

BLHS Girls Basketball  
LADY PANTHERS  
2018-19



*INFORMATION*  
*PACKET*



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## Follow us on:



@blhs\_girlsbball

Team Website: [www.blhsppp.org/](http://www.blhsppp.org/)

# PANTHER

Bonney Lake High School



# BASKETBALL

Girls' Basketball Program

Dear Parents/Guardians and Student Athletes,

It's time to start preparing for another hoop season!

Please read this packet thoroughly. At the end you'll find a place to initial and sign your names. If you have any questions, feel free to contact me (contact info below). Specifically, I'd like to call your attention to:

- **The 'Signature Page':** Found at the end of the packet, it must be turned in directly to the coach on the first day of tryouts (do NOT turn it into the office or confuse it with the information required by the Athletic Director).
- **Parent Meeting:** In the days after selections are made there will be a mandatory parent meeting where we will offer some more detailed information about our program and answer questions you might have.

Please remember that the **Athletic Clearance Card/Ticket** (obtained through the BLHS Athletic Director) and the **Signature Page** at the back of this packet are due to us on the first day of tryouts. There are NO EXCEPTIONS to this rule. They must be given to us directly. Please do NOT turn them into the office or place them in our mailbox. See more about this in the '**Clearance**' section of this packet.

Again, if you have any questions, please do not hesitate to contact me. We are very excited and looking forward to this season.

Go Panthers!

*Coach D*

Head Coach: Dee Nelons  
253.229.2855  
[Dee\\_Nelons@SumnerSD.Org](mailto:Dee_Nelons@SumnerSD.Org)

Bonney Lake High School  
10920 199th Ave. Ct. E.  
Bonney Lake WA 98391  
(253) 891-5700

JV Coach: Kelley Washington  
C Coach: Robert Hopkins  
Asst. Coach: Alicia Garvin

