



## 2022 - 23 Team Handbook

### **Introduction:**

The purpose of the team handbook is to set the expectations of our players and parents. I believe that a team handbook is an essential tool for communicating team rules and for setting proper expectations for our players and parents. Please take the time to read over the handbook as we require all players and parents to sign a statement of understanding so that the coaches, players, parents agree for all expectations.

To our players and parents, as Upper Darby's basketball coach and leader of our program I commit to work hard and will do the best I can do to improve each girl as a basketball player and participant in our program. My goal is that each player walks away from our program not only better at the game but more importantly, a better person who is proud to be an Upper Darby ROYAL.

### **Coaches Expectations:**

The coaches look forward to having the players compete to the best of their ability and to contribute to building a successful program. Our goal is to enhance a player's skill set and provide discipline and structure to help the players grow and mature. The coaches set high standards for the players, both on the court and in the classroom. We believe that being a student athlete is a privilege and we ask that in and outside of basketball, players set a positive example and represent Upper Darby in the best manner.

### **Team Principles**

- Put the goals of the TEAM ahead of any individual goals.
- Have a great work ethic at all times on the court and in the classroom
- Be on time to all school and team activities
- Have pride in being a ROYAL
- Respect your teachers, coaches and teammates
- Academics before sports

### **Role of The Coach:**

- Teach the game of basketball in a positive manner and to connect and encourage all players.
- Promote a trusting and conducive environment
- To inspire players to reach their potential
- To communicate with players and parents
- Treat players and staff with respect
- To Represent our program and community in a positive manner

### **Role of The Player:**

- Be a good teammate
- Be coachable
- Learn from each game and practice
- 100% effort on the court and in the classroom
- Be accountable and responsible
- Display good sportsmanship at all times (No trash talking or arguing with the referees)
- Always be positive towards yourself and others around you
- Maintain composure when faced with adversity
- Represent the program, team, school, and yourself in a positive manner
- Be committed to your team and have a team first mentality
- Don't be afraid to make mistakes
- Enjoy yourself and have fun

### **Role of the Parent:**

- Support your daughter on and off the court in a positive manner
- Help maintain your daughter's academic performance
- Communicate any injuries to the coaching staff
- Be a positive example at games and support all players on the team and the coaching staff
- Do not harass the referees
- Support the team style of play and let the coaches do their job. Coaching the girls from the stands may conflict with what we are trying to execute and cause confusion for the girls.
- Trust the coaches and school district to do what is right for your daughter as a person and player. As a coach, I have the players and entire program in mind when making decisions. Please know we are all on the same side.

### **General Team Rule:**

Though we will have many guidelines to follow, I really have one general rule that I manage our players and team by. Simply stated, **do not do anything that will be detrimental to yourself.** If it is detrimental to you, it will be detrimental to our basketball team and Upper Darby High School. This rule covers a lot and includes breaking rules in the school's and athletic code of conduct such as violating school attendance policies, fighting in the school, drinking, smoking, cheating in academics, breaking laws, etc. We understand that not every event or situation can be covered in a handbook. Incidents that violate our team rules and guild lines will be resolved at the discretion of the coach, athletic director and principal.

## General Guidelines:

1. School Rules: Players and parents will be managed to the policies set forth in Upper Darby High School Student Handbook and Athletic Handbook. (Both documents available on UpperDarbysd.org website)
2. All absences to practices and games must be communicated via email, text or call
3. Be on time! If you are not 15 minutes early, you are late. (If you are going to be late, notify the coach)
4. Cell phone and headphone use are prohibited during practices and games.
  - o Practice begins as soon as you step on the floor.
5. Be respectful and do not criticize your teammates or coaches. Remember we are a team!
  - o WHEN YOU COME OUT OF A GAME, GIVE EVERY COACH AND PLAYER SITTING ON THE BENCH A HIGH FIVE
6. Every player has a role on the team. Accept your role as a player and be positive towards others at all times
7. When the coach is speaking or instructing another player, everybody pays attention and listens.
  - o Eyes on coach
  - o Hold the basketballs
  - o Ask questions if you don't understand
8. Team First Mentality: No one player is above the team.
9. Must meet academic expectations to be eligible to participate.

