



2016 Prairie Girls Basketball

Thank you for joining us for the Winter Sports Parents' Meeting. I will try to keep this as brief as possible, but I want to provide you with the basic information you may want or need throughout the season.

Coaches:

Varsity Head Coach: Alan Mills, amills@prairieschool.com, (262)308-4780

Varsity Asst. Coach: Liz Biland, lizbiland@gmail.com

JV Head Coach: Carrie Vanko, cvanko23@gmail.com

JV Asst. Coach: Heather Bahillo, heather.bahillo@hotmail.com

*if you are emailing any of the assistant coaches, please CC Coach Mills, as well!

Prairie Girls Basketball

We are looking forward to the season. We believe in a "defense first" mentality. A long-standing belief amongst many coaches is that "defense wins". We will hold to that, emphasizing the defensive end of the court a great deal. That said, we still have to put the ball in the basket. Our teams will play an up-tempo style, pushing and dictating the pace of the game to our liking. We will run, intelligently. And, we will expect to play hard, never allowing an opponent to outwork us!

We will evaluate our success in many ways. We look to improve each day, playing our best basketball at the end of the season, not the start or middle. Because we keep score, wins and losses will be part of the evaluation by everyone: coaches, players, parents, and fans. However, we are much more concerned that the girls have fun. After all, when all is said and done, this is still a game that the girls get to play!

Expectations

- Players are expected to attend every scheduled practice and game. Missing practice or a game, except when sick or injured or a family emergency, will result in a change of status for the next game. This could mean missing a portion of the game, missing the entire game, or some other change determined by the coaching staff.
- Practices will begin promptly, per our schedule. "Early is on time; on time is late"!
- Players should certainly prioritize as follows: School, Family, Faith, Basketball, Everything else.
- Players are expected to maintain their academic performance. They are student-athletes. The coaching staff will monitor academic progress of all players.

Girls Basketball Team Guidelines

- We will begin the season with two days of tryouts. Players will all be evaluated over those first two practices. After that evaluation period, the girls will be assigned to either the Varsity or Junior Varsity squad.
- Because of a new experimental rule allowing the players to play in three (3) halves each night, there may be some who will play in JV games, then dress for the Varsity games. That determination will be made by the coaching staff throughout the season.
- At the JV level, every effort will be made to make sure each girl plays in each game. However, playing time will not be equal.
- At the Varsity level, playing time will be earned. While the desire will be to play each player in each game, there will be games when some players will not play. This will be a coaching decision, on a game-by-game basis.
- Basketball is a TEAM sport. The girls are expected to show good sportsmanship at all times, and to support their team and teammates at all times. This is critical to our success. The coaching staff will work at all times to create an environment where TEAM comes first!
- Injuries will occur. It is important that players communicate with the coaching staff about any injuries. Bumps and bruises can easily turn into nagging injuries that limit a player's ability to perform. We have the luxury of a full-time trainer. It is expected that ALL injuries a dealt with by our Athletic Trainer first, before seeking other evaluation or treatment outside the school.
- All players will be provided with a Gameday shirt. For most games, the girls will be expected to wear that shirt, as a team. However, the team may choose a different dress code for some games. That decision will be made by the players prior to each game.
- The Prairie School has a detailed Athletic Code that all players sign-off on in order to participate. Players will be held to that code at all times. As an athlete in training, drugs and alcohol have no place. Violations of the Athletic Code will be dealt with in an appropriate manner.

Girls Basketball Parent Guidelines

- The players want and need the support of parents throughout the season. The coaches and players ask, however, that you come to cheer and support our team, not jeer and heckle the opponent or officials.
- Parents are asked NOT to attempt to coach from the stands. It is important that the players are focused on the game, their team, and the coaches.
- A calendar with practices and games, as well as other team events, has been shared with all players and parents. Please refer to this calendar when scheduling family events, trips, and appointments. Again, it is imperative the girls attend each practice and game scheduled.
- If there are urgent changes to our schedule, parents will be informed via email. In addition, updates and game-status changes are posted on the school's Athletic website. And, the girls will always be informed of any urgent changes.
- Practices will end at 6:15 in November and December, then 5:45 starting in January. Holiday practices are different, so please refer to the calendar. A coach must remain and supervise until every player has been picked up or left the campus. Please plan rides accordingly and arrive on time to pick up your daughter!
- The team will travel to all "away" games by bus, with the exception of games played in Racine (Racine Lutheran and St. Catherine's). The coaching staff encourages players to ride the bus back to Prairie as a TEAM after games. Win or lose, that can be an important team bonding time. Parents will have the option of taking their child home after away games. Like previous years, a sign-off sheet will be circulated at away games. Per school policy, a student-athlete may NOT ride home with another player/parent under any circumstances.
- Our coaching staff has an "open door" policy. We are happy to meet and discuss your daughter's progress. We ask that parents adhere to the 24-hour rule here at Prairie. Immediately following a game is not the time for a discussion. If you wish to speak with the coaches, please reach out via email to arrange a time to meet. We ask that the player attend any meeting between parents and coaches. Please understand that playing time is the one topic that will be discussed with players, but not with parents.

