



**TEAM CONTRACT 2020-2021**

## **BASKETBALL**

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**Brabham Middle School •Department of Athletics**

### **PROGRAM VISION STATEMENT**

The vision of the Brabham Middle School Basketball Program is to be recognized as a model program at the district for preparing our student-athletes for the next level. We strive to enhance student's own problem solving skills in basketball through demonstration, motivation, athlete assessment, practice and games. Our program is built on TRUST, LOYALTY, DISCIPLINE, EFFORT, ENTHUSIASM, ATTITUDE, PRIDE, and CONFIDENCE.

### **PROGRAM PHILOSOPHY**

We must be committed to being the BEST TEAM we can be when we take the court for practice or games. We must play with a burning desire and passion for the game. The development of a positive team attitude and a disciplined work ethic is vital to the success of this program. We will be a CLASS ACT program at all times. We will "respect all opponents, but fear none." On and off the court we will be proud of who we are and also represent the school district in a positive manner.

### **HONOR/PRIVILEGE**

It is an honor and a privilege to be a member of the basketball team. Your appearance, action(s), language, and character influence people's thoughts about you, as well as Willis Independent School District, and the basketball team of which you are a member. You are no longer an individual, but a member of a team that will be judged by the poorest member rather than the best! The following set of rules must be followed and adhered to. This is the covenant between the program and you.

**"IT'S NOT THE WILL TO WIN THAT MATTERS-- EVERYONE HAS THAT. IT'S THE WILL TO PREPARE TO WIN THAT MATTERS."**

-Bear Bryant

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Coach Stuksa [rstuksa@willisisd.org](mailto:rstuksa@willisisd.org) Girls' Athletic Coordinator

Coach Mickens [dmickens@willisisd.org](mailto:dmickens@willisisd.org) Head Basketball Coach

## **DISCIPLINE GUIDELINES**

Each member of this program is a student-athlete and is expected to follow ALL rules in the LadyKats Athletic Handbook/Manual. Everyone must understand that it is a privilege, not a right, to be a member of this program. This program will be conducted with the highest standards of dignity. It is important to remember that everyone is a representative of the program at all times. If something happens it will directly reflect on each member of the program.

### **Guidelines for Individual behavior will be followed:**

- As a member of the basketball program, I will not do anything to disgrace myself, a teammate, the program or the school district.
  - Any actions that are deemed to be distractions from or destructive to our program or team unity will not be tolerated, and will be handled by severity of the case.
  - Any violation of the LadyKats Athletic Handbook/Manual or Basketball Program, and /or, civic law or state will be treated as a program violation and will result in disciplinary action or possible removal from the team.
  - Assignments to ISS/OSS, detention, office referral, and/or Alternative Campus: Show lack of character and responsibility, which hurts one-self and the team. It will not go unnoticed. Each case will be handled according to the severity of the case. It will result in disciplinary action with punitive conditioning being implemented upon coaches' discretion.
  - Numerous disciplinary actions and/ or Alternative Campus assignment could result in immediate removal from the program.
  - Players that exhibit behavior that is morally wrong or illegal (ex. Cheating, drinking, smoking, use of drugs, theft, or making any reference to a website Twitter, Facebook, Instagram, Snap-Chat, etc.) will be penalized by punitive conditioning and/ or game (s) suspension or dismissal from the team.
- ★ **REMEMBER** that all information appearing in your Twitter, Facebook, Instagram, and any other social media account will be published to the internet, which can be accessed by anybody with their computer or phone. Assume that all material will be viewed by your coaches, parents, administrators, etc. Do not publish personal contact information (phone numbers, email address, physical address, etc.) Update your privacy settings so that profiles and groups are not visible and always monitor your account. Make sure that photos do not include derogatory or obscene statements. You are responsible for your own actions!!

## **PRACTICE PHILOSOPHY**

We will create a practice environment that will allow each player the opportunity to become a better player on a daily basis. Focus on what the team is doing and try to use the practice time to improve on skills and physical abilities and prepare for High School. Those who put little or not effort into practice will get little to no progressions.

Work hard to develop good habits by practicing with good form and appropriate effort. The habits we develop in practice are the habits that will determine how we play in the games. We want to cover

every aspect of the game in practice, so that we can be prepared for whatever could possibly happen during a game. Our practice atmosphere must be focused on basketball; once we take the court for practice, everything outside of basketball must remain outside the doors.

### **Practice Objectives:**

1. Development of individual and team discipline and work ethic.
2. Development and refinement of specific fundamental and technical skills of the game.
3. Instruction of individual and team offensive and defensive strategies.
4. Development of optimum levels of strength and conditioning.

Practice is the most important basketball aspect of this program. Attendance is mandatory unless there is an emergency. Doctor appointments must be arranged around practice, not during practice if at all possible. Not attending practices will be considered unexcused unless a coach is notified within 24 hours in advance. All missed practices will require a makeup practice arranged by the coach before the player will be able to play in the next scheduled game, along with losing a quarter of playing time.-see non-negotiables below.

