

# Fulton Lady Hornet's Policies and Procedures

## 1. Practice

- a. Every minutes you are late and every absence will have an impact on your playing time and will result in an "after practice" make up. If it continues to be a problem it will affect the whole team.
- b. Three tardies will result in an unexcused absence, which will not allow you to letter at the varsity level.
- c. Three unexcused absences will result in a 1 game suspension.
- d. If you have 3 or more practices to make up you will not dress out for the game.
- e. If you are injured you are still required to be at all practices.
- f. You will arrive to practice 15 minutes early.
- g. If you are late to a practice, team event, or game you will run a Coach Quick's Special.
- h. If you miss a practice you will make up a practice with a Coach Quick Workout.
- i. Examples of excused absences:
  - i. Sick from school
  - ii. Physical therapy
  - iii. Doctor's appointments (try to schedule around basketball practice)
  - iv. Family Emergencies
  - v. Funerals
  - vi. Any else approved by the coaching staff prior to the scheduled event.
    1. This does not mean that if you tell the coaching staff you are going to St. Louis to shop and will miss practice that it will be excused.
- j. Examples of unexcused absences:
  - i. Birthday Party
  - ii. Shopping
  - iii. Going to a friends house
  - iv. Forgot to tell the coaching staff
- k. If you are not going to be at practice/team event, it is YOUR RESPONSIBILITY to inform the coaching staff.
  - i. If you do not inform the coaching staff prior to the practice/team even then it will be counted as an unexcused absence.

2. NO SMOKING, DRINKING, DRUGS, OR STEALING

- a. Immediate suspension will occur
- b. Suspension will also occur during “guilt by association”. (Going to a party or anywhere and do not leave upon recognition that there are illegal activities going on and it is brought to my attention.)

3. Curfew

- a. The night before a game curfew is 9pm.
- b. I expect you to be at YOUR house by 9pm
- c. Rest is vital to the success of our team.
- d. Failure to do so will result in limited playing time in the next game.

4. Game Day Dress/Uniform Care

- a. Home games we will “dress up”. (Jeans are not dress up)
- b. Away game we will wear our travel gear.
- c. All athletes will be required to take home their uniform and clean it.

5. Home/Away Games

- a. All students must be at school by 10:15 am on the day of a game. Failure to arrive by 11:00 am on a game day would make you ineligible to play in the game that night.
- b. All students must stay in school until 12:30 pm on the day of a game.
- c. Home Games - JV games begin at 6:00pm. Any player on JV will need to arrive at the High School by 5:00pm. As soon as the boys get off the court you can go onto the court and shoot around.
  - i. ALL JV PLAYERS WILL BE REQUIRED TO PICK UP WATER COOLERS, MED KIT, VIDEO CAMERA, AND BASKETBALL RACK AT THE END OF THE VARSITY GAMES.
  - ii. ALL VARSITY PLAYERS WILL BE REQUIRED TO ARRIVE AT THE HIGH SCHOOL AT 5:30 AND SET UP EVERYTHING FOR THE JV GAME.

- iii. ALL ATHLETES WILL PICK UP TRASH IN THE BLEACHERS AFTER THE GAME.
- d. Away Games - You will arrive on the bus 10 minutes before we are set to leave.
  - i. All athletes will clean the bus when we arrive home.
  - ii. All athletes must have a parent sign them out if they are planning to ride home with their parent.
  - iii. If you are riding home with another parent, the coaching staff needs to know about this arrangement the day before the game.

#### 6. Leaving Class Early on Game Days

- a. You will leave 15 minutes before the bus is scheduled to leave. They will not announce this.
- b. When students leave class early for an athletic event, they are responsible for all their class responsibilities as if they were in class. Before the athlete leaves, turn in all assignments due that day and ask for any assignments that will be due next class period. Missing class time for an athletic event is NEVER an excuse for incomplete class work or not turning in assignments on time. If you have a test you need to schedule a time with the teacher that works best for them.
- c. Failure to do this will result in a 1 game suspension.

#### 7. REPORT ALL INJURIES

- a. Do not take anything for granted. Get it checked. If you are rehabilitating an injury make sure you get it done. Playing injured will extend your injury and hinder your teams play.

#### 8. Team Philosophy - "We Are One!"

- a. We are a team and we will function as one unit. Fighting and bickering will not be tolerated. Nor will we tolerate lack of motivation and bad attitudes. If there are concerns we need to work them out before an outside party intervenes. Remember that every decision made for the team may not immediately benefit you as an individual. Play on your strengths and the team's strengths and realize the "role" that suits you for our team. Every role on our team is important and everyone will treat everybody's role with equal amount of respect.