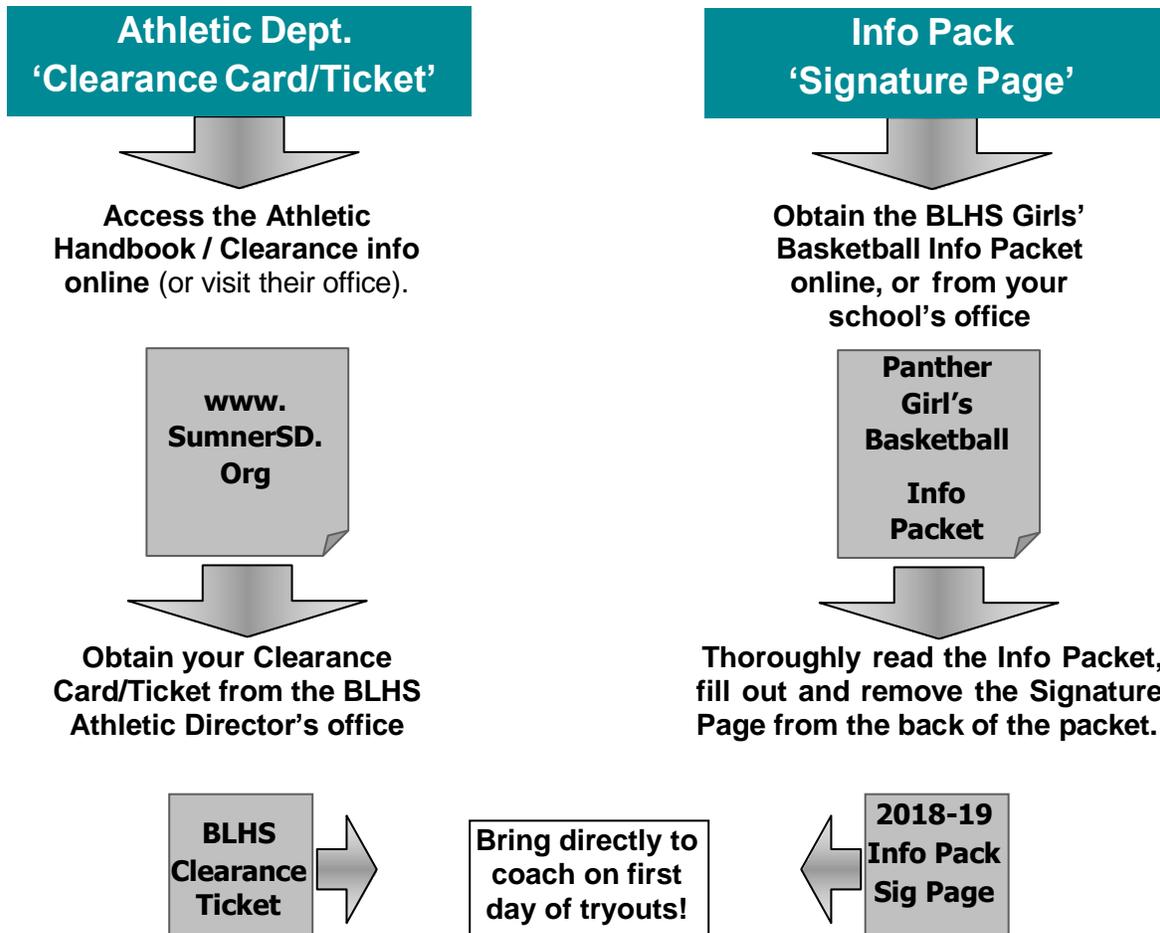


# CLEARANCE

## Eligibility / Clearance

There are two items required at our first day of tryouts, for you to be 'cleared' to participate. It is important that these items are NOT turned into the office or to the coach's mailboxes.

**BRING THESE TWO ITEMS DIRECTLY TO THE COACHES ON THE FIRST DAY OF TRYOUTS...**



### FAQ's regarding clearance and eligibility:

- **Yes** – your doctor's signed physical is considered good for 24 calendar months.
- **No** – the Athletic Clearance issued to you for a previous sport/season is not good. You must see the BLHS Athletic Director to obtain your Clearance again and bring it to your coach at the first turn out for each sport you participate in.
- **Yes** – for Winter sports, it is your previous Spring's GPA which determines your academic eligibility (except incoming 9<sup>th</sup> graders).

Everything needed can be found at: [www.sumnersd.org/studentfamilyservices/athletics/](http://www.sumnersd.org/studentfamilyservices/athletics/)

If you do not have Internet access, or if you have any other questions, you can visit or call the Bonney Lake High School AD's office and they will assist you.

# BONNEY LAKE HIGH SCHOOL

10920 199<sup>th</sup> Ave. Ct. E – Bonney Lake, WA 98391  
(253) 891-5700



CRISTURNER, Principal  
KELSEY ANDERSON, Asst. Principal  
ANTHONY CLARKE, Asst. Principal  
LINDSAY RICHTER, Asst. Principal

## **BLHS 2018-19 WINTER ATHLETIC CLEARANCE INFORMATION**

Sumner School District uses online athletic clearance that provides a convenient way for families to clear athletes almost entirely online! Clearances will run through our partner company called FamilyID; a secure registration platform that provides our families with a user-friendly way to register and clear athletes for our BLHS sports programs. The website is:

**[FamilyID.com](http://FamilyID.com)**

**Online Clearances Will Be Available Starting: THURSDAY, NOVEMBER 1**

When registered through FamilyID, the system will track all clearance information for each athlete. The 6 Steps to complete are:

1. Complete and fill in all forms on **FamilyID**
2. Purchase SY 18-19 ASB Card from the Bookkeeper
3. Pay athletic participation fee with the Bookkeeper
4. Clear all school fines with the Bookkeeper
5. Turn in an Athletic Physical to Mr. Ferguson in the Main Office or online through FamilyID.
6. Get an Athletic Clearance Ticket from Mr. Ferguson in the Main Office

Coaches will be notified of all cleared athletes prior to the first practice, and you can take your clearance ticket directly to your coach on day one.

**ATHLETES MUST BE CLEARED PRIOR TO PARTICIPATION IN ANY PRACTICE OR COMPETITION.**

Please go to **[PCLATHLETICS.COM](http://PCLATHLETICS.COM)** to find information on BLHS Panthers Athletic Schedules!



# SELECTIONS

Team 'selections' are a competitive reality in most high school athletics. The Girls' Basketball program will use the criteria below to place players on teams.