### **NON NEGOTIABLES:**

- If an athlete can't show up in the correct clothing, they don't practice and miss the first half of the next game. (at this level they miss the entire game)
- If an athlete gets an attitude or walks during the game because they turned the ball over, missed a shot, whatever - they sit and do not go back in the rest of the game.
- If an athlete gets in trouble (email or conference with teacher) or misses a practice during the week of Wed-Friday will be a loss of a playing time one quarter of the game.

➤ **Excused Practices:** Educational, Medical, and Religious reason, or school sponsored event. (Inform coach prior to absence.)

### **PROMPTNESS**

If you are **early**, you are on **time**; if you are on **time**, you are **late**; and if you are **late**, you are **left!!**

- You will NOT be late to practice or games. If you are going to be late you need to let your coach know well in advance, but will still have punitive conditioning. If consistently being late, punitive conditioning will apply and a meeting with parents/ or possible removal from the team.

### **TIME MANAGEMENT**

#### **Establish priorities!**

The first priority of a student- athlete is to be a student and the second priority is to be an athlete.

- Set goals for each course and work diligently to achieve those goals.
- Attend all classes unless you have been excused from an academic and/ or athletic and/or extra curricular activity.
- Arrive to class on time, so that you will hear any pertinent announcements, such as changes in the course syllabus, test dates, deadlines, or extra credit assignments.

- Be alert and well prepared for each class. Concentrate on the lecture and other class proceedings, take appropriate notes, and participate in class discussions. BE A LEADER!
- Keep up the class work on a daily basis. Prepare yourself for each class by reviewing previous lecture notes, reading assignments before each class, and working methodically on your assignments so that last- minute “ cramming” can be avoided.
- Complete all assignments and turn them in on time.
- Alert your teacher so that they will expect absences due to games that require early dismissal for travel, in case you have a test that day during class, or need to get your assignments.

### **TAKE CARE OF YOUR BUSINESS AHEAD OF TIME!**

#### **ATTIRE**

- You must wear your practice gear to every practice. NO EXCUSE! AND NOT ALLOWED TO PRACTICE, and will have a makeup practice before being able to play in the next game.
- All team members will wear LadyKats athletic attire.
- Non-team attire will not be tolerated.
- **NO jewelry is to be worn at practice or games. Bandages not allowed to cover up recent pierced ears. Earrings must be out.**
- Hair will be pulled up and out of the face and eyes at every practice, workout, and games.

#### **ATTITUDE**

- There will be **NO NEGATIVE NELLY’S!** We will not bicker amongst teammates and coaching staff or parents.
- Our atmosphere is always positive. We do not discourage or talk down the abilities of our teammates or opponents.
- We hustle at all times.
- We do not walk on the court.
- Players never confront an official or speak to one.
- Trash Talking to teammates and/ or opponents will not be tolerated.

#### **EQUIPMENT**

- Players will pick up all balls at practice and games, along with any other equipment .
- Coaches, and parents are not expected to carry equipment after games.

#### **TEAM TRAVEL**

Everyone is expected to travel to all games on WISD transportation. Players will be assigned a seat, this is a DOT requirement. TRAVEL FORM must be filled out completely if you will be signing your daughter/ daughters out after the game. Parents will be asked to see the coach for a sign out sheet, which will release your daughter from riding the bus home. Because all coaches will be involved in warm ups, or stats during the next game, this sign out sheet will not be available until after the games. No one is to leave until all basketball games have been completed and they are released from their coach, unless arrangements have been made 24 hours prior by the parent and coach or a school sponsored event is scheduled on that same day, that would require the player to leave immediately

after their game. ( An example would be a player on the B team needing to leave immediately after her game due to a band concert or choir.)

### **CELL PHONES**

Cell phones should remain in their athletic locker during all BMS basketball games and practice. Athletes will be given an opportunity to get their phone to call home by coach's permission. All cell phones will be taken up prior to loading the bus for away games. This is a great time for teams to be bonding. Phones will be given back after all games. Players will be able to call parents to give them a time of arrival back to the school, if they are riding back on the bus. Please keep in mind while you have your phone texting parents, that you are only allowed to listen to music after call. REMEMBER THE SOCIAL MEDIA POLICY in the LadyKats Athletic Handbook, as well as on this contract.

- ★ CELL PHONES ARE NOT ALLOWED OUT IN THE LOCKER ROOM!
- ★ NO PICTURES ARE ALLOWED TO BE TAKEN IN THE LOCKER ROOMS OR BATHROOMS AT ANY TIME.

If a cell phone is out and being used in the locker room, a coach will confiscate the phone and the athlete will have consequences, so as to have their phone returned, or the phone will be turned into the front office, punishment is at coaches discretion.

