



2020-2021
Brookfield Jr. Lancer Girls Basketball Club
Handbook

INTRODUCTIONS

ORGANIZATION

Mallory Liebl	Brookfield Central Varsity Coach
Teams	1 Head Coach with 1-2 Assistant Coaches
Team Manager	1 per Team
Tournament Committee	To be assigned (seeking volunteers)

Jr Lancer Girls BB Board:

Jason Piurkowski	Club Director
Meghan Klinck	Asst. Club Director
Anne Zitzer	Secretary
Julie Needham	Communications Director
John Schnabl	Treasurer

CONTACT INFORMATION

Club E-Mail:	bcjrlancerhoops@gmail.com
Phone Number:	414-213-4411
Web Site:	www.bcjrlancergirlsclub.com

WELCOME

CONGRATULATIONS!!! You have been selected to play for the **Brookfield Central Jr. Lancer Girls Basketball Club (BCGBC)**. We are excited and proud to have you as part of our Lancer family.

This handbook contains information for both, you, and your parent(s)/guardian(s). It is mandatory that you and your parent(s)/guardian(s) read and understand its contents. Your understanding and acceptance of this information will help to ensure your success as part of BCGBC.

BCGBC GOALS

- 1) Develop and promote the educational advancement of our athletes in the sport of basketball.
- 2) Improve the individual skills of each player and strengthen the basketball program in Brookfield.
- 3) Provide a balance between playing opportunities and striving to be a competitive team.
- 4) Emphasize teamwork, skill development, leadership, and personal growth.

ATTENDANCE

To achieve the goals of the program, each athlete will be expected to prioritize her schedule to avoid all possible scheduling conflicts. We understand that conflicts arise, but we believe in what we teach and practice during practices and games and want players at practices and games. **It is expected that any conflicts with a schedule are communicated with the head coach as soon as possible.**

Each player is expected to arrive at least (10) minutes early and be dressed for practice before practice begins.

In all cases, it is the responsibility of the athlete to inform his/her coaches a minimum of 24-hours in advance if a problem arises. It is also the responsibility of the athlete to confirm the time and location of the next practice or event.

When practices and games are missed, this can lead to a loss of playing time in future games, especially if there is not sufficient communication between the player and coach.

CLUB PROGRAM OVERVIEW

- Eligibility requirement: Student **must live in the Brookfield Central high school area or go to an elementary school/middle school that leads into Brookfield Central and plans to attend Brookfield Central** to be eligible to participate in BCGBC.
- Open tryouts determine the selection of players for the team. Team members are determined by a selection committee of the Brookfield Central Coaching Staff.
- **Success is not measured by wins and losses. Success is measured by improvement of individual players and overall improvement of the team. As being a part of a club that holds tryouts, we do understand the importance of competition at tournaments. This is explained more in the playing time section of this document.**
- The program seeks to engage players in the development of the following fundamental basketball skills:

4th/5th/6th:

1. Offensive Basics—triple threat position; catch, square, rip; make cuts to get open; pick and roll; box out.
2. Dribbling—dribble without looking at the ball, right hand dribble, left hand dribble, back up dribble, changes speed and direction.
3. Shooting—shooting form, footwork, right hand lay-up, left hand lay-up, free throw technique/rhythm, shot fakes, post move (basic power drop step).
4. Passing—chest pass, bounce pass, outlet pass (pivot on outside foot), passing to the post, overhead pass, ball and pass fake.
5. Defense—stance and footwork, defensive position, defensive closeout, understands importance of out of bounds lines, plays team and help defense.
6. Basketball Theory—court awareness, understands principles of offense, attitude and listening skills, communication, coachable.

7th and 8th:

1. Offensive Basics—triple threat position; catch, square, rip; make cuts to get open; pick and roll; back and up screens; slip screen; box out.
2. Dribbling—dribble without looking at the ball, right hand dribble, left hand dribble, reverse spin dribble, back up dribble, changes speed and direction.
3. Shooting—shooting form, footwork, right hand lay-up, left hand lay-up free throw technique/rhythm, jump shot, pull-up jump shot, shot fakes, post moves (basic power drop step, step thru, up and under, front and reverse pivoting in the post).
4. Passing—chest pass, bounce pass, outlet pass, passing to the post, overhead pass, effectively throw baseball pass, ball, and pass fake.
5. Defense—stance and footwork, defensive position, defensive closeout, understand importance of OB lines, plays team, and help defense, understands concepts of zone defense, demonstrates ability to trap on defense, knows how to take a charge.
6. Basketball Theory—court awareness, understands principles of offense, attitude and listening skills, communication, coachable.

