

Cambridge

Coyotes

Girls

Basketball

Handbook

Program Expectations and Rules

# CLCS Basketball Program Expectations and Rules

## About CLCS Basketball

The CLCS basketball team is a tryout sport. Girls will tryout near the end of December. Registration fees are due by the start of the season. Your child will not be able to participate if their registration fee has not been paid.

The girls season runs from the beginning of January through March. We are not part of an athletic conference, so we schedule our own games and tournaments. This means that the season schedule can change throughout the season.

Practices are Monday-Thursday from 3:30 - 4:45. Monday - Thursday at Lifezone 360 on Rt. 72 in Dundee.

Coaches: Head 7<sup>8</sup> girls coach Austin Brown- 847-703-0997

Head 5<sup>6</sup> girls coach Mike Rutter- 847-630-8106

## Philosophy

Every player and every coach will work together to achieve common goals; winning as many games as possible, and pushing ourselves to become the best we can be on and off the court. Coaches will be teaching players the necessary skills and techniques to give them the greatest chance to succeed. Every player will be treated equally and will have the same opportunities as their teammates. Being apart of this team is an honor and a privilege, and should be treated as such. We are more than just a basketball team, we are a family. From current students, to graduating students, to alumni, we are all family; every year we grow bigger, we grow stronger.

## Goals

It is a goal of the CLCS basketball team to:

- Provide a safe atmosphere for all players to develop their basketball skills.
- Develop leadership and sportsmanship skills necessary to be successful in all sports.
- Prepare the players physically and mentally to compete at a high level.
- Learn skills, techniques, and plays that will be used in games.
- Accomplish goals set by themselves and the team through hard work and dedication.
- Learn proper nutrition and healthy eating habits that will benefit the player in sports and in life.
- Provide a competitive and educational learning environment that motivates the player to give 100% every day.
- Win as many games as possible and exemplify good sportsmanship in victory and defeat.

# CLCS Basketball Program Expectations and Rules

## Academic Expectations

Coyote basketball players are students first and athletes second. All players must meet and abide by the rules set forth in the Cambridge Lakes Behavior Code.

● Grade checks are done every Friday. If a player is at a 2 or “proficient” in any class, they are invited to attend as Assist Program before school.

- If a player has a grade of 1 or “developing” in any class, he/she is considered academically ineligible. This student will be required to attend the Assist program before school Monday and Wednesdays.

● Academically ineligible players are not allowed to attend practice. They need to attend homework club on the days it is offered and use their time at home to work on their school work.

● Players are expected to attend games to support their team unless the game time is during homework club.

## Attendance Policy

Basketball players are expected to be at every PRACTICE, GAME, & TEAM EVENT.

● Practices run from 3:30 - 4:45. Athletes are to be picked up from practice at 5:00 pm. Any athlete picked up past 5:00 pm will be assessed a 50 cent per minute late fee. The coach who stays late will be documenting the late folder. Payment will be asked from the parent at the time of late pick-up.

● Injured players are still required to attend practice and games. They are still able to learn and condition depending on the situation.

● Practices during school non-attendance days are at the coach’s discretion.

## EXCUSED ABSENCES

Examples: Any absence for academic reasons, illness, injury, physician appointment, and family emergency. Procedure: All excused absences must be cleared by the coach before the practice/game time.

\*Please schedule well-care visits on days & times that will not conflict with team functions.\* Result: Excused absences will not result in any consequences other than additional conditioning for time missed.

## UNEXCUSED ABSENCES

Examples: Any absence that is not cleared by a coach. This includes but is not limited to choosing to compete on a different team/sport in place of CLCS, missing practice without notification, missing with insignificant cause.

Situations/Results: Leave early/come late to practice (Unexcused)= Possible gameday consequence/loss of playing time Come late to a game (Unexcused)= Gameday consequence/loss of playing time Missed practice (Unexcused)= Gameday consequence/loss of playing time Miss a game (Unexcused)= Sit out next game \*3 UNEXCUSED ABSENCES = dismissal from the team\*

# CLCS Basketball Program Expectations and Rules

## **Behavior**

Players: Players represent not only Cambridge Lakes Charter School, but Cambridge Lakes Basketball, their coaches, themselves and their family every moment before, during and after the season. Failure to behave in a manner that reflects positively on Cambridge Lakes Charter School & Cambridge Lakes Basketball may result in expulsion from the team. All athletes are expected to show model behavior in the classroom and hallways. The coaching staff believes that unacceptable behavior is a direct reflection of the basketball team and goes against the goal of building a program with exemplary student-athletes. The following inappropriate actions/activities are all punishable at the coach's discretion as well as the school & athletic department:

- Disrespect through words or actions directed at fellow athletes, students, teachers, volunteers, competitors, officials or coaches.
- Bullying/hazing of any sort at any time is unacceptable.
- Defiance, rebelliousness, insubordinations, dishonesty, and stealing will not be tolerated.
- Receiving a "Behavior Intervention" (BI) during the school day is unacceptable and will have the following consequences:
  - o 1st BI = Loss of playing time at the next game/possibly sit out entire game
  - o 2nd BI = Sit out next game
  - o 3rd BI = Dismissal from team

Parents: Parents of Cambridge Lakes basketball players also represent Cambridge Lakes Charter School, Cambridge Lakes Basketball, the coaches, their children and themselves. Parents are expected to be supportive of our players, the team and the program and to be a positive representative of the Cambridge Lakes basketball community. There may be times that parents are asked to volunteer their time to the program and be supportive. Parental involvement is encouraged and recommended for building a positive support system for the Cambridge Lakes basketball team.

## **Communication**

Cambridge Lakes coaches may establish outside communication with players through phone, text, and email. All communication will be about topics relating to basketball. All text messages sent by coaches will have one or more additional coaches attached to the text.

All coaches will welcome concerns and questions about our program and expectations from the players on the team. It is expected that players be advocates for themselves and responsible for communicating their needs.

Parents WILL NOT communicate with a coach regarding game strategy, playing time or coaching philosophy before their son/daughter does. If a player is concerned, it is their responsibility to talk with the coach. Additionally, no parent should approach a coach in front of the team during or after any game or practice unless initiated by the coach. If a parent has a major concern after a game, please wait 24 hours before contacting a coach. This makes it so both parents and coaches have time to cool down after a game.

## **CLCS Basketball Program Expectations and Rules**

### **Clothing Expectations**

Every player should report to practice in clean and proper basketball attire.

- Basketball shoes must be worn at all practices. Players should not warm up in sandals as that is a very easy way to get injured.
- Clean shorts, athletic pants, t-shirts, and basketball jerseys are appropriate basketball attire. Avoid wearing ankle height socks or shorter. At no time should the same clothing be worn two days in a row without being washed.
- Gameday jersey and shorts are not acceptable practice attire unless posted otherwise.

### **Equipment and Regulations**

**Shoes** - The coaching staff requires players to wear basketball shoes to practice and games. If you are purchasing new ones and want to make sure you have the correct shoe, they are labeled as 'basketball' shoes. We don't want players wearing running shoes, regular gym shoes, etc. because they do not have the proper support, which makes it easy for injury.

**Accessories** - Players are able to wear approved performance accessories such as braces, leg sleeves, and arm sleeves as long as they are solid black or white in color. Players are NOT allowed to wear chains, jewelry, rubber wristbands, etc.

**Uniforms** - On game days, players are expected to be in their full CLCS uniform. Jerseys are to be tucked in, and shorts are to be worn at the correct height at the waist and tied at the waist if they fit loosely. Socks need to be black or white. Under shirts need to be black or white. Accessories as stated above. Make sure all clothes are washed before game days.

### **Games**

We are not part of an athletic conference, so we have to schedule our own games. Most of the schools we will schedule games with are private schools in the neighboring towns (Elgin, St. Charles, Hampshire, etc.), but we will also schedule with some public schools and tournaments. The CLCS athletic director will have the majority of the schedule finished by the time the season starts, but we will continue to look for more games, so please check the athletic website regularly. The link for the website is posted below.

Almost all our games are away. Please be prepared to travel to various locations in the area. Typically, the first game starts at 5:00 for the 5th grade team, 6:00 for the 6th grade team, 7:00 for the 7th grade team, and 8:00 for the 8th grade team. However, this is not true for all games, so please check the athletic website. Most games will be on the weekdays, but we will have a few on weekends. Again, please check the athletic website.

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## **Travel**

Considering all of our games are away games, we will need to travel for every game and tournament. Players will need transportation to each and every game. The bus will NOT be provided, unless posted otherwise. Please do your best to set up carpooling with other players to make things easier. We will try our best to accommodate with this as well.

Players need to be at the game location, on the court and ready to go, no later than 30 minutes before game time. Please, check the athletic website for game times and plan accordingly. If a player arrives late to a game, he/she may lose playing time, especially if he/she did not get to warm up or go over the game plan. The website will also give you directions to the game locations.

## **Athletic Website**

**CLCS athletic website homepage: <http://il.8to18.com/CambridgeLakes>**

## **Contact Information**

If you have any comments, questions or concerns, please contact:

- Girls head coach % Austin Brown 847-703-0997
- Girls head coach % Mike Rutter 847-630-8106
- Athletic Director Laura Guge [lguge@clcsstaff.org](mailto:lguge@clcsstaff.org) or 847-464-0350

**Cambridge Lakes Charter School Basketball Page 5**