



**COON RAPIDS GIRLS BASKETBALL
PLAYER/PARENT HANDBOOK**

COACHING STAFF

Head Coach:	Tom Weko	tweko@netscape.net	612-802-6264
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JV:	Kendra Johnson	krjohnson_22@yahoo.com	218-251-2094
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WHY WE COACH

By teaching the ideas of hard work, responsibility, accountability, self-discipline, self-confidence, perseverance, sacrifice and serving others, we strive to have our athletes become the best players, teammates and individuals they can become.

OUR GOAL

As coaches and players in the Coon Rapids Girls Basketball program, we are striving to put forth our best effort every day, whether in the classroom, at practice or during games. We will be better than we were yesterday, but not as good as we will be tomorrow.

WHAT YOU CAN EXPECT FROM THE COACHES

1. Coaches will represent the program with integrity
2. Coaches will be able to answer the “why” question. Everything is done with a purpose.
3. Coaches will be fully committed to the program and the players.

COMMUNICATION

1. Twitter: @CRGirlsBball
2. Instagram: @CoonRapidsGirlsBasketball
3. Facebook: www.facebook.com/coonrapidsgirlsbasketball.com
4. Remind:
 - a. Enter 81010
 - b. Text @crgbb

COACHING PHILOSOPHIES

1. **The effort that one puts into the sport of basketball will determine the outcome.** Our coaching staff is very capable of creating a successful basketball team. This will be accomplished if all members are willing to challenge themselves to step up to the next level, not only as a player, but as a team. This means listening to the coach and making the necessary changes to better herself and the team, and not considering feedback to be personal criticism.

**“If you think you are good, then why not be better,
If you think you are better, then be the best.”**

2. **In order to be the best team that we can be, the coaches and players cannot settle for anything less than 100% effort.** Coaches need to plan practices so that this can be obtained, and players will be expected to show up at practices and games ready to go all out for the period of time allotted. Players that are not willing to commit themselves to this kind of work ethic will see the results in their playing time. Remember, we are a team, and we will win and lose as a team. Those who choose to give anything less than 100% will be hurting the team.
3. Basketball is a sport that can only be mastered by repetition after repetition. When the athletes step onto the floor they will be performing basketball-related skills, drills and conditioning only. It is up to the coach to design a practice in which conditioning is built into the drills in a realistic basketball situation. The coach should be able to explain how a drill or conditioning piece contributes to a game-like situation. If that is not possible, then an alternative activity should take place.
4. We believe that doing as well as we possibly can is important. We want to perform well at all times. This means we want to perform better than our opponents do. I think you get the idea... we are going to win as many games as we possibly can. To accomplish this, we must utilize our best players and our best strategy most of the time. **This means that there will not be equal playing time** and players will not all experience the same amount of touches in a game.
5. Although we believe that winning is very important, especially at the varsity level – it is not everything. Above all else, we hope to create a love for the game, the people around you, the competition that is created, the winning and losing that takes place, and the improvement that will come from hard work and dedication. By being part of a team, we learn the importance of community, communication, self T discipline, respect, maturity and work ethic. By practicing success as an individual and team, we are learning success in the real world.
6. We believe that basketball should be FUN! We believe that the sport of basketball should be an enjoyable spectator sport, which is a “looked forward to” activity by many people in the fall. Basketball games should be an enjoyable experience for the players, coaches, student-body, parents, community and everyone else involved. It is good entertainment and should always be kept in its proper perspective. **LET’S KEEP IT FUN FOR PLAYERS AND FANS ALIKE!”**

TEAM SELECTION

Being that basketball is a team sport with a restricted amount of players able to compete at one time, we will use the following team selection policy this season and beyond.

Coon Rapids Girls Basketball Team Selection Philosophy Statement:

In order to strive for excellence, it is the goal of Coon Rapids Girls Basketball to put the best team on the court at all levels. All players will tryout for their respective levels, and a preset amount of players will be invited to participate on that team.

