



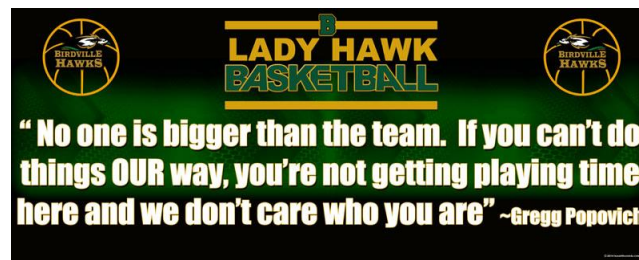
2016-2017

Lady Hawk Basketball Policies and Expectations

*All players who are members of the Lady Hawk Basketball Program understand playing girls' basketball demands tremendous commitment and dedication to the game and their team. Likewise, parents make a great commitment and sacrifice for their daughters to play with the team. Playing for the Lady Hawks is a privilege not a right. As Lady Hawk players and parents, we understand and agree to follow all policies and procedures.

I. Philosophy

- **No one is bigger than the TEAM-"It takes 10 hands to score a basket"**
- **BE ON TIME-RESPECT TIME- "If you're on time you're late"**
- **BE Coachable-You can always do more than you think you can**
- **Give your BEST every day!-Practice-games-weight room "If enough of us do it our TEAM will be a success"**
- **Focus on doing the little things well. -Fundamentals**
- **No foul language tolerated**
- **Acknowledge your TEAMMATE/COACHES-Work together to make us better-EYE CONTACT, Yes Ma'am Yes Sir etc...**
- **Be Competitive**
- **Be a LEADER at Birdville HS and in our community**



***BELIEVE**

***COMMITMENT**

***TOUGHNESS**

II. Player Responsibilities/Expectations

1. All players will treat teammates, managers, coaches, teachers, administrators, officials and opponents with dignity and respect.
2. All players, regardless of ability and/or playing time are equal members of the team. Each and every player will treat all teammates with acceptance, respect, and friendship.
3. All players will provide maximum effort in practice and games. **GO HARD OR GO HOME!**
4. Attendance at all practices, team meetings, and games is **mandatory**. While injured players may be unable to play, they are still expected to arrive on time, listen to coaches and encourage teammates and assist the team. They will also be given extra duties to help with practice or game management.
5. In very **rare** situations, players may be excused from games and/or practices. When this occurs, players are responsible for informing the coach verbally through a **phone call or meeting at the earliest possible time. Players need to ride the BUS with the TEAM-Travel release form-Emergencies ONLY. Outside Sports**-are not a valid excused absence-those are to be done outside of your basketball responsibilities.
6. When players **miss practices and/or games, make up practices will be applied. Chronic missed practices or games may result in dismissal from the team.**
7. Unexcused absences are absences in which a coach was not informed in the manner described above and/or the reason for the absence was not satisfactory. **An unexcused absence from practice and/or game will result in extra conditioning. YOU MUST CALL THE BASKETBALL COACHES OFFICE # 817-547-8346, OR EMAIL YOUR COACH BEFORE PRACTICE TO LET YOUR COACH KNOW YOU WILL NOT BE THERE!**
8. Players are to be on time for all practices, team meetings, games and dressed accordingly (**hair pulled up, shirts tucked in, no jewelry, sports bras**). Team Clothing/Shoes. Tardiness will result in extra conditioning. Chronic lateness may result in suspension of the player from games and/or possibly dismissal from the team.
9. **Players** are expected to directly seek understanding and resolution when questions or concerns arise with the coaches and teammates.
10. Players will conduct their personal lives in a manner that brings honor to themselves and the team. This includes school performances, self respect, healthy behaviors and social responsibility. Follow all school rules outlined for BHS, Lady Hawk Basketball and for Athletic Honor Codes. BISD policies will be followed and extra conditioning will be applied for non compliance of any issues that come up during the school year.

*****Discipline/Missed Practices to include-Sweet 16's, Mile, FAAC, Ladder Running**

******Any player that receives a technical foul in a game(Sportsmanship) will run 100 laps at the next practice.**

III. Parent Responsibilities

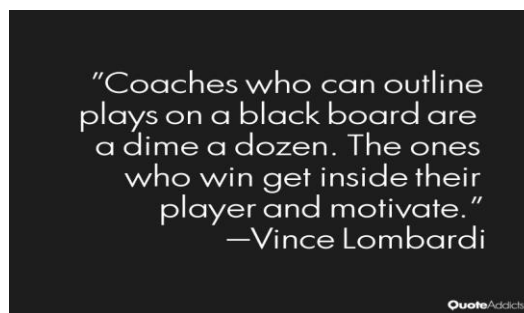
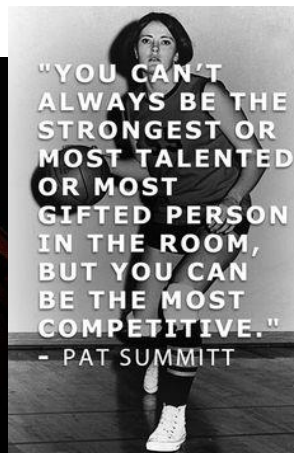
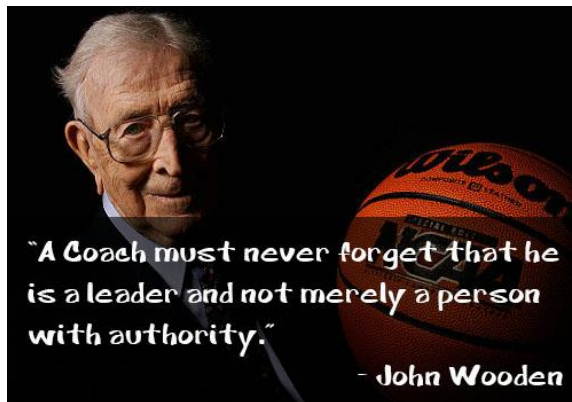
- Parents will treat the team, managers, coaches, teachers, administrators, officials and opponents with **dignity and respect**.
- All comments by parents and their guests from the sidelines will be encouraging and/or complimentary. **Parents and guests will refrain from making comments about players' mistakes or errors.**
- Parents will refrain from **making derogatory remarks to referees at any time.**
- During the basketball season coaching basketball is to be done by the **coaching staff only. Parents agree to refrain from coaching or directing their daughter during BISD sponsored games/practices.**
- **Parents will support the coaching staff and encourage their daughter to do the same.**
- Parents will discuss issues or concerns with their specific coach along with the head coach in attendance. *****A parent meeting will only take place after the athlete has met with their coach to discuss the issue.** The athlete will attend all meetings we have with parents. Meetings will never take place right after a game and coaches should not be approached to do so. We can only discuss your daughter in the meeting. Playing time and strategies **will NOT** be discussed. **Follow the chain of command-Coach-Varsity Coach-Athletic Coordinator-Athletic Director**
- Parents are **NEVER ALLOWED ON THE COURT or in the LOCKER ROOM** before, during or after a game.
- Parents are encouraged to help support the basketball program by joining the booster club, fundraising, working concession stands, banquets, supporting your daughter etc...
- **Parents may contact coaches through email or the office phone only-** Some circumstances may require calling the coach on their cell phone- this is for emergencies only. Example-Injuries/Emergencies

Your child's success
or lack of success in sports
does not indicate what kind of parent you are.
But, having an athlete that is
coachable,
respectful,
a great teammate,
mentally tough,
resilient and
who tries their best
is a direct reflection of your parenting.



IV. Coaches Responsibilities:

- Coaches will treat players, parents, managers, teachers, administrator's officials and opponents with dignity and respect.
- Coaches are responsible to abide by all **BISD and UIL rules at ALL TIMES.**
- Coaches will train players to play with good sportsmanship and to abide by the rules of the game **at all times.**
- The coaching staff's main goal is to get each player to play to their full potential and put each player in a position to improve and contribute to the team.
- Coaches **will promote a POSITIVE atmosphere** within our basketball program.
- Coaches will push and challenge every player to help them be the best they can be in academics and athletics.
- Coaches **will devote the time and skill necessary for the good of the TEAM.**



