

# LADY SPARTANS BASKETBALL

Desire · Discipline · Determination



## 2018-2019 Handbook

# WHAT DOES IT MEAN TO BE A SPARTAN?

## Desire

Do you want to be the best? Are you willing to do what it takes to be *the* best?

## Discipline

Are you committed to a common team goal? Will you sacrifice what is necessary for the good of the team?

## Determination

Are you happy with the status quo? Do you want *better* for yourself and your team? Are you willing to work every day, 100%, for a better team? What will you do to make us better?

*"It is amazing how much we can accomplish if no one cares who gets the credit."*

John R. Wooden

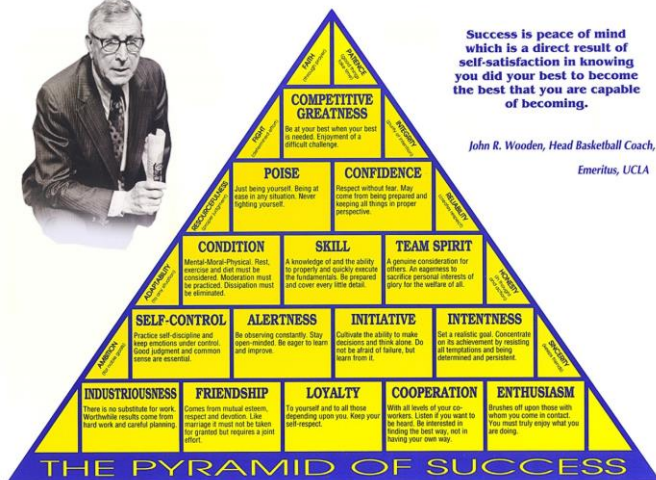
# "PYRAMID OF SUCCESS"

John R. Wooden



**Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.**

*John R. Wooden, Head Basketball Coach, Emeritus, UCLA*



**“Success starts with friendship, cooperation and enthusiasm. Self-control, the right intentions and the drive to do what is right promotes success in a team concept. Having confidence in what you do and maintaining faith and patience are the last steps to becoming a great team. Follow these steps and you will become the best person, capable of success in your life.”**

**-Coach Willis**

**Inspired by the Pyramid of Success**

# TO BE THE BEST...

**Don't make excuses. Find the answers.  
Don't be afraid to ask for help.**

## **Open Communication**

If absences and/or truancy become a consistent problem for a player, the coaching staff will make every effort to communicate any problems with parents through phone calls or email. To help parents understand the steps the coaching staff is taking to discipline your child, we have set up the following "progressive discipline" guidelines for practice:

***1<sup>st</sup> Unexcused Absence:*** Counsel the player about the importance of attendance and encourage her to be at practice. Player will sit out the first half of the next game.

***2<sup>nd</sup> Unexcused Absence:*** Counsel the player; notify the parent/guardian via phone call, and suspension for an entire game.

***3<sup>rd</sup> Unexcused Absence:*** Counsel the player, set up a meeting with the player, parents/guardians and coaching staff and the player shall be suspended for two games.

***4<sup>th</sup> Unexcused Absence:*** Counsel the player, set up a meeting with the player, parents/guardians, coaching staff and athletic director, and discuss the possibility of dismissal from the team.

### What is considered an unexcused absence?

- Missing practice without notifying the coach *prior* to practice with a valid excuse
- A doctor or dentist appointment that *can* be rescheduled for another time
- Family events (e.g., dinners, birthday parties, vacations, etc.) that conflict with team events
- Missing practice for another sport during basketball season (November-February)
- Missing practice for another event without approval from the head coach (includes all months)

\*\*It is important that the players understand that they have made a *COMMITMENT* to the team and their teammates, and when they neglect to notify the coach of their absence from practice, it affects the success of our team and its goals for a successful season.\*\*

Players are encouraged to arrive **15 minutes** prior to the scheduled practice time in order to change into their practice gear, use the restroom in preparation for practice. Players who are not prepared prior to the scheduled practice time will cost the team additional conditioning. Consistent truancies will face individual discipline, including suspension or removal from the team.

**"Failing to prepare is preparing to fail."**

-John R. Wooden

# Affirmations

One of the most important steps to building self-esteem and self-confidence in oneself and the team is the reinforcement of a positive learning environment. While players may fail from time to time in any aspect of their lives, it's important to support these players with a nurturing but firm hand so they may learn from their mistakes. The coaching staff makes every effort to support these ideals in their practices, game instruction and interactions among the parents. I ask that all the parents support our effort to do this while at home and in the community so their daughters may receive a consistent discipline plan. If you have any questions about this support system, please ask Coach Willis.



# Expectations

What is expected of me? What must I do to make the team successful?

