

Eastlake Girls Select Basketball



Program Handbook

**A GUIDE FOR COACHES,
PARENTS AND PLAYERS**

2008 – 2009 Season

Eastlake Girls Select Basketball

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Welcome to Eastlake Basketball

"Our mission is to develop the student-athlete's basketball fundamentals and life skills to give them the opportunity to play basketball at a higher level."

We are the Officers and Board members of the Eastlake Girls Select Basketball program. We would like to welcome you to one of our teams.

The goal of our program is to assist the female student-athlete who is motivated to play basketball at a higher level. We do this by providing a positive environment that stresses fundamentals, teamwork, and dedication to your team and yourself. Through basketball, we strive to teach our players life skills that will make them successful and outstanding citizens.

We are excited about the upcoming year. Each year we strive to build upon our prior successes and to minimize our weaknesses. Our coaching staff and other key volunteers complete the support system that is so important for our program to continue to reach new levels of success.

One major improvement has been the re-organization of the Eastlake Girls Select Basketball program. This program now has non-profit status (501-3C), and is governed by by-laws with Officers and a Board of team representatives. We encourage all interested parents to be involved with the leadership of this exciting program.

There are many dedicated players, parents and sponsors that support our organization. Our continued success depends on this support. Please contact us and ask how you can help if you are interested. We definitely need you! We encourage our parents, players and volunteers to provide us with input and feedback about the program. If you have questions or comments, please do not hesitate to contact one of the Board members. Communication is a key to the success of our organization.

We all look forward to another exciting year of Eastlake basketball.

Go Wolves,
Officers and Board of Representatives
Eastlake Girls Select Basketball

Eastlake Girls Select Basketball

Purpose and Commitment

Purpose: This handbook will familiarize both the parents and players with the Eastlake Girls Select Basketball program, and provide a better understanding of Eastlake Basketball. We hope this handbook will answer many of the questions that may arise. The Eastlake Girls Select Basketball program is a highly visible and locally recognized program. We are glad that your daughter(s) have been selected to be a part of our program.

Our program has three main components. The first is to recognize that each athlete is a student. Commitment to a school sports team, means being committed to school first. School assignments and homework must take precedence over any sporting event. Be a good teammate and get your school work done. The second is to provide quality training in all aspects of the game. One of Eastlake's main goals is to develop self-discipline, dedication and confidence in each athlete, qualities which will assist them as they progress through life. *The third purpose is to assist each of our players in becoming quality high school basketball players.* The competitive athletic experience can enhance social development, contribute to mental and physical health and teach the values of teamwork and responsibility. We are proud of the opportunity we offer and feel the players involved will receive a positive experience.

Eastlake expects our athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter. We represent one of the best programs that Washington Girl's Basketball has to offer and we want to promote the highest level of sportsman-like conduct.

Our program is dedicated to treating all athletes fairly and giving each individual athlete an opportunity to improve the many skills associated with basketball. Playing basketball with Eastlake requires a strong commitment to the game, the club and your teammates. It is important that everyone involved understands that each is willing to make this commitment in order for the athlete to become the best basketball player she can be.

Player & Parent Commitment: Members of the Eastlake Girls Select Basketball program are encouraged to participate in multiple sports in their junior highs and high schools. We recognize these young ladies may be involved in other recreational or select sports. This is okay with the club as long as the player and their parents understand those challenges. We truly believe participation in practice will dictate playing time in games. If you miss practice, you should be prepared to watch some of your teammates from the bench during games. The teams train two or three times per week for one and one half hours per session. Practices and games can run from October through March. Commitment from both players and parents is essential.

Parent Commitment to Volunteer: It takes a lot of people to run a basketball program as successful as the Eastlake Girls Select Basketball program. Parents of players must be committed to volunteering a number of hours in support of their daughter's team. Volunteering can take many forms: running the clock or scorebook during games, coaching, being a board member, being a team manager, fundraising, and helping with the Eastlake Select Tournament. The Winter Wolf Classic is our major fundraiser for the Eastlake Girls Select Basketball program and it requires an immense amount of effort. Each parent should be committed to volunteering a number of hours for the Winter Wolf Classic and will be asked to do so.

