Wenatchee High School

Girl’s Basketball



Program Handbook

Patrick J Loftus

**Welcome to Wenatchee Basketball**

Coach Loftus

Panther Basketball

Wenatchee High School

1101 Milllerdale Avenue

Wenatchee, WA 98801

Dear Player:

I would like to take this opportunity to sincerely welcome you to the Wenatchee High School Girls Basketball Program. I am excited that the time has arrived and look forward to working together this season.

As a member of the program you can expect to be a part of a team dedicated to achieving our potential together. It will be through our hard work and determination as players and coaches that we will see our goals achieved. At times it will be challenging, both physically and mentally, and it is in these times that champions rise.

As your coach, it is my goal to create a positive team culture where we are accountable to each other and refuse to accept anything but our best effort. To be successful, this effort must be present at every meeting, event, practice, and game. We must regard every play in practice and games as a championship moment. It is this dedication that will develop our attitude as a team that does things right and the mindset that we can achieve anything together.

You are part of a program and tradition that will strive for greatness both on the court and in our lives. Get ready to be great.

Sincerely,

Coach Loftus

**Philosophy of Coaching**

At the center of every successful program there is a strong work ethic and a dedication to the team. As a basketball coach it is my responsibility to instill these values in every player that passes through the program. This will be achieved through discipline, togetherness, and a pure enthusiasm for the game. These cornerstones are set at the first team meeting and are reinforced through the entire season.

It is my goal to motivate the young women in the program to achieve their potential in every aspect of life. The confidence to achieve potential begins with a strong work ethic and a commitment to something greater than themselves and is strengthened through encouragement and consistency. This holds true for academics and every challenge that a young woman will face. I believe it is the responsibility of a coach to fuel this drive and to provide positive direction whenever necessary. These principles are the foundation of a successful basketball program and the key to developing conscientious young women.

On the basketball court I am a firm believer in keeping things simple and focusing on the fundamentals. As a coach, I will dedicate time to working on skills and to building a program that establishes sound fundamentals to complement a team concept. I also feel that it is important to keep offensive and defensive schemes simple with the belief that it is better to execute a limited number of sets well than to run numerous sets with minimal efficiency. With fundamentals and a simple concept in place, a team can than focus on a high level of intensity and effort in every practice and game. I feel that these are the principles that develop a successful program and develop teams that play great basketball.

**Program Goals**

1. Have a first class program
2. Maintain high expectations for players
3. Develop responsible young women on the court and in the classroom
4. Instill positive values in players
5. Build a consistently strong work ethic
6. Earn a reputation as the most determined team in the area
7. Have alumni stay involved in the program
8. Maintain excitement throughout the community
9. Be ambassadors for the school and the community

10) Give back for what we have been given

**Team Goals**

1. Be the best conditioned team in our league
2. Be the best defensive team in our league
3. Be fundamentally sound
4. Focus on execution
5. Constant communication on and off the court
6. Keep a team 3.0 grade point average
7. Achieve beyond our potential
8. Win the Big Nine
9. Play basketball the right way

10) Play hard, play smart, and have fun

**Role of Stakeholders**

**Coach**

* Communicate
* Teach the game of basketball
* Ensure the fundamentals are sound
* Encourage players to reach potential
* Build confidence of players and team
* Be accountable to your family, your team, your school
* Display good sportsmanship

**Player**

* Communicate
* Have a team first attitude
* Be open to coaching
* Work to achieve your potential
* Play with your head and your heart
* Be accountable to your family, your team, your school
* Display good sportsmanship

**Parent**

* Support the team
* Encourage your player on and off the court
* Help your player achieve their academic and athletic goals
* Promote healthy training, diet, and sleep habits
* Allow coaches to coach
* Display good sportsmanship

**Expectations**

*The Wenatchee High School Girls Basketball Program follows all rules and guidelines described in the Wenatchee School District Athletic Handbook. This document should be read and understood before participation. These rules and guidelines include:*

Introduction.................................................................................................... 2 Philosophy............................................................................................... 2 & 3

WIAA Student Eligibility......................................................................... 3 – 7

WIAA Hardship/Waiver Process................................................................... 7 Exchange Students......................................................................................... 7

Ejection From Contest.................................................................................... 8 Wenatchee Athletic Eligibility............................................................... 8 – 10

Wenatchee Athletic Participation Expectations.................................... 11– 16 General Activities Policies .................................................................. 16 – 27 Appendix:

WHS Sports Parent Concussion Acknowledgment Form................... 28 & 29 WSD Practitioner Referral Form For Head Injuries ................................... 30

