking to the team in the locker room. Swift consequences will occur if this policy is violated
- Before games, all team members must sit together in the bleachers. No one can break off and go sit with family or friends, nor do we want anyone from the outside sitting with the team. The time before the game is very important and we do not want any distractions. This is also an excellent time to study what the lower level team is doing because most of the time it is the same system that we will face
- Always wear your uniform under your travel gear. Some schools do not provide adequate locker rooms
- As you enter the locker room to change before a game, remember the mood should be relaxed but also serious. You may wear music devices and listen to music but that is a private thing only. Absolutely no loud talking or horse play allowed. **This is where we need leadership.** The mental approach to the game may just be the single most important factor in defeating your opponent.
- After the game, win or lose, we leave the locker room as neat as we found it. Make sure to clean up any mess that you have made. Do not touch any bulletin boards or anything else that does not belong to you.
- **We will always travel as a team and return as a team.** All players must return home on the team bus. No one may leave with their parents unless it is cleared with their coach at least one full day in advance of the game. This privilege is for special circumstances only.

Game Expectations

- Be early
- Don't forget gear
- Uniforms should always be under your clothes before & after games.
- Always be polite and courteous to others
- Support and encourage teammates from the bench
- Everyone stands during timeouts except the 5 players in the game
- No talking during timeouts—stay in the huddle
- No lunging or slouching on the bench—Sit up!
- Basketball talk only on the bench and sit together!
- Run off the court and never show displeasure when being substituted for
- **Tell who you are covering when leaving the game**
- **Never argue or show displeasure with the officials**
- Never talk to or taunt your opponents
- Proper sportsmanship at all times
- Be mentally prepared to do your job
- Give every ounce of effort you have for the team
- Keep your head in the game at all times whether you are playing or not
- Acknowledge any scoring pass that you receive by pointing to the teammate who delivered the pass
- Anytime a teammate takes a successful charge we want her four teammates to sprint and help her up. Everyone on the bench should stand and cheer the effort.
- **After a game, no one starts to undress or untie shoes until coach addresses the team**
- Pouting after a game because of playing time will not be tolerated

Section IV

Playing Time

Freshmen Level

- One team consisting of 12-15 players.
- **Not everyone will play in games.** This is high school basketball and a competitive sport. Playing time is performance based!
- Players who commit to our off-season programs (especially summer) usually develop more rapidly than their peers.
- The more skilled and developed players will play more.
- **Usually a core group of players ranging from 7-9 players will play on a consistent basis.**
- Players not in the regular rotation should not be discouraged.
- Starters and playing time are evaluated on a game by game basis, depending on attendance at practice and skill level.

Sophomore Level

- One team consisting of 12-15 players.
- **Not everyone will play in games.** This is high school basketball and a competitive sport. Playing time is performance based!
- Players who commit to our off-season programs (especially summer) usually develop more rapidly than their peers.
- The more skilled and developed players will play more.
- **Usually a core group of players ranging from 7-9 players will play on a consistent basis.**
- Players not in the regular rotation should not be discouraged.
- Starters and playing time are evaluated on a game by game basis, depending on attendance at practice and skill level.

Varsity Level

- One team consisting of 12-15 players.
- **Not everyone will play in games.** You are playing at the highest level of high school basketball. Playing time is performance based!
- Players who commit to our off-season programs (especially summer) usually develop more rapidly than their peers.
- The more skilled and developed players will play more.
- **Usually a core group of players ranging from 7-9 players will play on a consistent basis.**
- Players not in the regular rotation will play in JV games.
- Starters and playing time are evaluated on a game by game basis, depending on attendance at practice and skill level.