

# WOLFPACK BASKETBALL PLAYER/PARENT HANDBOOK



## THE CREED OF THE PACK

.....We are champions because we do all the things required of champions.....

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## **Glacier Wolfpack Basketball Philosophy**

It is our philosophy that basketball is a vehicle that provides students athletes with the opportunity to experience success in a variety of situations, both individually and as a team on and off the court. Athletes will be challenged to perform at high levels, encouraged to develop emotional maturity, and have the opportunities to respond to both successes and failures in a positive manner. Through the course of the basketball season, players will learn the physical skills of basketball and learn meanings of self-confidence, self-discipline, self-motivation, goal-setting, teamwork, cooperation, commitment, sportsmanship, and leadership that can be utilized in real life situations.

The coaching staff believes that players are young ladies and daughters first, students second and athletes third. We know that building relationships with our players is a key component to our success. Decisions made by the coaching staff will be based on what is good for the basketball program, what is good for the team, what is good for the individual, and what is good for Glacier High School. Our coaches will strive to have a successful season defined by many factors which will include winning. However, the definition of winning is defined in many ways as a result of goal-setting. Thus, our top priority will always focus on building young ladies of strong character through our basketball program.

## **Glacier Wolfpack Basketball Program Goals**

- To Reach Our Full Potential as Athletes and People
- To Work Hard to Achieve both Team and Individual Goals
- To Represent Glacier High School In a Positive Manner
- To Be Accountable For Our Actions
- To Accept Challenges Both Individually and As a Team to Reach Excellence
- To Be Competitive At the Highest Level In the State
- To Understand the Responsibilities As a Role Model
- To “Check In” and Compete each and every day

## **Glacier Wolfpack Basketball Program Objectives**

1. Represent ourselves, our team, our family, our school, and our community with integrity.
2. Work with our student athletes to develop potential.
3. Improve mental abilities
4. Improve physical abilities
5. Represent the values and characteristics of our program.

## EXPECTATIONS OF WOLFPACK BASKETBALL Coaches

**Head Coach:** The head coach is the leader of the entire program and, therefore, ultimately responsible for the overall strength of it. The duties of the head coach are many, but can be categorized into the following:

- **Character**—The following are character traits that all head coaches should possess. Of course, every individual has his or her own personal strengths and weaknesses. Any weakness in the following characteristics would be an area of personal growth for the individual.

-Honesty	-Loyalty	-Patience
-Dependability	-Consistency	-Openness
-Humbleness	-Fair	-Knowledgeable
-Caring	-Disciplined	-Perspective
-Enthusiastic	-Committed	-Organized
-Positive	-Resilient	-Humorous
-Self-Controlled	-Poised	

- **Professionalism**—There are certain professional qualities that all good coaches should strive for. Again, any areas of weakness that a coach possesses should be an area that he or she looks to improve in.
  - -Good rapport with staff, team, officials, administrators, and parents
  - -Sets and works to meet personal as well as department goals
  - -Communication with squad, staff, media, administration, and parents
  - -Supports and is loyal to the entire activities department
  - -Is able to accept criticism in a positive way

- **Team Management**—The coach must be able to manage the entire program by showing the following skills:

-Planning of Practice	-Being on Time
-Supervision	-Time Management
-Leadership	-Care of Facilities
-Team Discipline/Control	-Understanding of Budget Issues
-Creating a Sense of Ownership	

- **Coaching and Team Performance** — Ultimately, a head coach will be evaluated on the success of his program.

**Assistant Coach:** The Assistant coaches will be held to the same ethical and professional standards as the head coach. They will be expected to manage their respected teams, and other duties as assigned by the head coach.

# **RESPONSIBILITIES AND DUTIES OF GLACIER WOLFPACK COACHES**

Supporters of the Glacier High Basketball Program can expect the following from the basketball coaching staff:

- They will be a positive role model.
- They will be a leader and a motivator.
- They will be a firm and fair disciplinarian.
- They will follow the “Team first, individuals second” belief.
- They will be committed to the basketball program, to the team, to the players, to the parents, to Glacier High School, and to the community of Kalispell.
- They will be positive, supportive, enthusiastic, and encouraging.
- They will be fully prepared and organized for each practice and game.
- They will be honest with players and parents about roles on the team.
- They will communicate well with each other, players, parents, and administrators.
- They will follow and uphold all GHS and basketball team expectations.

# EXPECTATIONS OF WOLFPACK BASKETBALL PLAYERS

The ideas and philosophies that serve as the foundation of our program are very important. Players in the basketball program are expected to know and buy in to these ideas. The following beliefs serve as the foundation to develop as an individual and as a team.

## “Foundational Four” BELIEFE STATEMENTS

**TEAM** comes first  
Play with **DISCIPLINE**  
Choose the right **ATTITUDE**  
Maximize your **EFFORT**

1. **TEAM**
  - a. The **TEAM** is greater than the individual. WE before ME
2. **DISCIPLINE**
  - a. Be coachable
  - b. Do the little things right - be fundamentally strong
  - c. Know your role on the team
3. **ATTITUDE**
  - a. Positive energy feeds positive energy
  - b. You control your own attitude
  - c. The mental game is important – Keep your Composure
  - d. Positive support for all members of the program
4. **EFFORT**
  - a. Work hard everyday
  - b. Make myself and my teammates better

## **Wolfpack Basketball Team Descriptions**

### **Varsity Team:**

The varsity team represents the highest level of competition here at Glacier High School. Our ultimate goal is to strive to win the “AA” state basketball championship as we incorporate and apply the “Foundational Four” belief statements. As a member of the varsity team you are not guaranteed equal opportunity to participate in every contest. Every team member has a role and that role is very important. While each role may not be equal in playing time, they are all equal in their measure of importance to the team and to our overall performance. Our goal is to complete a varsity team with the 11 or 12 best players in the program and will include JV “swing” players. A swing player exhibits varsity level characteristics, satisfies needs at the varsity level and possesses other important qualities. This player will be selected by the staff and can change from game to game. A finalized roster of 12 players and alternates will be determined for playoffs and state competition. Any freshmen, sophomore, junior, or senior can play on the varsity team.

### **Junior Varsity Team:**

The goal of the JV Wolfpack basketball team is to prepare players for the varsity program. Fundamental skills and strategies are combined with the pursuit of victory. As with the varsity, participation will not be equal, nor guaranteed in every contest. As with the varsity program, each player has a role on the team—and some roles include more playing time than others do. The JV roster will consist of 8-12 players. Some JV players may have the opportunity to “swing” to the varsity squad.

Only underclassmen (grades 9-11) will be eligible for this team.

### **Sophomore Team:**

The Sophomore Team is a sophomore team in name only. There is a strong possibility that some freshmen will be placed on this team. The goal of the Sophomore basketball team is to give players a chance to improve their skills and prepare for the JV and/or varsity team. Fundamental skills and strategies are combined with the pursuit of victory. Participation in games is not guaranteed, and will not be the same for all participants. However, all participants who follow team rules should be able to participate in most contests.

The sophomore team will consist of 9-12 players. In order to be on this team, you must be in grades 9 or 10.

### **Freshman Team:**

The goal of the freshman team at Glacier High School is to develop fundamental skills and learn basic strategies that will ultimately prepare athletes for participation at the varsity level. Striving to win is also an important goal at this level. Participation in games will not be guaranteed, and will not be the same for all participants. However, all participants who follow team rules should be able to participate in most contests.

The roster will consist of 9-12 players and will be limited to only athletes in grade 9.

