



**Pine Valley Girls Athletics
Player Handbook**

2021-2022
New Caney ISD

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Philosophy/Player Expectations

Being a student athlete is a special privilege thereby carrying additional responsibility. My philosophy for the Pine Valley Athletic program requires 6 levels to obtain success. The base is where the athletes and coaching staff should begin: Character. Having the right character throughout the entire program is the foundation that the program will need to build on. It starts with the coaching staff leading by example. Once the entire program reflects on the six-character traits, we all must SELF reflect. Am I MATURE enough to handle what we encounter? Am I COMMITTED to the program? Am I DISCIPLINED? Do I BELIEVE in the coaching staff? Teammates? Do I have the right ATTITUDE at all times? After self-reflecting, the program is now able to UNIT as a team and bring together each individual to build a team that COMMUNICATES at all times, TRUSTS in each other and ENCOURAGES one another through the highs and lows of the season.

Next, the program can transition into possibly the hardest level in a program: PRACTICE. A quote that represents the toughness of practice states “Practice gotta be harder than the games and it never is unless you want it to be as a player. The coach can’t drive that” – John Calipari. PREPARATION is key to have a successful practice. Stress having the correct FUNDAMENTALS and FOCUS at all times throughout practice. The game should be the easy part of your week.

Once a game or meet arrives, practice should have prepared you to give maximum EFFORT to COMPETE throughout the entire event. Teams may not win every game, but you will have achieved our final goal of SUCCESS.

Players will be held accountable for all actions and will be rewarded for their integrity and hard work on and off the court. It is important for athletes to understand their role as a student athlete and to know that they will be looked upon as leaders on the campus and in the community.

1. All members of the Mustang family will be required to maintain grades and follow school and UIL policies throughout the year. Grade checks A weekly grade check will be conducted by the Basketball coaching staff. Some helpful hints:

- a. Attend class daily
- b. Ask for help if you are having trouble
- c. Attend tutorials each time they are offered
- d. Communicate daily with your teachers
- e. DO NOT be a class clown
- f. Turn in every assignment on time. The ZAP program- ZEROS Are Not Permitted!!!!

2. Respect coaches, teachers, and teammates. Under NO circumstance will you speak to a coach, teacher, parent, or administrator out of line. IF there is a problem that you cannot solve, we will do our best to help resolve the issue. NOTIFY THE HEAD COACH IMMEDIATELY!!!!

3. Practice and games are mandatory. You must be there. If you miss practice whether excused or unexcused you must notify the head coach. Make up conditioning is required for ALL missed practices or games.

4. All physicals on file before you can try out for the team. You will not be allowed to participate in any manner without a physical.

5. Grooming and hygiene are important parts of the athletic environment. As an athlete we will uphold the highest of standards when it comes to appearance. Grooming should not draw attention to the individual.

a. No Jewelry or headgear will be allowed in practice/game.

b. All athletes are encouraged to shower to prevent Staph infections.

c. Hairstyle, length, cut and color that are extreme and draws attention to the individual will not be allowed. (I.E. Unnatural hair color)

6. Equipment – All school issued equipment must be treated with care. It is the athlete's responsibility to keep up with all issued equipment and to ensure it is in good condition upon return. If equipment is lost or damaged, it will be the athlete's responsibility to pay the replacement cost for the items.

7. Lockers – Each athlete will be issued a locker. Lockers should always be kept locked with all valuable items secured inside the locker. The athletic department or coaches ARE NOT responsible for any valuables that may be stolen. It is the athlete's responsibility to remember the combination and not to share it with others.

8. Dressing Out – Athletes will be required to dress out in their practice clothes every day, no exceptions. Must be "game ready" during practice and games (i.e. no jewelry/watches/etc.. are to be worn during practice.) Hair must be pulled back and out of the athlete's face.

9. Injuries – All injuries need to be reported to the coach as soon as possible. Prior to seeing a doctor, all injuries need to be seen by our trainers first. They are trained to handle athletic injuries and can often treat the injury to get the athlete back into the program as soon as possible. If the injury is too severe for the trainers, they will refer the athlete to see a physician. It is important to not skip treatment if you want to return in a timely manner and to prevent re injury.

