

Ferris High School & Junior High Lady Jackets Basketball



**2017 – 2018
Policies and Procedures**

Ferris Lady Jackets Basketball

Welcome to the 2017-2018 Lady Jackets Basketball Season. The coaching staff is very excited for the upcoming year and is ready for another successful season. Remember that it is a privilege to be a part of the basketball program at Ferris High School and Ferris Junior High. We expect a great commitment from you and it will take a dedicated person to endure the season and make it a memorable one. The payoff will be worth all of your hard work!

Lady Jackets Expectations

1. You are responsible for the consequences of your actions and the outcome of those actions. You represent our school, program and team wherever you are. Be responsible for your actions and take care of business both on the floor and off.
2. Be Coachable! To play for this program, you must be coachable. By listening and doing your best to do what we ask you to do, you give yourself and the team a chance to reach our goals.
3. Being successful does not come easy and most often success comes from hours and hours of hard work. The Lady Jackets basketball program WILL take PRIDE in doing things that other programs do not want to do.
4. Academics are the most important thing for each of you. You must take pride in class work, communicating with teachers and doing what teachers ask you to do.
5. Practice is extremely important. Come to practice on time and be ready to work as hard as you can. Be prepared to make up time for missed practice. Things will come up and the coaching staff will work with you, but understand you will be held accountable for missing practice.
6. Team rules are set so our program has the discipline needed to be successful. Team rules are made for your safety and to keep our program balanced and organized.

Teams that learn how to work together and accept responsibility for themselves and each other usually find a way to be successful.

Policies and Procedures

Expectations

Each student-athlete will be held to the athletic code of conduct and the school code of conduct, in addition to the team policies and procedures.

Expectations for all members of the Lady Jackets basketball team are at a very high standard. Each girl is expected to act appropriately at all times and behave in a manner that is positive for herself, her team, the coaching staff, the basketball program and the school.

Academics

Eligibility:

All members of the Lady Jackets Basketball program, including managers, are required to be eligible under no pass, no play. Here are some main points of “no pass, no play.”

Students are academically eligible to participate in any interscholastic contest or in a performance as a representative of a participant if they meet the following standards:

Maintaining Eligibility:

1. The student must be passing all courses at the end of the evaluation period in order to maintain eligibility.
2. A student’s eligibility is based on the grade earned for the grading period (progress report or 9 weeks), not the semester average.

Regaining Eligibility:

1. If a student fails one or more classes after a grading period, she must be suspended seven (7) calendar days after the last day of the grading period at the time the regular school day is scheduled to end.
2. A suspended student may regain eligibility seven (7) days after the next grading period ends or after the three-week evaluation period.
3. The student must be passing all courses at the end of the three-week evaluation period in order to regain eligibility.

Any student-athlete who fails at progress reports or 9 weeks will attend mandatory tutoring until she is passing her respective class. The coaching staff will check our players and managers progress every week. Failure to turn in grade check sheets on time and completed can result in penalties to include but not limited to: running or another specified appropriate instruction. If a teacher is absent, the substitute should sign the grade check.

Being on Time

Players are expected to be on time to all games, practices and team functions. The policy is as follows:

On Time = 15 minutes early

Late = Scheduled time to be there

In Trouble = Arrive after scheduled time to be there

Communicating with the Coach

All coaches have an open door policy in regards to communicating with the players. If a player has an issue concerning a coach, she should find time to sit down and discuss the matter in a respectful way. This should not be done during practice or after games. It is preferred that any situation that needs the attention of the coach be handled by the player first before a parent gets involved. If the problem cannot be resolved by the player and coach, the coach will be happy to speak with a parent regarding the situation.

Players should always communicate with the coaching staff in a respectful manner. We will not tolerate any disrespect. Failure to adhere to this can result in running, loss of playing time, practice/game suspension and in severe or multiple cases removal from the program.

Conduct in the classroom

Players are expected to give full cooperation to all teachers. There should not be any tardiness, skipping class, or behavior problems of any kind in the classroom. Any problems that come to the attention of the coaching staff will be dealt with harsh running penalties. Cell phones are not to be used in the classroom.

Conduct detrimental to the team

Each player is expected to put the team first. Talking about how a coach mistreated them, how practice was not satisfactory, etc. should be kept to yourself. This includes talking about your teammates, starting a fight, poor conduct off the court, etc. Posting information on social media sites about teammates, coaches, officials, parents, administrators, etc. that are negative, disrespectful, derogatory, or inappropriate in any manner will result in harsh penalties. Failure to abide to this policy can include the following penalties: running, loss of playing time, practice/game suspension and in severe cases removal from the program. Fighting at any time will be costly to those involved. Any member of the Lady Jackets basketball team that are involved in a fight, on campus or off, are subject to immediate dismissal from the program. Only in an extenuating circumstance and a decision made by the head coach will a player still have an opportunity to remain in the basketball program. If the head coach determines the student-athlete involved in the altercation will be allowed to remain in the program, she will face severe running penalties and placed on probation within the program. Suspension from games will be a consequence that is served for those involved.