## **STATE/PLAYOFF TEAM**

At the end of the regular season, a play-off team will be selected to participate in post-season contests. This team will consist of 12 roster players, and alternates. Players may be selected from any level in the program, regardless of varsity playing time during the year. Players will be selected to fill needs or potential needs for post-season play. JV players will be asked to play on a “practice squad” at the conclusion of the regular season. We will strive to have them attend our post-season contests. This group will be asked to learn and run upcoming opponent’s offenses and defenses. Members of this group, however, may not be part of the state team, and therefore will not meet lettering requirements.

## **TEAM RULES**

*Failure to abide by one of the following rules will affect your playing time and your status on this team. Each team may have additional expectations.*

Glacier High School rules are team rules. We will not deviate from any school rule. We will be 100% supportive of all administrative decisions.

**Academics.** All team members must be in good academic standing-carrying six classes and passing all subjects for the fall and winter semesters - in order to be eligible to play on the team. Any player who is earning a D or an F during the season will be required to check in with their coach on a daily basis and in certain circumstances be required to attend study table. Grades will be checked by the coaching staff. It is the responsibility of the student athlete to be accountable for their academic eligibility.

**Be on time.** Be dressed, taped and in the gym 5 minutes before practice starts. Being “in line” in the training room is not an excuse to be late for practice. It is your responsibility to get to the training room immediately after school for needed treatment so you are not late. If we have the second practice, you should be in the team room 5 minutes before the scheduled meeting time.

All practices are mandatory, and will start at the scheduled time. If you must miss a practice, or will be late to a practice, talk to your coach directly before practice, or call him and leave a message. A note or call from a parent is not acceptable. Do not send a friend with a message. A note from a teacher is acceptable.

If you do not practice before a game, you will not start, and could potentially lose playing time. If you miss practice and have not notified your coach, your participation in the following game will be limited. If it happens a second time, potential dismissal from the team could result. In addition, tardiness to practice could affect your playing status. This decision will be up to the individual coach.

**Absence.** Players who will be absent from school will not be allowed to participate in practice or games occurring on that date unless given approval by building administration. Please review the district policy regarding student attendance and athletic participation.



***Respect the Game.*** Use appropriate language and actions during practices and games. Do not argue with officials, coaches, or teammates. If this is done during the course of a game, you will be removed from that game.

***Abide by school rules.*** By accepting a position on one of the Glacier High teams, you have made a promise to yourself, your coaches, and your teammates to be a dependable, honest, and reliable part of the team. Keep that promise. If you are caught drinking, smoking, or partaking in any other illegal actions during basketball season, you will be suspended from the team. Do not put yourself in these situations. Remember, the school has a “guilt by association” clause in its handbook. Simply being at a party that involves alcohol could result in your removal. Participation in unacceptable activities, either at school or out of school will affect your playing status and status on the team. Athletes who need to be disciplined for classroom issues may also be disciplined on the basketball team. **CONSIDER THIS YOUR ONLY WARNING!!!**

***Hazing.*** Hazing is completely unacceptable in this program, and will not be tolerated. “Hazing” includes, but is not limited to any act that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or as a condition or pre-condition of attaining membership in or affiliation with any District-sponsored activity. Participation in this type of activity will affect an athlete’s playing status and status on the team, and may lead to dismissal from the team and other disciplinary actions by school administration.

***Follow Dress Expectations.*** You will be expected to be in appropriate dress for practices, games, days of games, and travel.

***Travel.*** You must travel to all contests with the team. Athletes may check out and ride home after games with their parents. For those traveling home with someone other than their parents, prior approval from administration must be granted. It is the athlete’s responsibility to check out with the correct coach.

***Injuries:*** Mel Strauss is our certified trainer. She will take care of any and all injuries. Make sure your coach is aware of any injuries that you may have. It will ultimately be the trainer’s decision as to whether or not you can compete at practice or games. If a player has to see a doctor, the trainer must know and have a written release from the doctor in order to resume play.

