

FAIRMONT GIRLS BASKETBALL ASSOCIATION EXPLANATION OF EXPECTATIONS

Our mission as the Fairmont girl's basketball association is to use basketball to:

1. Teach Life skills which the athletes can utilize throughout their lives
2. Teach the enjoyment of competition
3. Have the players develop a love of athletics and the desire to continue them throughout their lives
4. Teach the needed basic basketball skills to give the athletes the greatest change to play at the next level.

Players will be evaluated on and coached to improve in the following areas:

1. Attitude

- a. Positive attitude with a willingness to learn
- b. Understands practice is essential for improvement.
- c. Understand competition is important part of all sports
- d. Understands teamwork is necessary for success.

2 Effort

- a. Maximum effort at all times: this is not limited to games, but also to give maximum effort during practice, in order to improve your skills, as well as your team mates. This also means, that when not in a game, you are cheering on teammates.

3 Ability

- a. Innate physical skills: i.e. strength, speed, quickness, jumping height, etc
- b. Learned physical skills: conditioning, footwork, dribbling, passing, shooting, rebounding, defensive skills, etc.
- c. Innate and learned mental skills: competitiveness, aggressiveness, toughness, confidence, focus, learning team systems, understanding of the game of basketball, ect.

Coaching Philosophy

1. **Long Term Goal** – To develop players in such a way to allow them the greatest opportunity to compete at the next level.
2. **Short Term Goals** – to develop
 - a. the value of hard work
 - b. the joy of earning your spot on a team
 - c. a more competitive attitude
 - d. a sense of team and self sacrifice
 - e. competitive players and teams
 - f. students of the game of basketball
 - g. complete skilled basketball players

- h. communication skills
- i. a constant style of play, intensity and effort regardless of the score of the game
- j. a love, respect and passion for the game of basketball.

3. **Conditioning**

- a. most important, you cannot play this game well if you can not run or tire easily
- b. running is part of practice, Expect to run.

4. **Perfect practice makes perfect?** Practice makes permanent, therefore bad practice makes bad habits

- a. coaches will stop drills to make corrections before poor technique becomes permanent. Players need to understand that coaches are there to instruct and help them. They are not being singled out or picked on.

5. **Mistakes are learning opportunities.** Be open to teaching and corrections.

- a. Mistakes are alright, if the player is giving a full effort and is trying to do it the correct way.

6. **Basic Skills**

- a. Part of every practice will be spent on the basic skills of the game
- b. Skills will be taught at a slow pace at first then sped up to game pace, and than game pace with stress
- c. Players need to be able to do skills at game pace with stress but on them, this helps build game confidence.

7. **Team Skills**

- a. Part of most practices will be spent on team skills and systems.
- b. Team defensive skills are the most important
- c. Players are expected to understand the systems/play.

8. **Practice will be challenging,** but enjoyable

- a. For players to maximize their basketball development, they must be challenged and pushed to practice outside of their comfort zone
- b. For players to maximize their basketball development they must practice their weaker skills, not just the ones they are good at
- c. All players will be taught all skills. Inside players will learn outside skills and out side players will learn inside skills.
- d. Enjoyable mini games and competitive drills will be included in most practices.

9. **Basketball is competitive.** We want players to learn to compete and that competition is fun

- a. 4th grade: All players will play and playing time will be fairly equal
- b. 5th grade: All players will play and playing time will be fairly equal

- c. 6th grade: All players will play and playing time will be fairly equal, with more of a focus of trying to win.
- d. 7th and 8th grades are competitive. Playing time is not equal.

10. **Practice attendance**

- a. Attendance should be kept by the head coach
- b. Practice attendance affects playing time.
- c. Please inform the coaches as soon as possible that you will miss a practice or game.
- d. Remember that you are making basketball your priority sport for the season.

11. **Player Behavior** (common sense)

- a. Five Lakes Elementary School Student expectations: 1) Act in a safe and healthy manner. 2) Treat all property with respect. 3) Respect the rights and needs of others. 4) Take responsibility for learning.
- b. Be on Time! You should not be putting your shoes on or entering the school at the time practice is scheduled to start. Coaches try to be 15 minutes early, use this time to put on your shoes and visit with your teammates.
- c. Practice is like a classroom. It is a place to learn the skills and knowledge to play basketball well. The same good behaviors that are expected in the classroom are expected in the gym.
- d. Remember when the coaches are speaking you need to listen with your ears, eyes, and hands. This means you are looking at the coach, not dribbling balls or touching others, and are not talking.
- e. Respect for yourself, parents, teammates, coaches, opponents, other's coaches referees, tournament workers tournament sites and practice locations.
- f. **PRACTICE MISBEHAVIOR:** 1) Hitting a team mate, 2) Flagrant foul, 3) Purposely injuring a teammate 4) Arguing or back talking a coach (it is good to discuss things with the coach, but in a respectful manner) 5, Leaving a mess in the gym or restrooms or vandalism 6) Stealing 8) swearing/foul language or Trash talking 10) Criticizing teammates, 11) abuse of equipment.
 - i. Actions taken to address the practice misbehavior
 - 1. asked to stop
 - 2. Scolded
 - 3. Push-ups, wall sits running, team running
 - 4. asked to sit down from practice
 - 5. parents called to pick up the player
 - 6. take away playing time
 - 7. discussion with parents and player
 - 8. Chronic misbehavior will be presented to the board for consideration of suspension or expulsion from the traveling team.