## 9. Mental Preparation

- a. All players need to develop a routine to prepare mentally for games as well as practices. We will attempt to keep our routine consistent. To feel mentally strong you also need to “feel” good. Take care of yourself with plenty of rest and plenty of fluids during this season. Drink lots of water and nourish your body with healthy foods.

## 10. Conflicts

- a. Students are sometimes involved with concurrent activities, and there may be conflicts in schedules. Students may choose which event to participate in. You must meet with the coach at the beginning of the season to discuss your decision. You must realize the coaching staff will need to prepare someone else to fill your spot. If they do well this may result in them starting in that position in future contest.

## 11. Goals

- a. We will set team and individual goals. You are expected to look over them daily and work to achieve them every day. By improving your weakness and maintaining strengths your team can reap the success.

## 12. Grades and Eligibility to Participate

- a. If you have an F at mid-term or term then you will have to sit out for 7 days. At the end of those 7 days if your grade has improved then you will be eligible to participate in practice. If the grade is still an F you will have to sit out another 7 days.
- b. Coaches will do a periodic check of all athletes' and managers' grades. Coaches can decide if a Study Table needs to take place instead of a practice or an addition to practice.
- c. You must be a creditable citizen. Creditable citizens are those students whose conduct - both in school and out of school - will not reflect discredit upon themselves or FHS.

- d. You may not participate on a non-school team of the same sport during the same season.
- e. You may participate on a school team and a non-school team in different sports during the same season. However, you must communicate with the coaching staff your non-school sport schedule. If you have to miss a school game for your non-school team then this has to be approved by the administration.
- f. If you commit an unsportsmanlike act while participating in an event, you could become ineligible.

### 13. Activity Fee

- a. All athletes are required to pay the \$25.00 activity fee before the first game. If the fee is not paid the athlete will not be eligible to play in the game until the activity fee is paid.

# Parent/Athlete/Coach Communication Guide

## Our Philosophy

- Athletic achievement requires sincere commitment from all athletes, parents, coaches and administrators. For all of us to be successful, effective communication must occur.
- The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.
- We are continually attempting to improve communication with the students and parents. For our programs to truly be successful, it is necessary that everyone understand the focus and direction of the program.
  - Please follow our chain of command
    - Athlete communicate a concern with the coaching staff
    - Athlete and Parent communicate a concern with the coaching staff
    - Athlete, Parent, and Coaching Staff communicate concern with Mr. Waters
- Sportsmanship is a collaboration of student athletes, coaches, parents, administration, officials and all spectators.

It is reasonable to expect your daughter's coach to inform you:

- When and where practices and games are held
- About their coaching philosophy
- About the expectations they have for the team
- What is required to be a part of the team - special equipment, lettering requirements etc....
- If your daughter is injured during participation
- Whenever disciplinary action results and your daughter is denied participation

It is inappropriate to discuss with a coach:

- Playing time
- Team strategy or play calling
- Other student athletes
- Your concerns immediately following a competition - we have a 24 hour cool down period.

What the coach expects from your daughter:

- A player willing to make a commitment to begin as good as she can be each time she steps foot on the court.
- A player willing and ready to do what has to be done to make a positive contribution in the most difficult games.
- A player who competes in each game with a plan to win and the will to carry it out.
- A player who, more than anything, wants our team to be the very best it can be.

# Lady Hornet Basketball Lettering Policy

To be eligible for an athletic letter, an athlete needs to complete the season in good standing and return all equipment and uniforms.

To earn a letter an athlete needs to attain 5 of the following 8 standards:

1. Perfect attendance at practices and games
2. Start in 80% of the varsity contests.
3. Lead the team in a statistical category as determined by the coach.
4. Be selected to an all-tournament, all-conference, or all-district team.
5. Participate in 80% of the off-season conditioning program as defined by the coach.
6. No discipline issues during the season.
7. Complete and document a service project approved by the head coach.
8. Maintain a 2.5 GPA.

Athletes will earn a letter if they are a district champion, an NCMC champion or a state champion (team member or individual).

Athletes will earn a letter if they play 3 years on the varsity squad or 4 years in the same sport program.

Managers will earn a letter their second year as team manager.

The head coach has the discretion to letter an athlete that has missed more than 20% of the season due to an injury if the coach feels they would have lettered without the injury.