

Dear Parent(s) and Players:

Welcome to the 2022-23 8th Grade Girls Basketball season. I wanted to take this opportunity to communicate the upcoming season's practice and game schedule. You will also find the player and parent expectations. Each player and parent needs to sign off and return the attached form to show you have read and understand the expectations of our Coaching staff this year. Basketball can be an exciting and fun opportunity for your child to learn new skills, make new friends, and have fun. As fun as it can be for your child, different expectations from the coach, parent(s), and player can take away from that positive experience in a number of ways. As you read through this letter please make sure that you review the player expectations and rules, and the parent expectations.

BASIC DISTRICT RULES & POLICIES:

- ✓ All forms need to be turned in to Mrs. Daniels before the first day of practice. Your fee (\$70) must be paid to Mrs. Kostelecky in the main office before you can play in a game. T-Shirt \$ will need to be paid separately from the athletic fee. (T-shirts not mandatory) The two cannot be added together. Forms can be found on the Fruita 8/9 Website under "athletics." Please advise, the game schedule may very well change throughout the season and it will be updated online as well.
- ✓ Each player must participate in 5 full practices before they can play.
- ✓ A Team playing rules: The team will contain 10 players + 1-2 alternates. In the first half, each player will play one full quarter, either the 1st or 2nd, but not in both. In the second half, the coach may play whatever combination of players they want. (alternates will only potentially play if a player is injured or fouls out, but will still play in the B/C game.)
- ✓ B & C Team playing rules: Each team will contain 10+ players (depending on the number of players that come out) B and C team players will play in two quarters of each game.

PRACTICES:

- A. Be on time. Practice starts at 3:30. This gives you 15 minutes from the time the bell rings to change and be ready to warm-up.
- B. **If you miss a pre-game practice, you will not play in the following game.** (unless it is a school sponsored activity, please communicate these activities ahead of time)
- C. Give 100% effort and good attitude every day.
- D. You will wear appropriate clothing for practice. You will need athletic shorts, (no jeans, yoga pants please) T-Shirt or appropriate tank top; NO low cut arms or neck and no spaghetti strap tanks. We do not want to see your undergarments. (School dress code) No jewelry during practices or games.
- E. When coaches are talking you are listening and paying attention. Even on the sidelines, we explain things that all players need to know.
- F. Be prepared. Pack extra socks and undergarments, hair ties, girly products, etc. in your bag to plan for days you might forget to pack them. Make yourself a little "survival kit" to prepare for days you might forget something. (extra socks, sports bra, hair ties, etc.)
- G. **If you are sick and miss school, you may not practice.** If you are too sick to practice, please stay home and get better; do not get the whole team sick by coming to practice. If you are well enough to be at school, you are well enough to be at practice. Please communicate with your coaches if you are not feeling well during practice.
- H. One unexcused absence and you will miss the next game. Two unexcused practices and we have to have a discussion if you are prepared to be a player on this team.

GAME PROTOCOL:

- A. Players will listen to coaches during the game and bench players will be focused on the game so you are ready to go in and know what you are expected to do when you go in.
- B. Attire: You will wear your own black or blue athletic shorts for the games. You will tuck in your Jersey for games. You may wear a black, white, or jersey colored head band if you want, but all teammates must match. No bobby pins or hard objects in your hair and no jewelry.
- C. You will stay until the end of your game. For example, B and C team players, if you play in the 1st and 3rd quarter, you need to stay until the end of your game and shake hands with the other team and listen to your coach after the game.
- D. WE WIN, LOSE, AND LEARN AS A TEAM!

Team Rules and Player Expectations

PLAYER CONDUCT

Any deviation of the following will result in disciplinary action and potential loss of playing time, or even game suspension depending on the severity of the infraction.

1. All athletes are expected to follow the school athletic code contract and team rules
2. Player's commitment to the team is also shown by how they talk and act with each other. You will respect each other, your coaches, and officials.
3. Attitude is everything. Keep emotions under control without losing fight or aggressiveness. If you have an attitude, you will not play to the best of your ability, nor will you be considered for an upper team position.
4. Zero tolerance for taunting, trash talking, technical fouls, arguing with coaches, officials and/or teammates; you will come out of the game. Be courteous to all!
5. **Be a good student in all subjects – not just basketball. You are a student first. D's and F's are not acceptable. If you have an F in any class, you will not play until the grade is brought up.**
6. Keep the locker room clean and neat. You will bring your bag into the gym for practice, not leave it in the locker room. At away games, treat their facility like you want yours treated.
7. No profanity, no excuses. If coaches hear profanity in the hallway, classroom, practices, games, buses, we will run as a team. **Be a lady at all times.**
8. We will stay together as a team, at home and in other gyms.
9. Never criticize, nag, or razz a teammate
10. Never be selfish, jealous, envious or egotistical – show a good character.
11. Never make excuses
12. Never have reason to be sorry afterward

“It isn't what you do, but how you do it.”

- John Wooden

Parent Expectations

1. Please be positive and supportive of your child, her teammates, coaches, and officials during games.
2. During a game, it is the coach's job to coach and the parent's job to cheer for your child and support the team. Please do not coach from the stands. Players that are distracted by parents in the stands will not perform at their best.
3. Please pick them up from practices and away games on time. Practice schedules will be handed out and plenty of notice will be given when the bus drops off players from an away game. (Plateau Valley and DeBeque Games)
4. Please encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game.
5. If an issue arises, please do not approach a coach right before or after a game. Emotions could be high. Either talk to Mrs. Daniels, our Athletic Director, first or find an appropriate time to talk to coaches.

I ask that you review the player handbook with your daughter and sign the attached page in the handbook acknowledging your understanding of the player and parent expectations outlined in the letter.

I'm looking forward to a fun and rewarding season. If you have any questions or concerns, please don't hesitate to contact me.

Sincerely,

Elyza Willms

Head Coach 8th Grade Girls Basketball

Elyza.Willms@d51schools.org



**Mesa County School District #51
Middle School Athletic Clearance Form**

Parent or Guardian: This form must be thoroughly completed and signed before your child will be allowed to practice or compete in extra-curricular activities at his/her middle school.

Student/athletes Name: _____
(Print)

School Year: _____ Grade: _____ Date of Birth: _____ / _____ / _____

Emergency Contact Information

Parent or Guardian: _____
(Print)

Parent/Guardian Residence: _____
(Address, City, Zip)

Parent/Guardian phone number: _____ Cell (optional): _____

Emergency Phone Number: _____ Contact Person: _____

Insurance Acknowledgment

Note: Mesa County School District #51 **DOES NOT** carry any form of accident or medical insurance to pay medical costs should your child be injured. Parent/Guardian must carry adequate health and accident insurance or enroll in the district offered insurance in order for the student/athlete to participate in District #51 athletics. If I have insurance changes it is my responsibility to notify the schools Athletic Director or the student/athletes coach. **PLEASE INITIAL BELOW.**

_____ 1. I maintain adequate personal health and accident insurance.

_____ 2. I have enrolled my child in the accident insurance program available through District #51 for the current school year.

I authorize my child's coach and/or sponsor to secure emergency medical treatment in the event of an injury or accident. District #51 coaches and/or sponsors will attempt to contact parents or guardians as to injury and/or accident.

Insurance Company: _____

Insurance Company Phone Number: _____

Medical Concerns

Please indicate below any medical/personal information regarding your child which the coach/sponsor should be aware of. This information will be kept confidential.

(OVER)



Parent or Guardian Permit

Warning: Participation in interscholastic athletics includes a risk of injury which may range in severity from minor to long-term Catastrophic. Student/athletes must obey all safety rules, report all physical problems to a coach, follow a proper conditioning program and inspect their own equipment daily. By signing this permission form, I acknowledge reading and understanding this warning. I hereby give my consent for my child to participate and compete in athletic activities sponsored by school district #51.

Transportation

It is not practical for the district to provide accommodations for all transportation requirements within the valley related to your child's participation. Therefore within the valley, parents/guardians may at times be responsible for transporting student/athletes from contests and to/from practices (MCVSD will provide transportation to events, but no return bus will be available in the valley).

Media Release Statement

Please check one of the following choices concerning the release of your student/athlete's name, picture, year in school, and other sport team related information that includes websites, print, and video media productions. **PLEASE INITIAL BELOW.**

_____ I agree to any media release of information regarding my student/athlete.

_____ I DO NOT want any picture or sport related information published.

Training Rules

The following Training Rules apply to all students who participate in the District's middle school athletic programs:

1. Students shall not use, possess or distribute tobacco products of any kind.
2. Students shall not use, possess or distribute alcohol or alcoholic beverages of any kind.
3. Students shall not use, possess or distribute any "controlled substances", as that term is defined in the Board's policy on student drug and alcohol use (Policy JICH).
4. Students shall comply with the District's Code of Student Conduct (JICDA), and all student conduct policies referenced therein.
5. Students shall obey all state and local criminal laws/ordinances.
6. Students shall exhibit exemplary behavior on and off the playing field, demonstrate high ethical standards and good sportsmanship, meet all MCVSD #51 eligibility requirements, and serve as a positive role model to students.

If a student is determined to have violated the above mentioned Training Rules during the season, disciplinary action shall be imposed as set forth by the school's administration, which could include but not limited to suspension from contests/athletic events.

