WESTBROOK BASKETBALL

2022-2023 HANDBOOK

Lady T-WOLF COACHES CONTACT:

|  |  |  |
| --- | --- | --- |
| 8A | Josh Ruiz | **joruiz@ccisd.net** |
| 8B | Lauren Lane | **llane@ccisd.net** |
| 7A | Danielle Cain | [ddcain@ccisd.net](mailto:ddcain@ccisd.net) |
| 7B | Shelby Hoffman | [shoffman@ccisd.net](mailto:shoffman@ccisd.net) |

Girls Athletic Website:

<http://wisgirlsathletics.weebly.com/>

Remind SignUp: Text: 81010

@wbgirls22

**Westbrook Basketball Rules 2022-2023**

**Conduct: (Classroom and Athletic)**

* As a Westbrook athlete, you are held to a higher expectations than the regular student body. It is a privilege and not a right to be able to participate in extracurricular activities.
* The CCISD extracurricular Code of Conduct and Student Handbook can be found at the district website. [www.ccisd.net](http://www.ccisd.net)
* You will be respectful to all teachers, coaches, refs, and athletes, whether they attend Westbrook or another school.
* You will follow rules in the classroom and on the court. Teachers will be asked to notify your coaches if you behavior is out of line.
* If any teacher contacts a coach about your behavior, the following steps will be taken:
  + 1st time- disciplinary action, conference with athlete and face to face apology to teacher.
  + 2nd time- disciplinary action, conference with athlete and face to face apology to teacher, and suspended for 2 quarters.
  + 3rd time- disciplinary action, conference with athlete and face to face apology to teacher, and 1 game suspension.
  + 4th time- dismissal from team.
* ISS is unacceptable for any reason, including tardies, dress code and technology infractions.
  + 1st time- 1st and 2nd quarter suspension
  + 2nd time- full game suspension
  + 3rd time- dismissal from team

**Academic Dishonesty:** Academic dishonesty is unacceptable for any reason

* 1st half game suspension
* 2nd 2 game suspension
* 3rd dismissal from the team

**Appearance:**

* Black shorts, Westbrook t-shirt, and practice jersey are to be worn at every practice.
* Westbrook issued equipment is not allowed to be worn during school on non-match days, including backpacks, bags, uniforms, practice gear, and shooting top.
* Westbrook issued equipment is not to be altered in anyway. Doing so will result in collection of the equipment and payment for a replacement.
* You must follow school dress code.
* AAU attire is not allowed in practice or on game days.
* Please follow the all black rule on knee pads, shooting sleeves, and headbands.
* No jewelry is ever allowed to be worn in practice or in games. You are issued a locker, leave those inside your locker.
* Your uniform top, and your practice jersey should always be tucked in at practice and games.

**Practice:**

* 7th grade: Monday-Wednesday... 6:15am-7:50am

Thursday… Game Day… no practice

Friday… 7:00am-7:50

* 8th grade: Monday-Wednesday… 6:15am-7:50am

Thursday… Game Day… No Practice

Friday… 7:00-7:50

* The side doors will lock at 6:15 (due to safety purposes), please make sure you are on time and ready to go.
* Fully clothed including knee pads on, shoes on and tied, all jewelry off and hair pulled back, practice jersey on.
* Physically ready to work out
* Water bottles (if you bring one) on the gym bleachers
* All other belonging locked in your assigned locker
* If you are not prepared for practice on time, there will be immediate consequence for each minute you are late.
* **Call** **or** **email** your coach if you will be absent from school or practice.
  + Missing practice results in reduced playing time and if repetitive, dismissal from the team.
  + If restricted from practice by a doctor, a release form must be presented before return to play is initiated. A player must participate fully in one practice before being allowed to play in a game, at the coach’s discretion.

**Game Day:**

* Team Unity
  + The teams will sit together in the bleachers. Peers are not to sit with the team. Players should be focusing on preparing for the game.
  + Athletes should be either completing homework or cheering for Westbrook during the game.
  + Cell phones need to stay in a safe place (locked in locker if at Westbrook or in a safe place at away games). Players are not allowed on phones during their game time.
* Away Games
  + All athletes will ride the bus from Westbrook to the location
  + You must sign out with your coach after the completion of the A team game.

**Nutrition**

* Breakfast Daily (toast, oatmeal, fruit, etc.)
* Healthy lunches (not 3 bags of chips)
* Carbs (pasta, whole grains, fruits)
* Water and liquid with electrolytes
* No candy, coke or caffeinated drinks from off campus concessions stand on game days.
* Water is the only drink allowed on the bench
* Need healthy snacks afterschool before game (Chick-Fil-A)

**Playing Time**

* Determined by coach
  + Players are not required to play all 4 quarters
  + If a player is concerned about playing time, the athlete must speak directly to their coach. Coaches will not discuss playing time with the parents, until spoken to by the athlete.
* What affects playing time
  + Tardiness (to practice and getting picked up from games)
  + Missing practice, games and tournaments
    - 1 Missed practice=1 quarter, 2 missed= a game, Missed game= a game
* Attitude
* Not following rules (dress code, getting in trouble in class, peers in stands, not following WIS girls athletics policies)
* Leaving before halftime of A team game
* Skills and improvements

**Parent Responsibilities**

* Be a positive role model by respecting other players, coaches, officials and spectators
  + Please do not yell at coaches, players (including your child), scorekeepers or officials
* Encourage your player to work hard and always support the team, whether on the court or off.
* Please do not coach your player from the stands. The only coach(es) they need to get direction from while playing for Westbrook is/are the Westbrook coach(es). They are instructed to not take advice from the stands.
* If your player is concerned about playing time or anything else on the team, please encourage them to speak with their coach before contacting us.
  + After your player has spoken with their coach, you may schedule a conference if you are not satisfied with the results.
  + You may not approach a coach before or after practice or before or after a game to discuss a grievance. You may schedule a conference via email or phone call.

**Westbrook Basketball Rules and Guidelines**

**Player Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_**

**I have read and fully understand the rules of playing on the Westbrook 7th /8th grade basketball team. I understand that these rules are showing respect for me, my health, my teammates and Westbrook Intermediate.**

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**Print name Signature**

**I have read and fully understand the rules which my daughter will have to follow while playing on the Westbrook 7th /8th grade basketball team. I understand that these rules are showing respect for my daughter, her health, her teammates and Westbrook Intermediate.**

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**Print name Signature**