- Show up for practice on time and prepared
- Give your best effort every day
- Don't make excuses
- You're not satisfied with your best
- Contribute regularly and don't exclude yourself from the team
- Follow the "Pyramid of Success"
- Follow the instructions of the coaching staff and administration
- Focus on what it takes to succeed each and every day
- Follow the guidelines set forth by the team
- Involve parents with your basketball life
- Keep your grades at a minimum 2.5 G.P.A
- No "F" grades at any time
- Make Lady Spartan Basketball "family"



# The “Vision” and “Mission” of the Program

## “Our Vision”

Through the example of those Lady Spartans that played before you, we will dedicate ourselves to ascending the ranks to become a top tier basketball program for years to come by being the best team, players and people on and off the court during every possession, every game, every class and every day.

## “Our Mission”

As a member of the Lady Spartan basketball family, we will work tirelessly to “make each day our masterpiece” by becoming the best person, student and player that we can be while dedicating ourselves to the team and to Villa Park High School.



## Core Values of Our Program

### **Be selfless!**

Sacrifice and comradery is important to facilitate team cohesion. If players commit to team play, they will build the trust and respect of their peers. If we want to be successful as a team, players must be willing to sacrifice their individual accolades. Be concerned more with each other than yourself.

### **Do what is right, even if it isn't the popular choice.**

Athletes are faced with difficult decisions, whether it's in the game, in the classroom or in their personal life. And these young ladies will learn valuable life lessons that will go way beyond the court. "Through sport, young people can develop morally; they can learn the basic code of ethics that is transferable to a moral code of life."

–Rainer Martens

**Embrace opportunity, not excuses.**

These young ladies will embrace the challenges that face them and learn to meet them head on. A thorough preparation system before practices and games will be utilized to instill confidence in the players. Through love, understanding and discipline, these young ladies will be equipped with the tools to succeed in academics, high school and life.

**Be a role model for others.**

We are role models for Villa Park High School and our actions are viewed and interpreted as an example of the Spartan community. Our level of sportsmanship and effort are indicative of our program and should be exemplary. Therefore, our women's program should be the model for which other programs are measured. Although winning is important, it is not the means to an end. It is hard work, dedication, intensity, team work and unity that defines our women's program.



## School Administration

### Principal

Dr. Ken Miller

### Athletic Director

Mr. Thomas Fox

### Assistant Principal of

#### Discipline

Mr. Michael Lee

### Assistant Principal of

#### Curriculum

Mr. Jeff Jones

### Activities Director

Ms. Lisa Hedspeth

### Assistant Principal of

#### Facilities/Athletics/

#### Special Education

Mrs. Sheryl Anderson-  
Glass

### ASB/Athletics

#### Secretary

Mrs. Erica Benzie

# Villa Park Lady Spartans

The Villa Park women's basketball program is committed to excellence both on and off the court. As a demonstration of this excellence, your commitment is exhibited in your attitude, effort, performance and responsibility as a player and foremost, as a student and member of the community.

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Although winning is of utmost importance, it is not the means to an end. It is hard work, dedication, intensity, team work and unity that defines our women's program.

### Practice

Late to practice.....Everyone runs  
Out of uniform.....You run next practice  
Lack of effort.....Everyone runs  
Talking back to a coach.....Everyone runs

### Game

One missed game.....You sit the next game

Two missed games.....Possible removal from  
the team, meeting with coaches

Late to pre-game.....Will not start or sit the  
first quarter

Talk back to coach.....sit immediately

Disobey coach on the court.....1<sup>st</sup> instance:  
warning; 2<sup>nd</sup> instance: sit

# What Can YOU Do?

If you become frustrated by losing or by not meeting expectations in some way, here is an answer to most of your questions.

**During games:** Can you sprint more? Can you be more active off the ball on defense? Can you work constantly to expect a shot, be prepared for a pass or be in position to rebound? Can you encourage your teammates on the court or on the bench?

**In Practice:** Could you arrive earlier, work harder, care more, or use your time wisely to improve? Could you get your teammates to do the same?

**Off the Court:** Can you talk to your coach and/or your teammates? Express your goals and feelings to your teammates and/or coach and discuss with them what it will take to reach your goals. Have a plan to achieve these goals. Stay focused on what it takes to achieve your goals/dreams.

**In the Off Season:** This is when you make the biggest impact on the program. Did you get better today? Did you take the extra shots in the gym to improve? Did you work on your defensive stance? Rebounding? Did you go to the weight room and get stronger? Did you practice your skills? Did you commit to it? Are you consistent and repetitive about following the plan to be better? This is a team game and you can't afford to care only about yourself. You, along with your teammates, must motivate one another and strive for excellence. Hang out with them. Talk to them. Share your dreams with them. Do as much as you can to build that bond with one another so it will be strong when it is put to the test. We are only as strong as our weakest link.