

Haverling
Lady Rams
Basketball



Parent/Player
Handbook
2007-2008

*Haverling Girls Basketball
2007 Modified Schedule*

Date	Opponent	H/A	Time
10-Nov	Livonia	Home	9:30 AM
13-Nov	HFL	Away	4:30 PM
17-Nov	Way-Co	Away	9:30 AM
19-Nov	Hornell	Away	4:30 PM
26-Nov	Dansville	Home	4:30 PM
30-Nov	Livonia	Away	4:30 PM
3-Dec	HFL	Home	4:30 PM
8-Dec	Way-Co	Home	9:30 AM
10-Dec	Hornell	Home	4:30 PM
15-Dec	Dansville	Away	9:30 AM

07 JV/Varsity Girls Basketball Schedule 08

Preface

Date	Opponent	H/A	Time
15-Nov-07	J-T/Fillmore (Scrimmage)	Home	6:00 PM
17-Nov-07	Hammondsport (Scrimmage)	Home	10:00 AM
21-Nov-07	Dundee (Scrimmage)	Away	10:00 AM
23-Nov-07	Roundball Classic Tournament vs. Cambell-Savona	Home	2/8:00PM
24-Nov-07	Roundball Classic vs. TBA	Home	TBA
27-Nov-07	Wellsville	Away	6:00PM
30-Nov-07	Sayre, PA Tournament	Away	TBA
1-Dec-07	Sayre, PA Tournament	Away	TBA
7-Dec-07	Livonia	Away	6:00 PM
11-Dec-07	HFL	Home	5:30 PM
14-Dec-07	Dansville	Home	6:00 PM
21-Dec-07	Way-Co	Away	6:00 PM
4-Jan-08	Hornell	Home	6:00 PM
8-Jan-08	Addison	Away	6:15 PM
11-Jan-08	HFL	Away	6:00 PM
15-Jan-08	Wellsville	Home	5:30 PM
18-Jan-08	Livonia	Home	6:00 PM
25-Jan-08	Dansville	Away	6:00 PM
29-Jan-09	Way-Co	Home	5:30 PM
1-Feb-08	Addison	Home	6:00 PM
5-Feb-08	Hornell	Away	5:30 PM
7-Feb-08**	LCAA Tournament (date is tentative)	TBA	TBA
11-Feb-08**	LCAA Tournament (date is tentative)	TBA	TBA

Now in its tenth edition, the Parent/Player Handbook serves as a communication tool for players and parents alike that are involved in the Lady Ram Basketball program. This handbook includes information on basic first aid, Individual/team records, this year's schedule and more.

More than just a high school sports team, the Haverling Girls Basketball program is a family. This family provides the girls with life long memories and relationships. Outside of the playing part of basketball, the girls are asked to give back to the community whenever the opportunity presents itself. For several years in the past the varsity girls have cooked a meal for the Rochester Ronald McDonald House. The house serves as a place for families to stay when their children are spending time at Strong Memorial Hospital. After a couple of years off we will return to this tradition.

The LCAA, Division I, is a very tough league with no nights "off." Our preparation for this league begins with AAUs in the spring, Summer League and Team Camp in the summer and open gyms in the fall. These are an integral part of our program. Since the end of last season we have had opportunity for players (at the varsity level) to play in 43 full games! That experience cannot be replaced. Our off-season involvement defines our success during the season.

For the last couple of years the JV and Varsity teams have had the opportunity to watch Division I college women's basketball seeing games at St. Bonaventure and Syracuse Universities. We will look to continue this tradition again this year.

As you can see the girls basketball program here at Haverling is about more than playing basketball. I have worked hard to not only develop a winning program, but also to provide the girls with the understanding that there is a big world out there and that they can make a positive influence.

Being a Lady Ram means more than playing in games. It means the development of the total individual. As parents, you have more to do with this development than anyone. I again thank you in advance for your support during this and future seasons.

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Off-Season Opportunities and Involvement

As time has gone on, players and teams are getting stronger, faster and better skilled. It is an impossible task in the short amount of practices that teams have during the actual basketball season to have players reach their potentials.

