***CHSS RAINMAKERS*** 1

***SR. GIRLS BASKETBALL TEAM***

***PRACTICE, GAMES & TOURNAMENT SCHEDULE 2019-2020***

***REGULAR PRACTICE TIMES***: (WE MAY SOMETIMES PRACTICE WITH JR GIRLS WHICH MIGHT CHANGE PRACTICE TIMES BUT I WILL LET YOU KNOW IF THIS IS GOING TO HAPPEN) You are expected to be at all practices. **If you have to miss a practice you must inform me beforehand and make it up. This will involve either runs or going to a jr girls practice. Email (**[**sportyrupertgirl@hotmail.com**](mailto:sportyrupertgirl@hotmail.com)**), Text or phone both (778-884-7374) Miss Ashley and/or Sonny .** Do not have someone else do it for you! (If you miss 3 or more practices there is a high risk of being cut from the team) Missed practices will need to be made up by doing a practice make-up set of runs and skills on the list provided that must be vouched for by a responsible adult) If practice times change, due to various circumstances, you will be informed as soon as possible. **REMEMBER BEING ON TIME MEANS BEING DRESSED, STRETCHED AND READY FOR PRACTICE. BEING ON TIME MEANS BEING THERE AT LEAST 10 MINUTES BEFORE PRACTICE STARTS SO YOU HAVE TIME TO GET DRESSED AND STRETCHED. DO NOT SHOW UP WHEN PRACTICE STARTS. BE EARLY.**

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| **NOVEMBER** | **DECEMBER- END OF FEBRUARY** |
| **MON 7-9 PM**  **TUES 7-9 PM**  **WED 330-5 PM**  **THUR 330 -5 PM**  **FRI1 330-5 PM (SOMETIMES)**  **SAT/SUN (SOMETIMES)** | **MON 330-5 PM**  **TUES 7-830 AM**  **WED 5-7 PM**  **THUR 5-7 PM**  **FRI1 330-5 PM or 7-830 am(SOMETIMES)**  **SAT/SUN (SOMETIMES)** |

*FRIDAY1 Generally we will only use this time if a practice is cancelled.*

1FRIDAY PRACTICES WILL ONLY BE USED WHEN NECESSARY AND YOU WILL BE INFORMED AHEAD OF TIME IF WE HAVE

PRACTICES ON THOSE DAYS. DO NOT SCHEDULE THINGS FOR DURING THOSE TIMES.

**\*Missing practices without a good reason and without letting Ms. Ashley and/or Sonny know well ahead of time is unacceptable.** If you miss

practice you will be expected to complete a practice make up unless you are injured, or sick. The sheet is at the back of the contract. In addition,

you can get the sheet of what you have to do from Ms. Ashley or download it from my website at [www.aashley.weebly.com](http://www.aashley.weebly.com) . You must also find

out what you missed from other players on the team as you will be expected to know what we are running in practice even if you were not there.

Being late for practice will result in runs or other consequences.

**GAMES/TOURNAMENT/FUNDRAISING**

***NOVEMBER 2019***

FRI/SAT OR SAT/SUN NOV.29/30 OR GAMES VS KELLY ROAD/CAL @CALEDONIA (TERRACE)

NOV 30/DEC.1

***DECEMBER 2019***

SATURDAY DEC. 7 PLAYDAY @CHSS

THURSDAY DEC. 14 PLAYDAY @CALEDONIA (TERRACE)

WED-SAT DEC. 18-21 TOURNAMENT @DUCHESS PARK (PRINCE GEORGE)1

CHRISTMAS BREAK DEC. 26-28? CHRISTMAS CLASSIC? @CIVIC CENTRE (tentative)

***JANUARY 2020***

SATURDAY JAN 11 PLAYDAY @ SMITHERS

SATURDAY JAN. 18 POSSIBLE GAMES @ CHSS OR LAX KWALAAMS

THURS-SAT JAN. 23-26 TOURNAMENT @KELLY ROAD (PRINCE GEORGE)1

***FEBRUARY 2020***

SATURDAY FEB 1 PLAYDAY @SMITHERS (BVCS)

