



### *MVHS Nighthawk Basketball*

Congratulations on being selected to be a Nighthawk basketball player. Now that you have been chose to be a member of our program, there are standards of excellence which you must uphold. This is a very special honor, and it is important for you to understand responsibility that goes along with it.

Whether you are on the court, at school, home, or out in the community, you are a Nighthawk. Your actions not only reflect upon you as an individual, but our entire program as well. That is why it is vitally important that you live up to the standards and responsibility expected of you as an ambassador for our basketball program and our school. These expectations include getting good grades, behaving well in the classroom, fulfilling all responsibilities and home, and being a model citizen in the community.

### *Coaching philosophy*

The MVHS Girls basketball team will reflect the concept of “pursuing victory with honor.” We will represent MVHS and our community in a positive manner. Our goal is success academically and on the court. Success defined by John Wooden as “a piece of mind which is a direct result of self-satisfaction in you did your best to become the best you are capable of becoming.”

Our goals:

1. Success in life - What we teach is more important than basketball! – We educate the ‘whole’ player.
2. Success in the community - We will represent our school and community positively.
3. Success in the classroom - Every player graduates with a diploma and is prepared for college.
4. Success on the court.

### *Codes of Conduct*

Players are required to meet the requirements of the Murrieta Valley Unified School District “Athletic Code of Conduct and Sportsmanship”, and the Murrieta Valley Girls Basketball “Team Handbook”. Parents are expected to honor the “CIF Parent Code of Ethics” and promote the six core ethical values: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship.

### *Academic Expectations*

Players are required to stay academically eligible and maintain a 2.0 GPA and be passing 4 classes (CIF Eligible). **OUR GOAL IS A 3.0 TEAM GPA.** Consistently poor academics can result in suspension or expulsion from the team.



### **Social Expectations**

At all times players represent their team, school and community. Players are expected to maintain proper decorum at school, team functions/travel, and in the community. Failure to do so can result in reduced playing time, suspension or expulsion from the team.

### **Athletic Requirements**

Participants must be cleared through the athletic department to participate. All paperwork in the athletic clearance packet must be completed along with an Athletic Physical. Each player must also meet all CIF eligibility requirements.

### **Medical Matters**

All sports related injuries are to be reported immediately to a coach. The athlete is to check with the coach the day following the injury to be cleared to practice. An injured athlete who is under medical care by a physician must present a written release from the physician before the coach can permit the athlete to participate in practice or games.

### **Game Day/Team Travel**

When a team bus is provided players are expected to travel on the team bus to and from the game. Players should be in our team travel gear. Players may be excused, *only in extreme circumstances*, from the return trip if parent permission is received.

### **Letter Policy**

All varsity players are eligible for a 'Letter'. They must meet all the guidelines listed below. The final decision on a player lettering as a varsity player is at the coach's discretion.

1. Be academically eligible for the complete season. (first day of practice to the end of the season)
2. Dress out for at least 75% of the Varsity games. (exception for injury)
3. Positively represent the Nighthawks and MVHS.

### **Freshman Basketball**

The purpose of the freshman program is to:

- Develop and refine the basic skills and conditioning of the athlete.
- Introduce, explain, and reinforce the rules of basketball.
- Assess the player's athletic ability which will lead to continued involvement in the sport.
- Provide playing time to all participants, at the coach's discretion.

The freshman team will consist of ninth graders who have demonstrated the proper attitude, physical skills, and sport specific skills that indicate potential to become a varsity player. The number of players may vary from season to season. Players must meet all program requirement and goals to participate.



### Junior Varsity Basketball

The purpose of the Junior Varsity program is to:

- Further develop skills of the athletes.
- Increase the intensity of competition
- Prepare athletes for the varsity level
- Place more emphasis on winning, but not to the extent of the varsity level.
- Provide opportunities for playing time as game condition and coaching discretion merit.

The junior varsity will consist primarily of sophomores, possibly juniors or freshmen who have demonstrated the ability to compete at the JV level. Players must exhibit the required intellectual skills, proper attitude, physical skills, and sport specific skills that indicate a potential to be a varsity performer over the next two years. The number of players may vary from season to season.

### Varsity Basketball

The purpose of the Varsity program is to:

- Develop the physical skills and conditioning of an athlete to her fullest potential.
- Provide talented athletes a chance to excel.
- Provide athletes with the opportunity to learn set goals, strive to achieve them, and serve as a role model for younger athletes.
- Develop program goals that include winning, team building skills, and enjoyment of the sport
- Provide athletes and parents with notification during the pre-season if the coach feels the players will see minimal playing time.