**Attendance:** To be successful as a team, all players must commit to attending all practices and games. The following should be managed to:

- Arrive on time and ready to participate
- All practices and games are mandatory unless superseded by a family emergency / responsibility, school or academic responsibilities and or unless granted permission by the head coach in advance.
- Varsity players should not be participating in other sports or for other teams during the season unless approved in advance by the head coach. **UDHS GBB comes 1<sup>st</sup>.**
- The coaching staff expects a phone call or message even if absent from school; we must all communicate.
- All academic responsibilities should be completed around our schedule. Plan accordingly and complete your schoolwork. Do not procrastinate.
- In general terms, if you are not practicing or attending practice, you will not play in the games unless there are extenuating circumstances such as injuries or other mitigating factors. If persistent your team membership may be affected.
  - General Rule
    - i. Missed Practice = Does not Start next game
    - ii. Missed Game = Does not play in the following game

**Practices:** You are part of a team and your teammates and coaches always rely on you to attend and actively participate in practice with a good attitude and strong effort. Please do your very best to schedule appointments, work, and any conflicts around our practice schedule. Practice is how we get better so be ready to work hard, pay attention, and help work with each other.

- **Be on Time:** Starting practice on time will enable us to maximize our time on the floor and to be better prepared for each game. Allow yourself enough time to get taped, dressed and prepared to stretch before you step on the floor. **(Note: Please do not enter the gym until after other teams (including the girls freshman team) have completed their practices and have cleared out of the gym.** We do not want to create any distractions and want to be respectful of their time.

- **Practice Attire:** Players are required to be dressed appropriately to participate in practices and are prohibited from shooting around, running, etc. until properly dressed for practice.
  - Pinny's: Players are to bring their practice pinny to EVERY practice
  - T-Shirts: Players are required to wear a t-shirt under their pinny, NOT just a sports bra.
  - Sneakers: Players must have their basketball sneakers on and laced up before stepping on the floor.
  - No jewelry allowed and Coaches will not be responsible for any jewelry a player may have.
- **Be Prepared:** Come prepared and ready to practice. Your coaches will show up every day with a practice plan and ready to teach and we expect our players to come and give 100%. There will be a lot of new things to go over especially early in the season, and the only way, we as a team will benefit, is to have committed, hardworking individuals who are willing and ready to participate.
- **Absences:** If a player must miss a practice, it should be discussed with the coach ahead of time whenever possible. If the player should miss a practice due to illness, injury, or a family matter, the player should bring a note signed by her parent explaining the situation to the coach as soon as possible. This does not necessarily excuse the absence but will assist the coach in deciding on the situation. If you are injured or ill and did not leave school, but cannot suit up for practice, you still must attend and observe practice. If you are ill or have an appointment and are leaving school early, please inform me so I will know where you are.

**Games Day: Attendance:** In order to play the day of a scheduled game, the player must be in school the day of the game. If a player is ill and misses the whole day, she will not be eligible to play. Players should refer to the Athletic Code of Conduct for additional information.

- **Game Day Attire:** On game days, we ask the players to ensure that they are dressed properly for travel and on the court play.
  - Players should wear their warm ups or anything Upper Darby Basketball related so that we represent our program all together.
  - Players must have a full uniform and wear it tucked in to participate in game play. We are a team, we should dress like one.
- **Time of Arrival:** All players need to ensure they arrive on time and prepared to play by having their correct uniform and being mentally prepared.
  - **Away Games:** Players should arrive 15 minutes before the bus departs, or when they are dismissed from class to leave.
  - **Home Games:**
    - **JV Team:** Players are required to arrive to the gym at a minimum 1 hours before the game start time. Players should be ready to warm up 45 minutes prior to the game.
      - JV players are required to attend the varsity game and should sit together to support the varsity team.
    - **Varsity Team:** Players are required to be in the gym at the start of the junior varsity game. Players will sit together and actively watch the first half of all JV games. Varsity player should conduct a shoot around at JV halftime and then get ready for their game at the beginning of the 3<sup>rd</sup> quarter.

- **Bus Travel:** All players are required to travel on the team bus to and from for all away games. If there are any special circumstances and a player needs to leave with a family member, an email must be sent to the coach and athletic director 24 hours prior and a hand-written note is needed the day of the game.
  - The team bus will depart on time and will not wait for players.
  - Players must remain seated at all times on the bus except when singing the school Alma-Mata when arriving back at school.
  - Players are responsible for cleaning up all trash before leaving the bus.

**Bench Rules:** Players on the bench during the game must be attentive and aware of the situation on the floor. You should be especially attentive to your teammate that you may be going in for and who she is guarding. You must have your head in the game, so you are ready to play.

