

# SHAWNEE BASKETBALL 2009-2010

*“Play Hard, Play Together, Play Unselfish”*



**Head Coach: Jeff Heistan**

**Assistants: Kristin Elwer, Ted Ciminillo, Caroline O’Brien, Kara Behnfeldt**

## RULES AND REGULATIONS 2009-2010

### I. CODE OF CONDUCT

The published rules and regulations in the Student Handbook and of common sense are accepted as part of the Basketball Program. Any infraction of the listed rules could result in removal from the team.

### II. OBJECTIVES

#### A. Coach's Objectives:

- To develop a sense of team unity and loyalty.
- To develop a sense of good sportsmanship and fair play at all times.
- To help each individual participant develop their basketball skills and knowledge of the game.
- To encourage individual accomplishment and development within a team setting.
- To help participant’s work toward gaining they're potential in the playing of basketball.
- To provide each participant with a positive atmosphere that encourages success.

#### B. Athlete's Objectives:

- To develop pride in herself and the team.
- To be competitively aggressive and yet sportsmanlike.
- To set personal goals and strive to successfully accomplish these.
- To develop individual skills in basketball.
- To strive for personal sacrifice instead of personal glory.
- To maintain a good attitude in the classroom and on the court.

### III. PROCEDURES

#### • Ohio High School Athletic Association Requirements: Athletic Handbook Pg. 55

##### • Criteria

##### • Grades

1. Students in grades 9-12 must receive a passing grade in a minimum of five one-credit courses or the equivalent in the preceding nine-week grading period, which count toward graduation.
2. Students in grades 7-8 must have passed 75% of those subjects carried the preceding nine-week grading period in which the student was enrolled.
3. A cumulative GPA of 1.500 establishes eligibility unless the student falls below a 1.00 during the previous nine-week grading period. In that event, the student will be ineligible until a 1.000 nine-week period GPA is achieved.
4. A student who’s cumulative GPA is below a 1.500 may gain eligibility for a nine-week period providing that student attain a 1.300 GPA during the preceding nine-week grading period.
5. A student who receives an F maintains her eligibility providing all other requirements (1, 2, 3, 4) are met.
6. Standing cannot be improved by summer school.

7. **Incompletes from a current grading period must be made up by the morning of the fifth school day of the new grading period to be declared eligible.**

#### **B. Schedules, Practice, & Attendance**

- Knowledge of practice and meetings will be the responsibility of each participant. All athletes and coaches must be prompt. The times of practice will be placed on a calendar and distributed to each athlete along with being posted on the bulletin board. Failure to make a scheduled meeting could result in your being denied an opportunity to participate in the scheduled game. Floortime means everyone on the floor and ready to practice.
- Absence from practice: You may request to be excused only by your Coach. Personal business should be taken care of outside of practice time.
- If an athlete is injured in either a game or practice and referred to the trainer or doctor, the athlete must present the coaches with a slip from the trainer, in order to participate.
- We will not call to find you! Your responsibility is to contact us.

Attendance will be taken at every practice. Two unexcused absences may result in you being denied participation. If an athlete is involved in "Saturday School" and misses her responsibilities, it is considered an unexcused absence.

- We will not wait for anyone. Lateness is unfair to your teammates and must be eliminated.
- Do not leave the practice floor, team meetings or films without permission from the staff.
- Swearing will be interpreted, as it would be by game official. If you are guilty, you will have 3 suicides for each infraction.
- Practice is a privilege, do not abuse it. If you are dismissed from practice you must have a conference with the coach before attending any other team functions.

#### **C. Transportation**

- Athletes will be responsible for making all scheduled departure times as posted on the bulletin board or announced at team meetings.
- Transportation to all away games will be provided by Shawnee Schools, which will return the athletes to the school. Students will also be responsible for providing their own transportation after scheduled games, as well as practices.
- In transit to games, there will be no destruction or tampering with the bus. Such activities are subject to dismissal from the team. A board representative will assess the amount paid for damages, if so incurred.
- Athletes must ride to and from contests with the team. An athlete that misses the board provided transportation would not dress for that contest unless that athlete has made arrangements with both the athletic office and the coach.

#### **D. Locker Room Procedures**

- You are to enter and leave from the locker room doors only.
- All athletes will dress for practice in the team locker room.

