

Dear parents/guardians,

You're receiving this letter because a child of yours has signed up to play junior high girls basketball this season. Practice begins on Tuesday, January 17th, and all practices are held at the high school. Please see the attached schedule for practice and game dates, times, and locations.

Our goals at the junior high level include teaching the fundamentals, improving work ethic, sportsmanship, and helping players prepare for high school basketball. Although players at this level may have different reasons for joining the team we do our best to keep the atmosphere fun, competitive, and educational.

Players will be placed on teams based on experience, skill, and knowledge of the game. Players may be moved from one team to another throughout the season based on performance, work ethic, attendance, attitude, and leadership. Regardless of where your child is placed she will receive playing time. Please understand though that some players may play on more than one team. For example, some students who play on the B-team may suit up for the A-team. Although playing time may not be distributed evenly, we will do our best to ensure that everyone has an opportunity to play.

For morning practices we're asking the players to be dressed out and on the court **5 minutes before** practice. For afternoon practices please be at school, or arrange for your child to have a ride, by 5:30pm. We appreciate your consideration of our time, and responsibilities outside of our coaching duties.

We've attached a copy of our player/parent handbook. Please read through it, sign it, and return it to school by Tuesday, January 24th. Both the player and a parent need to sign this. Also, if your child did not participate in a Fall Sport they must have a physical and turn it into the school office before they can participate. Every athlete must also read the Activities Handbook and turn in the permission form. We look forward to your support throughout the season, as well as your attendance, positivity, and energetic cheering at as many competitions as you can attend. Your positive support and game attendance really means a lot to the students.

Please understand the information regarding practices, and games could change on short notice. We will do our best to communicate any changes that may occur. Please refer to our school website regularly: <http://www.fortcalhounschoools.org--Pioneer Pride—Athletics—Girls Basketball--Jr. High Basketball> for future information and updates as well as contact information.

If you have any questions please feel free to contact us.

Thank you

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## JH Girls Basketball Practice and Game Schedule

If the schedule changes we'll do our best to communicate those changes. Please check the junior high girls basketball calendar on the school's website for the most up to date game schedule. From the Fort Calhoun Schools homepage ([www.fortcalhounschoools.org](http://www.fortcalhounschoools.org)) click on Calendars, which is located at the top of the page. Then on the left side click Sports Schedules. On the next page under Junior High Schedules you'll see Girls Basketball under Winter Sports.

To get to our coaches page go to the Fort Calhoun Schools homepage. Then click on the dropdown arrow under Pioneer Pride, and select Athletics. On the next page, on the left side, select Basketball Boys. On the next page, on the left side, select Junior High Girls Basketball.

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Event</b>
Tuesday	1-17	3:30p - 5:30p	Aux Gym	Practice
Wednesday	1-18	6:15a - 7:30a	New Gym	Practice
Thursday	1-19	6:15a - 7:30a	New Gym	Practice
Friday	1-20	6:15a - 7:30a	New Gym	Practice
Monday	1-23	6:15a - 7:30a	New Gym	Practice
Tuesday	1-24	3:30p - 5:30p	Aux Gym	Practice
Wednesday	1-25	6:15a - 7:30a	New Gym	Practice
Thursday	1-26	3:30p - 5:30p	Aux Gym	Practice
Friday	1-27	6:15a - 7:30a	New Gym	Practice
Monday	1-30	6:15a - 7:30a	New Gym	Practice
Tuesday	1-31	6:15a - 7:30a	New Gym	Practice
Wednesday	2-1	6:15a - 7:30a	New Gym	Practice
Thursday	2-2	5:00p - 8:00p	Aux Gym	Game @ Home (Louisville)
Friday	2-3	6:15a - 7:30a	New Gym	Practice
Saturday	2-4	9:00a - 11:00a	Aux Gym	Game @ Home (Yutan)
Monday	2-6	4:00p - 7:00p	Oakland	Game @ Oakland-Craig
Tuesday	2-7	3:30p - 5:30p	Aux Gym	Practice
Wednesday	2-8	6:15a - 7:30a	New Gym	Practice
Thursday	2-9	6:15a - 7:30a	New Gym	Practice
Friday	2-10	6:15a - 7:30a	New Gym	Practice
Saturday	2-11	9:00a - 12:00p	Ashland	Game @ Ashland-Greenwood
Monday	2-13	6:15a - 7:30a	New Gym	Practice
Tuesday	2-14	4:30p - 7:30p	Aux Gym	Game @ Home (North Bend)
Wednesday	2-15	6:15a - 7:30a	New Gym	Practice
Thursday	2-16	5:00p - 8:00p	Aux Gym	Game @ Home (Arlington)
Friday	2-17	6:15a - 7:30a	New Gym	Practice
Saturday	2-18	9:00a - 11:00a	Ashland	Game @ Ashland-Greenwood
Monday	2-20	6:00p - 8:00p	Brownell	Game @ Brownell-Talbot
Tuesday	2-21	4:00p - 7:00p	West Point	Game @ West Point Beemer
Wednesday	2-22	3:30p - 5:30p	Aux Gym	Practice
Thursday	2-23	4:00p - 7:00p	DC West	Game @ DC West
Friday	2-24	6:15a - 7:30a	New Gym	Practice
Monday	2-27	5:00p - 8:00p	Aux Gym	Game @ Home (Tekamah-Herman)