Eastlake Girls Select Basketball

Selection Process and Playing Season

Each year we evaluate a large number of players. Some players have extensive playing backgrounds, while others do not. Players are evaluated on attitude, teamwork, and skill execution such as ball handling, shooting, etc. We base our selections on what the athletes do during the tryout period and what we perceive their potential to be. We select athletes based on the following criteria: athletic ability, work ethic, drive, coachability, competitive attitude, skill ability, and potential.

We expect you to have a great attitude, to work hard, improve your game and to compete with your teammates for playing time. There is no guarantee of equal playing time. Your playing time is determined by you.

Our Select Program is: Eastlake players committed to developing their skills in order to play competitively and with the goal of being placed on the Eastlake High School team. These select teams will play in the Puget Sound Travel League and some local tournaments in the North-West area, and will spend quality time working on fundamentals and preparing to excel at a higher level of competition. Each of these teams is composed of 8-12 players that have gone through our tryouts in the fall. These athletes are evaluated by a fair and unbiased group of coaches (past and present) during the tryout period. The purpose of the select program is to provide instruction beyond what is available at a recreational level. The emphasis remains on teaching the best fundamentals possible.

Playing Season: The Eastlake program will offer a challenging playing year for our young ladies. Our season consists of the following:

1. Try-outs and team formation is in September.
2. Practices officially start after the tryouts in September and end in early March.
3. Open gyms, fundraising and team meetings occur in September and October. We expect our players to devote fall and winter to their Eastlake select teams (November - March).
4. The 5th-8th grade teams will play in the Puget Sound Travel League and in local tournaments.
5. The 4th grade team will play in the spring, with a tryout in February.
6. Our select teams will play 30-40 games during the Select Season.

Eastlake Wolves Coaches: We seek coaches that have a firm grip of basketball fundamentals, competitive coaching experience for tournament play and have the ability to instruct these athletes to enhance their awareness of the game. The goal of the Eastlake coaches is to take 8-12 players who are serious about basketball and help them find ways to have fun, compete, learn, develop, be challenged, work hard and grow to be as good as they want to be. Our coaches are devoted to the fundamentals of basketball. We emphasize defense, ball handling, shooting, transition, teamwork, passing, footwork and really becoming complete basketball players.

The coaches in the Eastlake Girls Select Basketball program are volunteers. All coaches in our program are coaching because of their love of the game and because of the positive learning environment we provide for the kids. We do expect the coaches to have their overnight travel expenses covered by the individual teams they coach for out-of-town tournaments.

Eastlake Girls Select Basketball

Parent/Player/Coach Relationship

Select basketball can teach many positive traits, such as the spirit of cooperation, self-discipline, and regard for physical fitness. We ask that parents refrain from criticizing opposing players, other parents, other clubs, teammates, or officials. In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players. Please encourage your daughter to follow her coach's instructions and leave the coaching to the coach. Parents need to align themselves with the coach in teaching their daughter how to cope with the natural frustrations of being a member of a team.

Sports provide an excellent opportunity to teach young women about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser.

When a player has an issue with the coach, parents have the responsibility of teaching their daughter the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

- STEP ONE:** The player should discuss the problem/concern with the coach and try to arrive at a solution to the problem.
- STEP TWO:** The parent should call the coach and schedule an appointment for the player, parent and coach to meet at an appropriate time.
- STEP THREE:** If the above steps do not remedy the problem, the parent should call any Board Member to schedule a meeting with a Board representative, player, parent and coach to arrive at a solution.
- STEP FOUR:** Parent should meet with the Board members to discuss the problem.

Under no circumstances is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The above procedure must be followed in dealing with any situation that may arise. The Board members of the Eastlake program will not allow the coaches or players to be berated by parents or fellow teammates.

The parents and families of our Eastlake players have been very supportive in the past and we hope that support will continue to grow each year. We hope that parents will support their daughter(s) by attending all their games and giving positive encouragement.