### **E. Training Room Procedures**

- You are not to be in the training room unless a Coach or trainer is present.
- *Make sure you report all injuries, regardless of how insignificant you might think it is.*

### **F. Equipment Procedures**

- The purchased basketball shoe should be worn on the basketball court.
- Equipment that is issued to you is your responsibility. Take care of it. You are responsible for turning back in at the end of the season your game uniforms and warm-ups and any other equipment administered to you. Make sure you always have your uniform following a contest.
- The athlete will purchase practice equipment. Wear only your gear. Shirrtails will be worn tucked in. Dress as you would for a game. See the manager if missing any equipment.
- Be responsible for your own locker, keep it neat and locked at all times. Personal items should be secured at all times.

### **G. Conduct at School, In the Community, And Game Day**

- Treat your teammates like you want them to treat you. No one is any better than anyone else is. Failure to comply with this could result in your being dismissed from the squad.
- Athletes are not permitted to hang out in the hallway-students should move from class to class.
- The day of the game: at school, everyone is to wear a designated outfit.
- Any action deemed not representing Shawnee High School may result in your being denied participation.

### **Physical Examinations**

- No student will be allowed to practice or participate in games without having had a physical examination and all necessary forms on file in the Athletic Office.

### **FERPA Consent Statement:**

**“In addition to directory information I give permission for the school to release my athlete's height, weight, performance statistics and grades for purposes of promoting the athlete in recruitment, media releases and recognition.”**

### **Public Comments:**

**The Board believes that complaints and grievances are best handled and resolved as close to their origin as possible, and the staff should be given the opportunity to consider the issues and attempt to resolve the problem prior to involvement by the board, therefore, the proper channeling of complaints involving instruction, discipline, learning materials or co-curricular activities:**

- 1. Teach/Coach/Advisor**
- 2. Assistant Principal/Athletic Administrator**
- 3. Principal**
- 4. Superintendent**
- 5. Board Of Education**

Shawnee Basketball Rules and Regulations 2009-2010

- *The board expects the professional staff to receive complaints courteously (during an appointment) and to make a proper reply to the complaint*
- *Matters referred to the superintendent and/or board must be in writing and should be specific in terms of the action desired*

## **DRUGS, ALCOHOL, AND TOBACCO (As identified in the Athletic Handbook Pg. 11)**

A student athlete identified as using or possessing drugs, alcohol or tobacco by a faculty member during the sport season or admitting to using or possessing drugs, alcohol or tobacco during the sport season (first day of OHSAA designated practice until the awards assembly) shall be subject to the following consequences:

- **First Offense - the athlete shall be denied participation in 50% of the contests scheduled for that sport. The consequences may be decreased to 10% of the contests if the athlete participates in a chemical assessment by C.C.D.C. and follows the recommendations of that counselor. The athlete shall continue to practice.**
- **Second Offense - the athlete shall be denied participation for the remainder of the season.**

## **IV. LETTERING**

- Attendance at practice and games.
- Participation in practice and games.
- Team Play and individual contribution.
- Compliance with rules and conduct governing the team.
- Coach's evaluation. (The coach has final authority in making decisions concerning award recipients.)
- A member of the team must play in 1/2 of the total quarters for her to letter. (Example: 20 games, 80 quarters--you need 40 quarters to letter.)

**Dear Parents and Prospective Athlete:**

**The toughest duty in a coach's season is to make decisions as to who is going to be on the basketball squad. I wanted to take this time to identify the criteria that we use in order to make our decisions.**

- I. Basketball Skills**
  - a. Ballhandling**
  - b. Shooting ability**
  - c. Passing ability**
  - d. Rebounding ability**
  - c. Defensive ability**
- II. Physical Skills**
  - a. Quickness**
  - b. Size**
  - c. Athleticism**
- III. Chemistry**
- IV. Position-Guards, Forwards, Post Players**
- V. Future benefit to the program**
- VI. School Situation: Eligibility & Disciplinary History**

**Even though some of our prospective athletes may fall short in one or more of these categories, we strive hard to place the best basketball players on the court. Equally important to us is to choose those student athletes that are going to represent Shawnee High School in the most positive way.**

**If you were one that is not chosen this season I would encourage you to work hard on your fundamentals to improve your skills for future tryouts.**

**Sincerely**

**Girls Basketball Staff**

## **2009-2010 SHAWNEE HIGH SCHOOL BASKETBALL RULES & REGULATIONS**

I have read and understand the guidelines, rules and regulations that govern this activity. I understand the penalties that may be imposed if I break the rules.

---

(Date)

(Student's signature)

I have read and understand the guidelines, rules and regulations that govern this activity. I understand the penalties that may be imposed if I break the rules.

---

(Date)

(Parent's/guardian's signature)