

# **Lady Cougar Basketball Team Guideline's and Expectations**

## **Coaching Staff**

Tom Haynes 8<sup>th</sup> - Head Coach – [tom.haynes@usd305.com](mailto:tom.haynes@usd305.com) Samantha McCary 8<sup>th</sup> Asst. Coach  
Tanya Hite – 7<sup>th</sup> -Head Coach - [tanya.hite@usd305.com](mailto:tanya.hite@usd305.com) James Farris 7<sup>th</sup> Asst. Coach

Our goal is to teach the fundamentals of basketball, the importance of teamwork, and most of all to have fun. The coaches will stress self-discipline, concentration, friendship, leadership, and good sportsmanship. This includes the classroom, hallways, and practice/game court.

## **Player Responsibilities**

The participants of the SMS program are expected to abide by a code of conduct, which includes but is not limited to the following:

- Respect of coaches, team members, opponents, officials, cheerleaders, and other representatives involved with the SMS program.
- Good sportsmanship is mandatory. No vulgar language, tantrums, displays of anger or fighting will be tolerated. Any such actions will result in disciplinary measures and may include suspension from the team.
- As a member of the SMS program you represent yourself and your teammates on and off the court. Whether in victory or defeat you will conduct yourself with pride and poise.
- A Salina Middle School basketball player will follow all training rules as set forth by USD 305 District Policy. (NO use of illegal drugs or alcohol will be tolerated)
- Maintain academic eligibility requirements set forth by USD 305 District Policy.

## **Absences**

- Participants must notify their coach in advance if a practice is going to be missed.
- **You must practice to play.**
- Excused absences will result in extra conditioning to make up for the missed practice time.
- Unexcused absences; see below

Parents can reach Coach Haynes or Coach Hite at school during school hours by phone or e-mail. Players may also bring a signed note with them to practice to inform of an upcoming absence.

## **Unexcused Absences**

**You must be at practice to play in games.** If, for whatever reason a participant is absent without notifying the coaching staff it will be considered an unexcused absence, which will deem the following actions:

- 1<sup>st</sup> offense---extra conditioning and loss of playing time
- 2<sup>nd</sup> offense---extra conditioning and 1 game suspension
- 3<sup>rd</sup> offense---dismissal from the team

## **Discipline**

Any basketball player who has detention for any disciplinary reason will receive extra conditioning after practice, possible loss of playing time, may be sent home for the day, or even a

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game suspension. Continually breaking school and/or team rules will result in dismissal from the team. Being a member of the basketball team is a privilege and not a right. **Behavior in school is a priority.**

### **Injuries**

Any basketball related injury, regardless of outward appearances, is taken seriously and will be addressed as such. Safety is our primary concern and extra care will be taken in dealing with any reported injury. We would also encourage participants to make known any injury to his coach immediately upon occurrence. Any player sustaining an injury which requires a doctor's care will be required to provide a medical release from that doctor prior to further participation in games or practices. **Your child can be seriously injured or killed while participating in basketball. #Safety**

### **Practice Times:**

All girls will receive a monthly practice schedule. Practice times are normally 2:45-4:30 or 4:30-6:00. If time changes, all girls will be notified!

### **Playing Time:**

Will not be equal at the A team level. Playing time is earned in practice. The goal of our program is player development, but the A games are played to win! B games are more about the development thru equal time, if earned! Girls are allowed to play in 6 quarter per night, so some girls will play both.

### **Holiday Practice:**

Holiday practice attendance is not required, but **highly recommended!** We will not have practice November 23-26, but we will have practice December 29-31. Please plan to be there!

### **Bus Transportation**

Players are to behave and listen to the coaching staff at ALL times on the bus. Inappropriate behavior can result in extra conditioning and not being allowed back on the bus again.

- It is USD 305 district policy to have players have a signed note on file in the office BEFORE the team leaves the school – if they want to ride home with their parents from an away game. If this procedure is not followed – the player may not travel to the next away game.

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