SATURDAY FEB 8 GAMES/FUNDRAISING @ CHSS OR LAX KWALAAMS

SATURDAY FEB 15 POSSIBLE GAMES/ @ CHSS

SATURDAY FEB 22 GAMES/FUNDRAISING @ CHSS

TUES-SUN FEB 25-MAR 1 PROVINCIALS @LANGLEY1

1 OUTSIDE OF ZONE, NUMBERS MAY BE LIMITED TO 12 PLAYERS DEPENDING ON TYPE OF TRAVEL/SPACE AVAILABLE.

***PRACTICE TIME INFORMATION***

Practice times may vary but notice will be given if changes are made. **YOU NEED TO BE ON TIME** **(THIS MEANS DRESSED AND READY FOR PRACTICE-SHOES ON ETC)** or there will be consequences (most likely 60’s) unless there is a valid, acceptable, reason. If you miss a practice you will be required to make it up by completing runs and skill activities. ***IF YOU ARE UNABLE TO MAKE A PRACTICE YOU MUST INFORM US***, AND ***YOU MUST HAVE A GOOD REASON***. If you miss a practice without a good reason there will be consequences, in addition to making up the practice. If this happens 3 times or more you run a high risk of being cut from the team. This includes such excuses as sleeping in, forgetting we had practice, forgetting equipment- ie shorts/shoes etc., homework etc. You are expected to manage your time and be keeping up on your schoolwork. If you must do homework you must do it during practice so you can see new things we are doing at the very least, and you will have to do a practice make up. Consequences can include runs, and/or not being able to play in games.

***ACADEMIC CARDS/PERMISSION SLIPS/OTHER FORMS***

**PICK UP CARDS IN MORNING ON TUESDAY IN THE OFFICE AND RETURN THEM BY 3:15 PM THAT DAY.** If cards are not in on time there will be consequences. Please remember that your coaches should not have to remind you. It is your responsibility to remember. **ACADEMIC CARDS MUST BE SIGNED EACH WEEK WHETHER WE ARE TRAVELING OR NOT**. You are expected to be trying your best in your classes, attending, being on time, and handing everything in. If you are having trouble in classes you need to let me know so we can fix the problem before it costs you a trip. **WHEN YOU ARE GIVEN PERMISSION SLIPS AND/OR OTHER FORMS THEY ARE ALSO EXPECTED TO BE SIGNED AND RETURNED BY THE NEXT DAY**. If they are late there will be consequences. Consequences can include runs, and/or not being able to play in games.

# FUNDRAISING

In order to travel to tournaments we will have to do fundraising. This will take everyone’s involvement and you will be expected to make up for fundraisers that you have missed either through a fee or alternate activity.

***PLAYING TIME***

Sr. Girls Basketball is a competitive high school sport. Better players will play more than other players. Players who have not developed their skills as much as others will have to work hard to improve if they wish to receive more playing time.  ***EVERY EFFORT WILL BE MADE TO ENSURE THAT ALL GIRLS GET PLAYING TIME, HOWEVER*** ***DIFFERENT GAMES WILL CALL FOR DIFFERENT CIRCUMSTANCES***. If we are playing a very important game, or a very difficult opponent, ***SOMETIMES SOME GIRLS WILL NOT GET TO PLAY.*** This is especially true if we have a large number of girls on the team. We will do our best to create alternative opportunities for those girls who receive less playing time in regular games by arranging to play 2nd string games against other teams, and playing teams like the junior girls, so that they can develop their skills. No one players’ position or amount of playing time on the team is permanent. If girls become stronger they will gain more playing time. If players show a lack of commitment they will receive less playing time***. Depending on the amount of seats on the bus, and cost factors, not all girls may be able to travel to out of town tournaments, including zones and/or provincials. TRAVEL TO PROVINCIALS WILL LIKELY BE LIMITED TO BETWEEN 12 PLAYERS.***

