

Girls Basketball Information Sheet

Coaching Staff:

Head Coach: Stacie Langley

Assistant Coaches: Keith Atkins

Contact Information:

Emergency Contact: (Langley) Only contact in case of an emergency. This is NOT for questions.

Please email me at stlangley@caldwellschools.com if you have questions about times, games, missed practices. Etc.

Tryout Procedures:

Student athletes are rated on a 1-5 on the following categories: Dribbling Skills, Shooting, Hustle/Effort, Teamwork/Attitude, Coachability. Hustle and Coachability are huge character traits I believe student athletes should have. Tryouts will last 2 days with no cuts on the first day. The team will be posted on the basketball website after the last day of tryouts.

Team Discipline:

Student athletes are role models for the school. Their behavior in class reflects the whole team. If a student is having difficulty with behavior in the classroom, I will address them about it. If it becomes a recurrence, playing time might be limited. If a player is in ISS, they will not be allowed to play in the next game. If they are in ISS more than once, they will be removed from the team.

If a player misses practice, they need to talk to me at school, or send me an email. If a player does not let me know about a missed practice, they will not be playing for at least 1 quarter of the game. Sickness, family emergencies, and pre-arranged doctors appointments will be excused. However, missing practice they will miss important information and may not be ready to play in a game.

Practice Schedule:

- Practice will be every day after school until 4:30.
- Fridays will be until 4:00.
- Athletes need to be picked up promptly. If late pick up becomes a routine, they will be dismissed from the team.
- Any changes in practice/games will be posted on the GFMS facebook page, and I will send out a message on talking points..

Game Schedule:

Tournament will be held at William Lenoir –

Travel Information:

Athletes will ride the bus to all games

Away games:

- i. You may take your athlete home after away games, each parent needs to make sure they sign out with Coach Langley/Atkins.
- ii. If your athlete needs to ride the bus home, I need to know the day before each game.
- iii. If you are taking another athlete that is not your own, I need a note/email from their parents for confirmation.

Eligibility:

The following are requirements for being a student Athlete:

- Current and updated physical.
- Students must have passed 3 of 4 core classes the previous semester.
- Students must not have had OSS or ISS in the current semester.

Uniforms

Athletes will be responsible for their own uniforms for the season. Please make sure uniforms are washed after each game.

Playing Time:

Each player's playing time will reflect the effort that they put in at practice. If they miss practice they need to tell me or email me of their absence. We can only get better as a team if we have everyone there every day.

Please do not approach me after a game about a concern of your athlete. I will be more than happy to speak with you after practice or during the day. After the game is not an appropriate time.