Tryouts:

All girls will have the opportunity to tryout for their respective grade level team. Tryouts are mandatory to make a team. If a player isn't there to be compared against other girls, it isn't fair to place her on a team ahead of others. Tryouts will last between 1-4 days based on the team, age of girls, number of girls, and the given situation for that year. Coaches will be given the flexibility to continue team selection as long as they need, to confidently select their team.

The girls will be rated on the following physical basketball skills:

Ball Handling, Passing, Shooting, Defense, Rebounding

The girls will be rated on the following non-physical basketball skills:

Communication, Work Ethic, Taking Direction, Court Awareness, Teamwork, Athleticism

Results of the tryouts will be discussed, in person, with the players. As the week goes on, by request, coaches may update the players as to where they see them in relation to others regarding impending cuts.

Decisions regarding team selection are collectively in the hands of the coaches running tryouts. Once the process is completed, decisions are final. If a player does not make a team, coaches can give suggestions on how to improve and off-season options to help them be ready for tryouts in the future. Our teams will also be looking for managers and statisticians as well

Team Size and Playing Philosophy:

The Varsity and Junior Varsity teams will have a combined maximum of 22 players. These teams will consist of the top 20-22 players in the program, regardless of age and based on position. Playing time on both the JV and Varsity teams will not be equal. Movement between these two teams may take place at any point during the season. Any seniors that do not make the varsity team will be cut unless their position is not filled on the JV team. Juniors must make either the JV or Varsity team.

The B-Squad team will consist of a maximum of 12 of the next best sophomore or 9th grade players in the program based on their position. Playing time on the B-Squad team will not be equal.

The 9th grade program will have an A and B team if there are sufficient numbers. A combined maximum of 22 ninth graders will make up these teams. The focus of the 9th grade program is to develop a solid, common foundation of skills to carry the girls throughout their high school careers. Players may change teams at any point during the season. Playing time will not be equal.

In limited circumstances, middle school students will be allowed to try out for the high school team. The Coon Rapids HS policy will be followed in these cases.

What is Our Type of Player?

1. Is a “good” person at all times both on and off the court.
2. Hustles every second in practice and games. Everybody can accomplish 100% in the area of hustle.
3. Constantly tries to improve her weaknesses.
4. Never uses excuses; realizes that she has given the best effort and that there are some things that she has no control over.
5. Realizes that good and bad habits are being formed all the time.
6. Knows that referees are human and that undue criticism or unsportsmanlike conduct may cause them to make an unfavorable call later in the match.
7. Doesn’t give up, ever.
8. Never criticizes a teammate. Tries to help the person rather than hurt. Realizes our sport is a team game and a team is only as strong as its weakest player.
9. Never under-estimates an opponent.
10. Is always loyal to herself, the team, coach and school.
11. Knows that on an entire squad each of us will not be completely happy with all the decisions and procedures during the season. Learns that one can adjust and must adjust to the team situations, not the team to the player. One must go along with the decisions for the best of the team.

TEAM POLICIES

I. Eligibility

- A. Academics. School comes first! All students must maintain their grades in school. The minimum academic standards for student/athletes attending Coon Rapids High School are as follows:
 1. Minimum accumulated credit requirements by grade at the beginning of the year:
 - a. Tenth Grade – 5.5 credits
 - b. Eleventh Grade – 12 credits
 - c. Twelfth Grade – 19.5 credits
- B. MSHSL and school rules. Everyone must abide by the policies set forth in the Coon Rapids High School Activities Handbook and the MN State High School League Rules Manual. All penalties will be followed according to the CRHS Activities Handbook and the MSHSL Rules Manual.

