

ABSENCES (EXCUSED AND UNEXCUSED) AND CLUB SPORTS **POLICIES**

Practice time is very important. We do not expect any unexcused absences for practice other than for family emergencies and/or academic issues based on school related events. If you are missing practice time for academic issues, this probably needs to be your focus rather than basketball until the academic issues are resolved.

Illness is part of every school year, and it is very difficult to go four months without coming down with some sort of physical illness, especially when basketball occurs at the height of the cold and flu season. A player will not be penalized by the retraction of playing time for simple illnesses, i.e. colds, the flu, etc . . . If you are ill, please have the player or parents either email, call or text their primary coach; if they do not notify their primary coach, it will be considered an unexcused absence. If you are ill during the school day and leave the building, please have them contact their primary coach before they vacate the building. For prolonged illnesses, it is not our intention to penalize players, but naturally missing a large amount of practice time requires increased time to build up endurance and catch up on material covered during your absence (plays, defensive schemes, etc.). When cleared to play from a medical standpoint; a player may or may not resume to the practice or game level they were at before their illness depending upon assessment from the coaching staff regarding where that player is at from a basketball standpoint.

Family emergencies and unforeseen circumstances can, do and will continue to happen; we'll address each one of these in a case by case scenario.

I have never, nor will I ever, ask a player to pick a sport or to specialize. I want all of our players to be as successful as possible in all of their activities that they can possibly participate in. I also recognize that a player may like basketball, but they love _____. That's fine; when I was in high school, I was a much better and much more passionate baseball player than I was a basketball star. We are who we are and I'm not trying to change anyone's perspective. It is also backed by research and/or supported by college coaches at all level that playing multiple sports has significant benefit to specialization. These benefits include, but are not limited to, injury reduction, decreased burnout, improved coachability, and increased enjoyment of sport and high school experience.

That being said, players, especially athletes who have aspirations of participating at the Varsity level, should not miss in-season practices or competitions for a club activity. It puts a tremendous strain on the relationship between the player and the coaching staff when a player makes this type of choice, and it puts the coaching staff in a very difficult situation. At times, it also affects relationships between teammates because of a perceived differential between level of commitment. As an example, a player who has both the ability and aspiration to move up from the freshman level to the Junior Varsity level; it becomes difficult to move them up if they are leaving at some point during the season to go play a club sport and miss an extensive period of time. We, as a coaching staff, have found it problematic to maintain credibility with the rest of the players in the program if players leave during the season for another sport but have expectations of playing before and after they miss this time. With that, it also severely cripples our ability to achieve the goals we have set for the basketball program itself.

If you do choose to miss basketball for a club sport, please be forthright and honest as soon as possible. The deterioration of trust is even greater when the coaching staff is told days or (as it happened multiple times this season) hours before the absence. Along with that, if a family uses the excuse of a "family emergency" to participate in a club activity (which has, unfortunately, happened before), trust really deteriorates when the truth is discovered.

I also discourage players participating from extremely intense workouts in other sports during our competitive season. The academic demands of our school, along with the mental and physical demands of the season, make it difficult enough to navigate the season successfully. I do not mind, however, skill development in the offseason; hitting the in cage, working on my swing in volleyball, etc . . . activities similar to what we do with our morning "Breakfast Club".

I will be the first to say that I cannot, nor will I, spend extra time regulating club activities in the evenings or on the weekends when we are not active. However, I point to the benefits of downtime and the lack of both mental and physical wear and tear that will benefit your daughters on the court if we limit our out of season sports to skill development.

PLEASE use the summer to go to showcases, tournaments and camps for your club sport. We, as a coaching staff, would much rather have you miss basketball events in the summer time rather than in-season, as long as you do your best to still find some time to continue to develop your basketball skills. We cannot quantify how much more advantageous this is for both the player and the coaching staff rather than missing time in the competitive season.

We, as a coaching staff, have high expectations for this program. This is also the expectation we have for our program which requires an increased commitment level from top to bottom in the program. We want to do all that we can to give our program the greatest opportunity to achieve the success we **ALL** would like to achieve!

EXCUSED ABSENCE LIST

School activity

Family Matter (Funeral, medical emergency, etc. . .)

Injury (player should attend practices and competitions while injured)

Illness

Academic matter (with notification from instructor)

Anything not on this list will be considered an unexcused tardy or absence

Repercussions for unexcused tardiness for practice or competition

-1st Offense: For every minute that you are late, you will have two :21's

-2nd Offense: For every minute that you are late, you will have two :21's, plus additional "Pit of Misery" 'reminders', along with a reduced role in the next competition

-Example: Starter → Non-starter

-3rd Offense: For every minute that you are late, you will have two :21's, plus additional "Pit of Misery" 'reminders', along with a suspension for the next competition

Repercussions for unexcused absence for practice or competition

-1st Offense (Missing one practice or competition): Six :21's at our next practice, along with sitting out a quarter of our next competition

-2nd Offense (Missing a combination of two practices or competitions): Twelve :21's, along with sitting out the next competition in its entirety

-3rd Offense (Missing a combination of three or more practice or competitions): Eighteen :21's, along with possible suspension

Player Signature _____

Date _____

Parent Signature _____

Date _____

By signing this, I hereby understand and comply with these policies as written.