



SPRING LAKE PARK HIGH SCHOOL

Girls Basketball Team Rules

2011-2012 Season

Team Philosophy: The Spring Lake Park High School Girls Basketball Team has the philosophy that our members will be hard working student-athletes who are willing to make sacrifices for the betterment of the team. These student-athletes will be prepared, open-minded, optimistic and goal-oriented. We want others to see us as good role models who are respectful, dedicated and classy. Student-athletes must be "up for the challenge," everyday when they step on the court.

Team Membership: The best "team" will make up the 15-20 person Varsity/JV roster. Players will be chosen based on their skill and willingness to accept their roles as starters, substitutes, practice players and participants on both the varsity and junior varsity teams. The B-squad team will consist of 12-15 players who are primarily 10th graders. The 9th grade team will consist of 12-15 players who are primarily 9th graders. Any juniors or seniors who as determined by the coaches unwilling to commit to their team roles or are not in the top 15-18 players based on skill level will be cut. Any 9th or 10th grader who do not make the top 15 players at their grade level may be cut.

Varsity Lettering Criteria: Varsity players, who are in good team standing at the end of the season and have played at least ten varsity halves, will earn a letter. (see Lettering Policy form)

Dress Code: All players 9-12 will wear their practice gear (shorts and t-shirts) each day to practice. Violations will be dealt with per violation by individual coaches. For home and away games, dress code will be determined by individual coaches and teams.

Practice jerseys must be worn at every practice. No midriff shirts or tank tops will be allowed.

Player and Team Conduct: All players will act in an appropriate manner both on and off the court at all times. Any infractions will be dealt with by individual coaches. Slight infractions will be dealt with through extra conditioning and major infractions that require students to serve in the MLC or detention will be dealt with through game suspensions or loss of playing time.

Language: Players will treat all coaches, in the program with respect when talking to them. If a problem develops, players will be called aside and the problem addressed by the coach. Any further problems could affect playing time and membership on the player's team.

Swearing of any kind for any reason will not be tolerated and it will result in individual and team penalties.

Respect and Team Rapport: Respect of the coaching staff, officials, opposing players, spectators and each other will be required by all members of the Spring Lake Park Girls Basketball Teams. It is the responsibility of the Coach to communicate to each player their role on the team. It is the responsibility of the player to fulfill this role to the best of their ability for the good of the team. Failure to comply with this rule will result in loss of playing time, game suspension and possible expulsion from the team.

Attendance: All district and high school procedures will be followed regarding practice and games. We hope that our players make it to every practice and every game. Unexcused absences will not be tolerated. Excused absences are those absences that are a result of illness, injury, or family emergency. All other absences will be considered unexcused. Some exceptions will be made for members of the 9th and 10th grade team regarding family vacations and those needing tutoring after school on infrequent occasions. Players late to practice, film, weights, shoot arounds or pre-determined bus times will be dealt with by rules determined by the team.

Penalties for unexcused absences will be as follows:

- 1st absence – sit in street clothes for the next game
- 2nd absence – sit in street clothes for the next 2 games
- 3rd absence – released from the team

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Any JV/Varsity player leaving the team for a spring break vacation while the team is still playing will be dismissed from the team and will not be awarded a letter.

Variance from State High School League Rules: All other MSHSL/Spring Lake Park HS rules should be followed.

Availability: All coaches will be available to the players any time they want to set up a personal conference outside of practice. If parents wish to arrange a conference with a coach after their daughter has met with the coach they may call or email the coach directly. If a parent wishes to have the athletic director present at the meeting they will need to call the HS athletic office to set up a time. At the conference, the parent's daughter will be present as well as an additional coach. The coaches will not be available for individual meetings before or after games and will not meet with parents to discuss playing time.

Athlete: _____

Parent/Guardian: _____