

Minnetonka Girls' Basketball Expectations and Policies

Conduct:

Respect and responsibility are a must for any Minnetonka program. Keep in mind, you will be representing yourselves, your families, your school, your coaching staff, and your community at all times. Do not do anything to embarrass anyone or anything you are associated with.

Practice:

Please be dressed and ready to go at the start of practice, regardless of grade level. This means be ready 10-15 minutes prior to the start of practice. Changing in a public area will not be allowed. Practice will begin at the exact time it is scheduled. Players are expected to attend all scheduled team activities. Be on time for everything. If you are not at least 5 minutes early to any scheduled team event, you are late! If a player misses a practice, game, or team activity for any reason their playing time will be affected. This should not be viewed as a punishment, rather as a reward for the players who attend all team activities.

Films/Weights:

These events are considered team activities. As a coaching staff we feel that these are on par with practice. You should attend each of these with that mindset. You must be “dressed and ready” at each event unless told other wise by the coaching staff. Films are important to our success. We will watch film as a whole team, with our position groups, and as separate JV/Varsity teams.

We will make every attempt to lift weights during the season. This will allow us to maintain strength and help us to prevent nagging injuries as the season progress. We will also continue ACL prevention work.

Cell Phones:

The use of cell phones is prohibited during all team activities. Players must turn **off** their phones during all team periods. I will also at times ask you to turn off your phones on bus rides – not always, but at certain times.

Dress:

Team practice gear will be worn at all practices. You should wear something under your reversible jersey. No jewelry or other unnecessary items will be allowed. Medically necessary braces or sleeves are okay.

Grades:

We will follow all relevant MHS and MSHSL policies. Grades will be checked at quarter and semester breaks.

Drugs, Alcohol, Tobacco

The MSHSL policy for a first violation is a 2-week suspension. Our program views chemical violations very seriously. If you are suspended, you are still allowed to be a member of the team but your status regarding playing time will be greatly affected.

Physical Conditioning

When the season begins on November 6th or 13th you should be in excellent physical shape. Players should be running, lifting weights, and playing as much basketball as possible. Being in tremendous physical condition will allow you to be totally focused on the mental aspects of what we will try to accomplish.

Online Registration:

MHS winter sports registration is online only. To register go to: www.tonkaactivitiesregistration.com . Note the following *required procedures with this new online registration:

1. If you have not registered for fall sports or activities yet this school year, you will need to create a **NEW family login and password**. Once you have created this, the online registration will connect you to your middle and high school students for you to choose which student you wish to register.
2. **SPORTS PHYSICALS**. All MSHSL sanctioned sports athletes are required to have a sports physical on file dated within 3 years that **must remain current throughout the sports season** they are participating in. ***NEW THIS YEAR:** If your student does not have a current sports physical on file with the MHS Activities Office, or it will expire during the season, **you will not be able to register them for winter sports until a current one is on file**. To see what date is currently on file, go to your student's SSO|Student Skyward and under their Health Information choose "Physical" to see what date is on file.
3. You will be asked to provide your student's 6-digit school ID# (noted as "Other ID" in Student Skyward).

***IMPORTANT:** If you are a **transfer student, foreign exchange student** or **requesting a scholarship:** **Prior to registering, you must first complete the respective form located under High School Files and Links located on the right hand side of the online registration homepage.**

The MHS Activities Office is open Monday through Friday from 7:30 a.m. - 4:00 p.m. We are accepting online registrations only. If you are not able to register online at home, we have laptops available for your use in the MHS Activities Office.

Questions regarding registration? If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is also a "Contact Us" option if you have any registration questions for the Activities Office Staff.

STUDENTS CANNOT TRYOUT IF THEY ARE NOT CLEARED BY THE ACTIVITIES DEPARTMENT PRIOR TO THE FIRST PRACTICE /TRYOUT!

Parent, Athlete, Coaches (PAC) Meeting

A mandatory PAC meeting is scheduled for 7:00pm Monday, November 19th in the MHS Forum.

Commitment

Playing basketball for Minnetonka will be a significant time, physical, and social commitment. Our program feels that your top three in-season priorities should be family, school, and basketball, in that order. If a player cannot successfully balance her priorities, she should think twice about playing basketball. It is impossible to win without a total commitment from everyone. Consider practice times, game schedule, academic needs, and family time before you make this 5-month commitment.

Teams

We have four teams: a ninth grade A team, a tenth grade team, and a junior varsity/varsity team that will practice together. Tryouts will begin on November 6th for freshmen, and last for four days (9th grade will be determined on 11/9). Tryouts will begin on November 13th for sophomore and JV/Varsity teams and last three days (teams will be determined on the 15th for these teams). The tenth grade team will consist of 10-12 players. The varsity/JV team will consist of 16-18 players. The 10th-JV/V tryouts will be conducted collectively. Ninth graders or younger will not be allowed to try out for the varsity team unless the varsity head coach invites them.

Team Selection Criteria

1. Basketball Skills- Defense, Shooting, Passing, Rebounding, Ball handling, Court sense, Team play.
2. Academic standing
3. Attitude- both on and off of the court.
4. Citizenship- trustworthy, hard working, honest
5. Acceptance of Role- Team, Position, Playing time
6. Post/Perimeter balance

Team Selection Philosophy

- The team selection is **not** based on head to head competition, how many shots you take, or how many baskets you make.
- Each player will try out with her grade level team, unless she is invited to try out for the varsity team by the varsity coaches.
- Before the team selection, each player should ask herself the following questions:
 - Where do I fit in the Minnetonka Girls' Basketball Program?
 - If I am selected to a team, what might my role be? Will I enjoy this role? Can I accept this role?
 - How will I respond if I do not get the playing time I want?
 - What other things could I be doing with my time (study, work, etc.)?
- Coaches will meet with each player to discuss her role and where she fits within the program.

Lettering

All players who finish the season as a member of the JV or varsity teams will be eligible to earn a varsity letter. A player must play in at least 10% of the total varsity quarters to be eligible. Letters may also be awarded or not awarded according to the discretion of the varsity coaching staff.

Questions regarding tryouts, practices or games, please contact MHS Girls Head Basketball Coach, Leah Dasovich at: leah.dasovich@minnetonkaschools.org