

PUYALLUP HIGH SCHOOL GIRLS BASKETBALL



2022-2023 PLAYER/PARENT HANDBOOK

Head Coach: Alec Elliott
Varsity Assistant: Katie Akeson
Junior Varsity/Assistant Coach: Wendy Schweitzer
C-Team/Assistant Coach: T Warren

Program Philosophy

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The Puyallup Girls Basketball Program is intended to be a positive experience for each and every player who participates. Our philosophy is based on providing a high quality, competitive, hardworking, and a character driven program. Our vision is focused on student success, both on and off the court.

We all want what is best for our student athletes. The only thing that we, as a staff, can promise you is that we will work as hard as we can to help our players succeed. Playing time and roles on the team are based on effort, skill, team play, practice habits, attitude, and performance. Playing time is not guaranteed to any player. Some players will not receive as much playing time as others, but every player has a right to earn playing time.

We as a coaching staff believe that there are many rewards that come from being part of a team. They include the improvement that comes from practicing hard every day, the friendships made, and the lessons learned by being committed to something greater than one's self. These benefits far outweigh the game time played. Success is earned through commitment to team play. Every player will have a role on the team. No role is less important than another. Roles may change throughout the season.

The success of our team as a whole, and the success of our players individually will be based on how well each player performs their specific role.

Program > Team > Player

VIKS NON-NEGOTIABLE (DEFINITE DOZEN)

- **RESPECT YOURSELF AND OTHERS**-Respect yourself and others to be the best teammate possible. Individual success is a myth. We succeed as a team.
- **TAKE FULL RESPONSIBILITY**-Be accountable for mistakes, both big and small. Mistakes will happen, just own them, move on, and work to not repeat them.
- **DEVELOP AND DEMONSTRATE LOYALTY**- You must give loyalty to receive it. Be loyal and accountable to teammates, teachers, coaches, and school.
- **LEARN TO BE A GREAT COMMUNICATOR**- Good communication eliminates mistakes. When spoken to listen to hear and not respond. Remember communication is more than vocal, its eye contact, body language, and attitude.
- **DISCIPLINE YOURSELF SO NO ONE ELSE HAS TO**-Self-discipline helps you believe in yourself. Group discipline produces unified effort towards a common goal. Discipline, whether from self or coach, should be fair, firm, and consistent
- **MAKE HARDWORK YOUR PASSION**- Hard work is what you can control every day. Plan you work, work your plan, and follow through!
- **DON'T JUST WORK HARD, WORK SMART**- Know your strengths and weaknesses. Ask yourself how is my opponent trying to beat me? What can I do to counter their approach?

- **PUT THE TEAM BEFORE YOURSELF-** Role players are critical to group success. Embrace your role on the team and realize in group success there will be individual success.
- **MAKE WINNING AN ATTITUDE-**Combine practice with belief. You have prepared and practiced winning. Your attitude is a choice so maintain a positive outlook.
- **BE A COMPETITOR** –Compete in everything you do. Compete in practice to make each other better, compete against yourself in individual drills, compete against your opponent, and compete against the ball!
- **CHANGE IS A MUST** – Change equals self-improvement. Push yourself to be better and go places you have never been. I always say, “Do what is right in practice and what is easy in games because eventually you will do the right things in games”.
- **HANDLE SUCCESS LIKE YOU HANDLE FAILURE** - You cannot always control what happens, but you can control how you act. Act like you have won before. Having a winning attitude means we expect to win; never show up your opponent.

Player info/Expectations

Playing Time

As mentioned before, playing time is not guaranteed to anyone. At the varsity level, we will play to win every game, therefore players rotations are dependent on opponent match ups which give the team the best chance for success. The JV & C-Team levels are focused more on player development.

Please understand that we as a coaching staff are doing the best we can to make the team and the program better. It is the responsibility of the player first, to talk to the coach about playing time, not the parents. This is a minor thing that can disrupt the overall success of the team.