CLUB SEASON

- Teams will practice 2 times per week for 1 to 1.5 hours, we do our best to utilize the gym that we have access to.
- The practice schedule will be determined at the beginning of the season.
- Practice days may vary throughout the season due to limited access to gym facilities.
- A team will play 30-40 games in a season including league and weekend tournaments
- Each team may travel to one or more overnight tournaments outside the area.
- Weekend tournaments will be announced by the team manager in advance.
- League play begins in early November. League games are mainly played on Sunday morning and afternoon.
- 4 Grade Blue and White teams will play in Mukwonago Girls Basketball Club Basketball League – <https://mukwonagogirlsbasketballclub.teamsnapsites.com/3rd4th-grade-league/>
- 5th-8th Grade White Teams play in the Lake Country Girls Basketball Association (LCGBA) at Kettle Moraine High School – <https://www.kmgbc.com/page/show/5366815-lcgba-league-2019-2020->
- 5th-8th Grade Blue Teams play in the Young Girls Select Basketball League (YGSBL) 5th & 6th Grade play at Waukesha South, 7th & 8th Grade play at Waukesha West <http://www.teampages.com/organizations/22318>

PRACTICE AND GAME RULES

1. Practices will begin in early-mid-October.
2. The focus of practice will be to have a high level of activity throughout the practice session and encourage accurate repetition of skills and a high quantity of skill work.
3. Practice will start on time and will end when all the equipment is returned to its place.
4. Players are to arrive to all league games and tournament games (15) minutes prior to game start times.
5. Players should run when called over by the coach for instructions.
6. Do not talk to teammates while the coach is giving instructions or talking. At the end of the instruction, the coach will address any questions that a player may have.
7. If you must leave the practice site or the practice itself for any reason, you must notify a coach in advance.
8. Players must report any injury or illness immediately to their coach. This includes reporting any unusual signs or symptoms described in the BCGBC Concussion Policy.
9. Failure to maintain emotional control during practice or a game will lead to dismissal from all or part of such event.
10. No profanity allowed at any time by any member of the Lancer family.
11. Mentally prepare yourself for each practice and game.
12. At games and tournaments, always run off the court for time-outs, substitutions, or half-time.

PLAYING TIME

The BCGBC has established playing time guidelines. The coach has the discretion to adjust this for circumstances such as practice attendance, attitude, disciplinary, etc. Here are the playing time guidelines:

- **Over the course of league play, we will aim for equal playing time until the last four minutes of the game and that is coach's discretion. The aim of equal playing time is for the entire season of league play, not every game.**
- The intention would be for everyone to have the experience of starting a game and finishing a game.
- **Tournament Play, not associated with the league, is total coach's discretion, but we want everyone to play each game. Playing time for tournaments is not equal. Tournaments are more like what playing time at the high school is like.**
- Try to mix up starting line ups – give everyone a chance to start
- **For teams that have more than ten players, a rotation can be established for league games so that playing time is manageable for the coach when most games will consist of a running clock. We believe that this system benefits both the coach and player so that extended playing time can exist for the player. This is a coach's decision on how to organize this.**

TRAVEL RULES

Travel to and from practice will be the responsibility of the athlete. We suggest that individuals living in the same general area to form carpools. The following guidelines will be strictly adhered to when traveling to games or tournaments.

- A. Every athlete will attend and participate in all activities unless excused by a coach.
- B. If overnight lodging is required:
 - o Athletes will stay with their parents, or another family of their team.
 - o Curfews will be set and enforced by the coaching staff.
 - o A player found disobeying the rules set forth by the coaching staff or team chaperones will result in disciplinary action, including possible suspension from the club.

FEES AND EXPENSES

1. Participation fee is \$400.00 per child payable to: Brookfield Central Girls Basketball Club, Inc. If a new uniform is needed, the cost of the uniform is \$80.00.
2. Fee includes a practice reversible mesh jersey and basketball for NEW Players.
3. **Fee covers expenses such as leagues and tournament fees, equipment, and any other expenses related to the activities of the club such as special workouts, insurance for practice and games, insurance for tournament, paid coaches at 7th and 8th grade, and coaching clinics/development.**
4. Spirit wear and additional items are available, and all ordering of these items is done online, the club will take care of ordering the uniforms and getting practice jersey for NEW players to the club.
5. Uniform sizes selected are final. Any requests or changes for a replacement piece at a later date will be at an additional cost. Please be prepared to try on these items during uniform sizing at registration.
6. **Attendance is MANDATORY at the registration meeting on Thursday, October 15, 2020 at 730pm with at least one parent.**
7. Your fee is non-refundable regardless of the reason for quitting or dismissal from the team.