Equipment

Every player is responsible for the equipment issued to her. This includes practice gear, uniforms, shoes, bags, warm-ups, etc. If a player loses or has damaged any issued equipment she is responsible for paying the amount to replace each item. Any issued equipment that is not returned will be paid for to replace the missing items.

Fundraisers

For our program to be successful we must all participate in fundraisers. All players are encouraged to help raise funds to make our program successful.

Multi-Sport Involvement

Athletes are encouraged to participate in multiple sports at Ferris High School and Ferris Junior High. No basketball player will be discouraged in any way to participate in any other sports at FHS or FJH.

Playing Time

Playing time will be determined by the coach. Playing time will not be discussed with parents.

Practice

After school practice begins Wednesday, October 18 for high school and as soon as volleyball is over for junior high

Practice times can vary throughout the season but will usually be as follows:

- Varsity and Junior Varsity: 7:00 am - 1st period & 3:30pm - 5:00 pm
- 8th grade: 6:30 am – 8:00 am
- 7th grade: 7th period - 4:30 pm

Saturday practice will vary from time to time based on gym availability and coaching duties. Practices will be set by the coach as early as possible.

Cell phones are to be turned into the storage container at the beginning of practice. They will be returned after practice.

All athletes are expected to practice everyday. If you do not want to practice, then do not play basketball. Players are expected to dress out everyday in the correct practice attire. If a player is not dressed and able to practice then all practice time missed will be made up before playing in the next game. In case of an illness, athletes will need a note from a doctor to excuse them from practice. If an athlete does not have a note from a doctor, they will be expected to workout.

Players who miss practice will be required to makeup their time missed before they play in the next game. If time is not made up prior to the game, then game time missed will be added to any missed practice time and must also be made up before playing in the next game.

Practice sessions are for members of the Lady Jacket basketball team and coaches only. There should not be any outside disruptions. Unless there is an unexpected emergency or prior information given to the coaching staff players will remain at practice until they are dismissed. Any missed practice time will be made up before playing in the next scheduled game.

There is no glory in practice. But without practice, there is no glory.

Holiday Games/Practice

Please plan to be at all practices during the holidays. If there are any problems with the holiday practice times, please let the coaching staff know as soon as possible. Do not wait until the last minute. Expect to have games/tournaments during holiday breaks.

Game Protocol

Any Lady Jacket unable to participate during the game will sit at the end of the bench. She will help with water and towels as needed.

No players are at any time to converse with fans in the stands or on the sidelines, whether injured or not, focus is to remain on the game.

Managers sit at the end of the bench. Managers provide water and towels to players when they come out of the game and at all breaks.

The first chair on the bench remains open for the head coach. The second chair remains open for players coming out of the game. The third chair is for the varsity assistant. Remaining coaches need to sit within players on the bench. Coaches help make sure all players on the bench are focused on the game.

Timeouts

Full: Players on the floor sit on the bench. Extra players are to stand behind the bench and focus on the coach during the timeout. This is also the procedure after the 1st and 3rd quarters. Players should hustle over to the coach during a timeout. Walking to the huddle is not acceptable.

30 sec: All players stand and huddle around coach. No one should remain on the bench. Players should hustle over to the coach during a timeout. Walking to the huddle is not acceptable.

Injury/Ill

Injured or ill players who are unable to participate but are able to attend a practice (including workouts), meeting, or event are required to dress appropriately and sit or stand with the rest of the group.

For Practice: Player(s) will dress out in the appropriate practice gear. Basketball shoes are to be worn and hair is to be pulled back. Dress as if you are able to practice. No jewelry allowed.

For Games: Player(s) must be in Ferris attire. Shirts are to be tucked in and no flip flops or slides are allowed to be worn. If a player is injured and able to dress in game uniforms, then she will dress and stand under the basket during warm-up. If a player is sick or injury does not permit dressing out, then she will wear team shirt, travel pants and tennis shoes. No jewelry allowed.

Be on time for every practice. Late arrivers will run before participating in practice. If a substantial amount of practice has been missed by a player she will be required to make up that time with a coach before or after practices. Coaches will make decisions on the excuses that may be given.

If you are unable to attend school on a particular day and cannot practice, you must call one of the coaches before the scheduled practice time for that day. This also applies if you leave school during the day and will not return for practice.

