

LADY RAVENS

BASKETBALL

2016-17

Get your general and updated information
throughout the season from our website:

www.ravenhoops.com

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OLATHE NORTHWEST WOMEN'S BASKETBALL OFFICE HOME OF THE RAVENS

HEAD COACH, JOEL BRANSTROM ASSISTANTS, EVAN HOISINGTON, MARDY ORTMAN, CHRIS HERRIG, KELSEY CARBAJO

September 14, 2016

Dear Parents and Athletes,

Pending decisions on the 2016-17 team-members, ***Welcome to the Lady Ravens Basketball Program!***

The following pages hold some important information for both parents and athletes. Please take the time to read through this packet together then sign and turn in the page stating you and your daughter understand the expectations of this season. Additional information will be posted on the website:

www.ravenhoops.com

A calendar/ schedules will be posted on the website, as well as directions to the opposing team's school and other sites that might be of interest to parents. Please periodically check the calendar posted on the web for recent changes and updates.

*The following forms MUST be taken care of ***BEFORE Tryouts begin*** (11/14/16):
-These are to be turned into the office, nurse, or Jennifer Sanderson (AD Admin. Assistant)

- ___ Complete and signed Physical
- ___ District Concussion/ Head Injury Release Form

Both Parents and Athlete's must review/ sign and submit to one of the coaching staff preferably by: *The Parent Meeting on Fri, Nov. 18th*** ...but at the latest on Tuesday, 11/22.

- ___ Substance Abuse agreement signed
- ___ District Transportation Policy
- ___ Covenant**

I hope this packet answers some of your questions. If you can think of other information that might be helpful for you and future Raven parents and athletes, please share with me your ideas. If I can help you in any way, please do not hesitate to call. ***Welcome to the Family!***

Sincerely,

Joel Branstrom
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coachbranstrom@ravenhoops.com

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CHRIS ZUCK, PRINCIPAL ♦ JOE GUNDERSON, ATHLETIC DIRECTOR
CHECKOUT OUR WEBSITE: www.ravenhoops.com

F.A.T.E.

(Fitness, Attitude, Teamwork, Effort)
..All Things you can control!

Lady Raven Basketball
Year XIII

EXPECTATIONS:

1. DO WHAT WE ASK YOU TO DO.
2. STRIVE FOR ACADEMIC EXCELLENCE.
3. BE ON TIME AND AT EVERY PRACTICE.
4. BE RESPONSIBLE FOR YOUR ACTIONS AND ABIDE BY THE EXPECTATIONS SET BY THE STAFF & THE TEAM.
5. PUSH YOUR TEAMATES TO PLAY AT A HIGHER LEVEL.
Compete, Compete, Compete!!!
6. HAVE FUN PLAYING THE GAME...

...LIKE A RAVEN!!!



Team Expectations

1. **ATTENDANCE** - Attendance is mandatory!! If you must miss practice you must tell Coach Branstrom, Coach Mardy Ortman, or Coach Herrig ***ahead of time***. If an athlete is sick or injured, it will be excused if accompanied by a note from her parent or guardian. But we must know **ahead of time** if they will not be at practice! An athlete is required to attend over half of day of school day in order to participate in athletic activities. You may not participate that day if you are not in school. An absence for any reason... other than being ill... will result in the athlete making it up by attending a make-up workout. If the absence is unexcused the player is subject to being dismissed from the team.
2. **LEAVING EARLY** - You may not leave early from practice unless cleared with Coach Branstrom or Coach Robinson **ahead of time (days in advance...not the day of)**. No athlete should ever leave practice early for a job, hair appointment...etc. If leaving early becomes a frequent occurrence, the athlete may be dismissed from the team.
3. **TARDIES & INDIVIDUAL/TEAM BEHAVIOR** – The Girls will come up with the consequences for these circumstances at the lock-in.
4. **GAMES** – Girls who do not practice the day before a game due to being sick or absent will not play. Athletes that miss or partially miss practice due to injuries are subject to not playing in the next day’s game unless extenuating circumstances exist.

All athletes are required to ride the bus to and from games. All Junior Varsity and Varsity athletes are required to attend the entire game whether they only play on one or both of those teams. We are a team and need to support each other like a team. I expect the JV/Var. girls that are not playing during the home Soph/ Fresh. games to attend those games unless academic priorities exist. They need not attend Soph/ Fresh. away games. The same is true for Soph/ Fresh. players attending home JV/ Var. contests unless those games are away games. Coaches will determine the games in which athletes will play. We will have a lot of girls play at multiple levels. According to K.S.H.S.A.A. rules, each girl is allowed to play in 20 regular season games. In addition to that, each athlete may play in, up to, 6 quarters each night.

5. **ELIGIBILITY** - A student must have passed 5 one credit hour classes last semester and be enrolled in a minimum of 5 one credit hour classes this semester to be eligible to participate. An athlete is required to attend over half of day of school day in order to participate in athletic activities.
6. **MEDICAL**- If any athlete has a medical condition (including asthma), the coach needs to be informed at the beginning of the season. If any athlete requires any medication in practice (inhalers, etc), it must be given to the coach at the beginning of practice until needed. All medications must be on record with the school nurse. Coaches are not allowed to distribute ibuprofen or acetaminophen to the athletes.

Snow Day Protocol

In the event that school has been cancelled due to inclement weather, Athletes/ Parents will be informed via REMIND texts or emails. The district may determine that the weather and road conditions are good enough in the afternoon for our school to still hold practices, or a game and we will keep you posted with those text/ email messages.

*Please be sure you have signed up for the REMIND messages (texts or emails)

Winning the Mind Game - Championship Parenting of the Athletic Child!

By D. Scott Ward, Ph.D. Sport Psychology

A number of my friends have recently become mothers and fathers of potentially great athletes. I predict greatness from these just-out-of-the-womb superstars because of opportunity. Not because their parents are former athletes who themselves had great success in college and professional sports, but because every parent has the opportunity to help their child succeed. All kids, if interested in athletics, should get the best of parental support. Championship parenting of the athletic child takes a lot of effort, but it's all worth it when great athletes boast that their parents played a key roll in their success.

There is no question in my mind that parents of young athletes want the best for their children. The following is a TOP-FIVE list for Championship Parenting of the Athletic Child. If you coach young athletes, give it to your athletes' parents. If you are a parent, use the list for guidance. If you are a young athlete, this list will be helpful, talk about it with your parents.

- 1) Make sure that your children know that - win or lose - you love them, appreciate the efforts and are never disappointed. This will allow them to do their best and avoid developing a fear of failure based on the dread of disapproval and family disappointment. Be the person in their life that can be looked upon for constant positive reinforcement.
- 2) Try your best to be completely honest with yourself about your children's athletic capability, competitive attitude, sportsmanship and actual skill level. Good communication with your children will help you know if they want to be more competitive in a specific sport. Ask your children if they want to go to a summer camp, (basketball, football, tennis, etc.), don't force them.
- 3) Be helpful but don't "coach" on the way to the track, diamond, field or court...on the way back...at breakfast...and so on. Sure it's tough not to, but it's a lot tougher for children to be inundated with advice, pep talks and often critical instruction.
- 4) Try not to re-live your athletic life through your children. There are enough pressures on your children as it is. Try not to add any because of your pride. Many very good young athletes stop participating in sports because of the unpleasantness of the home after a competition. Athletic children need their parents, so you must not withdraw. If your young athletes are comfortable with you - win or lose - they are on their way to maximal achievement and enjoyment - and you will get your kicks too!
- 5) Don't compete with the coach. The young athlete often comes home and chatters on about "coach says this, coach says that." This is often hard to take, especially for the mother or father who has had some sports experience. When a certain degree of disenchantment about a coach sets in, some parents side with the youngster and are happy to see the coach shot down. This is a mistake. It should provide a chance to discuss (not lecture) with the youngster the importance of learning how to handle problems, react to criticism and understand the necessity for discipline, rules and regulations.

Parenting a young athlete is quite difficult and takes a lot of effort to be done well. The practices, competitions, traveling and expenses take time, energy and money. This alone should inspire parents to do the right thing with their young athletes. Give your child the opportunity to be successful. Teach them to enjoy the thrill of competition, to be out there trying, working to improve skills and attitudes, taking the physical bumps and coming back for more. Don't say, "Winning doesn't matter" because it does. Instead, help develop the feel for competing, trying hard, and having fun.

Sunflower League **Code of Ethics**

It is the duty of all concerned with high school athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that an athletic contest is only a game~ not a matter of life or death for player, coach, school, official, fan, community, state or nation.
- There should be no parading of signs in front of the opposing team.
- Any posted signs should be positive in nature and in good taste.



LETTERING REQUIREMENTS

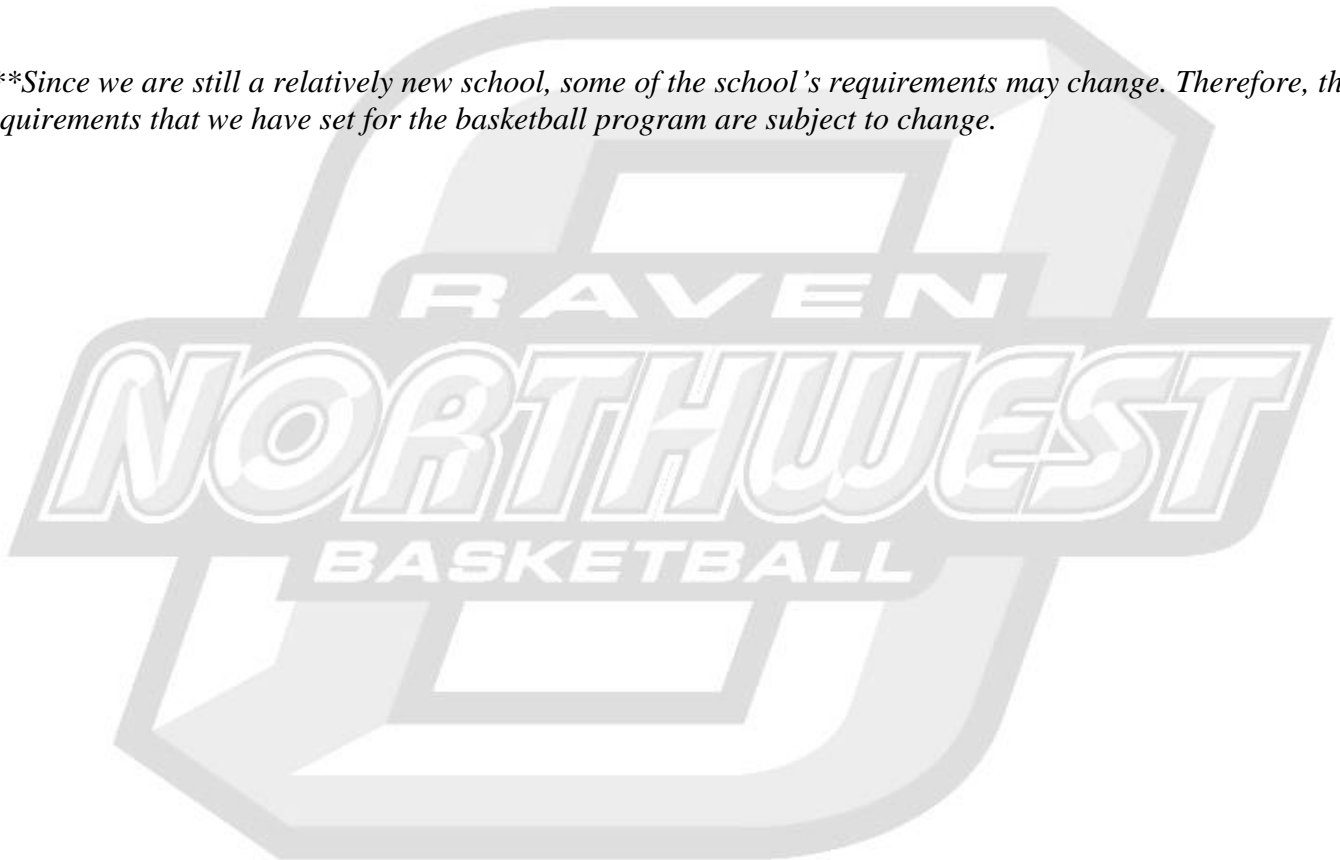
VARSITY LETTER

A team member must complete the season with excellent attendance, be on time for practices and play in at least 2 quarters in 6 Varsity games. The letter will also require a good attitude, good sportsmanship, and the athlete must also be a good representative of ONW.

Letters will also be awarded to the 12 girls who participate on a state qualifying team.

***All awards given are privileges to the athletes. They represent an excellent work ethic and are a positive representation of the school. Therefore, it is the coaching staff's responsibility to determine whether an athlete is deserving of an award despite the games played.*

****Since we are still a relatively new school, some of the school's requirements may change. Therefore, the requirements that we have set for the basketball program are subject to change.*



**Game Schedules:
&
Driving Directions:**

-Check www.ravenhoops.com for the most current game schedules, calendars & directions

Notes:



Mr. Branstrom would like you to join GBBall!



To receive messages via text, text **@onwgbball** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @onwgbball'.

Trouble using 81010? Try texting **@onwgbball** to **(913) 440-4616** instead.



*Standard text message rates apply.

Or to receive messages via email, send an email to **onwgbball@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



WHAT IS REMIND AND WHY IS IT SAFE?

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Visit remind.com to learn more.

Lady Raven Covenant

I have read all of the following: Coach's Expectations; Team Expectations; Eligibility; Letter Requirements; Dr. Scott Ward's Article.

I have signed up for REMIND texts and or email to receive messages from the Coaching staff.

I will honor my teachers, coaches and teammates by living out the **Lady Raven Core Values** of Selflessness, Integrity, Mental Toughness, Discipline and Confidence. In addition, I understand what is required to be a member in good standing of the ONW Lady Ravens Basketball Team.

Athlete's signature

Parent/guardian signature

date

date