**“You can't put a limit on anything. The more you dream the farther you get”  
– Michael Phelps**

➤ **Eligibility**

- ✓ Proper Clearance
- ✓ Continual Academic Commitment

➤ **Character**

- ✓ Attitude
- ✓ Sportsmanship
- ✓ Commitment / Dedication
- ✓ Coach-ability
- ✓ Team-Focused Player

➤ **Talent**

- ✓ Athleticism
- ✓ Technical Basketball Skills
- ✓ Tactical Game Knowledge
- ✓ Fitness / Strength
- ✓ Potential

We do our best to ensure that every student-athlete is coached up in a way to help them reach their full potential. Each player will have an equal opportunity to be evaluated.

If an athlete has a question about the team they were selected for they can speak with me after practice. I ask that players speak with me first before I receive any call or questions from parents. Once I have spoken with the player I will meet a parent after practice to answer any questions or concerns. Please note there is a 24-hour period post selections before I will speak with parents.

Thank You!

*Coach D*



# TEAM STANDARDS

We have high expectations for the conduct of our student athletes, to represent BLHS with integrity and respect, displaying the kind of character that has become synonymous with Panther pride.

While not exhaustive, this list will assist you in understanding our expectations. We reserve the right to amend this list as necessary to achieve the aforementioned goals. We can assure you that the Panther athletes in our program will always be fully aware of expectations.

## Student Athlete's Must:

- Be in compliance with all WIAA and Sumner School District regulations.
- Be on time – if you're going to be late, miss practice or a game contact the Head Coach or a team captain ahead of time. Tardiness will affect playing time in games. Chronic lateness may result in other disciplinary action up to suspension from the team.
- Treat teammates, coaches, teachers, administration, officials and opponents with dignity and respect. Depending on the severity of the disrespect, a player may be suspended from a game, or be dismissed from the team.
- Players are expected to control their emotions under all circumstances. Loss of control negatively impacts the team. Players become unable to focus on what must be done if they are worried about something that already happened.
- All players, regardless of ability and/or playing time are equal members of the team. Each and every player will treat teammates with acceptance, respect, and friendship.
- Game uniforms will be worn tucked in at all times.
- Practice jersey will be worn at every practice.
- Attendance at practices, team meetings, and games is mandatory. Injured players may be unable to play, however they are still expected to arrive on time, listen to coaches, and encourage teammates and assist the team. Players are expected to contribute in whatever manner you can while you are healing from your injury.
- All players will provide maximum effort in practice and games.
- When players miss practices and/or games, with an unexcused absence, playing time in future games will be affected.
- Unexcused absences are absences in which the coach was not informed in the manner described above. And/or the reason was for the absence is not satisfactory. **An unexcused absence from practice and/or game will result in the suspension of the player from the next game in which the player is eligible to play.**
- Players are expected to directly seek understanding and resolution when questions or problems arise with coaches and teammates.
- Ride the bus to and from games where bus transportation is provided.
- Show respect for your teammates, coaches, officials, fans and opponents at all times.
- Accept that each athlete will fill a specific role for our team. All roles are vital and valued, but they do not all mandate equal playing time.



## IMPORTANT NOTES/DATES

➤ **If you're new to our program:**

- ✓ We train/play nearly every day of the school week throughout the entire season including holiday breaks. Our season is short (about 12 weeks), but intense and demanding.
- ✓ Be prepared for Saturday involvement (practices, games and team building activities).
- ✓ We'll have mandatory practices over part of Thanksgiving Day week and Christmas break. Plan accordingly, missed practices lead to reduction in playing time in games.
- ✓ While uniforms are provided, players are responsible for providing proper shoes and socks. We will wear white shoes as a program. Practice jerseys are also mandatory. Jerseys can be purchased through the booster club.
- ✓ We have a team store that is open from October 31 – November 18.

➤ **Game Tickets:**

- ✓ Ticket prices for home & away stadiums/contests are set by the PCL during the season, and the WIAA during the post-season.
- ✓ Annual BLHS and Sumner District athletic passes are available for individuals and families, see the BLHS bookkeeper or district website for more info. Passes are not valid during the pre and post-seasons.