II. **Practice Information**

*see calendar for times of practices

*team selection will be made by the end of the first week (exceptions may be made)

A. Practice Rules

1. Players should be in the gym 15 minutes before the start of practice.
2. Practice time is crucial! If you show up late (unexcused), you are hurting the team. Therefore, the whole team will share in the consequence. **Early is on-time, on-time is late and late is unacceptable! DON'T BE LATE!**
3. When you step on the court, knee pads must be up; shoes are on and tied; practice jersey is on; water bottles are filled.
4. All conversation will be about basketball only! The more you discuss about random daily events, the less you are concentrating on the task at hand...basketball.
5. Never walk! Always run.
6. No player has the right to criticize or put down another player. Negative talk will be handled in a serious manner. We need to be a team.
7. Keep the words "never" and "can't" out of the gym. They are harmful to the improvement and success of our team.
8. Come prepared to give 100% every day during every drill.

III. **Attendance**

A. Practice. Practice is your tryout for playing time. The more you miss the less chance you have to beat out other players. Practice is required. Any excuse for missing must be approved prior to the absence as far in advance as possible. Being late for practice is not excusable and will hurt our TEAM.

B. School Policy.

1. In order to participate in a practice or a contest during a school day or evening, the student must be in attendance at school that day. Exceptions to this policy are:
 - a. Administrative approved absence.
 - b. School sponsored event (i.e. fieldtrip)
 - c. Medical (doctor, dental, eye) absences must have a note from medical office.
2. Appointments. Parents should attempt to avoid scheduling medical appointments during practice time. Although these are excused, practice time is still critical and may affect playing time.

C. Team Policy

1. Unexcused Absences. These are not tolerable. If you are unexcused for any practice or game, you will not play in the next competition. This will, in turn, hurt your chances to remain at the level you are playing. By missing you are giving another athlete the chance to prove herself to being more committed than you. After 3 unexcused absences, you will be dismissed from the team.
2. Excused Absences
 - a. If you know you will be absent, let the coaches know in advance.
 - b. If you are absent you must call or let your coach know in advance of your absence.

- c. If you miss practice with an excused absence the day before a game, **you will not play in the first half of that game.**
- d. Multiple excused absences will lead to reduced playing time and possible dismissal from the team.
- e. Sleeping in after a game night or on a game day is not excusable and will result in the missing of the next game. You are student/athletes, not just athletes.

IV. Other Policies

- A. **Injury Policy.** Players are required to communicate with the coach and athletic trainer when they are injured. The trainer will work with the athlete to evaluate the injury and make recommendations as to rehabbing or seeking further medical evaluation. In order to be cleared to play, the player must have a release and the trainer will notify the coach
- B. **Player to Player Conflicts.** These situations need to be dealt with immediately for the sake of the team. Don't allow conflicts to ruin the togetherness of the team. All conflicts need to be addressed like adults: either individually, with the help of the captains, or by talking with a coach. We will not be successful if we can't get along.
- C. **Player to Coach Conflicts.** The coaches and players need to be on a level of understanding and communication in order to reach success. If there is a break in this communication, the team will be affected. Find an appropriate time (A.S.A.P.) to meet with the coach and work through the problem. You will need to set up a time to meet with the coach. There will always be at least 1 other coach present at the meeting. **All player/coach conflicts need to be dealt with in that fashion. We don't want a parent calling us to deal with a situation without having heard from the player first. If put in that position, the coach will ask to talk to the player first and afterward will be happy to speak to the parents.**
- D. **Parent to Coach Conflicts.** As adults, we will expect to deal with any conflict in that manner. Never should a confrontation occur in front of the athletes. Conflicts will be best resolved if handled in a professional manner. Phone calls or public confrontations with irate parents will more than likely cause bigger problems than necessary. Please remember that as coaches, our job is to improve your daughter(s) and the TEAM they are on. We are coaching because we love the sport of basketball and we want to see it improved. Please don't dampen our intentions. If a meeting needs to be set up, we will be more than happy to schedule a time. Your daughter will be required to attend the meeting. Topics we will not discuss will be playing time or one player compared to another player. Coaches will have another coach or even the A.D. attend the meeting as well. We will not deal with parent-coach issues on game days. There will be a 24 hour "cool down period" for all parent-coach issues.
- E. **Alcohol/Drug/Tobacco Use.** The worst thing an athlete could do to herself and the team is to use alcohol, tobacco or drugs. Coaches will have absolutely NO tolerance with this issue. If caught using, the coaches will follow the school and MSHSL guidelines to deal with the situation. **However, keep in mind the importance of TEAM in this sport. Chances are, if you miss an activity due to usage, you may never receive another chance to play at the level you were previously at. THINK**

