

AUBURN HIGH SCHOOL GIRLS BASKETBALL 2020-2021



PLAYER/PARENT HANDBOOK

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## Program Philosophy

### Program Philosophy

The AHS Girls Basketball Program is intended to be a positive experience for each and every player who participates. We embrace a lifestyle of “No Ceilings”. When there are no ceilings then the sky is the limit. Our philosophy is based on providing a high quality, competitive, hard working, and character driven program.

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, and in some games a team member may not play at all.

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 that will be spelled out to her. Roles may change throughout the season. No role is less important than another. 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.

## ABC'S of Tiger Basketball



Time Frame	Academics	Basketball	Character
1st Quarter August 1st-Oct 15 <sup>th</sup>	<ul style="list-style-type: none"> <li>Scholarship Club (3.5)</li> <li>Study Hall</li> <li>Zero Checks</li> <li>Sister Tutorial</li> </ul>	<ul style="list-style-type: none"> <li>Footwork</li> <li>Input offense</li> <li>Strength and Conditioning (Iron Tiger)</li> <li>Individual Skill Development</li> </ul>	<ul style="list-style-type: none"> <li>Car Door (Elem)</li> <li>Food Bank Community Service</li> <li>Team Night (2)</li> <li>Fundraiser Player Work</li> <li>Book Study</li> </ul>
2 <sup>nd</sup> Quarter Oct 15 <sup>th</sup> – March 1 <sup>st</sup>	<ul style="list-style-type: none"> <li>Scholarship Club (3.5)</li> <li>Study Hall</li> <li>Zero Checks</li> <li>Sister Tutorial</li> </ul>	<ul style="list-style-type: none"> <li>Grade level program divide</li> <li>Team Game Strategy</li> <li>Tiger Moment (Weekly)</li> <li>First 15</li> <li>Player Development</li> <li>Next Level Recruiting</li> </ul>	<ul style="list-style-type: none"> <li>Team Night (3)</li> <li>Motivational Speakers</li> <li>Motivational Movie Nights</li> <li>Fun Day</li> <li>Ball for Books</li> <li>Book Study</li> </ul>
Halftime March	<ul style="list-style-type: none"> <li>Scholarship Club (3.5)</li> <li>Study Hall</li> <li>Zero Checks</li> <li>Sister Tutorial</li> </ul>		<ul style="list-style-type: none"> <li>Car Door (Elem)</li> <li>Food Bank Community Service</li> <li>Team Night (2)</li> <li>Fundraiser Player Work</li> <li>Book Study</li> </ul>
3 <sup>rd</sup> Quarter April 1 <sup>st</sup> -June 1st	<ul style="list-style-type: none"> <li>Scholarship Club (3.5)</li> <li>Study Hall</li> <li>Zero Checks</li> <li>Sister Tutorial</li> </ul>	<ul style="list-style-type: none"> <li>Summer Team Tryouts</li> <li>Strength and Conditioning (Iron Tiger)</li> <li>Footwork</li> <li>T and T</li> </ul>	<ul style="list-style-type: none"> <li>Car Door (Elem)</li> <li>Food Bank Community Service</li> <li>Team Night (2)</li> <li>Fundraiser Player Work</li> <li>Book Study</li> </ul>
4 <sup>th</sup> Quarter June 2 <sup>nd</sup> - July 31st	<ul style="list-style-type: none"> <li>Scholarship Club (3.5)</li> <li>Study Hall</li> <li>Zero Checks</li> <li>Sister Tutorial</li> </ul>	<ul style="list-style-type: none"> <li>Team Summer Camps and Playdates (June)</li> <li>Player Development (Drill Work, Indy's)</li> <li>Prospect Camps</li> <li>Campus Tours</li> <li>Travel Ball</li> </ul>	<ul style="list-style-type: none"> <li>Fundraiser Player Work</li> <li>Book Study</li> <li>Player Career Visits</li> </ul>

## Paperwork Required for Participation:

- The 2019-20 Concussion, Participant Agreement and ACS Medical Consent/Insurance forms have been updated.

AHSAA and Auburn City Schools requires the following forms to be completed ANNUALLY and on file in the Auburn City Schools Athletic Office *prior to a student-athlete participating in any tryout, practice or game/contest*:

**AHSAA Physical Evaluation Form (Please print both pages)**: The AHSAA requires the physical to be on this form (their most updated and recent form that is marked as "Revised 2018"). First page completed and signed by the student and parent/guardian. Second page must be completed, dated and signed by an MD/DO.

**AHSAA Concussion Information Form 2019-20**: Parent/Guardian and student must print their respective names, sign and date.

**AHSAA Student Participation Agreement, Consent, Release and Venue Form 2019-20**: Parent/Guardian and student must print their respective names, sign and date.

**Auburn City Schools Health Insurance and Medical Release Form 2019-20**: Insurance information must be completed and form dated and signed by parent/guardian.

