GIRLS BASKETBALL



BASKETBALL OVERVIEW

Description of Sport- the Longhorn Basketball program consists of three teams: Freshman, Junior Varsity, and Varsity

Team Membership Limit- Each team will have approximately 9-15 members

Basketball Season- November to February

Procedure for Tryouts:

1. Must have a Lamar CISD physical form completed/ signed by physician, parent/guardian, and student athlete.
2. The physical form/packet must be turned into our athletic trainers and Coach Pierce prior 2 weeks before the start date

http://www.lcisd.org/departments/athletics/forms-and-handbooks

Eligibility Requirements

1. Our program is governed by all UIL rules and guidelines ([www.uil.utexas.edu](http://www.uil.utexas.edu))
	1. No Pass No Play
	2. Annual physical on file with our athletic trainers.
2. Full participation in basketball try-out process
3. Once an athlete has made a team, she must be in the appropriate basketball athletic period.
4. Be proficient in fundamental skills required for competitive basketball

Minimum Skills Required for Making a Team:

1. Must be able to dribble with both hands, as well as make a layup from each side of the basket.
2. Must be able to shoot from all five spots on the floor as well as the free throw line
3. Have physical ability to run the court as well as catch and pass on the move
4. Must be knowledgeable of defensive position and be able to defend properly against opponents
5. Be knowledgeable of basketball offensive and defensive terminology
* To Contact the Lognhorn Basketball staff follow us on twitter @ GRHSLonghornsbb or check out our new website http://www.ballcharts.com/GRHSGirlsBasketball. There is a Link on the school website that will take you directly there.

Our emails are as follows: **Shalesha Pierce- Head Coach** **spierce@lcisd.org**

Dear Parents,

We open our year with great expectations for the upcoming season. The competition for positions at all levels in our program will be very intense and open to all. Our philosophy towards our players is a simple one, and that will not change. **“Play hard at all times”.** My hope for your Daughter and your family is the lessons of athletic competition will develop character, integrity and support your family values.

Welcome to the Girls’ Basketball Season. I look forward to seeing you in the bleachers supporting the teams. The coaching staff recognizes what a valuable role you play and we appreciate your support. Of course, as always, **GO LONGHORNS!!!**

**The basketball staff:**

 **Shalesha Pierce** Head Coach

 School 832.223.4365

 E-mail spierce@lcisd.org

You can find Game and Seasonal Information, including directions to all away games on the following website:

<http://spierce27.wix.com/grhs-girlsbasketball>

Follow on Twitter @ GRHSLonghornsBB

And Join our Remind group for text message updates by texting to 832-954-2951 and is the message box type @be44e

Thank you and please call if we can assist your daughter in any way.

Yours in Hoops,

Shalesha Pierce and the Basketball Staff

**TEN COMMANDMENTS OF**

**CHAMPIONSHIP PARENTS**

1. Insist in good grades. No pass no play.
2. Be positive with your daughter. Let her know she is accomplishing something special by being part of a team, whatever team that might be.
3. Encourage her to work hard and to do her best every single day. Avoid offering excuses for her. (officials, coaches, teammates, etc.)
4. Encourage your daughter to respect all of the coaches on staff. The coach is the authority figure she must answer to. The coach has your daughter’s best interest at heart. If she didn’t, she would not be coaching.
5. Encourage your daughter to follow team rules. It doesn’t matter her role on the team. If she is a starter or comes off the bench, she must follow the rules.
6. Who cares who scores as long as everyone does their job to the fullest! Avoid any jealousy toward your daughter’s teammates. Your daughter will sense that and it could be unhealthy to the team. Everyone has a specific role. Help her recognize that her role on the team is as important as anyone else’s role.
7. As a fan, you are entitled to yell for your daughter’s team. Avoid hostile attitude towards our own players and players on the other team. Remember, fans cheer, players play and coaches coach.
8. Insist on your daughter’s respect for officials and sportsmanship. We want our players and coaches to show more sportsmanship than any other school.
9. Encourage your daughter to believe in herself. Every person has been created with worth and value. Remind her of that. Encourage her to keep working her hardest to improve herself. Avoid comparison with other athletes. No two athletes are the same.
10. Encourage her to play for the love of the game. It is not a constitutional right to play sports, but an incredible privilege. Insist on unselfishness.