g. GAME/TOURNAMENT MISBEHAVIOR;

i. Behaviors

1. hitting an opponent
2. flagrant foul
3. purposely injuring an opponent
4. arguing or back talking a coach (it is fine to discuss issues with a coach, in a respectful way)
5. arguing or back talking a referee
6. Leaving a mess in the tournament facility or vandalism
7. Rude behavior to any tournament worker or official
8. stealing
9. swearing/foul language or trash talking
10. criticizing teammates or opponents
11. abuse of equipment

ii. Actions taken

1. asked to stop
2. Playing time taking away
3. Not allowed to play in game or games for the rest of the tournament
4. a discussion with parents and player
5. Chronic misbehavior will be presented to the board for consideration of suspension or expulsion from the traveling team.

12. Communication

- a. Is important to the success of every endeavor
- b. If you have issues with the way something is going in practice, please contact the coach or assistant coach to address these issues. If you are uncomfortable with this, please speak to the parent representative. If this does not address the issues you are having please contact the Board.
- c. If you have an issue with playing time or the actions of a coach during a game, please remember to have a 24 hour cooling off period before speaking to a coach. Please feel free to speak with a parent rep at anytime with you concerns.
- d. Coaches strive to communicate information of practices, tournaments, and concerns to players and parents as soon as possible.

13. Procedures to Resolve Problems/Complaints/Concers: The Parent(s) and Player should;

- a. First talk to the coaches (after a 24 hour cooling period) or parent representative
 - i. This 24 hour cooling off period, is in the best interest of all parties, players, parents, coaches, parent rep and FGBA
 - ii. Nothing is usually solved in a discussion when one or more of the parties are upset

- iii. Parents, please realize that the 24 hour cooling off period is to allow both parties to calm down, do not take this as a sign on not caring. The coach's care or they would not be coaching.
- b. If the conversation or meeting with the coaches or parent representative does not resolve the problem/complaint/concern then attend the next scheduled board meeting to present the problem/complaint/concern for resolution.
 - i. Please do not call the board members at home
 - ii. If there is an emergency issue, call David Christianson 507-351-4659.
- c. Fortunately most problems/complaints.concerns are minor (usually a misunderstandings) and are easily resolved with open honest communication.

14. **Parents**

- a. There is a saying, “players play, coaches coach and referees ref and parents cheer!”
- b. Reward Effort, not Performance or winning
- c. Encourage hard work, preparation, discipline, and team work
- d. Allow the coaches to teach the skills and systems to play the game of basketball
 - i. If a parent instructs the player to do something other than what the coaches wants the child to do, it creates a huge confusion in the players mind.
 - ii. Playing time is determined by the coach, and the effort shown in practice.
- e. Coaches are volunteers and deserve your support.
- f. Please no arguing or yelling at the referees.
 - i. Allow the coaches to deal with the referees.
 - ii. Remember they are not professionals
- g. Foul language, abuse or threats directed toward players, referees, coaches, patent reps, or board members will not be tolerated. If this becomes a problem, an emergency board meeting will be called. Resolution options including
 - i. The parent who committed the offense will not be allowed to attend an practices or games
 - ii. The player is suspended for a number of games or tournaments
 - iii. The family is expelled from FGBA
- h. parents are the greatest influence on your player. Be a positive influence!!! Allow them to achieve their best, Cheer them on

15. **Injuries**

- a. Can be part of any sport, including basketball
- b. Most injuries are minor and as coaches we try not to over react to them.
- c. In practice if a minor injury occurred, the player will be allowed to continue, if they believe they can

- d. In practice if an injury occurs that prevents the player from continuing to practice, the parents will be called to pick the player up
 - i. It is important to remember that the coaches are not doctors and can only offer ice. Coaches will not push your child to practice if they say they are unable to. The coaches can say a child can not practice, if they seem to be injured.
- e. In a game if a minor injury occurred, the player will be allowed to continue if they believe they can
- f. In a game, if an injury occurs that prevents the player from continuing to play, the parents may be called to over to check out the player. Please wait until the coach call for the parents to come over to the bench.
- g. All coaches will have been trained in the notice and care of concussions. The state has passed legislation that dictates when a child will be and will not be allowed to play in a sporting event due to a possible concussion.

16. **Illness**

- a. If the player is ill and can not attend practice or games please call the coach ASAP
- b. If a player becomes too ill to practice, while at practice, the parents will be called to pick up the player.
- c. If a player becomes ill at a tournament, the parents will be called to check on the player.