The Lady Rams have several opportunities in the off-season for players (and the team) to improve strength and skills. While these opportunities are not “mandatory” they are an extremely important part of the Lady Rams program. Player involvement in these off-season events will only make them better. I know we all get busy (especially athletes that play other sports and have extra-curricular functions), but by planning ahead of time, there is ample time.

Spring and Fall Opportunities:

Open Gyms are held throughout the spring and fall times. Traditionally Sunday's from 3-5PM along with other times during the week are open for players to work on shooting, dribbling, or whatever else they need to work on.

Spring time also includes AAU tournament play with either the Bath Swish or Bath Blaze AAU teams. These teams are under the direction of Coach Abrams.

Summer Opportunities:

Summer is full of opportunities. Besides open gyms on Sundays, the teams (JV and Varsity) both play in the Chemung County YMCA summer league and attend a team camp. The teams will play around 20 full games each summer.

Remember, the season is get the team ready to play—the off-season is where players get ready to play.

Now in its fifth year, the Lady Rams Basketball program web site is full of information, pictures, and happenings. During the season all games results are updated nightly after each game. This allows our alumni to keep up with our current teams.

Currently the site has pages dedicated to:

- ◆ Alumni Watch
- ◆ Individual and Team Records
- ◆ Current year's Schedule and Game Results
- ◆ Pictures from Games and Volunteering Efforts
- ◆ "From the Bench"
- ◆ Special stories as they arise
- ◆ Games
- ◆ New: Storefronts where you can purchase all kinds of Lady Rams merchandise
- ◆ Off-season Happenings (AAU team, Summer League, Team Camp)

A lot of work went into the development of the site. An additionally large amount of time goes into the upkeep of the site. Please check it out and let me know if there are items that you would like to see. You can check out the web site at:

www.ladyramsbasketball.com

Check it Out!

Introduction

The Parent Handbook is designed to highlight important items related to having a daughter playing in the Haverling Girls Basketball program. If you have questions about when to bring up an issue, how to help your daughter adjust to their role on the team, or just want to know more about how I choose to run the program, I hope this handbook will give you the answers. At any time during the season, if you have a situation arise that isn't handled in this handbook, please let me know and I'll help you the best that I can.

Playing on a sports team can be a very rewarding experience. It can also be a frustrating experience for a young player. Your positive support of your daughter, the coaches, and the team can help during frustrating times. As with any sport, the season will be filled with many ups and downs. Your steady and unconditional support will prove very valuable as the year progresses.

For the most part, you as parents, have the easy job (if you don't believe this come to practice sometime and go through the drills with your daughter!), so just sit back, enjoy the games, and cheer for the team.

Have a great season.

***Haverling Girls Basketball
Coaching Staff 2007-2008***

Varsity

***Mr. Randy Abrams – Head Coach
Mr. Pete Lauzze – Assistant Coach***

Junior Varsity

Mrs. Tuesday Mishook

Modified

Miss Colleen Crane

***Phone Numbers
(During the Day)***

***All coaches can be reached at the high school.
776-4107***

***Coaches reserve the right not to give out their home
phone numbers.***

***My Daughter Didn't Make the Team, What can I do
to Help Her?***

Not making the team is not the end of the world. If a student very much wants to play basketball, there are things that they can do, and that you as a parent can do. First, the offer is made to all girls who don't make the team to still become a part of the team. Girls can still come to practices, participate in drills and learn the game of basketball. In addition to this, the student can attend the games and do stats. This provides the student with the opportunity to develop skills and be a part of the team. The only difference would be that the student wouldn't be actually playing in games. If a player is serious about playing basketball and getting better, this is the option that they should choose.

Another thing a player can do to develop their skills is to attend the open gyms in the off season. Open gyms are held throughout the spring and fall. There is always a coach present that can help with skill development. Notification of open gyms are posted in the girls locker room. Copies of open gym schedules are available from one of the coaches. Open gyms are exactly that—open (with the exception that they are just for girls). Any player from 4th grade through 12th grade is welcome to come. A player may come for ten minutes or an hour and a half. They may work with a coach or on their own. No coach will push a player to do certain things. This is the player's time to work on their game. Coaches will give pointers, but will only "teach" when a player desires that. Think about this: with our new shooting machine a player can shoot 250 shots in 1/2 hour. We typically have about 20 open gyms in the fall. This would give the player 5000 shots in the months leading up to the season!!