Individual Responsibilities

All players are expected to:

1. All players are to abide by all rules in the Puyallup High School Activities Handbook.
2. Be responsible for academics, equipment, appearance, and uniforms.
3. Be present and on time for all practices, games, and team functions.
Attend all team functions (team dinners, meetings, fundraiser, etc.).
4. Communicate properly with coaches.
5. Be respectful to everyone (classmates, teachers, teammates, coaches, opponents, officials, etc.).
6. Put the TEAM first. If you're interested in individual achievement, wrestle or golf.
7. Be engaged in practice.
8. Play Hard – All the time. If you do that, we can hold our heads high no matter what the results are.
9. Know, accept, embrace, and fulfill your role.
10. Be role models by representing yourself, your family, our basketball program, and Puyallup High School in a positive way at all times.

11. Have fun!
12. All players are expected to understand that a violation of any of the above principles will result in appropriate disciplinary action.
13. All players are expected to return their player contract (located in this handbook) on time.

Academic Responsibilities

Academics come first! We expect our players to give their best effort in the classroom. Be proactive, organized, and advocate for yourself when struggling. Take care of responsibilities in the classroom by planning ahead.

Social Responsibilities

Playing basketball at Puyallup High School is a privilege. With privileges come special responsibilities. Understand you are ALWAYS identified as a member of this program. Conduct yourselves, at all times, with this in mind. Any player's actions at or away from school are subject to discipline by the coaching staff. Discipline may range from discussion to dismissal from the team. These expectations are outlined in more detail by Puyallup School District's athletic code of conduct.

Social Media

Inappropriate use of social media will be disciplined according to Puyallup School District rules for inappropriate pictures, comments or videos that are posted on their site or that of others. Players are cautioned that NO ONE in our program put anything on social media that would embarrass themselves, their family or the school.

Practice Expectations

1. All practices mandatory. This includes practices held over Thanksgiving and winter break. Injured players are also to attend unless they are seeing a doctor, trainer, or receiving therapy/treatment.
2. Practices are an extension of what we want to happen during games. Effort and intensity are to be maximized. Furthermore, team members should be supportive of the effort and good play of others. We use "put ups" not "put downs" in this program!
3. Any illness or other reason that causes a player to miss practice should be reported to the appropriate coach and everyone should inform Coach Elliott.
4. Players need to be on time. Practice will start at the scheduled time. Players need to be ready to start practice at that time (shoes, changed, etc.). Any players that need to be taped should arrive early to have this done.
5. Players need to be dressed in the practice clothes that are provided.
6. When a coach is speaking, all players are expected to give their full attention.
7. Players should not offer excuses to feedback. The coaching staff cares for each player, and is intent on making each player better.
8. No player should never sit at practice, unless necessary.
9. Inappropriate language will not be tolerated.
10. Players will COMPETE in everything they do.
11. Changing jerseys- Please give coaches a heads up if do not have an undershirt on while

you are changing your reversible jersey.

Game Day Expectations

1. If a team dinner is planned, all players are expected to attend. Parents go to a lot of extra effort for our benefit. If a conflict occurs with a team dinner, players are expected to inform a coach that they will not be able to attend.
2. Arrive early- 15 minutes early is on time!
3. All teams will travel to and from away games in our travel suits. Players will dress up for home games (No jeans).
4. All players will travel to and from away games on the transportation provided by the school district.
5. All actions on game day should reflect the seriousness with which we approach each game. This includes the school day, the bus ride, the locker room, etc.

Travel Expectations

1. On the bus ride to games, music and team bonding is allowed, but no social media. This our time to prepare to play and get focused.
2. On the bus ride home, no music or phones allowed. We celebrate victories as a team, or bond to together over our loss. The team is always before the individual.

During the Game

1. All players in the program are to be properly dressed. This includes the following:
 - Puyallup High School Uniform (Home - whites, and away - colors)
 - Puyallup High School warm-ups (if applicable).
 - Undershirts may be worn under the following conditions: the color must match the primary color of the uniform.
 - Tights may be worn under the following conditions: they must be black, white, or the primary color of the uniform and everyone on the team must wear the same color.
 - headbands, wrist bands around knees or upper arms, or any other apparel must meet WIAA rules and regulations.
 - **These guidelines are in place so that we as a team are uniform. No exceptions!**
2. Report any injuries sustained, including concussion symptoms, to a coach as soon as possible.
3. Players on the bench are to be into the game and cheering for their teammates on the floor.
4. Any time a player comes off the floor she must sit next to a coach.
5. If a player subs in for another player, both players are to communicate defensive responsibilities and "high 5" one another.
6. All opponents, officials, coaches, and opposing fans are to be respected at all times.
 - Officials are to be addressed as "Sir" and "Ma'am".
 - Always hand the ball to the officials, never throw the ball to them.
 - Players are expected to show no reaction to any call or adverse situation. Never

change the expression on your face.

