



2023-24 LADY HAWKS BASKETBALL

Parent Meeting Agenda

Wednesday, November 15th

Follow us on:

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Website - www.leaguelineup.com/ladyhawksrrhs (Living Calendar and Updated Schedules)

Coaches

- Chad Arko – Head Coach
- Corey Armstrong – Assistant Varsity Coach
- Andre Williams – Assistant Varsity Coach
- Janay Creamer – Junior Varsity
- Jason Patterson – C-Team
- Robert Dearborn – C-team Assistant

ASB fee & basketball player fee must be taken care by this week

- Payment is through Online Payment Portal on our school website under Athletics

GPA Requirement

- Must be above a 2.0 and can't be failing 2 classes to play in any kind of contest

Practice attire

- Practice jersey (provided for all teams but must return and a pair of navy shorts are available for JV and V)
- Basketball shoes
- Water
- Slides or crocks (don't wear your shoes from the outside onto the court)

Game attire

- 2 Uniforms (home-white & blue-away) issued to all 3 teams (must return)
- Navy blue or black undershirts for road games & white undershirts for home games
- Warmup shirts, jacket and pants plus a bag issued to JV and V teams (must return)
- No sweatbands or arm sleeves

Player Pack (Basketball Attire)

- Everything will be on-line at <https://bsnteamssports.com/> and an access code will be given out again soon for the second wave of orders. First order was due November 6th.

Practice Routine

- Bags go in the bleachers
- Water is accessible so we don't take forever in between drills

3 days of tryouts for 10th – 12th graders, 5 days of tryouts for freshmen

- November 13th – 15th for 10th thru 12th graders
- November 13th – 17th for Freshmen

JV & V teams won't be announced officially until sometime during week 2 but we will start putting them into teams until then with a chance to move up or down. Freshmen will be notified after practice on Friday but some will move up to JV and V this first week.

Fundraisers (raise a minimum of \$50)

- Free-Throw-A-Thon on November 17th @ 2:40 (summer tournaments and warm up shirts for C-team next year plus gear needed throughout the year)
- Permission slips due on Thursday, November 16th

Saturdays that are filled

- November 18th – Practice (Mandatory practice for all 3 teams) 9:00-11:00
- November 25th – Varsity jamboree @ Rochester High School @ 10:10 & 10:40 a.m. and JV and C-team practice 9:00-11:00

Thanksgiving Break (Nov. 22nd thru 25th)

- Wednesday 11/22 – Practice for all 3 teams 10:00-12:30
- Thursday 11/23 – Off for Thanksgiving
- Friday 11/24 – Practice for all 3 teams 10:00-12:30
- Saturday 11/25 – See above

Winter Break (Dec. 20th thru Jan. 2nd)

- Wednesday 12/20 – Games vs. Peninsula
- Thursday 12/21 – Practice for all 3 teams 10:00-12:30
- Friday 12/22 – Practice for all 3 teams 10:00-12:30
- Saturday 12/23 – Off
- Monday 12/25 – Off for Christmas
- Tuesday 12/26 – Practice for Varsity 10:00-12:30 w/ JV and C TBA for the week
- Wednesday – Friday (12/27-29) – Varsity in a Winter Break Tournament @ Fort Vancouver w/ JV and C-team TBA
- Saturday 12/30 – Off
- Monday 1/1 – Off for New Year's Day
- Tuesday 1/2 – Practice for all 3 teams 10:00-12:30
- Wednesday 1/3 – Back to school with practice after school as normal

Bus Trips

- Unless of an emergency or a planned ahead activity, the players ride home on the bus
- If you have been cleared take your daughter home, then the coach must have a signed note or text and a visible parent
- No player may go home w/ another player's parents
- We win and lose together as a team so coming back together is just as important as going to the game

Team Emphasizes

- Learn how to play help side defense
- Know how to press
- Know how to move in our 4 out offense
- Know how to run our press break
- Learn how to rebound
- Work all year on the fundamentals of 1 on 1 defense, passing, shooting and moving without the ball

Requirements by players

- Play as hard as they can every day
- Be a great teammate – help each other out, tell a teammate great job when they do well, don't emphasis on the negative plays since no one meant to make the bad pass or miss a shot, be a positive teammate, etc.
- Come to compete every day – we will have competition every day in practice and they are required to go hard and compete to make it like a game day situation as much as possible

Support from Parents

- Don't coach against us, if you have questions feel free to ask
- Regardless of how your daughter does, please be positive at home since the game already gives back enough feedback. Let us coach and address the issue with her performance on the court right away. Don't ever feel we are doing anything to "show-up" your daughter because we all want the same thing which is to produce good people/players and win games. ☺
- If you need to give your daughter a water or drink during the game, please don't engage in coaching your daughter.
- 24 Hour rule – please don't expected a coach to engage in conversation about playing time or philosophy after a game. We all have emotions flowing at the time, so let's wait for a night to sleep and digest it before we have a conversation.
- Assistant Coaches – I tell all my assistant coaches to never encounter with a parent after a game about playing time or philosophy. We can set up a meeting with all of us including our athletic director if needed. Playing time isn't guaranteed at the high school level so understand practice time determines their earned playing time as well as their results in game situations.

Starting Monday, November 20th grades will be pulled by the school but I check year-round. If their grades are under a 2.0 GPA, then they won't play in any game after that day until their grades are above a 2.0 GPA.

Summer Basketball

- Practice starting Tuesday, May 28th 2:30-4:00 every Tuesday and Thursday
- 2 Tournaments (June 1-2 & 8-9) in Centralia and hoping to not charge if we raise enough money from the Free-Throw-A-Thon. The two tournaments would cost \$60 per player if we don't raise enough money.
- Going to team camp at the end of June that will cost about \$150 per player (taking a Varsity and a JV team) – BNB in Newport, WA June 24-27 which will need to be paid per family
- Open gyms Mondays and Wednesdays in July 10:00-11:30 (should be in our aux gym this year but will keep you all updated)