## Expectations of Parents

Parents of athletes in the Wolfpack basketball program are expected to adhere to the following expectations:

- Be aware of your daughter's needs, feelings, and concerns.
- Attend as many games as possible so you get a full and complete picture of the program.
- Understand the perspectives of 1) Your daughter 2) Other athletes and parents 3) Coaches, and 4) Yourself.
- Support the "team first, individual second" belief.
- Demonstrate sportsmanship at all games.
- Allow your daughter to participate on the team in her own way; don't re-live your career through her.
- Show positive support and encouragement for your daughter, for all members of the team, and for the Wolfpack basketball program.
- Let 24 hours elapse before initiating communication with the 5-step process below. Do not try to resolve a conflict with a coach before or directly after a game- that will likely create more conflict. Encourage your daughter to begin the 5-step communication process:

1. Athlete meets with individual coach and/or head coach.
2. Athlete and parent meet with individual coach and head coach.
3. Athlete, parent, and head coach meet with activity director.
4. Athlete, parent, head coach, and AD meet with principal.
5. Athlete, parent, head coach, AD, and principal meet with superintendent.

*~Most of the time a conflict will be solved after Step 1.*

- **Things parents may not ask about:**
  - Playing time
  - Game strategies
  - Other players on the team
- **Things parents may want to ask about:**
  - Does my child work hard and have a positive attitude?
  - How would you evaluate my child in terms of her offensive, defensive and / or team skills?
  - In what area(s) does my child need to improve?
  - Is my child a positive addition to the team?
  - What can I do to help?

**In order to run a classy and successful program, we all need to be supportive and respectful of each other.**

**Travel Expectations:** All players will travel with the team on the bus to the game. As we near and enter the town of the contest, we will have a period of quiet focus time. Athletes need to visualize and prepare mentally before they get off the bus. Even if our contest is still hours from being played, we will respect those who will be playing shortly after leaving the bus. Players may return home with their parents after the game only if the parent notifies a member of the coaching staff in person and signs a travel release form. If an athlete must ride home with someone other than their parent, the correct paperwork and pre-approval must be obtained from administration. Our expectations of being quality young ladies will be in effect when we travel. All bus drivers, employees at restaurants, school personnel, etc. will be treated with the utmost respect. The restaurant, locker room, team rooms and bus will be left in better condition than we found them or extra conditioning will be the result.

**Fan Support:** - The coaching staff encourages you to invite your parents and friends to enjoy our games. However, *all spectators will be expected to separate themselves from the players during the game.* Players need to be free from distractions in order to concentrate on the matter at hand. Bleachers will be provided as often as possible. It will be the responsibility of the players to remind their parent(s) and/or inform any guest who may be unaware of this policy.

**Starting Line-Up:** - The line-up for each game may vary as the season progresses. There may be changes in personnel as well as unforeseen circumstances that occur during the season. It should be further noted that if a player goes on vacation, she is not guaranteed her "old spot" when she returns. When that player is gone others are practicing and fulfilling that role. She must earn it back. In short, the best players for a given situation will be put on the court of play and such decisions are the responsibility of the coaching staff.

### **Game expectations:**

**Varsity and JV players** – All varsity and JV players will sit with each other in one area of the gymnasium during the contest that precedes their game. Only players, managers and coaches will be allowed in this area. To be on time, each player must be seated in the designated area prior to the tip-off of the previous game. If they are not seated at tip-off, they will be considered late. Consequences will follow and be determined by the coach. Friends and family will be asked to leave the players alone at this time so they can focus on getting ready for their contest. Players will remain on the bench during all games. Only players, coaches, trainers and managers are allowed on the bench during games. All players are expected to be in tune with the game and need to be cheering positively for all teammates.

**Freshman and sophomore team players** - Players will remain on the bench during all games. Only players, coaches, trainers and managers are allowed on the bench during games. All players are expected to be in tune with the game and need to be cheering positively for all teammates. These players are also expected to watch and support the JV and Varsity programs upon completion of their games.

