



PLAYER GUIDELINES

Welcome to Lady Jaguar Basketball! The coaching staff is excited about having you in the Flower Mound Lady Jaguar basketball program. Participation in the girls' basketball program is optional and shall not be required; however, for those who choose to participate in the program should be aware of the dedication required to be involved.

- 1. Practice:** Formal workouts will begin October 16th. Freshmen will practice before school and into first period. Practice usually begins at 7:30 am and will go approximately two hours. Upper-classmen will begin practice during 4th period and continue into the afternoon/evening. Varsity will have mandatory practices on Saturdays and JV and Freshmen could possibly practice then also. A schedule of practice times and games will be given to them soon.

Some practice guidelines are as follows:

- Be dressed and ready for practice on time at every practice.
- Work hard to improve yourself. Be serious, no clowning around or unnecessary talking.
- No complaining, no criticizing, no jealousy, no egotism, no envy and no alibis are acceptable. Earn the respect of others and your own self-respect.
- Give the coaches your attention when they are talking and move quickly to get in position for a change of drills.
- Shirts will be tucked in at all times in practice. **NO JEWELRY!**
- Don't require repeated criticism for the same mistakes. Correct habits are formed by continuous repetition of proper execution.
- When group activity is stopped to correct one individual, pay close attention so that you will not require the same correction.
- Many of you have not had intense coaching or practices. Be patient with yourself, work hard, and pay attention. You will improve more this year than in all your playing prior to this point.

2. **Absences from practices and games:** All players are expected to be present for every practice and game unless too ill to attend, have a family emergency, or are representing Flower Mound High School in another activity. All absences are subject to make-up workouts, which will be done on the first available day. Players are expected to notify their coach if they will miss a game or practice. Tutoring, making up quizzes or tests is not an excuse to miss practice without the coaches' permission. ***You should call the school at 469-948-3649 and leave a voicemail before practice starts if you are going to be late. No parent notes.***

3. **Holidays:** Because the basketball season falls during two major holidays, players must understand that their attendance during these periods is necessary. The following dates will help you plan your holidays with your family:

THESE DATES/TIMES ARE SUBJECT TO CHANGE

Thanksgiving: Freshmen A/B: Nov 23 - Nov 30:: No practice/ no games

JV: Nov 23 - Nov 30: No practice/ no games

Varsity: Nov 21-23: Tournament
 Nov 25- 29: No practice/ no games
 Nov 30: Practice 10:00am

Christmas: Freshmen A: Dec 20: District Game
 Dec 21-29: No practice-no games
 Dec 30: Game at Melissa-10:00am
 Dec 31: Game at JJ Pearce-11:00am
 Jan 1: OFF
 Jan 2: Morning Practice
 Jan 3: Game vs Marcus - 2:30pm
 Jan 4-6: OFF

Freshmen B: Dec 20-Jan 1: No practice-no games
 Jan 2: Morning Practice
 Jan 3: Game vs Marcus - 1:15pm
 Jan 4-6: OFF

JV: Dec 20: District Game
 Dec 21-27 No practice
 Dec 28: Morning Practice
 Dec 30: Game at Melissa-10:00am
 Dec 31: Game at JJ Pearce-11:00am
 Jan 1: Morning Practice
 Jan 2: Morning Practice
 Jan 3: District Game vs Marcus
 Jan 6: Morning Practice

Varsity: Dec 20: District Game
Dec 21-26 No practice
Dec 27: Morning Practice
Dec 28: Morning Practice
Dec 30: Game at Melissa-11:30am
Dec 31: Game at JJ Pearce-12:15pm
Jan 1: Morning Practice
Jan 2: Morning Practice
Jan 3: District Game vs Marcus
Jan 4: Morning Practice
Jan 6: Morning Practice

4. **Dress Code and Appearance:** Since we are representing a specific program at FMHS, we will abide by the dress code at all times at school. **NO EXCEPTIONS.** If you think it may possibly be a code violation, **DO NOT WEAR IT.** There will be consequences for dress code violations. Make sure your shirts, skirts and shorts are long enough. If a coach feels you are in violation, you will be required to change. This also applies to when we travel as a team. We will not wear pajama pants when we travel. Due to safety, there will be no long fingernails allowed during season.
5. **Grades:** You are responsible for keeping up your grades and letting a coach know when you are having a problem with a class. Do not wait until the last minute to try and get help in a class. By then, it's usually too late. Failure for a grading period will result in the player being ineligible until the next grading period. Ineligible players may be removed from the program. Players are to work on homework during study hall.
6. **Study Hall** – You will sometimes have days that study time will be provided. You are responsible for bringing something to study or read. This is not free time or time to visit with your friends.
7. **Classroom/Community Behavior:** Inappropriate behavior will not be tolerated. Players may be warned, disciplined, or dismissed from the team for problems in this area. This includes: FACEBOOK, TEXTING, TWITTER, SNAPCHAT and other social media or technological devices, etc.
8. **Hazing:** Any form of hazing at all ***will not be tolerated.*** If there is any unfair treatment of you or one of your teammates, ***please bring it to the coaches' attention immediately. Get dressed and get out. The locker room is not a place to hang out!***

9. **Game and Practice Equipment:** Each player will be issued a full game and practice uniform. If lost or stolen, the player will be required to pay for the replacement(s). Each player must bring their own combination lock and keep their locker LOCKED at all times. The combination will be given to the coaches also. Please lock your locker and don't share your combination. Unlocked lockers, missing equipment during practice, etc. will have consequences.
10. **Injuries:** In the event of an injury, let a coach know. Take care of it as soon as possible. We encourage you to communicate with our professional athletic trainers when dealing with injuries.
11. **Locker Room:** You will be assigned to a locker. The locker room will be kept neat. Everything will be kept in LOCKED lockers. Towards the end of the period, you are not to leave the gym area without permission until the bell rings.
12. **Eating Habits:** You need to eat breakfast. You must eat a balanced diet because of the energy you will be expected to expend.
13. **Coachability:** One of the most consistent findings in relation to the emotional qualities of extraordinary athletes is that they are coachable. Be willing to listen to and learn from the coaches as well as your teammates.
14. **Leadership:** Every team needs leadership. You don't have to be the oldest or the best player on the team to be the leader. You do have to give 100% every time you set foot on the court. Leading by example is just as important as being a verbal leader.
15. **LOYALTY:** To school, team, program.

Never be afraid to ask me for a one-on-one conference, nor should you be afraid of me calling you in for a conference. Work hard, value the game and someday you will look back to this time and wish you could do it all over, because it could be one of the greatest times of your life. This year will at times seem long, but I can assure you, it will be over before you know it. Don't waste one minute in practice. Enjoy this time in your life. It only lasts for a little while. The most important thing is the mental aspect of setting and achieving your goals. The mind creates the body. You have to believe in yourself and you have to believe in your coaches and visions.

Please return this page signed by the student-athlete and each parent/guardian.

I have been given a copy of the Player Guidelines for the FMHS Girls Basketball program. I agree to abide by these guidelines set for this program.

Date: _____

Player Name Printed: _____

Player Signature: _____

Parent/Guardian Signature: _____

Parent/Guardian Signature: _____