10. Travel to and from games – All students are REQUIRED to ride the bus to and from the games. To be excused you must have an Alternative Student Travel Form, signed 48 hrs before departure for the game. You must fill out a separate form for each trip. Athletes will only be released to their own parent or guardian. Coaches will not allow athletes to ride home with anyone other than their parent or guardian without advance written and signed notice.

11. Quitting a sport – Any athlete that decides to quit the team will not be allowed to in another sport until that sport has finished its season or until consent has been received by all coaches involved. An athlete that quits the sport also forfeits any awards for basketball.

Players Checklist

- 1. Schoolwork is the beginning. You are a STUDENT Athlete. The purpose of attending school is to get an education. Do your best in the classroom**
- 2. Listen to the coach, follow his/her directions and hustle.**
- 3. Intensity and the ability to never give up, right up to the last second of the game are the player's finest assets.**
- 4. A winner has control of her emotions and keeps a clear head in tough situations. The ability to come through in the clutch can be learned.**
- 5. Rules and officials govern the game. A winner will familiarize herself thoroughly with the rules and will respect the official's interpretation.**
- 6. When participating in a team sport, a winner must direct every effort toward being a good team player.**
- 7. A good athlete competes with class, character, and pride. She doesn't resort to a dirty trick or cheating to demonstrate her ability.**
- 8. The player must be coachable, able to assimilate instructions, and be big enough to take criticism. She must keep in mind that correction of mistakes is a part of teaching.**
- 9. Important thought - - one season to play, a lifetime to regret!!**

Long, hard, intelligent practice is the route all champions have followed. There is no magic pill to take to suddenly become a star player. The reason we are going to win district is because we are going to work harder, play smarter, do the little things and play with more intensity than any other team. When the season is over, look back and be able to say, "I gave it my best shot ALL the time."

Policies for Practice

- 1. If you become ill during the school day, you must come tell the coach before you leave school.**
- 2. Be on time (10 minutes early).**
- 3. Do not sit down.**
- 4. Run and hustle everywhere you go.**
- 5. Do not cuss.**
- 6. Do not leave the floor without permission.**
- 7. Save conversations with spectators until after practice.**
- 8. Do not kick or throw a basketball against the wall.**
- 9. Be dressed, on the floor, and ready for practice on time every day.**
- 10. Warm up, stretch, and work on your weakness until organized practice starts.**
- 11. No cliques, no complaining, no criticizing, no jealousy, no egotism, no envy. Earn the respect of all.**
- 12. Give your undivided attention when the coach is talking to you.**
- 13. Do things you have been told to do, and do not have to be told them every day.**
- 14. Condition comes from hard work during practice and proper mental and moral conduct.**
- 15. All practices must be made up; it is your responsibility to see your coach.**
- 16. If you are in any off-campus discipline program or in an on-campus discipline program you cannot practice or play for those days. This behavior will not be tolerated.**
- 17. Show an injury to your coach. Do this immediately and always see the trainer when instructed.**
- 18. If you don't get treatment you are not considered injured.**
- 19. The trainer will tell you what your status is concerning practice or playing in a game.**
- 20. If you are injured, you still suit out and observe practice though you cannot participate.**

Roll of a Pine Valley Athlete Parent

Your roles as a parent with a daughter in athletics is just as crucial to the success of the program as a coach and/or player. You are the reinforcement at home, cheerleader in the stands and overall supporter of, not only your child, but the team and coaches as well. We must work together and communicate for the success of the program.

Parents are expected to adhere to all the team rules before, during, and after a game. You will be held to the same standard as your athlete while representing Pine Valley MS and PVMS Girls Athletics

- 1. Communication**
 - a. Your athlete is expected to inform the coach of upcoming missed practice/games. IT is crucial that you communicate this with your athlete and preferable the coaches in a timely manner so that we may adjust practice/game.**
 - I understand emergencies occur but under normal circumstances notification on the day is not enough time.**
 - b. It is important that coaches and parents agree about program goals and means to reach those goals. Positive reinforcement at home is vital to seeing progress occur.**
- 2. Before Game Expectations:**
 - a. Have athlete (s) early to buses when traveling to an away game.**
 - b. Ensure your child has proper equipment**
 - c. Ensure that your athlete (s) plays with positive attitude and good sportsmanship.**
- 3. During Game Expectations:**
 - a. Positive sportsmanship throughout the game.**
 - b. Parents should be encouraging and allowing coaches to coach.**
- 4. After Game Expectations:**
 - a. Be positive regardless of the outcome of the game or their performance.**

Consequences for not adhering to program rules/district policy can result in removal from the event where the offense occurs and/or future events.