***GETTING MORE PLAYING TIME***

If you are not getting the amount of playing time you would like there are quite a few things you can do. First of all you have to realize what your strengths and weaknesses are. For example, if you are not very good at ball handling yet, you are going to have to practice this outside of practice time. Make sure you go to all practices. Go to the gym at lunch. Go to the civic centre. Get yourself a basketball and practice as you walk around town. Getting better is all about determination, hard work and practice. If you want to play more, you need to develop your skills and improve. Secondly, make sure you work as hard as you can in practice. If you impress your coaches with your work ethic they will be much more likely to play you in the game because they know you will be trying as hard as you can. Thirdly, attend camps if you can. The more knowledge you have the better you will become. Fourthly, ask questions If you don`t understand how to do something. Make sure you know your playbook. Study it. Get your fellow teammates to practice with you to develop your skills. Our whole team becomes better when we work with each other to improve. Fifth, be a positive asset to the team. Encourage other players, practice with enthusiasm, work as hard as you can and never give up. All of these will help you get more playing time. Sixth, get in shape. If you aren`t in shape you will not be able play. Basketball is a running game. Seventh, brush up on your defense. Even if you are lacking skills in other areas, if you are able to go out and play solid defense you will get more of an opportunity to play. Focus on the fundamentals. Basketball is a physical, fast paced game. You need to be in good physical condition to be a good basketball player. Lastly, be patient. You are not going to become a superstar overnight. These things take time and hard work.

***DURING PRACTICE***

***IF YOU ARE FEELING SICK OR HURT DURING PRACTICE YOU NEED TO LET YOUR COACHES KNOW IMMEDIATELY***. We do not want anyone getting hurt, and we will be pushing you to your limits. Only you know what those limits are. If you do not let us know then you will end up injuring yourself, which is not good, and will mean you not being able to play for a period of time. Remember, basketball is a game, and it is supposed to be fun. Hurting yourself is not fun. Also ,***IF YOU HAVE ANY MEDICAL CONDITIONS- IE. ALLERGIES, ASTHMA, ETC. YOU NEED TO LET US KNOW*** so we can figure out how to have you practice to your limits safely. Also, ***YOU ARE EXPECTED TO BRING YOUR OWN WATER BOTTLE TO PRACTICE WITH YOU***. Water breaks will be short and we don’t want to waste 5 minutes having everyone run to the fountain. ***KEEP IN MIND, IF YOU ARE TOO SICK/HURT TO PRACTICE, YOU ARE TOO SICK/HURT TO PLAY.*** So if you sit out all week from practices with injuries/sickness then you most likely will not get as much time during games.

***TEAM HANDBOOK***

We will be expecting each of you to get a 1” 3 ring to keep sheets, plays and other team building activities. ***BRING YOUR TEAM BINDER TO EVERY PRACTICE!*** If you forget your binder there will be consequences.

# TEAM GOALS

These will need to be decided on in the near future as a team, at a team meeting. The time and date will be announced soon.

***IF YOU HAVE QUESTIONS/CONCERNS***

If you have questions or concerns about what’s going on please arrange to talk with your coaches about it personally. Social media and other avenues are not appropriate ways to deal with issues. We expect to hear these things from you as a player on our team. Make sure it is at the appropriate time and place. For example, in the middle of a game is not the time to talk to your coach about being unhappy with the amount of playing time you are getting. Instead you should ask your coach afterwards if you can arrange a time to discuss the situation and your concerns. Please remember your coach is not a mind reader. If you don’t talk to your coach about how you’re feeling, they won’t know, and then they can’t do anything about it. We can assure you that we will be honest with you about whatever your concerns are and that you can be honest with us. If you have legitimate concerns we will work them out together. Please do not be afraid to approach me about questions or concerns. We cannot make things better if we don’t communicate. Remember, basketball is supposed to be fun for all of us.