As a parent you can help your daughter by providing the opportunity for her to attend basketball camps, transporting her to open gyms and remaining supportive of her decision to develop as a basketball player.

Quotes for the Player to Live By

“The difference between a winner and a loser is a matter of inches—and a matter of attitude.”

Nancy Lieberman

“You have to expect things of yourself before you can do them.”

Michael Jordan

“A man may make mistakes, but he isn’t a failure until he starts blaming someone else.”

John Wooden

“Everyone is born with a certain potential. You may never achieve your full potential, but how close you come depends on how much you want to pay the price.”

Red Auerbach

“It takes education to be successful in the game of life.”

Bob Lanier

“Opponents will always find your weakness and it doesn’t take long. Weaknesses stand out like a neon sign. So don’t just practice your strengths. Practice your weaknesses.”

Magic Johnson

“The nicest thing people ever said about me as a basketball player was that I made the players around me better. To me, there’s no higher compliment.”

Bill Walton

“Nothing will work unless you do.”

John Wooden

Relationships Involved in Team Programs

PLAYER-COACH RELATIONSHIP:

1. This is the most important relationship.
2. As parents you can affect this relationship in a negative manner by criticizing the coach(es) to your daughter.
3. Parents should always remember that your daughter has to return to practice the next day.
4. Parental coaching at home may impede your daughter’s progress.

PARENT-COACH RELATIONSHIP:

1. Allow the coach to instruct and guide the team.
2. Do not question or confront the coach immediately after a contest.
3. If you want to discuss a problem with the coach, make an appointment with him/her and discuss your concern in a calm, courteous and logical manner.

PARENT-PLAYER RELATIONSHIP:

1. Do not try to live through your daughter.
2. Be positive and supportive without adding undue pressure and unrealistic expectations.
3. Encourage your daughter to communicate concerns to the coach.

FAN-OFFICIALS RELATIONSHIP:

1. Officials are necessary to the game.
2. They are bound by a code of ethics that makes them rigidly impartial.
3. Fans, and particularly parents, should never harass or taunt officials.

Sportsmanship

1. Parents have to demonstrate good sportsmanship and serve as role models.
2. Specific obligations:
 - ◆ No vulgar or inappropriate language.
 - ◆ Taunting and trash-talking will not be tolerated.
 - ◆ Outsiders must never intrude upon the court during a contest.
 - ◆ Cheerleading should be for our team, not against the opponents.

Responsibilities of the Athlete

1. Put the team's goals, welfare, and success before your own.
2. Attend all practice sessions.
3. Be receptive to coaching.
4. Be responsible for all uniforms and equipment.
5. Represent the school well and follow the team rules.
6. Report all injuries to the coach.

Responsibilities of the Coach

1. Select the squad.
2. Determine the style and philosophy of play.
3. Teach at practice sessions.
4. Determine who starts at playing time.
5. Establish team rules.
6. Select team captains.
7. Establish the requirements to earn a letter.
8. Always make safety and the athletes' welfare come first.

Basic First Aid for Injuries

Regardless of how well conditioned an athlete is, injuries can occur. There are some things that an athlete can do to help minimize injuries. These are:

- 1) Always warm up by doing some light jogging or other exercise to increase the blood flow to the muscles.
- 2) Always stretch all major muscles (legs, back, neck, shoulders, arms...) before and after practices and games.
- 3) If you incur an injury, be sure to tell your coach.

If an athlete does have an injury there are some basic things to do. Please note that if the injury is serious (broken bone, concussion, knee...) the parent and athlete should seek professional medical assistance. If the injury is a strain or sprain the athlete should apply ice to the injury. Ice will help to control the natural swelling that occurs with injuries. Ice should be applied periodically (I generally say 20 minutes on, 20 minutes off. Do two cycles of this then wait a few hours and repeat) for at least the first 48 hours. Never apply heat during the first 48 hours. After the swelling goes down, the athlete can apply heat (warm water or heat pack).

The athlete should try to rest the injury and keep it elevated. In order to help support the injury during the school day, the injury can be wrapped with an ace bandage. Be sure not to apply the bandage too tight. The idea is not to immobilize the injury. By applying the bandage too tight you can actually reduce the flow of blood to the area which in turn will lengthen recovery time.