**YEARLY PLAN BREAKDOWN (TENTATIVE)**

|  |  |  |
| --- | --- | --- |
| **WEEK** | **BASKETBALL** | **WEIGHT ROOM** |
| WEEK 1 | Expectations, equipment, fees,  | NONE |
| WEEK 2 | Fundamentals and skill development | Conditioning and weight room, increase strength and speed |
| WEEK 3 | Fundamentals and skill developmentMan to Man Defense | Conditioning and weight room, increase strength and speed |
| WEEK 4 | Fundamentals and skill developmentEarly offense/  | Conditioning and weight room, increase strength and speed |
| WEEK 5 | Fundamentals and skill developmentShooting form/ Footwork | Conditioning and weight room, increase strength and speed |
| WEEK 6 | Fundamentals and skill development | Conditioning and weight room, increase strength and speed |
| WEEK 7 | Fundamentals and skill development | Conditioning and weight room, increase strength and speed |
| WEEK 8After school practices begin | Total review of drills/ Longhorn Basketball offenses and defenses | MaxIncrease strength |
| WEEK 9 | Review and re-teachRe-focus on team goals and evaluation and open tryouts | Weight roomIncrease strength |
| WEEK 10 | Fundamentals and skill development01,03, 05 and zone offenses  | Weight roomIncrease strength |
| WEEK 11 | Review and re-teachOffensive sets1,2,3Prepare for 1st game | Weight roomIncrease strength |
| WEEK 12 | Game expectations review all basketball situations Offense and defense | Weight roomIncrease strength |
| WEEK 13 | Non district gamesPrepare for district run | Maintain |
| WEEK 14 | No District GamesThanksgiving Break | Maintain |
| WEEK 15 | Non district gamesPrepare for district run | Maintain |
| WEEK 16 |  Non district gamesPrepare for district run | Maintain |
| WEEK 17 |  Non district gamesPrepare for district run | Maintain |
| WEEK 18 | Holidays/prepare for district run | Maintain |
| WEEK 19 | Non district gamesPrepare for district run | Maintain |
| WEEK 20 | District games | Maintain |
| WEEK 21 | District games | Maintain |
| WEEK 22 | District games | Maintain |
| WEEK 23 | District games | Maintain |
| WEEK 24 | District games | Maintain |
| WEEK 25 | No post season first year/offEquipment check/one on one evaluations and interviews | Off |
| WEEK 26 | State Tournament | Off |
| WEEK 27 | State tournament | Max |
| WEEK 2 | Spring Break | Off |
| WEEK 28 | Stations Fundamentals and skills  | Weight roomIncrease strength |
| WEEK 29 | Stations Fundamentals and skill  | Weight roomIncrease strength |
| WEEK 30 | Stations Fundamentals and skill  | Weight roomIncrease strength |
| WEEK 31 | Stations Fundamentals and skill  | Weight roomIncrease strength |
| WEEK 32 | Back to basics/ re-evaluate/ team development | Weight roomIncrease strength |
| WEEK 33 | Back to basics/ re-evaluate/ team development | Weight roomIncrease strength |
| WEEK 34 | Back to basics/ re-evaluate/ team development | Weight room-MaxIncrease strength |
| WEEK 35 | Back to basics/ re-evaluate/ team development | Weight roomIncrease strength |
| WEEK 36 | Mini Camp | Weight roomIncrease strength |
| WEEK 37 | Mini Camp/Meetings | Max |

**GEORGE RANCH HIGH SCHOOL**

**LONGHORN GIRLS BASKETBALL**

**BASIC PROGRAM PROCEDURES & POLICIES**

Listed below are our basic procedures and policies that we have found to be successful in establishing and maintaining a successful high school girls’ basketball program. We will require that each student- athlete and their parents read and acknowledge our general program rules and expectations. Each signature below acknowledges that the student-athlete will strive to adhere to the established guidelines of the Longhorn Girls basketball program.

1. Be on time for all practices and games including pre-season and off-season and/or period practices
2. Always wear provided practice and game gear. Be sure to turn in issued gear at designated times for laundry
3. **Demonstrate respect for teammates and coaches at all times. No negative attitudes will be tolerated at any time.**
4. Be sure to lock up your issued equipment each day in your assigned locker. Coaches will check lockers on a daily basis
5. **Avoid scheduling dental or doctor appointments during practice or game times**. Notification must be provided to coaches prior to the appointment
6. Any and all missed practice sessions must be made up prior to student –athlete participating in scrimmages or games
7. Keep up with all class work ad notify coaches if in danger if failing classes
8. NOTIFY coaches by phone message or email if you are going to miss any scheduled practices and games.
	1. 3 missed practices without notification can result in removal from the program
9. **Conditioning is a fundamental part if our basketball program**. Players will be expected to complete all conditioning and make-up any missed sessions
10. Student athlete will complete the required physical and all other paperwork as quickly as possible. Paperwork must be turned in within a 10 business day time period in order to remain in the Longhorn Basketball Program
11. **ALWAYS REMEMBER…IT’S NOT MORE THAN YOU CAN HANDLE – IT’S JUST MORE THAN YOU THOUGHT YOU COULD DO**

STUDENT SIGNITURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_

PARENT SIGNITURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_



 “THE UNIT”

Our ***Longhorns Girls Basketball*** ***Unit*** will be:

\*400 Jump Ropes

\*80 Boxes

\*20 Complete Laps (1 mile)

\* 35 burpies

\* 5 towel pushes

***Practice Absences*** (includes Athletics and after school practices)

\*1 unit upon return with notification (voice mail, call or text )

Word of mouth is not accepted, unless from a parent or guardian

\*2 units upon return without notification (voice mail)

Word of mouth is not accepted, unless from a parent or guardian

\*3 missed practices w/o notification will result in dismissal from the program

***3 week and 6 week grades***

\*3 Week Progress Reports- 1 unit per failing class per

week until grade is raised to 70 or above.

\*6 Week Report Card Grades- 1unit per failing class

per week plus 1 unit for each missed game in addition

to scheduled practices.

* Failure of a progress report, and a report card back to back can result in removal from the Longhorn Basketball Program