Also, **Auburn City Schools Competitive Extracurricular Substance Abuse Program Consent/Release Form** is required to be signed each school year for all student-athletes listed on a team roster.

AHSAA requires the following to be on file *prior to a student-athlete participating in a game/contest*. This is completed one time and certificates will remain in the student-athlete's file in the Auburn City Schools Athletic Office until his/her graduation.

**Student's Certified Birth Certificate**: Original certified birth certificate brought to Athletic Office to be copied and the copy then placed in student-athlete's file

**NFHS SPORTSMANSHIP COURSE HAS REPLACED STAR SPORTSMANSHIP FOR FIRST TIME STUDENT-ATHLETES. ANY STUDENT WHO CURRENTLY HOLDS A STAR CERTIFICATE WILL NOT BE REQUIRED TO COMPLETE THE NEW PROGRAM. Please refer to the instructions given by the AHSAA on completing this requirement below:**

All first-time student-athletes (those who have not taken the STAR Course) will be required to complete the NFHS Sportsmanship Program as an eligibility requirement. Any student who currently holds a certification of completion for the STAR Sportsmanship program is “grandfathered” and will NOT be required to complete the new program.

The NFHS Sportsmanship component can be found at [www.NFHSLearn.com](http://www.NFHSLearn.com) or at the link provided on the AHSAA website and the course is free of charge. Students will need to register if they are first time users to the NFHS Learn website.

### **Instructions for NFHS Sportsmanship Course**

- Students will visit [www.NFHSLearn.com](http://www.NFHSLearn.com) and register an account if they have not done so before. (Keep record of username and password. The AHSAA does not have access to these.)
- Under courses, type in sportsmanship and The “Sportsmanship” Elective Course should appear.
- Click on the course. Then the “View” button.
- Next, a blue tab should appear that says “Order Course.” (The course is free.)
- A box will appear for the student/coach to identify who will be completing the course.
- Next, a shopping cart appears. Select the state of Alabama, and checkout.
- Order status appears and an agreement statement. After checking the agreement statement choose continue. Last, at the Order Receipt box, “click here”
- Next, begin taking the course.
- A student can come back and finish at any time. When finished, a student can print the certificate from that screen or save and print later.

**Program > Team > Player**

## **TIGER PRIDE**

- **WE PLAY HARD** – We give maximum effort at all times and in everything we do. We take charges, and are eager to dive on the floor for a loose ball.
- **WE PLAY SMART** – We know our assignments and make wise decisions.
- **WE PLAY TOGETHER** – Five people working together can achieve much more than five people working independently.
- **WE PLAY AGGRESSIVELY** – We dictate the action and take it to our opponent by playing aggressively. When our opponents step off the floor, we want them to think, “I NEVER want to play the Auburn Tigers again.”
- **WE COMMUNICATE** – We make eye contact with each other whenever someone is talking. We talk at all times when we are on the floor.

### *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 the players who the coaching staff feels gives us the best chance to do that will be on the court, regardless of grade/class. The JV & 7<sup>th</sup> and 8<sup>th</sup> grade 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. I do however encourage you to coach your child through the process of communicating with the coach.

## **Individual Responsibilities**

All players are expected to:

1. Be academically eligible.
2. Be present for all practices and games with a great attitude and motivated to get 1% better everyday.
3. Attend all team functions (pregame meals, meetings, etc.).
4. Be drug & tobacco free.
5. Communicate properly with coaches.
6. Be respectful to everyone (classmates, teachers, teammates, coaches, opponents, officials, etc.).
7. Put the TEAM first. If you're interested in individual achievement, this is the wrong sport.
8. Maintain proper appearance on and off the court.
9. Be responsible for equipment and uniforms.
10. Display good sportsmanship at all times.
11. Be engaged in practice.
12. Leave facilities better than when arrived.
13. Be role models.
14. Play Hard – All the time. If you do that, we can hold our heads high no matter what the results are.
15. Know, accept, embrace, and fulfill your role.

16. Represent yourself, your family, our basketball program, and Auburn High School in a positive way at all times.
17. Have fun!
18. All players are to abide by all rules in the Auburn High School Activities Handbook.
19. All players are expected to understand that a violation of any of the above principles will result in appropriate disciplinary action that could include any of the following: extra conditioning to make up for what has been taken away from the team, demotion from positions held on the team, suspension of playing time, and/or dismissal from the team.
20. 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. With that being said, take care of responsibilities in the classroom. Plan ahead. Resolve situations before they become problems.

### **Social Responsibilities**

Playing basketball at Auburn 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 in the player's substance/behavioral contract. Social Media Athletes who use Facebook, Twitter, Snap Chat or any other form of social media will be disciplined accordingly for inappropriate pictures, comments or videos that



are posted on their site or that of others. Athletes that post what they think are "private" comments or photographs that become public will be held accountable. Players are cautioned that NO ONE in our program put anything on social media that would embarrass themselves, their family or the school. Remember - once it goes on social media it can be distributed throughout the public. Also realize that whatever comments you make are also in the public domain. So what may seem cool to write to a friend, may be very embarrassing if it goes to the general public. You are not allowed to post videos in Auburn City Schools Gear that does not represent Auburn High Women's Basketball in a positive light.

