



## 2018 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](mailto:amills@prairieschool.com), (262)308-4780

Varsity Asst. Coach: Heather Bahillo, [heather.bahillo@hotmail.com](mailto:heather.bahillo@hotmail.com)

JV Head Coach: Carrie Vanko, [cvanko23@gmail.com](mailto:cvanko23@gmail.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 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:

All-Player Holiday Sleepover @ Coach Mills'

Saturday, December 8th, approximately 7:00pm - 9:00am Sunday, Dec. 9th

# **ATHLETIC CODES**

## **Athletic Mission Statement for MS and US**

The Prairie School athletic program prepares students to participate with confidence and enthusiasm. The aim is to improve both as individuals and as teams. Athletes must meet their academic responsibilities and their behavior should reflect positively on themselves and the school. Sportsmanship is demanded. Individuals learn to win and lose with dignity and pride. Athletes learn cooperation, commitment, and their role on a team while developing individual skills.

The athletic program objectives are:

- To provide a quality athletic experience in a safe environment
- Practices that develop and challenge every level
- Promote team responsibility and sportsmanship
- Model integrity through playing by the rules
- Develop perseverance, grit, and the ability to bounce back from defeats
- Develop a strong work ethic that emphasizes preparation and effort
- Ensure athletes understand their role on a team
- Reflect the school mission

## **Athletic Competition & Spectator Guidelines**

In accordance with the guidelines established by WIAA and the MCC, the following rules apply to the Fieldhouse/JAC during games:

- There should be a minimal amount of movement away from seats during the games.
- The refreshment stand is open during JV games and the first half of Varsity games. Concession sales close after halftime of the Varsity game.
- Students may not be in the back hallways or locker rooms during home events.

Parents and students are asked to support athletic teams in a positive and sportsmanlike manner for all games:

- Cheer for the team, not against individual opponents.
- Disrespectful behavior to officials, coaches, players, and other spectators is unacceptable.

Students are not allowed to leave the Fieldhouse/JAC and re-enter during JV and Varsity games. This rule is designed to limit the potential for unexpected difficulties or behavioral issues. If students show a lack of respect, discipline, or control, they will be asked to leave the premises; their parents will be contacted.

## US ATHLETICS

To compete on a team is a privilege. Players not only represent themselves, but also their parents, school, and community. This responsibility should not be taken lightly. Rules and regulations govern play and the way players live their lives. Just as coaches must comply with rules and regulations, athletes also must meet guidelines to compete. Parents, too, have a responsibility in this, guiding their children in what is right and wrong and requiring that the guidelines outlined below be followed.

### **Behavior**

The Prairie School Athletic Department operates within the guidelines described in this handbook and established by the school's administration and Board of Directors, and those standards set by the WIAA and MCC. Student athletes are held accountable for these rules and an athletic code of conduct on a year-round basis. Specifically,

- Student athletes are held accountable to The Prairie School's Behavioral Standards (All School Information).
- 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 team.
- Each athlete has a responsibility to be in school and in class on time and to behave while there.
- 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.
- A student suspended from school is also suspended from athletic practices and competitions (see All School Information – Discipline).
- A student athlete may not possess, provide, nor use illegal or controlled substances, tobacco, alcohol, drugs, or drug paraphernalia.
- All students and parents must comply with the sportsmanship rules of the MCC and WIAA.

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 Dean and Division Head 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 must report to 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 Disciplinary Council. Multiple

discipline offenses may jeopardize a student athlete's eligibility to participate in athletics at The Prairie School.

#### *Violations & Consequences*

If an athlete violates rules, he/she is subject to consequences set forth by 1) the WIAA, 2) The Prairie School and 3) the Coach.

#### *Appeals Process*

A student is permitted to present their position before a penalty is enforced. See **Parent/Coach Communication**. If a student appeals a suspension, the student is ineligible during the appeal process. Two formal groups exist to review the facts of an athletic matter: 1) The Council and 2) The Honor Committee.

#### *Changing Sports*

Normally, an athlete may not quit one sport and begin another during the same season except by agreement of both coaches involved, the athlete's parents, and final approval of the Athletic Director.