***EXPECTATIONS IN GENERAL:***

1) All players are expected to hand in their forms on time. (ie academic cards/permission slips/pursuit of excellence/fundraising etc)

2) All players are expected to be doing their work in class, getting their homework done, and not being behavior problems in class or at school. This means that players must manage their time wisely in order to attend practices, playdays and tournaments as well as getting their school work done.

3) All players are expected to be able to get their academic cards signed. If they are not getting signed the player is responsible for talking to their teachers and finding out what needs to be done in order to get them signed. Remember, getting your cards signed is simple if you follow these simple rules.

(a) Attend (b) Be on time (c) Be quiet. (d) Behave (e) Do your work. (f) Hand it in.

4) All players are expected to be attending class and getting there on time.

5) All players are expected to participate in fundraising and attend meetings.

6) All players are expected to follow school rules and avoid smoking, vaping, drinking and drug use.

7) All players are to conduct themselves responsibly as a representative of our school.

8) All players are expected to refrain from any negative or abusive posts on social media or in other areas. Refrain from responding to such posts and let us know if something is happening so we can deal with it. Do not engage.

***EXPECTATIONS AT PRACTICE:***

1) All players are expected to be at practice on time and ready to go. (good rule of thumb- **BE THERE 10 MINUTES EARLY**, and stretched ahead of time) **DO NOT COME IN AT THE TIME PRACTICE IS SUPPOSED TO START AND HEAD TO THE CHANGE ROOM. BEING ON TIME MEANS BEING DRESSED AND READY TO GO, INCLUDING HAVING YOUR SHOES ON.**

2) Players who are injured or have a cold are still expected to come to practice. However if a player is too sick to come to school they aren’t expected to come to practice. If a player does not come to school and is going to miss practice it is their responsibility to let their coaches know, either by email, leaving a note or by phone. **DO NOT HAVE A FRIEND TELL US. YOU MUST INFORM US DIRECTLY. THE ONLY TIME SOMEONE ELSE WOULD BE ALLOWED TO TAKE YOUR PLACE WOULD BE IN THE CASE OF ILLNESS, WHERE YOUR PARENTS CAN CONTACT US IN YOUR PLACE.** Remember, if you are well enough to come to school, you are well enough to come to practice. In these cases you may bring homework if you wish. You will not be expected to do the drills. You will be there to see what we are learning.

3) Players who miss practice due to illness will not be required to make up the practices, however, keep in mind, if you have been sick this may affect your playing time as your body will need time to recover, and you may have missed key concepts at practice. You need to make sure you find out what you missed.

4) If players miss a practice they must find out what they missed from other players and learn it.

5) All players are expected to treat each other with respect and to act in a respectful manner both on and off the court at all times.

6) All players are expected to listen and be on their best behavior.

7) All players are expected to do everything to the best of their ability.

8) All players are expected to inform us if they are unable to be at practices, playdays, fundraisers and meetings by one of the following means:

**(UNLESS YOU ARE SICK THIS MUST BE DONE BY YOU, NOT SOMEONE ELSE, LIKE A FRIEND OR A PARENT) THESE ARE LISTED IN THE ORDER OF OURPREFERENCE. PLEASE USE THE HIGHEST ONE ON THE LIST YOU CAN MANAGE DEPENDING ON THE CIRCUMSTANCES.**

1. IN PERSON

(B) BY PHONE or TEXT MS ASHLEY (778-884-7374) or FACEBOOK MESSENGER

(C) EMAIL- [sportyrupertgirl@hotmail.com](mailto:sportyrupertgirl@hotmail.com)