### **HOME GAME EXPECTATIONS**

Players are expected to be at the gym and head straight to the locker room to get dressed in uniform, and set up a gym for games. The set up of gyms will be explained to the players prior to their first game. If a player ordered a meal, they will receive their meal and will have time to eat with their team. Another opportunity for bonding. When the B team is warming up, A team will sit together as a team, in the bleachers. They will cheer and support their B team players. No A team player is to roam during the game. The same for B team, when A team is playing, B team will sit in the bleachers, cheer and support the A team during the game. No roaming around.

### **AWAY GAME EXPECTATIONS**

Players are expected to sit together as a team in a section that has been given by the hosting team. Players are not allowed to sit with parents during the games. No player is allowed to roam. Restroom break, and concession stand time, will be explained prior to the away game.

### **PERSONAL GUIDELINES**

We expect everyone to enjoy their Middle School Basketball experience. We want you to be socially responsible representatives for our program, athletic department, and school district. It is important to remember that we are all representatives of the program at all times. If something happens it will directly reflect on each member of the program. Make good choices, and choose Good Character.

### **PARENT POLICY**

Parents play a vital role in this program as support personnel. They are welcomed at all team game functions and their support is greatly appreciated.

All discussions and decisions on the every day operations of the program, playing time, and game strategies will be kept between the players and the coaching staff.

- Coaches are open to discuss any concerns you might have about your daughter/ or daughters, academics, health, or psychological concerns by scheduling an appointment during coaches conference time or arranged time between the coach and parent.
- Coaches **will not talk to any parent/guardian before, during, or after any practice or game. 24 hour rule set in place.** Understand that coaches will not discuss any other team member. Also, if there is any matter that may be affecting her performance, that we should know about, please let her coach know by email or phone call. Our policy being the player/ coach relationship is just that-player/coach. If a parent meeting is called to order all parties must be present with no exceptions: Coach, Athletic Coordinator, parents, and daughter. If a parent meeting with the coach, athletic coordinator does not come to a solution, then another meeting will be set with the Coach, and the High School Head Basketball coach, parent, and player.

#### **CONTACT INFORMATION:**

- ★ Athletes please feel free to contact any of the coaches for whatever reason you deem necessary, such as missing practice/game, family emergency, etc.
- ★ Parents please allow your daughter to communicate and be responsible for contacting and informing their coaches. Unless in case of an emergency the athlete is unable to contact us.

Coaches:

Denisha Mickens Head Basketball Coach  
Coach Mickens  
[dmickens@willisisd.org](mailto:dmickens@willisisd.org)

Raelyn Johnson  
Coach Johnson  
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Coach Pennington  
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## **BRABHAM LADYKATS BASKETBALL TEAM CONTRACT 2020**

The LadyKats Basketball Team is a **WE** and **US**, not “me” or “I”.

1. I agree to comply with all spelled out rules and regulations written here in this contract as well as those specified in the LadyKats Athletics Handbook/Manual.
2. I agree to contribute to a total team effort, by exhibiting a positive attitude ( both on and off the court), and this attitude will be supported by visible positive actions. Any attitude or actions deemed to be inappropriate or detrimental to the team shall be seen as a violation of this rule.
3. I agree to accept coaching and will be willing to make appropriate adjustments to be the best player I can possibly be to help my team and myself. Any insubordinate behavior to the team, coaching staff, or support staff will be taken as a violation of this rule.
4. I agree to be held responsible for my own actions and reactions both on and off the court. This will include but not be limited to abuse of equipment, verbal outbursts, or any other form of inappropriate behavior. Proper conduct will be necessary at all times. Any lack of control, or improper conduct will be taken as a violation of this rule.

Any violation of the aforementioned rules may result in disciplinary action or forfeiture of the Brabham LadyKats Basketball Program.

\_\_\_\_\_  
Signature of Athlete/ team player

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/or Guardian

\_\_\_\_\_  
Date

Team Player: 7th grade  
8th grade

Please circle grade



**BRABHAM MIDDLE SCHOOL  
LADYKAT BASKETBALL  
BEHAVIORAL CONTRACT**

I, \_\_\_\_\_ (athlete), realize that being a member of the Brabham Ladykat Basketball program is a privilege. I also understand that as a member of the basketball program, I have higher expectations placed on me than non-athletes. I am required to be on my best behavior at all times.

To be a part of the Ladykat Basketball program, I realize that I have to act accordingly – responsible, honorable, respectful and committed – because I not only represent myself and family, but also the basketball program, WHS and the community.

The following is expected each day:

Respect – yourself, teammates, teachers, administrators and coaches.

Be on time – tardies, practices, games – BE ON TIME

Behavioral problems - classroom disruptions, lunch detention, ISS, ASD

Be committed – “all out ALL the time” – 100%

By signing this contract, I acknowledge that I will be held to the highest standard in order to be a member of the Ladykat Basketball program. I will act in accordance with these expectations that are being placed on me today. I also acknowledge that if I fail to meet these standards that I may be cut from the basketball program.

\_\_\_\_\_  
(Athlete’s Signature)

\_\_\_\_\_  
(Parent’s Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Coach’s Signature)



