

## **When are Practices?**

1<sup>st</sup> Practice Wednesday Decemner 14<sup>th</sup> – 3:30-5:00pm.

Practices M-Th 3:30-5:00pm unless notified otherwise.

Each player is expected to be on the court ready to practice no later than 3:35pm – each minute late to practice will result in additional running drills.

Days that the Freshman have games some girls/coaches will practice at the log gym. Immediately after school if you are to practice at the log gym you must HUSTLE to the locker room, get your gear and get on bus - do not change at the school as the bus will not wait for us you will change in the girls bathroom at the log gym.

## **What should I bring to practice?**

First day of practice every player is to bring their completed Questionnaire/Personal Goals Sheet.

Every day each player is expected to be properly dressed in clean gym shorts & shirt, clean tennis shoes only worn for basketball, hair pulled back, jewelry removed and all electronics left in the locker room. Water Bottles are recommended.

Attitude to learn and improve – be ready to work hard for 90 minutes.

## **What if I need to miss a practice?**

Excused or Unexcused practices must be made up with additional conditioning drills. Please bring a note and hand to a coach and not a player/manager telling why you missed or will be missing practice. Injuries requiring a doctor visit also require a note from the doctor when you are cleared to play again.

Excused absences are academic needs, illness, injury, doctor's appointment, funerals etc.

Unexcused absences are most everything else and jeopardize play time in games.

## **How do I get home after practice?**

Activity Bus leaves promptly at 5:15pm each night from the school and drops off in Deaver, Frannie & Byron. If you are to ride activity bus you must get on the 5:15pm bus and not wait in the school for a later bus. If your parent is picking you up they are to pick you up no later than 5:30pm. Players may stay 15-20 minutes after practice to get additional instruction and 1 on 1 help from coaches as requested. You are not to just 'hang out' at the school and be up and down the hallways especially down by the boys' locker rooms.

For those practicing at the log gym the activity bus will come by the log gym and pick you up around 5:20 - be ready to get on that bus as this is your only bus ride option.

## **What is the academic warning/ineligible list and how does it affect me and my team?**

Each Tuesday the academic warning/ineligible list is given to coaches. The first week for any class that you do not have a passing grade you are on the Warning list meaning you have until the following Monday to bring that grade up to passing. You may still play games while on the warning list -- it is advised by your coaches that you spend the first 30 minutes of practice down in homework club getting your grade up. If you are still on the warning list the following week for the same grade you become ineligible and can NOT play games that week or until the next weeks list is published on Tuesday. Anyone ineligible will attend homework club for the first 30 minutes of practice to improve their grade. When you are ineligible you are not able to help your team on the court because you can not play. Ineligible players can not travel with the team to away games nor dress and be on the bench at home or away games.

## **Who pays for the girls' warmup shooting shirts?**

Each player pays for their shirt with the volunteer time they give in concessions when we are assigned to that duty. Our shirts would not be available without your volunteer services.

## **How do I contact a coach?**

Doug Arnold 254.0140    Jenny Christiansen 272.8674    Dustin Christensen 605.569.0396