5. Leaving Game Early

- a. It is our expectation that all Athletes stay through all games (both home and away). If an athlete needs to leave early, they must have an **ALTERNATIVE TRANSPORTATION CONSENT AND RELEASE** form on file 48 hours before the day of the game. Please make sure you are communicating with the coaches prior to game day about having to leave early.
- b. On away games, a notification will be sent out via Remind and your athletes to let you know an estimate time of arrival.

Missed Practice/Game

ALL ABSENCES MUST BE ACCOUNTED FOR!!!!

1. It is the athlete's responsibility, not the parents or teammates to notify the coach of an absence. (Email/Remind/Canvas/etc...)
2. If you call and there is no answer, a message **MUST** be left on the office phone accompanied by a phone number where the athlete can be reached.
3. All absences will be reviewed by the **HEAD COACH** only and will be dealt with on an individual basis.
4. Coaches Office phone is 281-577-8860 Ext. 4360
5. Email for Coach Ramos is sramos@newcaneyisd.org

TARDY = Not being at practice on time. Players should arrive 15 – 20 minutes early. (During school practices, athletes must be dressed and ready to go 5 minutes after the tardy bell rings.)

ABSENT = Either not arriving for practice or arriving 20 minutes late.

Make-Up Conditioning

Missing a practice or a game is inexcusable in this program. It is our expectation that everyone is at every practice. This will ensure that information is not missed and chemistry within the team is developed. However, we understand that practices and/or games might be missed.

Practices

There are two types of practices we look at “excused” vs “unexcused”. An excused practice is when a player notifies a coach. This does not mean they are excused from make-up conditioning/shooting. This just means they took initiative and let us know. An unexcused practice is when a player missed a practice and does not notify a coach. Make-up is subject to change (individual basis).

Make-up practice needs to complete before or after an already assigned practice. Playing time could be affected in the next game depending on the situation (individual basis). You will need to complete make up practice to be eligible to play in the next game. YOU will be responsible for communicating with your coach when you can do the work out. If you do not complete the conditioning before the game, you will NOT play.

Games -If you miss a game/meet, you miss the next. Plus, you must complete either the excused or unexcused practice. Any exceptions to this rule are up to the head coach.

NCISD Pledge

Individual and team success results from commitment. The extent to which athletes can make such commitments reflects their maturity as well as their dedication to their family, friends, school, and team. Your coach already has made a similar kind of commitment. We ask you to read and agree to the following Pledge:

- **As an athlete and student in NCISD, I promise:**

1. To be a worthy representative of my teammates, abiding by school and community expectations reflecting my team's values of commitment and hard work.
2. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
3. To attend every practice, event, and contest unless excused by my director.
4. To recognize that my future as a responsible adult relates to how I commit to my academics as well as my extracurricular activity.
5. To find the time to satisfy my family relationships and responsibilities.
6. To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
7. To reflect my belief that a true winner demonstrated integrity, discipline, and self-respect in all things.
8. To abide by the NCISD Student Code of Conduct and the Athletic Code of Conduct

New Caney ISD

ATHLETE CODE OF CONDUCT

Listed below is the Athlete Code of Conduct. This information is taken from the NCISD Athletic Department parent handbook. Coaches need to ensure that these policies are enforced and adhered to by our athletes.

There are many advantages of being a member of an athletic team in the New Caney Independent School District. In fact, there are so many that it would be difficult to list them all. But there are some realities each athlete needs to be aware of before accepting the challenge of becoming a student athlete for his/her school.

- 1. You may practice and never get to start.**
- 2. Training rules may cramp your social life. Sacrifices will be necessary.**
- 3. You will have to practice every day after school and possibly on break.**
- 4. Less study time will be available, yet you must pass to be eligible to play.**
- 5. Do not expect favors because you are an athlete, expect a challenge.**
- 6. You will be expected to be well behaved on and off the field. What you do off the field may get you dismissed.**
- 7. You will be expected to follow NCISD Student Code of Conduct.**

Most things listed in Athletic Code of Conduct should be self-imposed rules. If you lack the maturity or self-discipline to adhere to those rules then it may be necessary for the Athletic Department to instigate disciplinary action, possibly even permanent dismissal.