#### *Co-Curricular Credit*

Co-curricular credit will be granted at the completion of each season. This commitment includes attendance at the sports banquet. Students are expected to attend all practices and competitions. If a student fails to comply, they may not receive co-curricular credit.

#### *Eligibility*

As stated in **US Information – Daily Life – Eligibility**, a student athlete must be in school in order to compete or practice unless excused by the administration. An athlete is also expected to be in school the day after an event. If a student misses school Friday, they may not be eligible for a weekend event.

WIAA requires student athletes be enrolled as full time students. At The Prairie School, a fulltime student (without an Academic Waiver) is enrolled in at least five academic courses. It is important that athletes meet successfully their academic responsibilities. If a student athlete is on Academic Probation, he or she may not be allowed to participate in practice or game competition as determined by the administration. In addition, athletes must also maintain acceptable academic effort as determined by the administration to participate. A student athlete will be reinstated when he or she is no longer on probation, or when permission is granted by the Division Head.

## **Equipment and Uniforms**

School Issued: most Upper School team sports are issued uniforms each season. Some teams issue warm ups in addition to uniforms. Intramural sports are not issued uniforms. Uniforms and warm ups must be returned in good condition by the published due date at the end of the season or a lost/damaged uniform fee will be charged. Line dry to avoid heat damage. Non-chlorine bleach only. Do not use fabric softeners.

The parent(s)/guardian(s) of an athlete who receives school issued team gear, including uniforms, practice uniforms, warm ups, equipment or equipment bags, are financially responsible for all items received. School issued team gear must be returned within 5 days of the final competition. If a student fails to return any or all of school issued team gear or if the team gear is damaged due to improper care, the student's account will be billed according to the schedule noted below. Once posted to the account, the charge will not be reversed.

### **Schedule of Fees for unreturned or damaged team gear:**

- Uniform \$100
- Practice Uniform \$100
- Warm Up \$100
- Equipment \$100
- Equipment bag \$100

***NOTE: \$100 per line item, up to \$500 per student.***

Student Purchased: team sport uniforms that are purchased by a family must identify The Prairie School using official school artwork. The Head Coach will obtain the approved artwork from the Athletic Director or the Athletic Administrative Assistant.

## **Governing Bodies**

The Prairie School belongs to the WIAA and the MCC. These organizations serve as the governing bodies whose rules and regulations determine the operating decorum for competition. All WIAA Varsity sport seasons culminate in a state tournament. Other seasons shall end immediately following the completion of the last regularly scheduled game or contest.

## **Injuries**

The Prairie School's Athletic Department makes every effort to insure the safety and health of the child. However, no matter how careful athletes and coaches are, athletic injuries do occur. The process by which the athletic director, athletic trainer and coaches handle an emergency or injury is as follows:



- Immediate action is taken to prevent further injuries (removal from play, ice, elevation and immobilization).
- Parents are notified in person or by phone.
- If appropriate, the family is referred to a physician for additional treatment.
- A report is submitted to The Prairie School's Health Office.
- The coach, athlete, and athletic trainer will work with the physician to develop a rehabilitation program for the athlete. This process will be reported to an athlete's parents.
- The athlete returns to action with approval of parents, coach, and physician or athletic trainer. An athlete under a physician's care must have a return to play permission form from his/her physician in order to return to action. An athlete working with the athletic trainer may return to play under the trainer's direction in coordination with the team coach.

### **Interscholastic Sports**

There are two teams for most US sports: Junior Varsity (JV) and Varsity. A JV2 or Varsity Reserve team will be established when sufficient participation warrants the addition. The JV2 and JV level provides athletes their first experiences with interscholastic competition. Emphasis is on skill development, learning the game, and team commitment. Starting positions and playing time are not guaranteed and are determined by the JV2 or JV coach and are based on attendance, ability, and attitude.

The Varsity programs represent the highest level at which Prairie athletes compete and are for those athletes who wish to excel. The goal of the Varsity programs is to perform at maximum potential and to win. Being on a Varsity team does not guarantee an athlete the right to dress, play, or letter in the respective sport. Starting positions and playing time are decided solely by the head coach and are based on ability, attitude, role and the positive contributions an athlete makes to the team. Students are expected to commit to off-season fitness and training to improve.