When the athlete should return to practicing will depend on how the injury feels.

Individual and Team Records

Individual Records

Most points scored in a game:	32	—	Amanda Coots v. C-S '05-06
Most rebounds in a game:	30	—	Carime Ames v. Way-Co '05-06
Most assists in a game:	11	—	Tuesday Kastner v. J-T '97-98
Most steals in a game:	10	—	Chelsea Adams v. C-S '06-07 Tuesday Kastner v. C-S '96-97
Most rebounds in a season:	252	—	Alexis Dallaportas '98-99
Most points in a season:	415	—	Jessica Alger '97-98
Most points in a career:	1115	—	Jessica Alger '94-98
Most 3-pointers made in a game:	8	—	Amanda Coots v. C-S '05-06
Most 3-pointers made in a season:	51	—	Amanda Coots '05-06
Best foul shooting percentage (season): *with at least 20 attempts	81%	—	Sara Lauzze '98-99

Team Records

Best final record:	20-2	—	'97-98
Best field goal percentage in a game:	56%	—	v. Wellsville '98-99
Most points scored in a quarter:	32	—	v. Dansville '04-05
Most points scored in a game:	92	—	?
Most 3-pointers made in a game:	11	—	v. C-S '05-06
Fewest points allowed in a game:	10	—	v. Prattsburg '97-98
Most rebounds in a game:	64	—	v. Way-Co '05-06
Most steals in a game:	31	—	v. Addison '03-04
Most assist in a game:	29	—	v. J-T '97-98
Best final season scoring average:	54.8	—	'97-98
Lowest opponent final scoring avg:	34.0	—	'97-98

Eligibility Requirements for Athletes

See the Haverling Athletic Handbook for school policies related to eligibility. All athletes must conform to state regulations as well as district regulations

Participation on the Team

1. It's a privilege, not a right.
2. Players must accept all responsibilities in order to stay on the team.
3. Nobody will be accorded equal or guaranteed playing time. Playing time will be determined by ability, effort on a daily basis, and attitude.

Practice Sessions and Games

1. Practice is normally closed to spectators. Special situations must be cleared with the coach first.
2. The gym is the athlete's classroom and should be free of distractions.
3. Positive support is encouraged at all games.
4. Lateness and absence must be immediately explained.
5. If an athlete is going to be absent from school, the athlete should call the school and leave a message for the appropriate coach as soon as possible.

Player Selection

Team members will be selected by having all athletes try out for a three day period. The try-outs will test the players ability, knowledge and physical conditioning. The athlete's attitude and work ethic weigh heavily on the final decision. Each athlete trying out will receive a player evaluation form that the coach filled out during the tryout period.

Team Rules

1. If injured, players must still attend all practices and games.
2. If a player will be absent from school, either the player or the parent must call the school and leave a message for the coach. This helps the coach in practice planning and develops responsibility in the athlete.
3. If a player is absent from practice the day before a game, that player will generally not be allowed to participate in that game. This decision is the coaches and will be made just before game time.
4. Players must be on time for practices and bus departures. We will not be able to wait for players who are late.
5. Doctors appointments or other appointments should not be made during known practice times.
6. Players will give 100% effort at all practices and in all games.
7. Players should be sure to have all practice gear at each practice. This includes proper basketball sneakers and practice jerseys.
8. Positive support of the team and all team members must be shown at all times.
9. No players are allowed to talk to the game officials. Only the coaches or speaking captain may address the officials.
10. Injured players must remain on the team bench during games.
11. All players are encouraged to return home on the team bus. If a player chooses to not ride the bus, a note from a parent must be signed by a school official (AD, Principal, Assistant Principal) and given to the coach before leaving the game site.
12. No jewelry will be allowed to be worn in practices.

***Livingston Conference Athletic Association
(LCAA)
Divisions***

Division I

Dansville	Class BB
Haverling	Class BB
HFL	Class A
Hornell	Class BB
Livonia	Class BB
Wayland-Cohocton	Class BB

Division II

Avon	Class CCC
Cal-Mum	Class CCC
LeRoy	Class B
Letchworth	Class CCC
Perry	Class CC
Pavilion	Class CC

Division III

Geneseo	Class CC
Keshequa	Class C
Mt. Morris	Class DD
Warsaw	Class C
York	Class CC