

College Park High School Girls Basketball Handbook 2023-2024



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INTRODUCTION

This handbook is designed to provide for a successful experience for student athletes and the efficient operation of the College Park Girls Basketball Program. The basketball handbook is designed to coexist with the Conroe ISD Student Handbook and the Conroe ISD Student Code of Conduct. Student athletes participating in basketball in grades 9-12 are accountable and responsible to the rules and requirements contained within this handbook.

MISSION STATEMENT

The College Park High School Girls Basketball Program will provide an up-tempo, comprehensive and competitive sports program with high expectations for student-athletes on and off the court.

COLLEGE PARK GIRLS BASKETBALL PROGRAM PHILOSOPHY

The College Park Girls Basketball program will develop highly competitive student-athletes by teaching discipline, responsibility, and by creating a culture that encourages physical and mental toughness. As a coaching staff, we will make every effort to help them become successful through goal setting, leadership skills, and respect for themselves and others. We will motivate our student-athletes to do their best in all aspects of their lives, while emphasizing teamwork and building their character and confidence. College Park Girls Basketball will teach athletes to excel in every aspect of their lives, present and future.

RESPONSIBILITIES

Participation in Girls Basketball is a *privilege* that carries with it responsibilities to the school, to the sport, to the student body, to the community, and to oneself. Their peers, teachers, and the community are constantly monitoring them. Girls Basketball players must have strength of character and be aware of the role they have assumed. They must be certain that they at all times present to others around them respect, sincerity, and honesty that is expected of them.

ATTENDANCE

It is the obligation and responsibility of team members to attend ALL scheduled practices, games, and meetings regularly and on time. If an unavoidable conflict arises with any scheduled activity, their coach should be notified AT LEAST 24 hours in advance. We ask that the player make the contact regarding missing practices, games, and/or athletics class. Failure to make proper contact beforehand may result in the absence being considered unexcused.

These attendance expectations are applicable not only during the season, but throughout the ENTIRE SCHOOL YEAR.

Excused Absences

Excused absences will be made up. Examples of an excused absence is illness, a death in the family, school sponsored activities, or emergency situations. If a player has an excused absence a day before a game, she will be responsible for practice make-up before receiving playing time in game. Day before game day practices missed will result in a player to have limited playing time due to the absence. If a player misses a game with proper communication, **she will sit out the first half of the next game**, if the absence is due to what is considered an excused absence listed above.

Girls Basketball players should understand that **ANY** time they have to miss, it is imperative that a coach be notified prior to the absence via email, phone call or text message – this applies not only during the season, but any time during the off-season as well.

Habitual absences, even though they may be excused, become detrimental to their ability to perform and to contribute to the team's success. Habitual absences could result in loss of playing time and/or removal from the program.

Unexcused Absences

Girls Basketball players and parents should understand that failure to notify a coach prior to an absence will usually result in the absence being considered unexcused. Few extenuating circumstances will be considered an excused absence without prior notification. If there is a question as to whether or not it is an excused absence, the head coach will make the decision. Practice make-up for each day missed will be required the day the player returns to school and scheduled with a coach.

If a player misses a practice **without** notifying their coach properly the day before a game, she will not be allowed to play in that game.

If a player misses a game **without** notifying their coach properly, she will not be allowed to play in the next game.

Injured Athletes/Training Room

Injured players who cannot actively participate in the workouts must still be present for practices and games, and dressed out like the rest of the team. Being injured is not an excuse to be absent – modifications can be made.

If a player does get injured, they will be expected to get evaluated by the athletic trainers first. It will then be up to the trainers on whether or not the athlete can continue with activity, or whether they need to see a doctor. A parent note will **NOT** get the athlete out of practice, running, weights, etc. They may be excused by a doctor or an athletic trainer **ONLY**. Reminder that a player returning from injury must have a doctors' release before they may return to activity.

Treatment will **NOT** take place during the athletic class or practice time, unless directed by the trainer or a doctor. The athlete will be expected to go to the training room for treatment before school (6:45am). If treatment is necessary, it must be done **PRIOR** to practices and games. Please plan your time accordingly. The training staff will not provide treatment unless the player arrives for treatment in the mornings before seeking treatment during the day/after school.

ISS

No member of the Girls Basketball program should be placed in ISS at any time, for any reason. Any girls basketball player that is placed in ISS will not be allowed to participate in the next scheduled game or any games for the length of their assignment, but will be expected to practice after school. Multiple offenses could result in removal from the program. For missing the athletic period due to ISS, the player will also be responsible for 1 round per day of Cavalier Toughness for the length of ISS assignment.

Tardy

It is very important that players are on time (early is on time...) and that they remain at practices for its duration. The players are expected to be on the court, dressed, and ready to go when practice begins. If you are tardy or you leave practice early, you will be expected to complete a "practice make up" for the time you missed, unless it is for another UIL activity. If you know that you are going to be late or need to leave a scheduled activity early, you **MUST** contact a coach to let us know. If a player is late to practice, they will be expected to do a "Reminder 5" before joining the team.