“LADY HAWK” Basketball Records

Season	Overall	District
1999-2000	Sub Varsity Only	
2000-2001	7-22	
2001-2002	21-11	
2002-2003	13-15	
2003-2004	1-26	
2004-2005	17-15	
2005-2006	20-12	
2006-2007	17-14	10-6
2007-2008	21-13	15-1
2008-2009	10-19	5-8
2009-2010	19-14	6-8
2010-2011	15-17	6-8
2011-2012	14-17	5-9
2012-2013	14-17	9-7
2013-2014	20-9	13-3
2014-2015	22-11	10-2
2015-2016	21-10	9-3

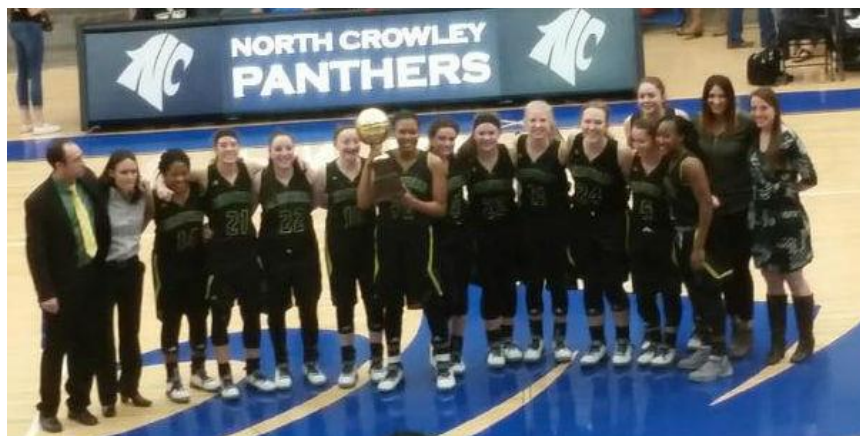
Playoff History

Bi District Qualifiers 02,06,07,08,13,14,15,16

District Championships 08

Area Championship-16

Regional Quarterfinalists-16



**2016-2017
Lady Hawk Basketball
Coaching Staff**

Head Coach: Amy Ingram
E-mail: Amy.Ingram@birdvilleschools.net

Varsity Assistant: Jared Hester
Email: Jared.Hester@birdvilleschools.net

JV/Varsity Assistant: Emily Sauls
Email: Emily.Welborn@birdvilleschools.net

Freshman/Varsity Assistant: Callie Kuhns
Email: Callie.Kuhns@birdvilleschools.net

Practice Times:

Off season 9th 7:30-8:08AM

1st Semester 9A: In-season 6:30-8:00AM –Game days no before school practice

2nd Semester 9A:2:00-4:00PM

JV/V Offseason 2:00-2:40PM

JV In-Season 2:00-4:00PM

Varsity In-Season 2:00-4:30PM

*****9/JV/V Saturday's 8-10AM**

Coaches Office Phone: 817-547-8346

Website: www.ladyhawkbasketball.com

Facebook-Birdville Lady Hawk Basketball
Twitter-@LadyHawksBball

PLEASE RETURN THIS PAGE WITH INFORMATION FILLED OUT

***** I accept and agree to abide by the rules outlined in these policies for participation in the Lady Hawk Basketball program:**

Parent Name (Please Print)_____

Parent Signature:_____

Player Name (Please Print)_____

Player Signature_____

Date: _____

Parent Contact Information:

Phone #'s_____

E-mail Address:_____

Player's contact information:

Phone #'s_____

E-mail Address:_____

Player's Birthday:_____

Home Address:_____

_____/_____
City **Zip Code**

Name: _____

MY CLASS SCHEDULE

1st

Period: _____ / _____ / _____
 Subject **Teacher** **Room#**

2nd

Period: _____ / _____ / _____
 Subject **Teacher** **Room#**

3rd

Period: _____ / _____ / _____
 Subject **Teacher** **Room#**

4th

Period: _____ / _____ / _____
 Subject **Teacher** **Room#**

5th

Period: _____ / _____ / _____
 Subject **Teacher** **Room#**

6th

Period: _____ / _____ / _____
 Subject **Teacher** **Room#**

7th

Period: _____ / _____ / _____
 Subject **Teacher** **Room#**

LUNCH-circle: A B C D

***If your schedule changes for any reason this year it is your job to update it with the coaching staff asap.**