Excessive unexcused absences can result in dismissal from the team. Follow your practice schedule for practice times and plan to be at every practice.

Practice Attire

Players are provided with practice gear. If a player chooses to wear a shirt under her practice jersey it must be orange, gray, black, or white. All shirts/jerseys must be tucked into shorts. For players who wear headbands, they must also be orange, gray, black, or white. Socks are to be either black, orange, gray or white and must match. Hair must be pulled back and out of eyes. No metal is allowed in hair. No jewelry of any kind allowed.

Appropriate Attire

Each team will wear the provided team warm-ups when traveling to all road games. Athletes will wear a Ferris basketball team shirt or a Ferris approved shirt, if she does not have a basketball shirt.

In the opportunity to participate in postseason play, all players, managers, and coaches will dress as a team during the time designated by the head coach.

Team managers are to be dressed in the Ferris team designated attire while attending all athletic events.

Locker Room

The locker room is for players, coaches, and managers only. At no time should anyone who is not part of the team be in the locker room. This includes both home and away games.

Team Loyalty

All team members will make a 100% commitment to the objectives and policies of the Lady Jackets Basketball Program. Be proud to be a part of this program.

Detention, ISS, Suspension, AEP

Any Lady Jacket who misses practices or games due to detention, ISS, suspension or AEP will be required to makeup all time missed prior to playing in a game. Players will be required to complete the missed practice requirements as well as additional running for receiving consequences that required attendance to detention, ISS, suspension or AEP. If a player is assigned ISS on a game day she will not be allowed to dress or play in the game. If a player is suspended she will not dress or play for any games until her suspension is served. Any missed games and/or practices will have to be made up before playing in a game. If a player is sent to AEP, she will be required to makeup all missed practice and game time before she is allowed to dress and play in a game.

Transportation

Road Games:

1. Players are expected to arrive on time for road trips. We will leave on time without you if you are late.
2. You must ride the bus to and from all games. All players and managers will ride the bus to and from games, unless 24 hours' notice is given or there is an unexpected emergency.
3. No loud talking.
4. Cell phones will be collected when we arrive at our destination. They will be returned after the last game has concluded.
5. Players will sit together while waiting for their respective games and while watching subsequent games. Players are not to sit with or talk to parents, friends, siblings, etc.

Home Games:

1. Players are expected to report to the gym at the time specified by the coach.
2. All teams will attend all games.
3. Cell phones will be collected when the players arrive at the gym and returned after the last game has concluded.
4. Players will sit together while waiting for their respective games and while watching subsequent games. Players are not to sit with or talk to parents, friends, siblings, etc.

It's supposed to be hard. If it wasn't hard everyone would do it. The hard is what makes it great.

Missed/Late Practice Information

Late to Practice

1 - bleacher snake for each minute late

Missed Practice "Paybacks" - must complete before playing in next available game

- 2 - Ladders (2-4-6-8-6-4-2 is one ladder)
 - 2 in 12 sec., 4 in 26 sec., 6 in 38 sec., 8 in 52 sec.
- X-out Lay-ups (3 times)
- Spin & Go Shooting (25 shots)
- Stationary Ball Handling Routine
- Zig Zag Ball Handling
- 5 spot Shooting (5 shots each spot)
- 25 Free Throws

Late for game day practice/shoot-around

- Starter won't start, sit 1st quarter
- Non-starter - sit 1st quarter
- Will run bleacher snake on next available day for every minute late

Missed Practice Day Before Game

- Will not play in game
- Required to attend game and sit at end of the bench
- Must complete paybacks before playing in the next game
- Paybacks must be completed outside of regular practice

Lady Jackets Rules – our rules for this program are very basic but they help us to make our program the best it can be.

1. Be on Time
2. Pay Attention
3. Give your All
4. TEAM FIRST

Lady Jackets Success

1. Great Attitude
2. Work Hard
3. Don't Quit
4. TEAM FIRST

Tryouts for the Basketball Team

It is a privilege and an honor to play on the basketball team and represent Ferris High School and Ferris Junior High. Unfortunately, basketball is a sport that allows for a limited number of team members. Therefore, it may be necessary to have tryouts and make cuts. This is not a pleasant experience for the athlete's, parents or coaches.

Who may tryout?

- Any basketball player that finished the preceding year in good standing.
- Any student that did not play the previous year will only be allowed to tryout with Coach Fullmer's permission.

Lady Jacket Mission Statement: Deserve Victory
Lady Jacket Motto: Invest in Success

I have read and understand the policies and procedures for the Lady Jacket basketball program for the 2017-2018 season.

Student Signature

Date

Parent Signature

Date