During the fall, winter, and spring seasons the following sports are offered:

#### Fall

- Cross Country (Girls' and Boys')
- Girls' Golf
- Boys' Soccer
- Girls' Swim & Dive (co-op with St. Catherine's High School)
- Girls' Tennis
- Girls' Volleyball

## Winter

- Basketball (Girls' and Boys')
- Boys' Swim & Dive (co-op with St. Catherine's High School)
- Wrestling (Girls' and Boys; co-op with St. Catherine's High School & Racine Lutheran)

## Spring

- Boys' Baseball (co-op with Racine Lutheran)
- Boys' Golf
- Girls' Soccer
- Boys' Tennis
- Track (Girls' and Boys')

## Online Registration

All Upper School athletes must register through the [Athletic Team Registration](#) (ATR) portal, a fully-automated, secure online login system. Logins and passwords may be retrieved 24/7. Please note, it is unlawful for a student to register himself/herself and electronically sign for a parent.

- **Returning athletes & managers:** Login to ATR, and navigate to your Family Athletic Account (FAA), used for all students in your household. Review and update any information that has changed since the last school year.
- **New athletes & managers:** If you do not have a Family Athletic Account (FAA), you must create one using your athlete's 5-digit Student ID. Student IDs are located on the PowerSchool parent portal — navigate to the "Grades & Attendance" page and look to the right of your child's name. You may also call the US or Athletic Offices for help retrieving your student's ID number. Once you have created your FAA, add each MS or US child who plans to play a sport using their 5-digit Student ID.

The following information is required to register all athletes for US sports:

- Contact information for parents/guardians and emergency/alternate contacts
- Student Prairie School email address (do not enter a parent or personal email address)
- Student cell phone number (if your child does not have a cell phone, leave this space blank)
- Medical information, including the date of your child's most recent physical exam (see below)

## *Physical Exams*

All students registering for US athletics must file two current health forms before the first practice and will be considered ineligible to participate in practice or competition until they are submitted:

1. WIAA Clearance Form: This form is required for all rising freshman, first-time athletes, and new-to-Prairie students. If your child is due to file a WIAA exam, that form was mailed to you or can be found [here](#). Please file this form electronically on the ATR portal.
2. Prairie's Health Office form: Exams must be dated on or after April 1st, 2017 to be considered valid. Please file [the form](#) with the Prairie Health Office.

Returning athletes may check the date on their existing forms on the ATR portal, by clicking on "View My Account," followed by "Returning Users."

The team sports registration administrator reviews every registration for accuracy and completeness. Upon review, a parent will receive one of two emails:

1. Final Clearance Incomplete. Please electronically submit the missing information. Submissions received after the due date may delay eligibility to start practice.
2. Final Clearance Approved. Your athlete is cleared to start the season.

Each athlete must be cleared by the Athletic Office prior to practicing with the team — no exceptions.

Continued eligibility is contingent upon attending a mandatory WIAA Parent and Athlete pre-season meeting for each season. If a student participates in multiple seasons, attendance is required each season. If a parent has an unavoidable conflict that prevents them from attending the pre-season meeting, the Athletic Office will provide an alternative method to comply with WIAA regulations.

### **Parent/Coach Communication**

Parents may contact a coach for general information. Coaches should respond within 24 hours.

#### *24 Hour Rule*

Although parents/guardians are asked to wait 24 hours AFTER an athletic event PRIOR to contacting the coach, they may not wait. Please acknowledge the parent/guardian and offer a time to address the concern (either a phone appointment or parent/coach meeting).

#### *Parent/Coach Meeting*

Parents who wish to meet with a coach may send a brief email to request an appointment. As a reminder, a minimum of 2 coaches and the athlete should be present at all parent/coach meetings.

**Vacation Practices**

Due to the length of US sports seasons, it is necessary that practices (and often games) be scheduled during school vacations. Therefore, families are encouraged to keep this in mind when scheduling college visits and family vacations, recognizing that an athlete's commitment to the team is serious.

**Website**

Coaches, parents, and athletes may visit the site to find current schedules, game times, cancellations, spirit wear, fitness center forms, sport participation forms, picture orders, and more. Please visit [this site](#) for the latest and most up to date information. Directions are available to event sites.