7. Do not over celebrate. Expect good things to happen because we have prepared for good things to happen. Win and lose with dignity. In short, act with class at all times.
8. When talking with the press, be quick to praise your opponents and your teammates. Take time to collect your thoughts before responding. Never say anything that could motivate an opponent.

Lettering Policy

Letters are only awarded to varsity basketball participants.

The following criteria must be met:

1. You must play in at least half of the varsity quarters.
2. You must remain in good standing with the athletic program. Meaning behavior and academic eligibility.

*Under certain situations the coaching staff can adjust the requirements to earn a varsity or provisional letter.

Possible Consequences from actions

1. Anything deemed detrimental to the team will have some sort of consequence... running, decrease in the playing time, etc.
2. For a violation of a district policy the player will be disciplined by the school's administration. Those actions may lead to further team actions. For example, if your athlete is suspended. The suspension is from the school, but your athlete is missing practice and that is a team rule violation.
3. If your athlete misses more that 7 day the coach can require a 10 day reclamation period.

Parent Info/Expectations

Parent/Coach Relationship

Both parenting and coaching are very difficult. By establishing an understanding between coaches and parents, both are better able to accept the actions of the others and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their child.

24 Hour Policy

The coaching staff has a 24 hour "cool down" period after games before a coach will meet with parents to discuss something that happened. Never approach a coach after the game to discuss a problem or issue you may have.

Communication parents should expect from their child's coach:

1. Expectations the coach has for your child, as well as for other players on the team.
2. Locations and times of practices and games.
3. Team requirements (i.e., special equipment needed, school & team rules, etc.).

Communication coaches expect from parents:

1. Concerns regarding their daughter, expressed directly to the coach, at the appropriate time.
2. Specific concerns about the coach's expectations.
3. Notification of any schedule conflicts in advance.
4. Notification of any differences in your child's health.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your child.
2. What your daughter needs to do to improve.
3. Concerns about your daughter's behavior.

Issues NOT appropriate for discussion with your daughter's coach:

1. How much playing time each athlete is getting. Decisions on playing time are made by the coaching staff and are not up for discussion. If you ask, what can my daughter do to "earn" more playing time, a coach can answer that question.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student athletes.

It can be very difficult to accept that your daughter is not playing as much as you and she had hoped. Coaches make decisions based on what they believe are in the best interests of the team.

Here are the steps of communication that we expect our players and parents to follow:

1. Player meets with her coach or coaches to discuss the situation at hand and develop a timeline to improve the situation. Typically, a player and coach meeting will help get everyone back on the right track.
2. If the player and coach meeting does not help improve the situation we will look to schedule a player/parent and coach meeting. The player **must** be present during this meeting.

Team Facebook/Twitter Page/website

Parents and athletes are asked to please follow the Puyallup Girls Basketball page on Facebook and Twitter. Team updates, information, and schedule changes will be posted on this page throughout the season. www.vikinghoops.org . Lastly, by signing the contract you agree to allow the Puyallup girls basketball program to use your athletes picture on social media accounts such as Twitter, Facebook, Instagram and the team website. If this is something you do not want, please write "no" under your player signature.

Puyallup High School Girls Basketball Player & Parent Contract

We, _____ the parent/guardian(s) of
_____ have read the contents of this handbook with our student.

We clearly understand as a parent and participant the expectations and policies that will contribute to the success of our daughter and the team. We acknowledge that the expectations and policies that will govern the 2021-2022 girls' basketball program are fair and consistent. As a member of the Puyallup Girls Basketball Program, we agree to uphold these expectations to the best of our abilities. We also accept our role and responsibilities to ensure that our student becomes a positive and valued member of the team.

Parent/Guardian Signature: _____ Date: _____

Player's Signature: _____ Date: _____

A copy of this contract will be placed in a file maintained by the coach for each athlete during the season. A copy will also be on the website for your reference.

www.vikinghoops.org

