

Lopez Island

Women's Basketball

2011-2012

Coach Berg

Lopez Girls Hoops 2011-2012

I. Philosophy and beliefs

1. (a) HARDWORK is the core of the program; feel success, and improve daily.
(b) Attitude affects your performance; be positive, upbeat, happy, and spirited in the face of adversity. Have the Yes We Can attitude.
(c) Learn the system and know your responsibilities.
(d) Faith is contagious. Champions believe in themselves and in their teammates. Your teammates will believe in themselves if you believe in them.
(e) Have control and a balance of your emotions.
(f) COMMIT to the program and your teammates.
2. At times individual wishes must take a back seat to the team situation. Selfishness ruins the team concept. The TEAM must come first.
3. Portray a positive image on and off the court. We want a first class image of ourselves and our school.
4. Display good sportsmanship at all times.
5. Expect 100 % effort in each practice and in each game.

II. Lopez will:

1. RUN on both offense and defense. The fast break will be our first offense.
2. Play TOUGH defense: rotation zone and man to man. Team "D" will be key.
3. Employ varied zone and man pressing defenses.
4. Train and be in top condition to run our running and pressing game.
5. Rebound as a team.
6. Encourage every team member.

III. Goals:

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|---|-----------------------------|
| 1. Win ONE game at a time | Top goal 20-0 |
| 2. Make the district playoffs | Finish "1" in NW "B" League |
| 3. Make top 4 in District playoffs | Finish "1" in District |
| 4. State playoffs in Spokane | Win 4 games at state |
| 5. Win championship game | STATE CHAMPIONS 2012 |
| 6. Learn some of life's lessons that are not readily available from a book or in a classroom. | |
| 7. Develop friendships and memories that will last a lifetime. | |

IV. WIAA, League, and Lopez rules:

1. WIAA- A player must have 10 practices before playing a game.
2. League- Players are not to leave the school premises once they reach a destination for an away game.
3. WIAA & Lopez- You must attend classes the entire day of a game. If you are too sick to attend classes, you are too sick to play. This rule does not legislate against absences for doctor or dentist appointments.
4. If you are going home with someone at an away game other than your parents, you must have written permission from a parent or guardian each time.
5. Know Lopez's scholastic eligibility policy.
6. Keep up classroom effort and grades.

V. Lopez practice rules:

1. Be on time for practices, meetings, and trips. Punctuality is an element of personal discipline and maturity. The team will not wait for you.
2. If you must miss or be late for a practice, notify your coach in person. Do not rely on others to deliver that message.
3. Stop all activities on the whistle and give the coach your attention. Jog to the coach and to time out sessions in a game situation.
4. Any time you are on the court, expect to give 100 % effort.
5. Avoid horseplay and goofing around.
6. No profanity!
7. You are in the public's eye, you represent the school; it takes only one impression by a crowd to plant a negative generalization upon all of us.
8. On the court, no one sits down unless the coach sits down. No one leaves the practice floor without the coach's permission.
9. NO ALCOHOL, smoking, or drug use! The consequences will be severe (suspension and / or expulsion). It only hurts you and your teammates.
10. Play smart and have fun.
11. Players must dress appropriately for away trips. Look first class!
12. Come to play with a good attitude. Have a great team attitude.
13. Three strikes and your out rule. To be discussed in the preseason meeting.
14. Letter requirements- 1. Be on the varsity. 2. Be committed to the program
3. Players attitude 4. Attitude towards the team 5. Effort

VI. 8 Major Team Goals:

Of the 8 major team goals; three are physical goals, three are mental goals and two are social goals.

1. 100 % Effort- Towards conditioning, training rules, skill development, practice and games.
2. Playing to WIN - The preparation for and striving to win is the essence of interscholastic sports. If you don't play to win why keep score.
3. Sportsmanship- The ultimate in competition is when each team has given their best and have played in a manner honoring to themselves and respectful of their opponents.
4. Discipline- Self control and disciplined play.
5. Positive- Promotes self-esteem, provides for constructive learning, and results in a rewarding experience.
6. Unity- Develop team roles, atmosphere of support, encourage and mutual respect.
7. Develop Abilities- Individual and team skills.
8. Mental Toughness- Poise, handle adversity, concentration.

Varsity Basketball 2011-2012

I agree as a team member of the Lopez varsity basketball team to abide by the team, school, league, and WIAA rules regarding eligibility. The use of alcohol before the age of 21 is against the law in the state of Washington. Drugs, alcohol and smoking are against the team, league, and WIAA rules. Use of alcohol, drugs, or smoking during the basketball season is prohibited. If you are participating in these activities you will be removed from the team.

I understand the above and I promise to not use drugs, alcohol, or smoke during 2011-12 basketball season. This type of behavior not only hurts you but also your teammates. Let's make a commitment to one another.