ABOUT THE LACK OF TRUST THAT WILL BE LOST BY YOUR TEAMMATES AND COACHES, AND HOW THAT WOULD AFFECT THE SENSE OF TEAM. Be smart ladies. Even if you have no intent of drinking, smoking or using, stay away from situations where it is taking place, because if caught, you will still serve the punishment. When in doubt, get out.

- F. **Harassment/Hazing.** One of the quickest ways to destroy the concept of TEAM, is for a player to become involved in this type of activity. Coaches will have absolutely NO tolerance with this issue. If caught, the coaches will follow the school and MSHSL guidelines to deal with the situation. **Remember the importance of TEAM in this sport.**

- G. **Social Media.** Facebook, Twitter, Instagram, SnapChat and other social media sites have grown in popularity worldwide. Student-athletes should be aware that third parties – media, faculty, future employers, and school/league officials – could easily access profiles and view personal information. This includes all photos, videos, comments, and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the team, the athletic department, and the school. This can also be detrimental to a student-athlete’s future employment options and college acceptance or scholarships.

Examples of inappropriate and offensive behaviors concerning participating in online communities may include (but are not limited to) depictions or presentations of the following:

1. Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco (examples: holding cups, cans, shot glasses, etc.)
2. Photos, videos, and comments that are of a suggestive and /or sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
3. Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
4. Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No post should depict or encourage unacceptable, violent or illegal activities (ex: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
5. Information that is sensitive or personal in nature or is proprietary to our team and/or school, which are not public information (ex: student-athlete injuries and eligibility status, team playbooks, private team conversations).

- V. ***Athlete Responsibilities*** – depending upon the team in which the athlete is selected for, she will be required to do a couple of things to make the program run smoothly.

- A. **All Squads.** Members of each of the teams will be expected to be present and rooting for the other teams when they are playing. Thus, the varsity will be present and provide support for the 9th, B and JV games. The 9th and B will be present and provide support for the varsity games. This is done to encourage team unity.
- B. **9th Grade.** Members of this team are required to come to all home varsity games. Players will be asked to keep the scorebook and run the scoreboard for B and JV games. Some players may be asked to videotape varsity games.
- C. **B-Squad.** Members of this team are required to come to all home varsity games. Some may be asked to keep stats and videotape for the varsity game.
- D. **JV.** Each member of this team will be sitting on the bench for varsity games. Some may be asked to assist with taking stats for the varsity game.
- E. **Varsity.** Each member of the varsity team will be required to assist with keeping the scorebook and running the scoreboard for the 9th grade game.

VI. Travel

- A. **School Image.** Be courteous and friendly while interacting with others from another school. Remember that you are representing Coon Rapids High School. Leave a good impression both on and off the court. Keep the bus and other schools' locker rooms clean. Any athlete caught stealing from or vandalizing another school's property will be immediately dismissed from the team and the authorities will be notified.
- B. **Bus Trips.** Bus trips can be a fun time to be with the other players and let loose. For this reason we will not ask for a completely quiet bus ride. We will ask that you talk quietly with the people that are near you, as opposed to those 5 rows in front or behind you. Once we get within 15 minutes of the school, it will become silent time. That means that you begin to mentally prepare for the game ahead of you. On the way home from a game please consider the outcomes of all the squads on the bus before expressing your excitement at too high of a level.
- C. **Permission to Leave.** A player may ride home with her parent/guardian. The parent/guardian will communicate to the coach that they are taking their daughter home.