COACH/PLAYER/PARENT TRIAD

By choosing the Brookfield Central Jr. Lancer Girls Basketball Club, you have chosen to be affiliated with one of the best clubs in the Waukesha County Region.

We have been fortunate to find coaches for our athletes. Therefore, we need to take action to ensure that our coaches have a positive experience when coaching for our club. To that end we need your help and cooperation.

Coaches are responsible for every player on their team, never to any one specific player. More importantly, coaches are responsible for their team as a whole. That means they must consider the totality of circumstances with respect to every decision they make. There are long term and short-term goals for every team. A coach must consider many factors when making decisions concerning who plays, where and when.

Our coaches are doing their best to ensure the success of the team. We take our responsibility very seriously. Each coach wants to help every individual player to be successful. Coaches are instructed to attempt to make every player a valuable contributing member of the team. Parents need to support their daughter in whatever that role may be. That "role" may change from a season's beginning to a season's end. Parents always need to support their daughter in that role. **Players and parents should look at their experience in the context of the season and not on a game-by-game basis.**

Just as every player has strengths and weaknesses; every coach has strengths and weaknesses. Moreover, every coach has a unique style that they bring to practices and to games. No one style is right. No one style is wrong. They are just different. A coach who is openly second-guessed or whose motives are questioned will not be as effective as a coach who is supported by the team and the team's families. These actions also demoralize and divide the team.

During a season there may be times when a player is unhappy with some of the decisions a coach makes. **Players are encouraged to discuss their concerns with their coach at an appropriate time.** Coaches have been instructed to be open to such conversations. The appropriate time is not in the middle of a game, right after a game or at a tournament. The appropriate time is to be mutually agreed upon by the coach and player.

At times, a parent may also be unhappy about a coach's decision. Parents need to know that how they react, public displays of displeasure or inappropriate reactions can prove to be extremely disruptive to the entire team. Publicly second-guessing their daughter's coach, or questioning the motives of the coach, has historically proven to have disruptive consequences. There is a time and place for the expression of such concerns. **At a game – or immediately following a game – is not the time or place.** To emphasize that point, we will enforce the following policy on the next page.

A parent or player shall not initiate any contact or conversation with a coach regarding game management decisions, playing time, or personnel issues at any time during a game or tournament or within 24 hours after the completion of a game or tournament. Furthermore, a parent or player shall not publicly act in a manner that questions the decisions or motives of the coach or another player. Any violations of the above policy should be directed to the club for follow up.

In summary, listed below is the procedure to be followed when there are concerns about playing time or a player's role on a team:

PLAYER – THIS IS ALWAYS THE FIRST STEP

- 1) The player should first discuss the situation with their coach at a time mutually agreed upon time.
- 2) The player should request the opportunity to discuss the situation with the club director only after first meeting with their coach.

PARENT

- 1) A parent can request to discuss the situation with the coach within the policy parameters listed above.
- 2) The coach can opt to discuss things directly with the parent or the coach can refer the parent to the club liaison.
- 3) The BCGBC Director will work with the club liaison to investigate the situation and report back to the parent.

PARENT & PLAYER EXPECTATIONS & RESPONSIBILITIES

Parents

1. Driving to and picking up your child for games and practices assuring that your child arrives on time.
2. Work the clock and scorebook at league games, tournament games.
3. Each parent **must work three to four hours** at the tournament we host.
4. A volunteer team parent is needed to coordinate team activities.
5. **Parents are expected to be supportive of both their child, coach, and the program.** Derogatory comments are not helpful. We are trying to grow our girl's excitement for the game and to realize that hard work, attention to detail, and repetition will help them improve!
6. Please **do not** discuss any player or specific team situation with a coach after a game, during a game, or in front of a team audience. Schedule a time to discuss this with your coach as outlined above.
7. Work through your coach before contacting the club director.
8. To be a respectful, rational, and responsible adult representing the Brookfield Central Jr. Lancer Girls Basketball Club.