ACADEMICS

Girls Basketball players must realize that they are students first and athletes second. You must be passing all subjects at the grade check date in order to be eligible to play, per UIL rule. If you fail a course during a grading period, you will be ineligible for competition for three weeks. They may regain eligibility after three weeks if they are passing **ALL** subjects at that time, not just the class they were failing. Please check the eligibility calendar on the CISD website for further clarification.

****You will still be expected to attend practices if you are ineligible. In season, players may not sit on the bench at games with the team or ride the bus. Varsity players are still expected to be at the games, in the stands supporting their team. They will need to find their own transportation during their ineligible time frame.**

Coaches will be checking grades periodically every week or two, and if an athlete is making a 75 or below in a class, there will be mandatory tutorials. This is to stay on top of grades before they get too low and it's too late.

If you are struggling in a subject, you will be required to attend tutorials – preferably before or after school, based on your practice time, and you will need to have your teacher sign off on your time in tutoring. If you cannot attend tutorials before school and must miss practice time for tutoring, your coach **MUST** be notified in advance. Repeatedly missing practice for tutoring could result in loss of playing time. Each player has an Advisory period that needs to be used for tutorials during the day if needed. Time management is a lesson that will have to be learned quickly.

Ineligible Athletes

Any girls basketball player that fails a nine week grading period will be placed on academic probation and be ineligible for participation in games and from traveling with the team. If

you become ineligible at any time, you will be required to attend tutorials until grades have become passing again. You will also still be expected to participate in workouts, so that you will be able to join the team in games once you are eligible again.

Their grades will be closely monitored and they will be required to show improvement in their grades during the probationary period. If a player is repeatedly ineligible, they will be removed from the Girls Basketball program. College Park Girls Basketball is committed to placing an emphasis on academics first.

DRESS CODE/PERSONAL APPEARANCE

Girls Basketball players are expected to dress neatly and appropriately in school and at any activity representing the school. You should understand that appearance, expression, body language, and actions always influence people's opinions of girls basketball players, your team, and your school. You will follow the dress code guidelines that are explained in your student handbook everyday for school. You will also be expected to follow any additional requests of your coach for game day or team travel. ***All girls basketball athletes will be in matching College Park attire and be wearing socks and tennis shoes at all times (this includes loading and unloading the bus). No sandals, slides, jandals, house shoes will be allowed. Crocs MUST be in "sports mode" on game days.***

During athletics and practice time, athletes must be dressed in matching issued practice gear. If an athlete is not in the correct gear, a 17 will be ran, for each item missing. Jewelry is not allowed during practice time, athletics class, or games. This includes Apple Watches, Fitbits, etc. Girls Basketball players will be expected to have the same color undershirt as jersey color if they choose to wear one. All headbands must be the same color as teammates and the majority of uniform color.. No headbands that tie may be worn in games.

**** Represent the College Park Girls Basketball Program with PRIDE ****

EQUIPMENT/LOCKER ROOM/GYMS

Girls Basketball players are responsible for keeping their school issued equipment clean and secure. The use and wear of the school equipment outside of athletic sponsored activities is **prohibited per UIL**. All school issued equipment must be returned at the conclusion of the season in wearable and clean condition. If you lose or ruin equipment due to neglect and/or carelessness, you will be charged the replacement cost of that equipment.

Girls Basketball players are expected to keep their locker room and gyms neat and sanitary. It is their responsibility to keep their locker room clean, and if it is not kept clean, the entire program will have consequences. Again, take pride in your facilities!

Keep all valuables and equipment locked up. Each player is assigned a locker and it is their responsibility to make sure that all their belongings are put up and locked up, at all times.

ALL players will return their jerseys to a bag concluding their games and dress back in their travel gear for the remainder of the night. Please hang dry ALL gear that has been issued by the school that your daughter receives to take home. NO JERSEYS should be taken home to wash.

TRANSPORTATION

All Girls Basketball players will be required to ride the bus TO AND FROM all scheduled activities. If an extenuating circumstance arises, please communicate appropriately and in a timely manner (minimum of 48 hours prior) with the coach. All players will be required to ride the bus back to the school following an away game. All teams will support the others when they are playing and are expected to stay for the duration of **ALL** home games. At tournaments, players will be allowed to sign out with a parent at the conclusion of the day if the player wishes. The parent must sign them out with the coach at the end of the day.

CONDUCT

Girls Basketball players are expected to display appropriate conduct at **all times – in the classroom, hallways, cafeteria, locker room, gym, etc. and represent College Park in a positive manner**. You are expected to behave in a polite manner when dealing with teachers and staff and **be on time to every class**. You may face disciplinary action for demonstrating unacceptable or inappropriate behavior and may result in removal from the program. Examples of unacceptable behavior include, but are not limited to:

1. Disrespect to coaching staff or teammates
2. Disrespect to **any** College Park staff member
3. **Disrespect to a game official**
4. Inappropriate language/behavior
5. Unwilling or lazy work ethic
6. Not responsive to a coach/teacher/administrator's request
7. Argumentative attitude
8. Unsportsmanlike behavior
9. Habitual disrespect for the rules
10. Fighting/Bullying/Hazing

Girls Basketball players are also expected to display themselves and others appropriately on social media websites. Pictures, comments, retweets, links, etc. should represent the student athlete, the College Park Girls Basketball program, and College Park High School in a positive manner. Social media used by the athlete should also be respectful of other's opinions, beliefs, and character. Negative posts or comments about the team, teammates, coaches, basketball program, referees, and etc. will not be tolerated and handled accordingly.

