

# **Sandwich High School Girls Basketball 2023-2024**

## **SANDWICH HIGH SCHOOL GIRLS BASKETBALL TEAM POLICIES AND RULES**

We set these rules in hopes to establish a foundation of citizenship and responsibility in our players. We want your daughter to be able to gain more than just athletic skills from our program. Our goal as coaches is for our athletes to walk away with a strong sense of discipline, citizenship, work ethic, and other skills necessary to be successful in life. We also want them to understand what it means to be a part of a team. These athletes must understand that their decisions affect a group of people and not just themselves. These characteristics are a foundation for the decisions we make.

### **Specific Basketball Guidelines**

- All players will be required to wear proper attire while practicing. Practice equipment should include: shorts, T-shirts, practice jersey and basketball shoes.
- Bring your own water bottle. There are no official water breaks, have your bottle ready and filled, do not share it, you may get sick. Break time is when your coach is talking and giving instruction or when standing in line in a drill.
- Practice begins at the time stated.
- Times on the yearly practice schedule may change. The year schedule is done ahead of time to try and give everyone an idea of when practice should be. A weekly schedule may also be handed out to be used as an up-to-date schedule. When changes are made every coach will try and give a minimum of 24-hour notice to their players. We will use the REMIND app to communicate this.
- NO SWEARING allowed! No talking back to any coach, ref, fan, parent, opponent, or teammate. You will be disciplined.
- Teammates are exactly that; do not allow problems to arise between each other on the court. Be a team! Players that have a problem that cannot be resolved should talk to a coach at their level, then the Varsity coach to resolve the problem.
- All players are to follow the instructions given to them by any of the coaches regardless of the level they coach.
- Sandwich players will always address others with respect.
- Every player will refer to the officials and opponent's coaches with the same respect as a coach.
- Sandwich players will never "talk trash" to their opponents for any reason or any place.
- Sandwich players will win and lose with dignity.
- The coaching staff of the Sandwich High School Girls Basketball Team has been hired to coach this sport to the best of their ability under the Head Coach's Philosophy. Under no circumstances will it be tolerated for a player, parent, or fan to tell the coaching staff how to coach or how practices should be conducted.
- When a coach is talking you are not.
- Safety is a number one priority of the coaches. Unsafe behavior will not be tolerated at any time and if done willfully may result in dismissal from the team or disciplinary action by the coach.
- Good academic standing/good grades and appropriate behavior in school and at all school functions is very important and essential in order for you to maintain your eligibility for competition. (Refer to school policy in order to determine eligibility)
- Academics come first; if you need extra help after school I encourage you to get it. You must also try and see your teacher at times other than practice. You will be excused for the time you missed. Abuse of this rule may result in dismissal from the team or disciplinary action by the coach (i.e. forged passes/notes).
- You represent our basketball team and program in school, in the classroom, and public as well. Set a good example, be a leader, and be ladies at all times.
- Attendance: You have an obligation to yourself, the team, and the coaches to be on time. If you are going to be late you must contact one of the coaches in order for the possibility to be excused.

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- Excused absences will include deaths in the family, emergency medical treatment, religious commitments on the day(s) of worship and school field trips.
- Unexcused absences will include but not be limited to, haircuts, regular dentist or medical appointments that could be made any other time, going home to study, getting a drivers' license, detentions, work, vacations, "needed at home" etc. Schedules will be provided that should allow you to schedule around your basketball responsibilities. If you are kicked out of practice for behavior issues you will receive an unexcused absence.
- If situations with extenuating circumstances arise, the coaching staff will handle each case on an individual basis. The absence policy is set as a guideline, but if common sense dictates that a deviation needs to be made, it will be made.
- All practices are closed to parents, alumni, and fans. This prevents any outside interference from what we as coaches are trying to accomplish. If you do need to talk to a coach you must come after practice. (Exceptions: if there is an emergency and you need your daughter pulled out of practice.)
- Varsity players are to be in the gym at the start of the JV game.
- Players will sit together as a team and be behind the bench or across the gym sitting as a team.
- During the varsity game jv players are to be sitting behind the varsity bench for the whole game; or filming the game.
- ALL PLAYERS are required to be at all HOME games and should be behind the bench those games.
- Away Games wear Under Armour warmups unless otherwise decided by captains.
- Hazing, bullying, or any other type of disrespect towards your teammates absolutely will not be tolerated. This includes time spent in the locker room before practice, during practice, after practice, at tournaments and games, and on the bus. If there is any suspicion of this whatsoever you will be removed from the team. This is a serious issue not to be taken lightly.
- Chain of Command – If you feel that your son/daughter has been mistreated you should follow these steps
  - a. Contact the coach involved
  - b. Contact the head coach (Coach Treptow)
  - c. Contact the Athletic Director (Mr. Gipe)

These steps are to help you understand the decisions made by the coach and to allow you to communicate your concerns with the coach. Rules will not be changed because you do not agree with them. We set these rules in hopes to establish a foundation of citizenship and responsibility in our players. We want your daughter to be able to gain more than just basketball skills from our program.

- 24 Hour Rule – There is a 24 hour rule for parents and players to contact a coach in regards to a coach's decision to discipline, make changes in the lineup, or any other concerns related to a coach's judgment. A parent is not to approach a coach to discuss a judgment related situation that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact. Let everyone enjoy a win and let everyone cool off after a loss. For parents, it is important to separate competitive emotions from the best interests of their child's sports development. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off", compose themselves and put the provoking incident or situation that occurred in perspective before meeting to discuss it. IMPORTANT NOTE: this rule does not apply to something serious (i.e. criminal) but rather to disagreements/questions/concerns a player or parent may have with a coach and his/her decisions.



Coach Treptow - (630) 433-6868

[steve\\_treptow@ipsd.org](mailto:steve_treptow@ipsd.org)

Coach Long - (630) 336-1544

[blong@sandwich430.org](mailto:blong@sandwich430.org)

## Sandwich High School Girls Basketball 2023-2024

Please complete this form and turn into a coach. As a player I understand the commitment necessary for a successful Basketball program. I will comply with the rules and regulations. I understand I will be penalized, and even dismissed from the team for failure to comply.

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SIGNATURE OF PLAYER:

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CELL PHONE NUMBER:

As a parent or guardian of \_\_\_\_\_

TYPED PLAYER'S NAME:

I approve of them playing basketball. I am aware that injury is always a possibility. We have read the rule book and pledge to support the Sandwich High School Girls Basketball Program and Sandwich High School along with all its rules and regulations.



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SIGNATURE OF PARENTS:

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CELL PHONE NUMBER: