St. Teresa’s Academy

2017-2018 Basketball Handbook

“RUN AS ONE”
2017-2018 Coaching Basketball Coaching Staff

Christy Collins, Head Coach
  Contact Information: Phone: (816) 645-3467
  Email: ccollins@stteresasacademy.org

Kiera Hardy, Varsity Assistant
  Contact Information: Email: khardy@stteresasacademy.org

Andrew Boland, Junior Varsity Coach
  Contact Information: Email: aboland@stteresasacademy.org

Daniel Zinser, Junior Varsity Coach
  Contact Information: Email: dzinser@stteresasacademy.org

Maddie Lueke, Freshman Coach
  Contact Information: Email: mlueke@stteresasacademy.org
Dear Parents and Players,

Welcome to the 2017-2018 Basketball Season at St. Teresa’s Academy. This will be my first year as the Head Basketball Coach. I am very excited to lead a program with such an amazing legacy! For me, there is no greater time of the year than basketball season!

Before I delve into the season here is my short biography. I am originally from Branson, MO. I graduated from Branson High School before receiving my Bachelor of Science in Business Administration-Management from Park University in 2006 and a Master’s of Business Administration from Park University in 2007. While at Park University, I was a member of the Women’s Basketball team and I was selected as an NAIA Academic All American. In January 2017, I accepted a teaching position at Southeast High School in Kansas City, Missouri. I currently teach Business, Marketing, and Entrepreneurship as well coach volleyball and track.

Throughout my years of coaching I have had the pleasure of working with many amazing young athletes. I served as the Head Women's Basketball Coach at Bishop Ward High School in Kansas City, KS. for three years. Prior to Bishop Ward, I was the Junior Varsity Boys Coach/Varsity Boys Assistant at St. Mary’s High School in Independence, MO. My husband, Albert, and I also run the Kansas City Running Rebels basketball program. When I am not coaching, I enjoy spending time with my two sons, Albert III (Tripp) and Christian and my family and friends.

At St. Teresa’s Academy, a standard of excellence has been established for the basketball program, myself and the entire coaching staff is dedicated to helping our teams continue to perform and compete at a high level. Our main goal as a team will be to compete for a State Title. In order to achieve this goal, we will need buy-in from every individual player and parent.

As a coaching staff we will stress that our mindset for this season is that we will “Run as One” meaning we will all work together for the benefit of the entire team. We will begin this pursuit of excellence and working to “Run as One” by adhering to the following principles:

1. We believe that the TEAM comes first. We recognize that each individual player dedicates a great deal of time perfecting their craft, but the ultimate goal is for the team to be successful. As a result, players may be asked to sacrifice individual stats to help the team achieve success.
2. In order for the team to achieve excellence, every player must dedicate themselves to improving throughout the course of the season. Success looks differently for each player. It may be winning a State Championship for one player or it could be simply making the team for another. In addition, success will look differently for each team within our program at various levels. Our coaches will help each team define success and strive toward it daily as each player works to accomplish her individual goals for the season. As a TEAM, we are here to support each other in both victory and defeat.
3. The basketball coaches believe in St. Teresa’s three Core Principles of Honesty, Respect, and Integrity. We will strive to practice these principles during our season as we interact with players, parents, administration, officials, and our competition.
4. Improving at anything requires a certain amount of work and commitment. Players will be expected to uphold their commitment to our program and dedicate themselves accordingly.
5. As a part of any athletic program, players are not just performing for the school but for every former and future player at St. Teresa’s Academy. Players also represent their families and the entire St. Teresa’s Academy community. Players will at all times conduct themselves in a respectful manner. Any player who fails to do so will be subject to disciplinary action, up to and including dismissal from the team.

My staff and I ask you to help us continue the tradition of St. Teresa’s Academy by being respectful as players on the court and as parents in the stands. The coaching staff is looking forward to a FUN, COMPETITIVE, and SUCCESSFUL 2017-2018 season with lots of excitement and the creation of memories at all levels within the Basketball program.

Let’s all “Run as One” and Go Stars!
Christy Collins
Team Goals

- NEVER get out hustled
- Be UNDEFEATED at Home
- District Champs
- Sectional Champs
- Compete at State Basketball Tournament

Team Policies & Procedures

Practice & Game Expectations

*You play like you practice. PERIOD.*

1. Always give 100% effort.
2. Attend every practice and team function and be on time.
3. Always have your playbook.
4. NEVER bend over, hold your knees, lean on the wall, or sit down.
5. NEVER walk in practice. *Run* from spot to spot, between drills, to/from water breaks, etc.
6. Be positive and encouraging to your teammates.
7. Always be prepared for any workout and have necessary gear and/or equipment. (ex. Running shoes for outdoors, dribbling goggles, practice jersey.)
8. Do not wear ONLY a sports bra or change your clothes while in public.
9. Remove all jewelry and store properly in the locker room with your belongings. Coaches will not hold items.
10. Be responsible for your own items. (Uniform, warm-ups, shoes, etc.)
11. Always be respectful. Make eye contact when speaking.
12. DO NOT disrespect opponents, fans, parents, or referees. Do not question calls made during the game or show any reaction.
13. Do not leave the locker room without being “game ready”….shirt tucked in, shoes tied, no jewelry, etc.
14. Always have sweats or cold weather gear available for after practice/games. DO NOT leave the gym after playing without being “bundled up”.
15. Players are responsible for their own “sports medicine” needs (tape, rehab, ice) with the trainer and will be expected to follow any rehab advice given in full. Players will also be expected to following all expectations and policies set forth by the trainer.
Academic Expectations
We are STUDENT-Athletes.

1. Academics come before basketball.
2. Players are expected to perform acceptably in the classroom. Coaches will not tolerate any delinquent behavior or unsatisfactory grades.
3. Any additional academic resources needed for success in the classroom must be requested by the player. Coaches will do our best to be accommodating. (Ex. One on one instruction from teacher or tutoring during practice time.)
4. Players MUST be in attendance for at least 4 periods of the school day to be eligible for participation in practice or games.
5. The basketball program will adhere to all academic policies outlined in the STA Student Code of Conduct/Handbook as well as academic eligibility requirements set by MSHSAA.

Lettering Policy

In order for a player to earn a varsity letter in basketball, she must regularly participate in practices and games, have a positive team attitude, abide by all team policies, and have a good work ethic. All final decisions about Varsity lettering will be made by Coach Collins and Coach Hardy with consideration of Athletic Directors.

All varsity letter recipients must achieve one or more of the following:

- Compete in a minimum of ten varsity games during one season.
- Compete in the District, Sectional, and State contests, as applicable.
- Be a senior who has been a member of the basketball team for at least 3 years, participates in practices, and plays in all games to the best of her ability. Players who meet this criteria will earn a varsity letter her senior year.
General Expectations

We are in this together. Let’s all RUN AS ONE!!

1. The basketball program will adhere to all policies outlined in the STA Student Code of Conduct/Handbook.

2. Conduct on the STA campus, any school campus, any school sponsored function or outside of school that is disrespectful, detrimental or destructive will result in the student/athlete being disciplined according to the behavioral policies of St. Teresa’s Academy. The school reserves the right to discipline for conduct that includes but is not limited to, academic life violations; hate or bias incidents; alcohol, drug or illegal substance use; harassment; social networking, email or text message violations via any computer, network or phone, or any other behavioral violation. In the case of any disciplinary matter, the Administration may require the student to see a professional for assessment or evaluation. Students involved in an investigation may subject to suspension before or during the investigation. The administration reserves the right to determine consequences including detention, suspension or withdrawal. St. Teresa’s Academy abides by the policies of MSHSAA including policy 2.2.3 which notes that a student who violates a local school policy is ineligible until completion of the prescribed school penalties.

3. Any player who needs to miss any team function for any reason MUST notify their head coach prior to the absence, when possible. Players may send a text message or an email if unexpected absences occur (sick, family emergency, death in the family), but a phone call is preferred.

4. The Missouri State High School Activities Association, or MSHSAA, has a policy stating that an athlete participating in a school sport may participate in a different non-school sponsored sport during the same season, under certain conditions. Players should not miss STA basketball practice or games on a regular basis in order to participate with club teams. However, coaches do understand the importance of club teams and will do our best to accommodate players who have conflicting schedules. All players who participate in any other activities besides basketball are expected to provide their schedule to Coach Collins before November 15th.

5. Any player who has to miss a practice or game (for any reason, including club sport conflicts) may lose their “starting” spot for the next game. Players are encouraged to attend practices and games, even if they are unable to stay for the entire duration.

6. Players should address any issues with teammates, game decisions, coaches, or any other grievances with the coaching staff by themselves first. Parents are encouraged to be involved throughout our season, but the players are expected to work though these types of issues on their own first.

7. Parents should include Coach Collins on any electronic communication with any member of the coaching staff.

8. Coaches will have a 24 hour time clock to address any parent concerns. While the issue may not be fully resolved within 24 hours, coaches should at least acknowledge receipt of the communication.

9. Players and Parents should abide by the 24 hour rule after all contests. Issues/concerns should not be brought to coaches directly following a contest. All of our coaches are competitive and take wins/losses just as seriously as our players and parents, however, addressing issues right after contests does not allow coaches an opportunity to fairly assess the situation.
10. Calendars for the entire season with all practice and game times will be distributed at the Parent Meeting. Any changes to the calendars will be communicated to the players in advance. All events will also be posted on the STA calendar online.

11. Players are expected to utilize GroupMe to receive communication from coaching staff. Each player is responsible for providing correct contact information to our coaching staff to be added into the STA Basketball Group. Any last minute changes to our calendars/schedules will be sent via GroupMe. Players should not communicate via individual text message to any coach.

12. Players should only wear shoes and socks that consist of St. Teresa’s Academy school colors (black, white, yellow) with the exception of the “Pink Out” Game in February.

13. Players will receive St. Teresa’s Academy uniforms, warm ups, and other gear as deemed necessary by the coaching staff. Players will be responsible for these items for the duration of the season and are expected to return these items in the same condition they were in when they were received. Any player who does not return the items when requested will be responsible for replacing the items.

14. Players and parents are expected to return transportation agreements no later than November 15th. Changes to these agreements will not be allowed for the duration of the season, unless there is an emergency.

15. Players and parents may purchase fan gear and equipment from the Stars Team store. Coach Collins will address what items will be required for each player and all other items will be optional. Once the team store has been closed, it will not be reopened for any reason.

16. Players will be asked to participate in summer camps, team camps, leagues, and various other team building functions throughout the year. Participation in these functions is highly encouraged.

17. Parents are expected to schedule an appointment with members of the coaching staff when needed. It is important that we all respect each other’s time. If no appointment is scheduled, members of the coaching staff will not be required to meet with parents. For example, if a parent shows up at the end of a practice unannounced to talk with the coach and the coach has prior commitments elsewhere, they would not be required to stay to meet with the parent.
CONSEQUENCES FOR VIOLATION OF TEAM POLICIES AND PROCEDURES

Violation of any/all of the Stars Basketball Team Policies as outlined in the St. Teresa’s Academy Team Handbook may result in the following actions being taken:

- Extra conditioning
- Limited playing time
- Suspension from practice/games/team activities
- Dismissal from the team

I understand that failure to conduct myself responsibly, as stated and implied by the conditions in the St. Teresa’s Academy Basketball Handbook, may result in sanctions, up to and including suspension or dismissal from the team.

___________________________________
Player Name

___________________________________
Signature of Player

___________________________________
Signature of Parent

___________________________________
Signature of Parent

Date

Date