Medical Conditions and Illness

Anyone who has a serious medical condition should speak with the head coach or administrator prior to the start of the tryout and the regular season. It should be noted that if a player is injured or is sitting out of practices due to injury or illness, it is recommended that they have a doctor's release before they will be allowed to practice or participate again on a regular basis.

Eastlake Girls Select Basketball

Practices and Playing time

Practices for most teams will be two times per week. Practices normally last for 1 and 1/2 hours. You will receive a weekly practice schedule from your coach or team manager. We will make every effort to not change weekly schedules, however, things happen! Please be flexible and cooperative.

If a player must miss a practice, the player must call their coach as soon as possible. Athletes who miss practice, are missing valuable information and training time, and potentially, may have their playing time affected by consistent absences or tardiness. Parents are always welcome to watch practice, but please leave the coaching to the coach.

At every practice, we expect you to have a great attitude, listen to your coach, to work hard, improve your game, and to give your best effort to earn playing time. There is no guarantee of equal playing time. Your playing time is determined by you.

- You (the player) determine your playing time:
 1. Be on time (and ready to work hard) at every practice and every game
 2. Have a great attitude (no foul language)
 3. Be responsible and respectful (listen to your coaches)
 4. Play great defense
 5. Know your plays
 6. Know all positions
 7. Hustle at all times
 8. Be a team player

Sportsmanship

Eastlake is committed to exercising good sportsmanship at all times. Our program philosophy is that our female athletes should represent their team in a positive and respectful manner. We also would not want spectators to embarrass our players and the club with inappropriate behavior. The code of conduct expects the following from players, families and spectators:

- Absolutely no foul language shall be permitted.
- Parents are asked to cheer for Eastlake in a positive manner, not against our opponents in a negative manner.
- Show respect to those around you.
- Support your coaches and staff.
- Refrain from harassing referees and/or event staff.

Please remember that you should never say anything that you would not want to read on the front page of a newspaper. It is the coach's responsibility to enforce our program rules. Please set a great example, by being a good sport in the stands and on the court!

Eastlake Girls Select Basketball

Code of Conduct

In consideration of being a Player, Coach, Parent, Volunteer and/or Administrator in the Eastlake Girls Select Basketball Program, I consent to abide by the rules of conduct set forth herein. I understand that these rules extend to my conduct in all activities and events sanctioned or sponsored by the Eastlake Girls Select Basketball Program including practices, travel to and from events, tournaments, and overnight stays. I also understand that if I violate any of the following rules, I may be subject to disciplinary action as deemed appropriate by the authorized person, persons, boards or committees of the Eastlake Girls Select Basketball Program. Disciplinary actions may include loss of playing time and/or the program may send a player home from a tournament at the parent's expense and/or dismissal from the program.

The following actions are prohibited:

- Illegal transport, possession, or use of drugs or other illegal substances.
- Physical damage to a facility or theft of items from a room, dormitory, residence or other person. (Restitution will be part of any penalty imposed)
- Possession of fireworks, ammunition, firearms, other weapons or any item or material which by commonly accepted practices and principles would be a hazard or harmful to other persons.
- Any action considered to be an offense under Federal, State, or local laws/ordinances.
- Violation of the specific policies, procedures, and/or regulations of the various School Districts where we practice or participate in tournaments.
- Conduct which is inappropriate as determined by comparison to normally accepted behavior.
- Physical or verbal intimidation of any individual.

Handbook Acceptance Form

I acknowledge that I have received, read and discussed with my daughter the information in the Player/Parent Handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin her season with Eastlake until all required forms are signed and submitted to the Team Business Manager. The forms include: Medical Release, Insurance Information Form and Code of Conduct, Handbook Acceptance Form (pages 8 and 9).

Keep this copy for your records and for reference. Please sign the next two pages and turn them into your coach.



Thank you for your time and attention,

Welcome to the Eastlake Girls Select Basketball Program
Go Wolves!

The Board of Directors
Eastlake Girls Select Basketball 2008-2009 Season

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Parent/Guardian Name (printed)

Player Name (printed)

Parent/Guardian Signature

Player Signature

Date

Date