The varsity team will consist primarily of juniors and seniors, but may include freshmen and sophomores who have demonstrated the ability to be key contributors. The varsity player must show the mental skills, proper attitude, physical skills, and sport specific skills needed to be starters to be essential contributors to the success of the team. The total number of players may vary from season to season.

*Note: Regardless of the level, each player must demonstrate the skills needed to be a member of the basketball program. No player is guaranteed a position in the present year because of participation the previous year.*



## *Classroom Rules*

1. Strive for excellence. Do not be satisfied with “just getting by.”
2. Respect your teachers at all times. Classroom behavior reflects the type of student-athlete we keep in this program.
3. All players will attend class regularly and be punctual. Excessive tardies and absences are not acceptable.
4. No players should miss practice or games for detention or academics. Players must be capable of being student-athletes, and if they cannot meet both criteria they should only be students!

## *Practice Rules*

1. Lateness and absences for practice and games will not be tolerated.
2. Contact your coach BEFORE practice if you will be late or unable to be at practice. Your coach will provide you with the phone numbers to call them for this purpose. **Failure to notify you coach prior to missing practice will result in disciplinary action which may include loss of playing time, suspension, or removal from the team.**
3. Missing practice can result in missing playing time. If you are ill, have a dire emergency, or have a coach approved absence more than one day before the game, you may play. **This situation is entirely up to the coach’s discretion.** If you miss practice the day before a game you will not play in the game, unless there are extraordinary circumstances that dictated otherwise. If you attend practice but do not participate due to injury or illness, you may play in the next game if you are healthy.
4. Practice gear must be worn at every practice. This is your spirit pack. There are not exceptions to this.
5. No jewelry of any kid is to be worn during practices and games. It should be taken off before games or practices start.
6. Report all injuries to your coach as soon as possible.

## *Game Rules*

1. Be on time. Failure to be on time will result in loss of playing time.
2. In order to participate in a scheduled school-day practice or contest, an athlete must be present in school on the respective day.
3. You must wear the appropriate attire on game day and when we travel. You will not play in the game if you are not dressed appropriately.
4. Make sure that you have all of your gear with you. Double check your bag BEFORE you leave the house. No player will give up their uniform for someone else to use.
5. When traveling to games, either on a bus or in vans, you must be on your best behavior. Screaming, shouting out of the windows, or other obnoxious behavior will result in disciplinary action.
6. Do not make any negative comments towards referees or opposing players. Let your coach know if a player on the other team is doing anything inappropriate, and your coach will talk to the referees.



7. **Learn while you are on the bench.** Stay involved mentally in the game. If you are not focused on the bench, you will NOT be put into the game.
8. The player leaving the game must sit next to the coaches when they come out, and everybody else will slide down. The player leaving the game will leave with the heads held high and having a good attitude, regardless of the circumstance of being take out of the game. Any show of displeasure about being removed form the game will result in not playing any more for that game.
9. At no time before, during or immediately after the game should you communicate with anyone except you coaches and teammates. Halftime is not the time to talk to your parents or friends. Turning around to communicate with someone while you are on the bench is not acceptable behavior. **After each game, we will congratulate the other team and immediately go to the designated meeting place to wrap up.** Failure to follow this policy will result in disciplinary action.

### Consequences

Consequences for team expectations are entirely at the discretion of the coaches.

#### Positive Consequences

- Demonstration of leadership skills, hard work, and maintaining good grades you can be designated a team captain.
- Receive a varsity letter.
- Receive a positive college or job recommendation.
- More playing time/increased role on team.

#### Negative Consequences

- Reduction of playing time/removal from starting lineup.
- Strenuous running or plyometric exercises.
- Be responsible for the entire team doing strenuous running or plyometric exercises.
- Short-term suspension from participation.
- Long-term suspension or removal from the program.

### Summer Practice and Camps

Summer camps will consist of 6 weeks of daily practice, leagues, and tournaments. Players are encouraged to attend. Although camps are not mandatory, they are a preparation for the upcoming season. If team travel takes place, additional expenses are required. If you do not think your family will be able to pay or you will not be able to attend please let the coaches know.

### Fundraising

We will fundraise based on need. It is obligatory to participate in team fundraising activities if they are pursued. Fundraising activities will be organized by the coaches and MVHS Girls Basketball Booster Club.



### Parent Volunteers

Parent volunteers are strongly encouraged. Areas of volunteering are tournament concessions, gate, scorekeeping, and all fundraising activities.