Acceptable reasons are expected for when you miss a practice and those things missed will have to be made up or consequences will be given. ***Too many unexcused absences will result in one or more of the following: Runs, having to miss part of or an entire game, having to miss a tournament, and in extreme circumstances could even result in a player being cut from the team***. Please remember that ***homework is not an acceptable excuse for missing practice. Players need to learn to manage their time, and do things ahead of time instead of leaving things to the last minute.*** Schoolwork is expected to be done outside of practice time. **You are expected to work other items around our practice schedule.**

***WHAT HAPPENS WHEN EXPECTATIONS ARE NOT MET:***

***Depending on circumstances the consequences for not meeting expectations could entail any of the following:***

A) RUNS

B) BEING BENCHED FOR A GAME

C) BEING BENCHED FOR A TOURNAMENT

D) NOT BEING ALLOWED TO GO ON A TOURNAMENT

E) HAVING YOUR UNIFORM TAKEN AWAY AND HAVING TO EARN IT BACK

F) BEING KICKED OFF THE TEAM

***SPECIFIC CONSEQUENCES FOR ACTIONS***

Late for practice-If you are late for practice you will be running. Being late includes if you are not ready to practice when we start-ie. Haven’t changed, putting on shoes, etc. If you are having problem with rides etc. you need to let us know and we will work together to help each other. Consequences will depend on reasons and how late you are. You will not be able to join practice until the consequence has been done to our satisfaction. Unexcused absences- If you miss 3 practices without informing your coach properly and/or having an appropriate reason you may be asked to hand in your uniform and you will have to earn your way back onto the team. (this will depend on circumstances) How this will be done will have to be negotiated between the coach and the player in question. This does not include those people who have informed us about absences, with valid reasons, and who have made up those practices.

***PLEASE DO NOT PUT US IN THE AWKWARD POSITION OF HAVING TO ENFORCE THESE RULES. YOU ARE A MEMBER OF A TEAM, AND BEING A MEMBER OF THAT TEAM MEANS THAT YOU HAVE A RESPONSIBILITY TO THAT TEAM, ONE THAT SHOULD NOT BE TAKEN LIGHTLY. THE OTHER MEMBERS OF OUR TEAM COUNT ON YOU! DON’T LET THEM DOWN!***

Practice Make up- must be verified by coach, manager or person approved by coach

Physical practice

* 5 60’s- can be done at lunch or right after school before another team’s practice starts.
* 25 burpees
* 25 pushups
* 25 squats
* 25 jumping jacks

Basic skills

* Close out drill with defensive slides- 5 times

Shooting practice

These can be done at lunch or right after school before another team’s practice starts

* Shooting form without the ball- 25 shots on the line
* 10 foul shots (made)
* 10 made elbow shots- 10 each side- with proper footwork)
* 10 made right hand layups
* 10 made left hand layups
* 5 jab series each side (Jab and shoot, jab and go, jab and pull up, jab and crossover, jab, crossover and pull up)- made shots
* 5 post moves each side (drop step [both ways], turn around jumper, rainbow) made shots

Ball handling

* 10 around each leg both ways, 10 around waist –both ways, top to bottom both ways 10 times
* -2 ball drill- 30 low dribble, 30 low dribble alternating hands, 30 low to high dribble, 30 window wipers (low), 30 back and forth (low)
* -1 ball- 20 back and forth (both sides) 20 between legs (both ways) 20 pull and push back to other side (both ways)

Review plays and defensive rotations

* Go through our sets, end outs and side outs
* Review all defensive patterns

Please make sure you parents and/or guardians have read this schedule and the expectations. Have them sign below and put the rest of the sheet into your binder for future reference. You also need to sign. Please fill in and sign the signature page below and return it to Ms. Ashley. You should keep this contract in your binder for reference.

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Team: Charles Hays Sr. Girls basketball

Coach: Anna Ashley

2017-2018 Season

Signatures:

I have read and understand the practice schedule, fundraising requirements, expectations, and consequences for not living up to expectations.

Players’ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardians’ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_