

Appleton North Girls Basketball Club Player Handbook

(Adopted August 5, 2024)

Congratulations on being selected as a member of the Appleton North Girls Basketball Program! As a student-athlete in our program, you have distinguished yourself as a unique individual rather than just another face in the crowd. As a basketball player in this program, it is important that you take pride in representing Appleton North Girls Basketball Club (ANGBC) academically and athletically, with character.

The purpose of this handbook is to help you become a better student-athlete, a better person, and to help you understand how you can become the best basketball player possible. This handbook will also serve as a guide for the rules and expectations of Appleton North Girls Basketball Club. The rules and expectations are being set so that each member of the program including players, managers, and parents will have a clear understanding of program philosophy, standard procedures, appropriate behavior, code of conduct and so each individual member of the program will be able to work towards a common goal in a positive learning environment.



Team Rules & Expectations

1. Your coaches are here to support your every day. Utilize them as needed!
2. Class attendance is mandatory.
3. Pass all classes and achieve academic success
4. Maximum effort every day
5. Accept your role and always have a positive attitude
6. Wear appropriate attire and conduct yourself in an appropriate manner while representing Appleton North Girls Basketball Club.
7. Compliance to school and district code of conduct
8. Be courteous to ALL coaches, trainers, and school staff.
9. All treatments and taping should be completed 15 minutes prior to practice time.
10. Players not participating due to an injury must be present at practice and games unless excused.
11. Keep personal disagreements away from practice and games or any other place at school.
12. Recognize and acknowledge the value and contribution of each team member.
13. Assist in promoting positive relationships among each other as you strive towards achieving athletic excellence.
14. Be on time for individual/team workouts.
15. All team practices and functions will be limited to team members only
16. Locker/Bathroom Rule: **ONLY POSITIVE COMMENTS AND THOUGHTS!!!**
17. Do not talk when a coach is talking
18. Always make eye contact when a coaching is talking to you.
19. Cell phones are not permitted during games, practice, and meetings

Social Media Policy

Social media has changed the way we do everything, including sports. It is a platform that can be used positively or negatively, below are the program guidelines and consequences for social media use regarding our team. These can be adapted at coach and administration discretion.

- Only post information concerning our coaches, players, and any other member of our team in a positive fashion. Any comments that are deemed degrading or inappropriate toward any member of our team will be dealt with according to individual cases.

- Posting of pictures will be allowed only in accordance with the following guidelines. Any posting of pictures in an inappropriate fashion will be dealt with in the most serious fashion. You may post pictures of games, practices, etc....only to promote our team and school or celebrate your team. We will not post any pictures of a player who does not consent, and we will not post any pictures that are not of games/contests/fundraiser related.
- Players may not post to social media during any game, competition, or practice setting.
- Absolutely no photos or videos in locker room or bathroom settings! Do not have your phone out while in the locker room or bathroom!
- Anything that is posted depicting or implying bullying, violence, sexual harassment, hazing, under-age drinking, and possession/use/sale of illegal substances will be dealt with severely.
- Remember that what you put out there is out there and can't be taken back. Use discretion when putting your thoughts, photos, and videos out there for the world to see. It can impact your future!

Practice Procedure and Player Conduct

Practice is an essential part of our program. We have a limited amount of time to prepare, so it is important that we use our time efficiently. Players will be tough, smart, unselfish, and fundamental. We will refine our skills through proper drilling, constant reinforcement, repetition, and competition. Good teams and good players are the by-products of good practices. The following is a summary of the guidelines that will govern our practices. Your adherence to these rules will directly determine the amount of success we have as a team and you have as an individual in the program.

1. Be Early On Time for All Functions

Being "on time" is a bad habit! Each player needs to be early to better prepare for our endeavors. This time is provided for stretching, warm-up, visiting the trainer and using the restroom. Be ready with shoes on, ready to go at 5 minutes before practice starts. On game day arrive 30-45 minutes prior to game time unless specified differently by your coach. Be early and you will be prepared!

2. Wear Proper Practice Gear

Come to the gym dressed and ready to go with your necessary basketball gear. No exceptions!

3. *Work Hard, Work Smart, and Be Coachable*

Since practice time is limited, we must work hard and smart, not allowing any distractions. If you are not directly in a drill, you are expected to stand with your teammates watching and listening to what is said. You are expected to give 100% effort each day and to perform to the best of your ability. Be coachable, watch, listen, learn, adjust, and contribute to the learning environment. Distractions will not be tolerated as they disrupt the positive learning environment and will result in disciplinary action.