VII. Appearance

- A. **Game Day Dress Code.** On days when a HOME game is scheduled, the players of each team will be expected to dress up. If the team captains, with the consent of the coaches, decide on another team related set of apparel that everyone has, this will be allowed as the "dress" for the day. The importance of a dress code is to promote a sense of team and unity. We also want to look professional when on the road. Any player who doesn't follow the dress policy will not play in the first half of the game.
- B. **Uniform Information.** You will be provided with a team uniform for use during the season. You are responsible for maintaining your assigned uniform. For all, this will include both a home and away game uniform and a shooting shirt. Varsity and JV players will also receive a team backpack. If an equipment is lost or returned to the school damaged, you will be required to replace it. In order to make the uniforms last

as long as possible, **PLEASE, DO NOT PUT THEM IN THE DRYER. INSTEAD, HANG TO DRIP DRY.**

VIII. Requirements For Lettering

- A. Participation in 24 or more Varsity halves during a season.
or
- C. Player who has played in the program for four years.
or
- D. Successful completion of two years as a manager ending with the varsity team.
or
- E. The coaching staff can award a letter at their discretion.

IX. Captains

- A. If a player is interested in becoming a captain, they must write a letter of application to Coach Weko. If they are selected, they will then go through an interview process with the coaching staff and a decision will be made. The number of captains will vary. Juniors and Seniors to be are all eligible to become a captain. Seniors do not automatically become captains.
- B. Captaincy will not carry over from season to season. Players will need to apply each season.
- C. Any violation of MSHSL rules may result in a player being removed as a captain. A player may also lose her captaincy for not satisfactorily fulfilled her duties.
- D. The varsity captains will represent the entire program when called upon.
- E. JV, B-squad and 9th grade teams may also have captains. Coaches have the flexibility to appoint these captains or have them elected.
- F. Being a captain is a PRIVILEGE and not a right. A captain needs to be a leader in words as well as actions. This includes both on and off the court activities and behavior. Captains need to be positive role models for all teams. They need to go above and beyond the call of duty from their peers. They must serve this position respectfully. If this is not possible, they will be removed from this position.

NWSC CONFERENCE SPORTSMANSHIP EXPECTATIONS

Spectator Expectations:

Expectation #1:

- Treat other teams with respect and equality (race, gender, religion, appearance, etc.).
- Accept the decisions of the officials.

Consequence:

- 1. Warning 2. Asked to leave 3. Suffer additional consequences.

Expectation #2:

- Neither offensive signs nor noisemakers are allowed. Objects may not be thrown.

Consequence:

- If an object is thrown, the person who threw will be required to leave the premises.
- Signs, banners, flags, noisemakers, etc. will be confiscated.

People who attend NWSC athletic events are asked to:

- Recognize the abilities of the participants and don't expect a professional level of performance.
- Encourage and support participants without trying to be coaches.
- Exhibit a high level of self-control towards officials, coaches, and players.
- Come to events chemically-free.
- Respect the tobacco-free policy of the NWSC schools.
- Behave in an appropriate manner.
- Show respect for the parents of other schools' participants.
- Be a role model.
- Discourage the inappropriate behavior of others.

Coon Rapids Basketball Spectator Expectations

Spectators are asked to:

1. Know, understand, and appreciate the rules of basketball.
2. Show respect for the officials, coaches, players, and fans regardless of school affiliation or ethnic, racial, or religious background.
3. Maintain self-control at all times.
4. Sit in the appropriate spectator area.
5. Do not talk to players on the bench during the game.
6. Be positive, encouraging and supportive of the Cardinals during play.

***This page must be printed, signed and returned to your coach by the first game.**

Coon Rapids Cardinals Girls Basketball

I _____, as a player on the Coon Rapids Girls Basketball team, have read, understand, and are in agreement with the expectations, policies and procedures outlined in this handbook. By signing this form, I am showing that I have completely read the entire handbook.

Player signature

Date

As the parent(s) of _____, I/we have read, understand, and are in agreement with the expectations, policies and procedures outlined in this handbook. By signing this form I/we am/are showing that I/we have completely read the entire handbook and have discussed it with my/our daughter.

Parent signature

Date

Parent signature

Date

***This page must be printed, signed and returned to your coach by the first game.**