To be admired as a champion and as an athlete—ACT RIGHT!

CONDUCT OF AN ATHLETE

- 1. No profanity or trash talk. Remember, people don't see you, they see the school's name across your chest.**
- 2. School attendance is required on game day unless approved by the coach and principal.**
- 3. Truancy and unexcused absences are unacceptable.**
- 4. Any athlete that is placed in ISS and/or suspended from school is not eligible to practice or play in a game until they have completed their punishment.**
- 5. No jewelry during practice or games.**
- 6. Go to practice. There are very few acceptable excuses to miss a practice.**
- 7. Any athlete that quits a sport will not be allowed in another sport until the sport he or she quit has finished or the athlete has received the consent from all coaches involved. Also, note that any athlete who quits or is dismissed from a sport forfeits that sports athletic award.**
- 8. If a student becomes academically ineligible for two nine-weeks in a row, they may be dismissed from athletics. The student can be reinstated when academics stability is demonstrated.**
- 9. NO HAZING! (Hazing: Any activity intentionally taken for the purpose of initiation in which any student(s) humiliates, degrades, or physically or mentally abuses any other student.)**

10. Being in the environment of alcohol, tobacco or any illegal substance or activity is prohibited. If you are at a party, in a car, etc. where drugs and alcohol are present, LEAVE! Do not be found guilty by association.

11. Engaging in inappropriate or indecent exposure of private body parts or sexual conduct in locker rooms or playing fields/courts, or while on athletic trips will not be tolerated.

12. Any conduct that result in arrest and/or citations other than a traffic violation from law

enforcement officers will not be tolerated.

Violations of rules may result in but are limited to the following actions:

- 1. Punishment deemed appropriate by head coach**
- 2. Discipline contracts**
- 3. Suspension from game/games**
- 4. Suspension from an athletic team**
- 5. Suspension from the athletic program**
- 6. Permanent removal from the athletic program**

The code is in force twelve (12) months a year, grades seven through twelve (7-12).



Below you will find a list of the policies and/or rules set forth for Athletics 2021-2022

1. Athletes are expected to be on time for all practices and games.
 - Failure to do so will result in the missing of practice and/or the game. You will need to contact your coach through the Remind App.
2. Any missed practice will have to be made up by the athlete.
 - If a practice is missed by an athlete during the week leading up to a game, the athlete will have to make up the missed workout to be able to compete in the game.
3. Athletes will be expected to show respect their teammates, opponents, and coach.
 - If an athlete makes a derogatory comment to a teammate or taunts an opponent during a game that will be subject to disciplinary action from the coaching staff.
4. If an athlete leaves a game early to ride home with a parent, the proper paperwork must be submitted in accordance with New Caney ISD policy.
 - Students and parents must sign and turn in documentation for leaving 48 hours before the game. At the game, only a parent or guardian can take home an athlete and must sign out with their child's coach.
5. Athletes must be academically eligible in accordance with the UIL guidelines and New Caney ISD athletic calendar.
 - If students do not meet the minimum athletic requirements, they will still be expected to practice but cannot participate in the games.
6. Athletes who are placed in SAC (ISS) are ineligible to practice or participate in any meets on the day of their in-school suspension.
 - This is New Caney ISD athletic policy set forth by the athletic department.
7. Athletes are responsible for all equipment that is issued to them.
 - Lost or damaged equipment must be paid for.

I, _____ (athlete's name), agree to follow the rules & procedures stated on this

form. I understand that failure to follow any of these rules could result in a discipline referral or parent/guardian

conference.

Athlete Signature

Parent Signature

[Nondiscrimination Notice](#)

New Caney Independent School District does not discriminate on the basis of race, religion, color, national origin, sex, age or disability in providing education services, activities, and programs, including vocational programs. For more information about your rights or grievance procedures, contact District Title IX Coordinator Doug Bonsal, and/or the Section 504 Coordinator, Kristi Shofner, at 21580 Loop 494, New Caney, Texas 77357 281-577-8600.