Please understand that as a member of the CPHS Girls Basketball program, you are held to a higher standard and your behavior reflects back on our teams and coaches. Inappropriate behavior displayed inside and/or outside of the gym will have consequences, and repeated disrespect of the

expectations will lead to removal from the program. Parents are not an exception, and we ask that you conduct yourself in a positive manner at school events.

ALCOHOL/TOBACCO/DRUGS

DRINKING OR POSSESSION OF ALCOHOLIC BEVERAGES, USE OR POSSESSION OF ILLEGAL DRUGS, SMOKING OR USE OF ANY TOBACCO PRODUCTS, INCLUDING E-CIGARETTES and/or VAPES IS NOT ALLOWED AT ANY TIME!

Any athlete who violates the above stated rule shall be subject to the following:

First Offense: 1) Parent notification by the Head Coach, 2) 1 round Cavalier Toughness, 3) The athlete will be suspended from competition for 2 GAMES.

Second Offense: 1) Parent notification by the Head Coach, 2) 3 rounds Cavalier Toughness, 3) The athlete will be suspended from competition for 5 GAMES.

Third Offense: The athlete will be removed from the program with a loss of lettering privileges.

****These offenses will roll over for each year the athlete is in the program.**

*If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity the following season.

This is inclusive of social media posts

OTHER EXPECTATIONS

While Girls Basketball players are waiting for their game to begin and after the conclusion of their game, they will be expected to be sitting in the stands together as a team, actively cheering on and watching the team that is playing. This is so that we are supporting all of our teammates, being involved, and getting mentally prepared for the game. Girls Basketball players will sit together as a program, non-program members are not allowed. Failure to follow these guidelines will be addressed and fixed.

Cell phones are not to be out during practice time or games. Don't let phones become a distraction.

COMMUNICATION/PARENT CONFERENCES

It is important to understand that there may be times when things do not go the way the athlete or the parent wishes. At these times, a conference or discussion may be needed. Please understand that there are appropriate issues to discuss and there are issues not appropriate to discuss.

Appropriate issues to discuss with coaches:

1. Treatment of the athlete
2. Ways to help the athlete improve
3. Concerns about the athlete's grades/behavior

Inappropriate issues to discuss with coaches:

1. Team strategy
2. Other student-athletes

3. Playing time – We will NOT have meetings about playing time with parents. This is an issue that the player must respectfully approach their coach with.

Please do not ever attempt to confront a coach before, during, or after a contest or practice. This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote a resolution. Please abide by the 24-hour rule if you have an issue. You may contact the coach either by email or phone the next day to either discuss the issue or to set up a private time to have the discussion. As an attempt to build the players' character, it is expected that the player herself approach her coach with any issues or concerns first. We will not discuss a player's issue with the parent until the player has come in to discuss the issue herself. Any conversations between coach and parent(s) will include the player as well. **If you are not satisfied with your conference with the coach, YOU MAY THEN set up an appointment with the Campus Coordinator.**

All parents are encouraged to watch us play and support our successes at all levels. We ask for positive encouragement from our parents. Things won't always go our way, but just like in life, we will learn lessons on dealing with success and failure, being disciplined, having honor and integrity and responsibility, and we will grow as individuals and as members of this group.

It is expected for parents to exercise good sportsmanship towards game officials, opposing team's players, coaches and parents, and other fans. Set a good example for your daughters to follow. Please do not coach from the stands, it distracts your daughter from the game.

Please know that coaches do make mistakes and that our decisions may not always be understood or accepted, but we are working hard for the success of the team as a whole. We want to work with our parents to help prepare these athletes for the successes, and sometimes failures, that life will hand them. The ultimate goal of our coaches is to assist the parents in building strong, independent, and successful young women.

CONSEQUENCES

"17"

17 touches sideline to sideline

"Reminder 5"

5 full court down and backs -1:15

Cavalier Toughness

Tire pushes gym floor - down and backs

Practice Make-Up

Reminder 5

20 FT's

"17"

1:15 Ball Handling

10 FT's

HEAD COACH'S DISCRETION

All decisions involving matters with the College Park Girls Basketball Program remain at the discretion of the head coach.

If you have any further questions or concerns, please contact the proper coach:

Head Coach

Shayna Brown
shabrown@conroeisd.net

Assistant Coach

Caprice Stephens
cstephen@conroeisd.net

Assistant Coach

Kyle Hadash
khadash@conroeisd.net

Assistant Coach

Hunter Todd
htodd@conroeisd.net

Follow us on Twitter:

@collegeparkgbb

**We look forward to an exciting
year for Lady Cavs Basketball!**

**Thank you for all of your
support!**