- **Timeouts:** During full timeouts, the 5 players in the game at the time will sit on the bench with the remainder of the team standing in a huddle around the coach, paying attention, listening and learning. During 30 second timeouts, the players on the bench should stand behind the coach on (Staying off the floor) listening.
- **Substitutions:** When coming out of a game, make sure to hi-five the Coach and all players on the bench then return and sit next to the head coach. If the HC is standing, sit next to one of the other coaches for feedback and encouragement.
- Players on the bench should be the loudest and most positive fans

**Team Attitude:**

Players are always expected to support their teammates and coaches and represent our school and program at the highest levels. If a player fails in this regard, that player will have a conference with the coach and appropriate action will be taken. A player may either commit this offense verbally, with an action or negative body language. Additionally, all players must respect our fans, score keepers, team managers and referees.

**Medical Treatment:** The health of our players is always my first concern, and it is important for the coaching staff to be aware of any issues. Players must adhere to the following:

- Any injury or medical issue must be brought to the attention of the coaching staff.
- Any injury needs to be reported to the athletic trainer and he/she will be our first professional contact.

**Social Media Policy:** social media (and any other form of media such as text messaging and social applications) regarding a player's participation in the Upper Darby Basketball Program should be limited to positive messages only. Derogatory messages/statements directed to the school, team, players, coaches, opponents etc. will not be tolerated. When you post negative comments, it reflects negatively on our school, program, community, and yourself. Remember, your posts are never private.

**Playing Time:** Playing time can be and is sometimes a sensitive subject for both players and parents. Though we will look to provide playing time for all players, I will not commit to any specific playing time to any player. As the head coach I will commit to doing my best to be fair to all the players but am committed in meeting the responsibilities a coach has to their team. Every player has an equally important role on our team, but it is not measured in playing time.

- **Freshman and JV:** The goal is to build and grow our players so we will do our best to provide adequate playing time for all players. However, equal playing time may not occur and will be based on attendance and performance in practices and games.

- Varsity: At the varsity level, we play to win. Playing time will be based on match ups, performance and on who gives our team the best opportunity to win against the competition we are facing. Playing time is something that can be discussed but it should only occur between the player and the coach. If a player is not happy with their playing time, they should approach the coach to discuss their role on the team. If a player becomes disruptive or distracted due to playing time, the coach may request a meeting with the player to discuss their role on the team.

**Parent – Coach Communications:** I follow an open-door policy and will be happy to discuss any issue with parents or guardians. However, I ask that the following rules are adhered to:

- 24 Hour Rule: There is a 24 hour cool down period after games until I will meet, speak or email with parents about something that may have upset a parent or guardian during a game. This allows for all involved to be more focused and allows both parties to address the issue calmly. (This rule does not apply to injury, illness or safety concerns)
- Playing time will not be discussed. This is a coaching staff decision and is not something that should be discussed as there are many reasons playing time is affected. However, if you ask, “what can my daughter do to **earn** more playing time”, I will be happy to share my thoughts with you and your daughter.
- I will never talk about another player on the team with parents. If there is an issue regarding concern as it relates to the code of conduct, I ask that you bring this to my attention so that we can arrange a meeting with the Athletic director.

**Disciplined Approach:** Discipline is essential if there is to be respect between a coach and a player. Without discipline or consequences, a team cannot function properly. If a player does not have the proper grades to participate in a sport, we will address the issue according to the Upper Darby School District Policy. Furthermore, we believe the player should reach out to the teacher that can help/tutor where the player is struggling. A player will not participate in practice or games until grades are acceptable. Behavioral issues and or team rule violations will be discussed with the player and with parents if needed.

**Final Thoughts:** As a coach, all I will ever ask of our players is to **want** to be a part of the team. Belief in a team philosophy and being part of a team requires many things, but most of all, it requires commitment. Our players need to **want** to work hard, be a great teammate, be coachable and have a positive demeanor. I believe that participating in school sports and being a student athlete is a privilege and by doing so, players are provided with the ability to learn more than just playing the game. Many life lessons are learned through sports but being part of a team also creates great memories and friendships that can last a lifetime! Lastly, I want our players to know that they will make mistakes and we will fail at times. **They need to know this is perfectly acceptable.** My goal is to ensure that we learn from mistakes and working together to succeed is what truly counts. I am committed to our program and our players and will always, to the best of my abilities, work hard to create a conducive environment that our players can learn, thrive and most importantly, enjoy themselves in.



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