## **Fort Calhoun Jr. High Basketball Handbook**

### **Communication**

Communication is key to success. There are many parts for effective communication to take place. Not only is it important for the coaches to communicate with the athletes, parents/guardians, but it is also important that athletes and the parents/guardians communicate with coaches.

The coaching staff will work to communicate with the athletes and parents/guardians in a timely manner. We will send out information to athletes and parents/guardians, and post information to the website as soon as it is available.

The coaching staff is available to discuss matters or concerns with athletes in person. We expect the athletes to come to the coaches personally with any issues or concerns they have about team-related issues. Athletes should only rely on their parents/guardians to speak to the coaching staff when absolutely necessary.

We would like athletes to ride the bus to and from away games. However if parents/guardians would like to take their child home with them, the following needs to take place.

Parents/guardians need to present a handwritten note stating the name of the athlete that will be going home with them after a game with their signature OR sign the sign out sheet provided by the coaches.

If this does not happen and the athlete leaves without giving the coaches a note or having their parent/guardian sign the sign out sheet, the athlete will have to sit out a quarter in the next game.

### **Absence Policies**

#### ***Practice and Games***

There are very few excuses that warrant being absent from a team event. An athlete should consider each absence they have (whether excused or unexcused) a missed opportunity on learning new information, contributing to their team, as well as negatively affecting their team's overall success. We will give athletes who consistently attend practice priority over athletes who do not consistently attend practice. In the event of an absence or tardiness to practice or a game, athletes must contact their coach as soon as they know the absence or tardiness will occur. Failure to contact their coach prior to the absence or tardiness is a violation of the communication policy and is subject to athlete discipline.

#### ***Excused Absences***

An absence is excused if the athlete notifies the coach in advance and the coach approves the absence. Excused absences might include but are not limited to—family emergencies, medical emergencies, special academic opportunities, and once in a lifetime opportunities.

Illness or injury is not an excused absence unless a signed note from a doctor is provided to the coach. Injured athletes are expected to attend practice. All excused absences are left to the discretion of the coaches.

### ***Unexcused Absences***

An absence is unexcused if the athlete does not notify the coach before the absence occurs, or does not provide the proper written documentation indicating the reason for the absence signed by the parent/guardian of the athlete.

All unexcused absences are left to the discretion of the coaches.

If missing practices become habitual, then the coach and athlete will meet to evaluate the athlete's commitment to the program. During this meeting, they will discuss possible solutions. Communication will also take place with parent/guardian if needed after meeting with the athlete.

### ***Policy for Missing Practices and Games***

Playing time can be affected if an athlete misses a practice or a game.

Again, we will give athletes who consistently attend practices and games priority over athletes who do not consistently attend practices and games.

Playing time will be determined at the coaches' discretion.

We ask our parents to please be prompt picking your athlete up after home and away games, as well as practices. Please remember...**A member of our coaching staff must remain at the school until all athletes are picked up.** Even if the athlete has a cell phone, to ensure their safety we will refuse to leave until someone has arrived to pick them up.

The game dress code is a school issued jersey, and a pair of black shorts. The school will not issue black shorts so those will need to come from home. If a student does not own a pair of black shorts, and needs to borrow a pair, please let us know, and we will provide them with a pair.

## Fort Calhoun Jr. High Basketball

### Parent/Guardian and Athlete Contract Agreement

Please read, sign and return the bottom portion of this form to the coaches by Monday, November 1st. You will not be able to participate in games until the signed form is turned into the coaches.

\_\_\_\_\_ I have read the Fort Calhoun Jr. High Basketball handbook with my athlete, and we are aware of the expectations that are involved with being part of the team.

\_\_\_\_\_ We agree that I will help my athlete abide by those expectations as a part of the team.

\_\_\_\_\_ We agree that I will support them in keeping their commitment to the team. We understand that my athlete is expected to attend all scheduled practices, games, and tournaments as part of the team.

\_\_\_\_\_ We agree that sportsmanship is an extension of respect and we will be positive fans and cheer for our team!

\_\_\_\_\_ We understand that this is not club basketball and that attending every practice is important.

As the parent/guardian(s) of a Fort Calhoun Jr. High basketball athlete, I agree to all the above expectations and guidelines set forth by the coaching staff.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Parent cell # \_\_\_\_\_

Parent cell # \_\_\_\_\_

Parent email address \_\_\_\_\_

Parent email address \_\_\_\_\_