I have read all the information on page 1 and 2 and have provided accurate information.

Name of Parent/Guardian: _____
(Print)

Signature of Parent/Guardian: _____ Date: _____
(Signature)

Fruita 8th Grade Girls Basketball



I have read and understand the player code of conduct, player expectations, and parent expectations for the 2022-23 Basketball Season. Please sign and return to Kathy Daniels(AD).

Player:

Print Name: _____

Signature: _____

Date: _____

Parent(s):

Print Name: _____

Signature: _____

Date: _____

Fruita 8/9 Athletic Transportation Agreement

I _____ will be responsible for providing transportation after all athletic events for my son/daughter. My son/daughter will be picked up within 15 minutes of game completion. Fruita 8/9 will provide transportation to all away games, but will NOT provide transportation back to Fruita 8/9.

This form must be signed/dated and returned to Fruita 8/9 athletic office before athletes will be allowed to participate in athletic events. ^{BMS}

Parent/Guardian Name _____

Parent/Guardian Signature _____

Student name _____ Date _____





Nov-December 2022

Fruita 8/9 Girls Basketball Practice Schedule

The schedule is subject to change based on district scheduling. We will communicate via email if there are any changes throughout the season. We will do our best to stick to this schedule. Participation at practice is expected from our players. Thank you!

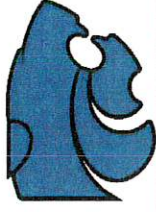


A detailed game schedule will come out after all district teams have been finalized.

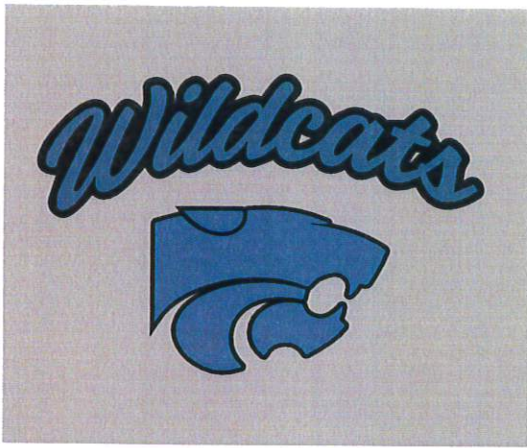
	MON	TUE	WED	THU	FRI	SAT	SUN
28		29	30	1	2	3	4
Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm		
5	6	7	8	9	10	11	
Practice: A - 6-7:30am BC - NO Practice - FMHS Game	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm Pictures @3:30 ALL Teams		
12	13	17	15	16	17	18	
Practice: A - 6-7:30am BC - 3:30-5pm	GAME	Practice: A - 6-7:30am BC - 3:30-5pm	GAME	Practice: A - 6-7:30am BC - 3:30-5pm			
19	20	21	22	23	24	25	
Practice: A - 6-7:30am BC - 3:30-5pm	GAME	Finals - No Practice	Winter Break - No Practice	Winter Break - No Practice			

January 2023

Fruita 8/9 Girls Basketball Practice Schedule



	MON	TUE	WED	THU	FRI	SAT	SUN
2	Winter Break - No Practice	Winter Break - No Practice	Winter Break - No Practice	Winter Break - No Practice	Winter Break - 7am-8:30am OPTIONAL Practice - ALL Teams		
9	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm		
16	MLK Jr. Day No School/No Practice	Teacher Inservice Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm		
23	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - 3:30-5pm	Practice: A - 6-7:30am BC - No Practice - FMHS Games		
30	Practice: A - 6-7:30am BC - 3:30-5pm	Tournament Games Times/Locations TBD	Tournament Games Times/Locations TBD	PT Conferences Tournament Games Times/Locations TBD			



Fruita 8/9 Girls BASKETBALL APPAREL ORDER FORM

ALL UNISEX SIZING

NAME _____

Badger Long Sleeve Performance

\$23.00

COLOR: Silver

ADULT SIZES: AS, AM, AL, AXL, A2XL

YOUTH SIZES: YS, YM, YL, YXL

\$2.00 UPCHARGE ON 2XL

QTY _____ SIZES: _____



Badger Long Sleeve Performance Hooded Tee **\$30.00**

COLOR: Silver

ADULT SIZES: AS, AM, AL, AXL, A2XL

YOUTH SIZES: YS, YM, YL, YXL

\$2.00 UPCHARGE ON 2XL

QTY _____ SIZES: _____



TOTAL AMOUNT = \$ _____

RETURN ORDERS AND PAYMENT TO COACH WILLMS

DATE: 11/29/2022

MAKE CHECKS PAYABLE TO: FRUITA 8/9