Players:

1. Player must be on time for all practices and games.
2. **Player should contact their coach**, not another parent, in advance when they are unable to make a practice or game.
3. **Work hard** at every practice to improve your skills and dedicate yourself to your team and individual role.
4. Represent the Elmbrook School District, the BCGBC, your family, and yourself in an appropriate manner at all time.
 - a. Represent the name on the front of your jersey!
5. **Players are responsible** for their grades and homework assignments.
6. Poor classroom performance and behavior can prevent you from participation on the team.
7. Please consider it a privilege to participate on a club team. Players are not granted or guaranteed any special treatment, but instead will be held to a higher standard and level of expectation.

LIABILITIES

Parents or guardians must understand the risk associated with participation in sports. To that end injuries can and will occur. This includes, but is not limited to, the possibility of head injuries and concussions. The parents or guardians agree to hold the Brookfield Central Jr. Lancer Girls Basketball Club harmless in the event of any bodily injury to a player.

CODE OF CONDUCT

- Parents and athletes will be required to sign an agreement stating they read the BCGBC handbook in its entirety and will abide by the handbook.
- Repeatedly missing games and/or practices will result in less playing time.
- Poor classroom performance and/or behavior may result in suspension or removal from the team.
- If a player misses school the day of a practice or game, you will not be allowed to participate in basketball on the day(s) you miss a normal school day.

Each athlete will be expected to comply with the rules and regulations outlined in this handbook. Athletes will conduct themselves in such a manner that they bring credit and respect to their families, teammates, and the Brookfield Central Jr. Lancer Girls Basketball Club. Anyone who willfully performs any act that is detrimental to themselves, their school, or the Brookfield Central Jr. Lancer Girls Basketball Club shall be subject to discipline, suspension, or expulsion from the program as described below.

COMMUNITY INVOLVEMENT

- We encourage you to take great pride in our school facilities and system as well as the places we visit
- You represent your club, your coaches, your family, and the entire Brookfield Community with your actions throughout the season
- Support the high school program as your daughter will soon be there seeking community support.
- Teams and organizations that communicate, support, and encourage breed more success.

TOURNAMENT DATES

1. Dick Cobb Winter Hoops Tournament—TBD
2. **No club team can participate in any tournament that conflicts with the Basketball Club Annual Dick Cobb Memorial Winter Hoops Tournament! There are no exceptions to this rule!**

BROOKFIELD CENTRAL JR. LANCER GIRLS BASKETBALL CLUB'S IMAGE

- THINK POSITIVE...no matter what the situation is.
- Know that through listening to your coaches, paying attention to detail, and working hard, you will get better!
- Always hustle
- Be energetic and enthusiastic
- Be respectful of fellow teammates, parents, and coaches
- Act positively in all possible situations and look for the good in others
- Cooperation by all
- The best teammates make the other players around them better and help each other on and off the court.
- "Be more concerned with your character than your reputation. Your character is what you really are, while your reputation is merely what other people think you are." –John Wooden

QUESTIONS

Please feel free to ask questions or address concerns by calling my telephone number 414.526.9300 and please leave a message, or you can e-mail jrlancergirlsbball@gmail.com.

**CONTRACT – BCGBC Copy
(HANDBOOK)**

Team Grade _____

To assure that we have the same commitment from everyone in the Brookfield Central Jr. Lancer Girls Basketball Club, we would like you and your parent(s) to sign the following contract. This contract acknowledges that you and your parent(s) have read the handbook in its entirety and will abide by the BCGBC rules set forth in the player handbook. **By signing this contract, you are stating that your intention is to go to high school at Brookfield Central.**

I, _____ have read, understand, and agree to abide by the rules stated in the players handbook.

Player signature

Date

I, _____ have read, comprehended, and agree to abide by the rules stated in the players handbook. I also agree to assume all financial responsibilities related to my daughter's team in the 2018-2019 club season, regardless of his or her individual completion of the season.

Parent signature

Date

By signing below, I am acknowledging that I tried on the sample sizes for the following basketball uniform size for my daughter.

 My daughter will use the same uniform as last year

Jersey Shorts

- Youth small _____
- Youth medium _____
- Youth large _____
- Adult small _____
- Adult medium _____
- Adult large _____
- Adult X-large _____

Jersey Top

- Youth small _____
- Youth medium _____
- Youth large _____
- Adult small _____
- Adult medium _____
- Adult large _____
- Adult X-large _____

Parent signature

Date

Date Collected _____ / _____ / _____.

TOTAL PAID _____.

Check Number _____.