WSD Post Concussion Return to Academics Guidelines.................... 31 – 34 Wind Chill Chart.......................................................................................... 35 Heat Index Table.......................................................................................... 35 WSD Swim Form................................................................................ 36 & 37 WSD Accident Form .......................................................................... 38 & 39 WSD Departure Form.................................................................................. 40 WHS Athletics Emergency Action Plan ............................................. 41 – 44

[The full handbook can be found at: <http://www.wenatcheeschools.org/whs/athletics/documents/WenatcheeSchoolDistrictAthleticHandbook.pdf> or in the Athletic Office]

**Practice Attendance**

*Our attendance policy is intended to reward players for their commitment during the week of practice, not as a punishment for the circumstances around a player missing practice.*

**Excused Absence** 🡪 An absence from practice is excused by a signed doctor’s note and must be communicated to coaches prior to the missed practice. Family emergencies and extenuating circumstances can also be excused by exception. (Please use your discretion when scheduling routine doctors appointments to accommodate our team schedule during the season.)

* One (1) Excused Absence 🡪 No loss of eligibility
* Two (2) Excused Absences 🡪 Student athlete is not eligible to start
* Three or more (3+) Excused Absences 🡪 Student athlete will need to discuss situation with coaches and possibly athletic director and parents

**Unexcused Absence** 🡪 Any missed team activity or practice that was not previously communicated with coaches and exempted by a signed doctor’s note or is excused under extenuating circumstances.

* One (1) Unexcused Absence 🡪 Student athlete will not be eligible to start
* Two (2) Unexcused Absences 🡪 Student athlete will not be eligible for the first half
* Three or more (3+) Unexcused Absences 🡪 Student athlete will not be eligible for the contest and will need to discuss situation and standing with coaches and possibly athletic director and parents

**Tardy** 🡪 If a player is not ready to practice at the time practice is scheduled, they will be considered tardy. It is recommended that student athletes arrive at practice at least 15 minutes prior to the start time to ensure equipment is proper and to prepare for the practice. If the student athlete needs treatment with our Sports Medical team, then they should plan accordingly. Excused tardies follow the same protocol as an excused absence. If a student needs to meet with a teacher/administrator than that should be approved prior to the date of tardy.

* One (1) Unexcused Tardy 🡪 Student athlete will run conditioning drills to make up for time at the conclusion of that practice
* Two (2) Unexcused Tardies 🡪 Student athlete will not be eligible to start
* Three (3) Unexcused Tardies 🡪 Student athlete will not be eligible for the first half
* Four or more (4+) Unexcused Tardies 🡪 Student athlete will not be eligible for contest

**Supplemental Items**

**Calendar of Team Activities**

Once the season begins, monthly calendars will be available the week prior to the start of a new month. Any changes to this calendar will be communicated through the Wenatchee Girls Basketball Remind.com account as timely as possible (text @panthergbb to 81010).

**Summer Basketball**

Offseason work is a great opportunity to improve as individuals and as a team. The schedule for summer basketball will be discussed in the spring and calendars will be sent out for the months of June and July. I make every effort to coordinate with major events from other sports activities and realize that families often have plans in the summer. Our work in the summer goes a long way in building a strong program.

**Community Service/Fundraising**

Our team will have opportunities throughout the year for both team community service and fundraising. It is expected that players who are able to participate in these activities make every effort to contribute.

**Social Media**

Social media platforms are a part of our reality. It is each player’s responsibility to use discretion when using social media. It is important to understand that a player’s posts are a reflection of themselves, their families, their school, and our team.

**Awards**

Team awards will be given at the end of the season. Eligibility requirements and commitment to team will be valued along with individual accomplishment for the consideration of these awards.

**Disclaimer**

It is not possible to cover every potential scenario in the WSD and Wenatchee Girls Basketball Handbook. When situations are outside of the scope and intent of these guidelines; coaches, with the consultation of the athletic director; will make every effort to be just.

**Girls Basketball Coaches Contact Information**

Varsity Coach

Pat Loftus 505-920-9560 loftus.p@wenatcheeschools.org

Jayvee/Assistant Varsity Coach

Allie Jordan 509-860-6542 allie.ajordan@gmail.com

Cee Team/Assistant Varsity Coach

Sierra Franks 816-261-7265 echosef@yahoo.com

Freshmen/Assistant Varsity Coach

Greg Jones 509-6694894 greg.jones@chelanpud.org

**Athletic Office**

Athletic Director

James Beeson 907-252-5720 beeson.j@wenatcheeschools.org