Other notes:

Parent Night at Practice

Monday, November 14th, 4:15-6:15

All-Player Holiday Sleepover @ Coach Mills'

Saturday, December 10th, approximately 6:30pm - 9:00am Sunday, Dec. 11

ATHLETIC CODE (Academic, Attendance, Banned Substances & Behavior Codes & Violations)

Academic Code

- The Prairie School expects a student-athlete to honor one's academic commitment first superseding any practice or game. A student-athlete needs to discipline him or herself to manage homework and tests. Coaches, however, expect student-athletes to budget their time and make every effort to be at practice and a game on time.
- Athletes must report to Detention or After School Study Hall even if it involves missing a game or practice. The coach may assign an additional penalty for missing practice.
- WIAA requires student athletes to be enrolled as full time students. At The Prairie School, a full time student is enrolled in at least five (5) academic courses. It is important that athletes meet successfully their academic responsibilities. If a student athlete has a failing grade from the most recent end of term reporting period, he or she will not be allowed to participate in team competition. In addition, athletes must also maintain acceptable academic effort as determined by the faculty and administration to participate. A student who becomes academically ineligible will remain so at least until the midterm or until the end of the trimester, whichever comes first, and will be reinstated when he or she meets the requirements as outlined above. A student may practice only if the parents, the Dean of Students and the Upper School Head agree.

Attendance Code

- As stated in US Information (Daily Life – Eligibility), a student athlete must be in school for the entire day of a game or practice in order to compete or practice.
- An athlete is also expected to be in school the day after an event. Should there be a reason for an athlete to miss school, the Dean of Students and/or the Athletic Director must grant permission in order to participate in athletic activities. The Dean of Students and Athletic Director will deal with excessive violations.
- The Prairie School expects a student athlete to be in school for the entire day of a game or practice in order to compete or practice.
- An athlete is also expected to be in school the day after an event. Should there be reason for an athlete to miss school, the Dean of Students, the Athletic Director and/or the coach, must grant permission in order to participate in athletic activities.
- Each athlete has a responsibility to be in school and in class on time and to behave while there.
- A Prairie School student-athlete is required to respect the integrity of the athletic program. Athletes must understand that their commitment to the school team has a significant impact on other members of his or her team.
- The Prairie School coach expects a student-athlete to attend all practices and games. An unexcused absence from a practice or a game will lead to a penalty.
- Student athletes are expected to commit to their school team during their season over any club or outside team.
- The Prairie School expects athletes to meet their athletic commitment to the school team as their first extracurricular priority. If they choose to participate in another activity or play for a club team during the same season, a player should communicate clearly their coach before the school's season starts his or her outside interest and intention.

- If a coach determines that a player's commitment interferes with the performance of the team, a disciplinary action may result which could include dismissal from the team. Students that miss practices or competitions may not be granted extra-curricular credits.

Banned Substances

- A student athlete may not possess, provide, nor use illegal or controlled substance, tobacco, alcohol, drugs, or drug paraphernalia.
- The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to a positive program, which highlights prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, or provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.
- All students and parents must comply with the sportsmanship rules of the MC and WIAA.
- The Prairie School expects a student-athlete to adhere to the behavioral codes of the school and to comply with the Athletic Code. Any school penalty that a student-athlete incurs takes precedence over any other athletic obligation.
- Should any evidence of a violation involving drugs, alcohol, tobacco or controlled substances come to the attention of the school faculty, staff, or administration, such information will be taken to the Council for review. If it is determined that a violation did occur, an appropriate penalty will be assigned. If this is the first offense, the student athlete may be suspended from participating in up to three (3) athletic events. The athlete may participate in practices but may not dress for, nor participate in competitions. The athlete may also be expected to report to his/her coach daily and attend each competition during their suspension.
- Penalties that occur in the off-season or summer may be carried over into the athlete's next sport season. Athletes are subject to any other penalties recommended by the Council. Multiple offenses may jeopardize a student athlete's eligibility to participate in athletics at The Prairie School.

Behavior

- The Prairie School Athletic Department operates within the guidelines described in this handbook and those that are established by the school's administration and Board of Directors, and those standards set down by the Metro Classic Conference (MC) and WIAA. See All School Information – Behavior Standards - Student athletes are held accountable for these rules and an Athletic Code of Conduct on a year-round basis.
- A Prairie student athlete should, at all times, be courteous to members of opposing teams and demonstrate respect for self, team, officials, school and community. Any athlete who does not demonstrate this type of positive behavior may be suspended or dismissed from the squad.
- A student suspended from school is also suspended from athletic practices and competitions (see All School Information – Discipline).
- A student is required to follow the Athletic Code of Conduct on a year-round (12 month) basis. - In-season violations of the school code will result in immediate suspension of the

student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts involving:

- (a) Possession and/or use of alcohol,
- (b) Possession and/or use of tobacco, including chewing tobacco and/or
- (c) Use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).
 - Note 1: When the suspension results in a fraction of a game, the number shall be rounded up to the next whole number of games (i.e. 2.1 or 2.8 games equals 3 games).
 - Note 2: This is a minimum penalty and may not be reduced by any other provision of the school code.
 - Note 3: Any portion of the suspension not completed during the current season will carry over to the next sport or season.

There are two formal groups, The Council and The Honor Committee, which may be called upon to meet and determine the facts of any matter.