### **Practice Expectations**

- All practices are to be attended by all players. This includes practices held over Thanksgiving and Winter Break. Injured players also are to attend unless they are seeing a doctor, trainer, or receiving therapy/treatment.
- If you have to miss a practice for any reason, please inform the coaching staff in advance. Players are only allowed 2 no call missed practice days. After two missed days students are subject to team dismissal.
- Any illness or other reason that causes a player to miss practice should be reported to the appropriate coach. JV/Varsity players should contact assigned coach, and 7<sup>th</sup> and 8<sup>th</sup> grade players should contact assigned coach. This is expected of everyone. Failure to do so may result in an unexcused absence, and possible consequences.
- 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.

- Players need to be dressed in the practice clothes that are provided.
- When a coach is speaking, all players are expected to give their full attention – with great eye contact.
- Players should not offer excuses to criticism. The coaching staff cares for each player and is intent on making each player better.
- No player should ever sit at practice, unless they are injured.
- Practices are an extension of what we want to happen during games. Effort and intensity are to be maximized. Further, team members should be supportive of the effort and good play of others.
- Inappropriate language will not be tolerated.

### **Game Day Expectations**

- 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.
- Arrive earlier than the assigned time for the game. Do not be late!
- All teams will travel to and from away games in our travel suits.
- All players will travel to games on the transportation provided by the school. Players may ride home from games with their parents provided that they have been properly signed out.
- 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.

## **During the Game**

- All players in the program are to be properly dressed.
- This includes the following:
  - Auburn High School uniform (white at home, blue away).
  - Auburn 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.
  - Team socks.
  - Shoes should be the team shoe that is offered for purchase at the beginning of the season. This is our strongest preference. If not, shoes that are predominately white with blue trim are to be worn. No exceptions. Make every effort possible to wear the team shoes.
  - No headbands, wrist bands around knees or upper arms, or any other apparel that draws attention to the individual are to be worn.

These guidelines are in place so that we as a team are uniform. No exceptions!

- Players on the bench are to be into the game and cheering for their teammates on the floor.
- Any time a player comes off the floor to the bench, the entire bench is to stand and applaud/congratulate the player.

- 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.
- Do not over celebrate. Expect good things to happen. Win and lose with dignity. In short, act with class at all times.
- 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.
- Report any injuries sustained to a coach.

### **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.
3. A player who plays in one-third of the varsity quarters will be awarded a provisional letter. A provisional letter simply means the student/athlete did not meet the full requirement to earn a varsity letter. If the student/athlete continues in the sport the following year and earns a varsity letter the provisional letter will turn into a varsity

letter. Participation certificates will be awarded to all who did not qualify for a varsity or provisional letter.

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

## **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:**

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

### **Communication coaches expect from parents:**

- Concerns regarding their daughter, expressed directly to the coach, at the appropriate time.
- Specific concerns in regard to the coach’s expectations.

- Notification of any schedule conflicts in advance.

**Appropriate concerns to discuss with a coach:**

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

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

- 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.
- Team strategy.
- Play calling.
- 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:**

- 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.
- If they 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**

Parents and athletes are asked to please follow the Auburn High School Girls Basketball page on Facebook and Twitter. Team updates, information, and schedule changes will be posted on this page throughout the season. Chip Mautz will cover some of the things we are doing with our social media.

### **Activity Bus:**

The activity bus will be available after school. More information on the route and schedule can be found on the Auburn City Schools athletic website under “activity bus”.

### **Away Game Procedures**

Away games with bus departure times are all listed on the AHS girls basketball calendar that is attached to this letter. Directions to all of our away games will be listed on attached documents under “travel directions”. In order for a student athlete to attend an away game they must be eligible to play in the game, which means they must have actively participated in at least 10 practices and not be on the academic ineligible list. On our way home when the bus is traveling students will be asked to contact their parents when we are 20-30 minutes away from the campus. Players going home with parents instead of on the bus will need to be signed out with the coach.

## **Required Equipment**

Every player will need a rubber band for their hair that is to be pulled back out of their face, a pair of athletic shoes, two pairs of cotton socks to help prevent blisters, an athletic-style undergarment such as a sports bra to wear under their team-issued practice jersey, and a pair of shorts. These items are a part of the spirit pack so I am holding student-athletes. A light snack is also beneficial; we will be burning a lot of calories during practices. If purchasing any of the required equipment is a financial burden for your family, contact me as soon as possible so arrangements can be made. We want every student athlete to be able to participate with the proper equipment regardless of financial circumstances. Please do not hesitate to contact me with any questions or concerns now and as we progress through the season.

I am looking forward to another great basketball season! Go Tigers!