4. *Do Not Miss Practice and Communicate*

Practice is vital to our success and your success. If you are going to miss a practice or be late, you need to communicate with your coach. Send them a message, and if you don't receive an immediate response, call and leave a voicemail. ***We want to hear from you, or your parents, so that you learn to be responsible through communication.***

The only reason for missing a practice is illness, rehab for an injury, or serious family considerations. If possible, please try and schedule appointments around practice and check the schedule. If you are injured, you are still expected to attend practice unless otherwise instructed by medical professionals. If you miss a conditioning day you are required to make it up unless injury does not permit.

5. *Accept Responsibility for Your Actions*

All players will have an understanding and knowledge of the rules and expectations. Players who violate the rules are choosing to be disciplined. When a violation of the program values, practice conduct, or rules and expectations occur, the player understands that she must accept responsibility for her actions resulting in disciplinary action(s). Discipline will be handled on a case-by-case basis with consistency. Disciplines will include one warning for minor situations. If violations repeat, and/or depending on the situation possible discipline may include removal from practice, loss of playing time, suspension for a game(s) or from the team, and in severe cases, removal from the team.

6. *Equipment Care*

The practice gear, warm-ups, and uniforms, are all issued to you as integral parts of the program at Appleton North. It is essential that you take excellent care of your equipment through proper cleaning and security. You are responsible for equipment if lost, stolen, or damaged. The program has inventoried the items. Never wear the gear for anything

except for the event for which it is intended. Do not allow gear to sit in a pile in your bag, as mildew will rot the fabrics away. Make the extra effort to care for the uniforms.

7. Gym Care

In holding to our basic philosophy, we believe everything should be done together and in the right manner. Keep the gym as clean as possible. This pertains to the facility that we visit as well. Be a good, responsible, and caring person who represents the program in a positive manner.

Game Day Procedures

1. Arrival Time:

Always arrive 30-45 minutes prior to game time unless otherwise specified by your coach. Make sure you are early and prepared with all your gear before you arrive! In the gym sit with your teammates in a group prior to the game and mentally prepare yourself for our game objectives. No player should sit by themselves or with anyone other than your teammates prior to games.

2. Dress Code:

All players are to wear what the team/program has decided to wear the day before, if possible. We are one program, and we need to show this to everyone.

Court Side Manner and Conduct

Regardless of being a starter or a substitute, each player will spend a certain amount of time on the bench. There are several reasons and circumstances for substituting:

1. Rest Period
2. Change of Strategy
3. Correction of Mistake
4. Foul Trouble
5. Another Player Getting Chance
6. Give a Player who is Having a Poor Game a Chance to Regroup
7. Injury

Your actions coming out of the game and while not in the game can have an extremely positive or negative effect on your teammates. It is your responsibility as a member of our program to support and encourage all players involved in the game. Do not be the type of person who is only involved when she is playing in the game. There will be no tolerance for acts of selfishness! Poor body language, poor attitude, and/or lack of enthusiasm will not be tolerated and are in violation of our program values.

Bench Conduct:

1. Verbally encourage and support your teammates.
2. Say nothing to the opponents.
3. Pay attention to the game, not the crowd.
4. Prepare yourself to enter or re-enter the game.
5. Horseplay or playing to the crowd will not be tolerated.
6. When taken out, give your substitute her assignment.
7. Hustle on, Hustle off!
8. Never make any comment to an official.
9. During a timeout, gather around the players and the coach. At no time, during a timeout, should a player be seated by herself or in a small group while the rest are listening to the coach. Listen to what's going on in the huddle and stay out of the crowd.
10. When you come out of the game, you sit next to the coach.

****Please sign and Return the following page to your coach by November 1st****

Appleton North 2024-2025 Girls Basketball Player Commitment

I understand and have read the information given to me from the Appleton North Girls Basketball Club (ANGBC) staff pertaining to philosophy, academic goals, team rules and regulations, and my conduct on and off the court. I know I must abide by these regulations if I want to be a part of the Appleton North Girls Basketball Program. Failure to abide by these guidelines will result in one or all of the following:

1. Loss of playing time
2. Suspension for a game(s) or from the team
3. Removal from the team.

Date: _____

Student-Athlete Name: _____

Student-Athlete Signature: _____

Parent Signature: _____

Coach Signature: _____