**Expectations of Managers:** All managers will be required to attend practice. Managers will be asked to do different jobs during practice including: Setting up equipment, taking roll, shagging balls, keeping time clock, etc. During games a manager may be asked to: Take accurate and reliable stats for a JV or varsity game, take score for the game, total the stats, stock and keep track of the medical kit, film the game or portions of the game, and help set up and carry equipment. A manager may receive a varsity letter by demonstrating exceptional work as a manager for the varsity team in fulfilling all required duties. A letter will be awarded at the discretion of the coaching staff.

## **Unwritten Rules**

- Be five minutes early – meetings, practice, and games
- No DRAMA, if you make other players on the team unhappy, FIX IT
- Hustle everywhere
- If you are not playing, cheer for those who are
- Always tell your coaches the truth
- Lend a hand in practice setup and breakdown
- Turn in your uniform at the end of the season when you are asked to
- Always have your uniform tucked in properly
- Treat equipment with respect
- Run when you know you might be late
- At practice, be focused on the task at hand, basketball!!

# Wolfpack Basketball Team Captains

## ***“A TEAM with STRENGTH...DISCIPLINE ...and PURPOSE”***

**FOCUS:** The lack of leadership is the #1 reason teams fall short in reaching their goals at the end of a season. Leaders of our team consist of: A. The Coaching Staff, B. The Captains and C. The individual members of our team.

**PURPOSE:** To instill a leadership quality to our PROGRAM that has an “uncommon purpose” and “real-life significance.”

**DEFINITION:** *A Team Captain is...*

1. A leader by example, both on and off the court.
2. A student-athlete who has integrity throughout the entire school at GHS.
3. A leader who has the respect and support of her teammates.
4. A leader who has the respect and support of her coaches.
5. An individual who is willing to support our PROGRAM 100%.
6. An individual who understands, although a captain, she is NEVER above any coach or fellow teammate...she is their equal...She believes in “BIG TEAM...little me” philosophy.

**Captain Selection:** - The selection of captains will be determined as follows: One team member will be selected by their teammates, one team member will be selected by the coaches and a third captain will be determined by effort, attitude and discipline preceding the next contest. Selection of any captain will be left to the discretion of the coaching staff.

Sub-Varsity captains will be selected by the staff on game days. This may be done on a rotating basis, thereby allowing each team member an opportunity to assume a leadership role.

**CAPTAIN RESPONSIBILITIES:**

Tangibles    intangibles    establish the culture

**TEAM RESPONSIBILITIES TOWARDS CAPTAINS:**

1. Accept and Respect who YOUR captains are...and the responsibilities they now have!
2. Don't just sit back and follow...you too, lead by their example.
3. Feel comfort in VOICING any concerns you have with YOUR captains...they can relay your thoughts back to the coaching staff.

## **TRY-OUTS**

We will have many people trying out for the Glacier Basketball Program. Teams will be selected by the end of the third day. Some cuts may be made at the end of the second day of try-outs.

Please remember, try-outs are a 3 day culmination of an entire off season of improvement. Athletes that choose not to work to improve their skills in the off-season are at risk of not making the team. Players will all be talked to individually as to why they did not make the team, or what their role and expectations are for the Glacier Basketball Program.

Any player that has shown interest in the basketball program, but is unable to try-out due to circumstances outside of their control, will be given an extended try-out when she is able to return. (i.e. sickness, family emergency, etc.). A new player moving to the district may be given the opportunity to try-out as well.

When making decisions about players, we look at the individual player's strengths. Girls will be evaluated on the following, but not necessarily in this order:

1. Athleticism
2. Basketball Skills
3. Work Ethic
4. Ability To Learn
5. Attitude
6. School Work/ Eligibility
7. Citizenship

Selections are also based on team needs. There are several roles that need to be filled to complete a basketball team.

### **2016-2017 Glacier Wolfpack Basketball Coaches**

Varsity Coach – Bill Sullivan

JV Coach – Andy Fors

Sophomore Coach – Cody Bowman

Freshman Coach – Amanda Cram