



# Lady Tiger Basketball Expectations

Ladytigerathletics.weebly.com



## Coaches:

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Jennifer Barnes	<a href="mailto:jbarnes@mesquiteisd.org">jbarnes@mesquiteisd.org</a>	8B
Regina Beechum	<a href="mailto:rbeechum@mesquiteisd.org">rbeechum@mesquiteisd.org</a>	7A
Courtney Belcher	<a href="mailto:cbelcher@mesquiteisd.org">cbelcher@mesquiteisd.org</a>	7B

## Games:

- 8A holds 12 athletes, all other teams hold 15 athletes
- 8A/B defense is man-to-man/zone - 7A/B runs man-to-man ONLY
- We use Horn's offensive/transition plays as well as our own.
- MISD playing rule: 3 minutes of playing time throughout the game
- NO JEWELRY! PLEASE DO NOT PIERCE EARS DURING SEASON! UIL and for your athlete's safety, they have to come out in practices and games.
- TEAMS ARE NOT SET! Athletes can be switched from A to B team and vice versa throughout the season if needed due to improved skills, work ethic, failures to even out teams, or any other reason deemed necessary by a coach. We are ONE team! We practice together and learn the same skills!

## Playing time is determined by:

- Being on time to practices
- Practicing hard
- Positive attitude on and off the court - being a leader in the school
- Grades
- Good sportsmanship

## Practices: ALL coaches discretion

- Practice schedule attached and is on the website.
- Times are subject to change.
- MANDATORY - exceptions are family emergencies and/or illness - PLEASE let a coach know!
- Tutoring needs to be after school.
- Missing 2 or more practices for any reason, may result in sitting out a game.
- Missing more than 3 practices for any reason, may result in removal from the team. Coaches discretion.

#### Tardies: ALL coaches discretion

- Athletes will condition extra however minutes late (run, push towels, core workout)
- Late more than twice before a game day, coaches CAN bench them per discretion.

#### Practice Attire/Game Attire:

- Athletic clothes are to be worn everyday to practice along with a practice penny/jersey (failure to do so leads to extra conditioning, points off grade, discretion of coach on consequences).
- Game uniforms will be issued and the players responsibility is to keep them washed and cleaned.
- Undergarments MUST be a sports bra of appropriate color as well as under the shorts. We wear blue and white!
- Game socks need to be white, black, grey, or royal blue. NO crazy colors.
- Any distracting colors can result in sitting out per UIL guidelines.
- Headbands or any hair item has to be BLACK only. Any undershirts have to match the color of the uniform: blue - blue shirt, white - white shirt.

#### Game Days:

- Players are allowed to leave campus but must come back for away games by 4:45pm and 5:00pm for home games.
- Not leaving campus: we will do study hall, eat, and dress here.
- Away games: coaches will highlight athletes that are leaving with their parents after the game. Parents can NOT come across the court and please do NOT approach a coach after the game. Coaches are getting athletes back on the bus at this time and do not have time to discuss playing time, ref calls, etc. Please email the coach to set up a time to discuss any game issues the next day.
- We MUST be notified before a game if a player will not attend a game. Email or call 972-882-5675 Failure to notify the coach will result in sitting out a game.

#### Discipline:

- Follow the MISD Athletic Behavior Expectations that was signed and viewed in RankOne.
- Fighting = automatically removed
- ISS = benched the next game
- ISS more than once = removed from the team
- UIL STATE LAW: NO PASS, NO PLAY = if an athlete fails any class, they are benched and/or removed from the team - this is a STATE LAW
- ALL discipline issues are reviewed and discussed before action is taken.