### Important Dates:

- First day of tryouts: **Monday, Nov. 12<sup>th</sup>**  
(practices are mandatory – plan to be cleared and ready to go by before then)
- Team selection dates: **Thursday, Nov. 15<sup>th</sup>** (selections will be announced at the beginning of practice 11/15/18)
- Jamboree (V, JV and C): **Saturday, Nov. 24<sup>th</sup>**
- Mandatory Parent Meeting ~ **Monday, November 19<sup>th</sup>**

### Websites of Interest:

[SumnerSD.Org](http://SumnerSD.Org)

[WIAA.Org](http://WIAA.Org)

[PCLAthletics.Org](http://PCLAthletics.Org)

[NCAAClearinghouse.Net](http://NCAAClearinghouse.Net)



# AWARDS CRITERIA

Panther Basketball is about “Team”. While individual effort may be rewarded at appropriate times, our focus will be on “Team First”.

It will be customary to present some special awards at our post-season banquet. Award recipients are selected by the coaching staff.

Also, at the end of the season, the School Letter Awards will be presented to applicable Varsity players. These awards will be based primarily on the criteria listed below with the coaches reserving the right to award at their discretion.

## **Minimum Varsity Lettering Criteria**

1. You remain in good standing with the team. This includes in relationship to teammates, academics, team rules, district policies, and state regulations.
2. You suit-up with the Varsity squad for at least ten of the varsity contests.
3. You know, understand and fulfill your specific role on the team.
4. You participate in all scheduled team events from which you have not previously been excused.
5. You be prepared to contribute, as your role deems necessary, for each and every game we play.
6. You maintain the standards of good character and excellent citizenship – on and off the court – throughout your entire participation in the Panther Girls’ Basketball Program.



# PARENT / COACH COMM.

## PART 1 - EXPECTATIONS

### **Our Relationship:**

Parenting and coaching are both extremely difficult callings. Successfully fulfilling these roles during the basketball season will largely hinge on our ability to understand and relate with each other. This begins with clear communication. Communication is the key to trust and trust is the key to teamwork.

### **What you can expect from us as a coaching staff:**

- 1) We will communicate and model our philosophy: Positive focus; Character and integrity; 'student-athlete' is in correct order; Commitment to 'team' and 'teammates'; Solid work ethic; Fairness and respect; Fun!
- 2) We will clearly communicate our standards and expectations to all of our student athletes
- 3) We will communicate as clearly as possible, with parents and students, about program logistics: schedules and schedule changes, fees, equipment needs, team requirements, etc.
- 4) We will communicate with you, when appropriate, regarding discipline issues
- 5) We will employ sound coaching practices
- 6) We will make mistakes... when we do, we will model the humility and humanity we expect from the players in our program

### **What we expect from you as parents/guardians:**

- 1) That you show respect for the program, coaches, administration, players, visiting teams, and officials. Parents who are critical of any of the aforementioned in a public forum (i.e. school meetings, the stands) only serve to undermine our entire program at the expense of their own student-athlete. Any concerns should be expressed directly to our coaching staff in an appropriate manner and time
- 2) Willingness to make sacrifices and minimize schedule conflicts (notification of any schedule conflicts well in advance)
- 3) Adherence to the communication guidelines detailed on the following page
- 4) That throughout the season, particularly during and immediately following a game, you will concentrate on loving and supporting your child for who they are, not for how they or the team performed. Examples of the most successful parent-coach relationships show student athletes are always happiest and feel most supported when the parents are free to show unconditional love and support, and performance evaluation is left up to the coaches.



# PARENT / COACH COMM.

## PART 2 - GUIDELINES

It is our hope that your young ladies will experience very rewarding moments in our program. It is also important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion is encouraged.

### **Appropriate concerns to discuss with our coaches:**

- 1) The treatment of your student, mentally, physically, and emotionally
- 2) Ways to help your student improve, on and off the court
- 3) Any concerns about your student's behavior, inside or outside the program

Often, decisions made by the coaching staff can be difficult to accept (i.e. playing time, role/position). Reasons for our decision may or may not be obvious and may even be confidential; this is one of the many reasons we ask that you trust us in this process. As you have seen from the previous list, certain things can and should be discussed with us as coaches. Other things, such as the list below, should be left to our discretion as coaches.