### Off-season conditioning

During the spring and fall, conditioning practice will be organized. In order to prevent injury, rehabilitate injuries, increase speed, agility and strength you should participate in the off-season condition program. If you cannot participate for any reason you should contact a coach immediately.

### Information for parents

Communications to expect from your coach:

- Philosophy of coach.
- Times and locations of practices.
- Team requirements, fees, etc.
- Expectations the coach has for your player athletically, academically, and socially.
- Any disciplinary actions that results in denial of participation

Proper communications from parents to coaches.

- Notification of any conflicts or absences in advance of practices and contests
- Concerns should be express directly, at appropriately times, to the coach. (First contact should be player to coach.)  
*Before or after a game or practice is not an appropriate time!*
- Positive encouragement and support for the program.

Protocol for concerns

1. Student athlete/coach meeting to resolve issue or conflict.
2. At the appropriate time call the coach directly to schedule a meeting to discuss concerns.

*Coaches have a responsibility for player supervision and safety of athletes before and after games and practices, additionally these can be emotional times for players, parents and coaches. This is not an appropriate time to resolve concerns.*

3. If steps 1 and 2 do not provide resolution and next steps are necessary contacting the Athletic Director.

### Important Numbers

#### **Varsity Coaches**

Coach Sather 951-295-1543  
Coach Richards 760-672-3387

#### **JV Coaches**

Coach Fields 951-704-9466  
Coach Voyles 951-206-6394

#### **FROSH Coaches**

Coach Jackson 870-562-1486



### Nighthawk Player/Parent Pledge

*As a player I will . . .*

- Attend practice on time every day or notify the coaches ahead of time why I am unable to attend.
- Focus on what the team is doing and use practice time to improve my skills and my physical abilities.
- Treat everyone involved with our team with respect and care. This includes coaches, teammates, officials, opponents, and fans of both teams.
- Go to the coaches first if I have a problem related to the team. I will not complain to others until I have given the person I have a problem with an opportunity to correct it.
- Work hard to develop good habits by practicing with consistency and motivation. The habits we develop in practice are the habits that will determine how we play in the games.
- Be coachable and attentive to instruction.
- Attend school all day. Each student must attend all day unless excused by the administration to be eligible to play or practice that day.

*As a parent. . .*

- I understand that the top three reasons athletes play sports are to have fun, make new friends and learn new skills. I understand that the game is for the athletes, and I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.
- I will redefine what it is to be a “Winner” in my conversations with my child. **Winners are people who make the maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, discourage them.** I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure of success is not how my child compares to others, but how he/she is doing in comparison to his/her best self.
- I will “Honor the Game.” I understand the importance of setting a good example of sportsmanship for my child. **I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees.** I understand that officials, coaches, and players make mistakes. If the referee makes a call I do not agree with, I will refrain from questioning, insulting or making personal attacks against him or her.
- Allow athletes to experience the successes and disappointments of participating in a competitive sport; they are character-building benefits of participating in sports.
- I will not make negative comments about the game, coaches, referees or teammates in my child's presence. This sets a bad example, which can negatively influence my child's motivation and overall experience. **I agree to act in a sportsmanlike manner and make every effort to foster a friendly and nonviolent atmosphere.**

*I have read and understand the team handbook and the expectations required to play Nighthawk Basketball . . .*

Parent Signature: \_\_\_\_\_ Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Tools for Parents

**The following ideas may be helpful for being a supportive MVHS parent.**

### *Conversations before the games*

- Tell your child you love him/her regardless of the outcome.
- Tell him or her “Go for it, give it your best shot and have fun!”

### *During the game*

- Understand that kids are over-stimulated during games. The coach may be giving instructions, opponents and teammates are talking, the crowd is cheering, and the referee is blowing the whistle. Do not yell instructions to your child during the game because it only adds to the confusion. Sometimes the best thing you can do as a parent is to be quiet.

- Cheer and acknowledge good plays by *both* teams.

### *After the game*

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts. After a difficult loss, recognize that it is not a good time to question a coach.
- Thank your opponents for a good game.
- Congratulate your child and his or her teammates for their efforts.
- Compliment individual players on good plays they made in the game.

### *During the car ride home*

- Point out a good play your child made during the game.
- Avoid criticizing or correcting mistakes.
- Avoid game analysis and criticism of coaches and referees.
- Ask open-ended questions about how the game was played rather than how many points were scored. Here are examples of open-ended questions that might apply:
  - Did you have fun?
  - Did you give it your best effort?
  - What did you learn from the game?
  - What was the best play you made and how did it feel?
  - Did you bounce back from your mistakes?