### **Not appropriate for 'open-ended' discussions with coaches:**

- 1) Playing time – It is your right to ask us about your student's role in our program. We do not mind providing this feedback. However, on-going dialogue on this topic will be limited.
- 2) Team strategy – Questions that may help you understand our team strategy or vision are welcome, but open-ended dialogue or debate is not.
- 3) Other student athletes

### **Concerns and Conflict Resolution:**

- If an issue or conflict arises, observe the 24-hour rule: wait 24 hours, from the time you decide to raise the issue, before you contact the coaching staff to discuss the concern or set up an appointment
- Keep in mind that game day is never an appropriate time for these kinds of discussions
- Email or social media is never an appropriate avenue for these discussions – let's strive to meet face to face whenever possible... email/social media works well for passing information (meeting times, dates, places, etc.) but rarely works well for meaningful dialogue
- The process for conflict resolution is as follows:
  - 1) **Coach / Student...** Encourage your student to engage us as a coaching staff. We are open to them. Help them to share their issues with us directly
  - 2) **Coach / Student / Parent...** Call and set up an appointment to meet together
  - 3) **Coach / Student / Parent / Athletic Director...** If you feel like we are unable to resolve the issue or concern, be honest with me about your lack of satisfaction and, if you desire, I will set up an appointment for us all to meet with our Athletic Director

As stated earlier, it is our hope that these expectations will create a smooth road for open, honest and encouraging communication – the kind of communication that will build trust and relationship, will enhance your student-athlete's experience, and help us build the a tradition of Panther Basketball.



# PANTHER PARENT PRIDE

**PPP** (Panther Parent Pride) is the non-profit Parent Booster Club for BLHS. It is a wholly separate entity from the school whose mission is ***“to provide a means at Bonney Lake High for connecting the school, parents & community in effective communication and ongoing cooperation in order to further the excellence of all students enrolled.”***

The general PPP is made of subgroups that represent various activities, clubs, and athletic programs. We have an active **Girls' Basketball PPP** that is immensely supportive, and your involvement in it is absolutely vital to the health of our program.

## ◆ **Parent Membership Fee: ~ \$60**

- Initial fees provide all away-game bus meals (~10 games), and playoff games
- Senior Night
- Banquet Catering for all three teams
- Team Bonding events at a College basketball game for all three teams
- Season T-Shirt
- Hardship exceptions are understandable, please communicate such needs to one of our PPP board members

## ◆ **Fundraising Activities: We Rely On You!**

- All of our parents are expected to assist with our various fundraising activities. We appreciate all of your time and effort
- Typical fundraising activities may include:
  - Concessions at various sporting events
  - Selling team gear
  - Assisting with the annual Fireworks stand
  - Assisting with the annual Concert Concessions

Girls' Basketball Booster PPP Board:

- **Penny Frame** - President
- **Heather Vendoloski** - Secretary
- **Jason Younce** – Treasurer



Questions?: [blhsgirlsbasketballppp@gmail.com](mailto:blhsgirlsbasketballppp@gmail.com)



BLHS PPP General Website: <http://www.blhsppp.org>



# SIGNATURE PAGE

Remove this Signature Page and turn it in, with your Athletic Clearance, at our first turnout.

**THANK YOU!**

Parents/Guardians and Student Athletes,

After you've read through this Information Packet together, please initial where appropriate, then print and sign your names below.

Parent/Guard. Initials	Students Initials	Information Packet Section
		I have read and understand the <b>Clearance Information</b> in this packet.
		I have read and understand the <b>Team Selection Process</b> outlined in this packet.
		I have read and understand the <b>Team Standards</b> listed within this packet.
		I have read and understand the <b>Important Notes &amp; Dates</b> section of this packet. I am making appropriate arrangements to comply with the dates listed.
		I have read and understand the criteria for receiving the <b>School Letter</b> and other <b>Team Awards</b> .
		I have read and understand the expectations and guidelines in the <b>Parent / Coach Communication</b> section. I will do all I can to foster a positive relationship with the coaching staff.
		I have read and understand the <b>Panther Parent Pride</b> section of the packet and will do my best to support the programs volunteer and fundraising efforts.
		<b>I understand that by trying out for the BLHS Girls' Basketball Program, I am agreeing that – if selected – I will remain committed and dedicated to the program throughout the entire season, and to my teammates throughout the entire school year.</b>

\_\_\_\_\_  
(Parent/Guardian's name – printed)

\_\_\_\_\_  
(Parent/Guardian's signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Student Athlete's name – printed)

\_\_\_\_\_  
(Student Athlete's signature)

\_\_\_\_\_  
(Date)