



Mishicot Girls Basketball Club 2021-22 Season Handbook

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Mission:

The Mishicot Girls Basketball Club is a volunteer organization with the purpose of providing our youth members the opportunity to play competitive basketball with a focus on improving the players' fundamental skill set, preparing them for higher competition.

Season Plan

Below is the plan at the time this was produced. It MAY change in some form throughout the season.

- **Club-led Practices** – Beginning in October we will host practices for our teams and coaches. These will be run by the High School staff and will be used to teach both players and coaches the fundamentals/essentials
- **Open Gyms** – Throughout the season there will be opportunities to come in and work on your game
- **BADL (Bay Area Developmental League)** – We plan to play in the BADL this season.
 - 3rd & 4th – Session 2
 - 5th & 6th – Sessions 1 & 2
 - 7th & 8th – Session 1
- **Tournaments** – We host our own & teams travel around the area and the State competing in different competitions. We encourage all our teams to strive to compete in the WSICT State Tournament
- **High School Summer Leagues & Tournaments** – We work very closely with our High School program providing them opportunities to improve their game during the off-season
- **Off-Season Workouts & Clinics** – The Club hosts various Summer Opportunities. We offer Open Morning Shooting and offer weekly sessions developing the individual fundamental skills needed all summer long

Dues/Fees/Fundraiser

The Mishicot Basketball Club continues to try and keep our dues as low as possible. We can have low dues by keeping expenses down and by the success of our tournaments while at the same time minimizing fundraisers. To accomplish this, we will be continuing our **HUGELY** successful calendar raffle this season as well as our popular girls' tournaments. Please plan on the following Dues/Fees/Fundraising Opportunities:

- The dues for the club are **\$50**. registrations will be handled online at our website - <https://mishicotgirlsbasketballclub.weebly.com/forms.html> The maximum out-of-pocket cost per family is **\$100**.
- To help offset Registration dues, each player will be given (3) raffle calendars at our Club-led Practices in November. All money and entry slips must to be returned to the Club by **MONDAY, NOVEMBER 1st**.
 - **Any player selling 6 or more calendars WILL be a Junior Captain at a Varsity game this season.**
- All players and parents shall plan on volunteering during our tournaments and League host dates. This is our largest fund raiser and we put on the best tournament in the area. **It is only possible with your help.**

Financial Aid is available if needed. We will work with you to make sure every player who wants to play has that opportunity. Please see any Club officer with any questions.

Jerseys & Apparel

- **Jerseys** – Jersey costs continue to increase every year. The Club pays a large percentage of the jersey costs each season. Member costs of the jersey tops for our players is **\$35** and the shorts are **\$30**. Each player will need to purchase a team MBC jersey and shorts. This **DOES NOT** need to be an annual purchase as the same uniforms are used at all levels if the jersey is in good condition and fits properly.
- **Shooting shirts** - Shirts are provided by the club to the players in 5th and 7th grade. These shirts should be ordered in a large enough size to wear for two years.
- **Apparel** – We will again use Team Apparel in Green Bay to offer an on-line store for our apparel. All orders and payments will be done through this website. Delivery will be done at practices once we receive the items. The Club receives a small percentage back from each sale.



Upcoming 2021-22 Dates

Kindergarten – 2nd Grade

Sunday, November 7th – Little Hoopers (4:30-5:30)
Sunday, November 28th – Little Hoopers (4:30-5:30)
Sunday, December 5th – Little Hoopers (4:30-5:30)

3rd Grade

1st Practice – Begin week of October 4th
BADL – January & February
Club Tournament – Saturday, February 5th

4th Grade

1st Practice – Begin week of October 4th
BADL – January & February
Club Tournament – Saturday, February 12th

5th Grade

1st Practice – Begin week of October 4th
BADL – November thru February
Club Tournament – Sunday, February 6th

6th Grade

1st Practice – Tuesday, October 5th (5:00-6:30)
BADL – November thru February
Club Tournament – Sunday, February 6th

7th & 8th Grade

1st Practice – Monday, October 4th (5:00-8:00)
BADL – November & December
School Season starts Monday, January 3rd 2022
Club Tournament (7th – 2/5/21, 8th – 2/12/21)

Full Club Team Practices will be shared during Club Practices

- All scheduled Mishicot Girls Basketball events will be updated on our club calendar. Here's the link:
<https://teamup.com/ks875ca6a31876b315>

Download the TeamUp Calendar app on your smartphone. It is available on both Apple and Android devices.

Our calendar ID is: [ks875ca6a31876b315](https://teamup.com/ks875ca6a31876b315)

- Follow and keep up-to-date on all Mishicot Girls Basketball Club activities by following and liking our **Facebook** page: <https://www.facebook.com/MishicotBasketballClub/>
 - We also have a website with many Photos, Videos and other great information:
<http://mishicotgirlsbasketballclub.weebly.com/>
- If you shop on Amazon, please consider using us as a fundraising opportunity. By using Amazon Smile, you get the exact same prices as the normal Amazon site, but a portion of all sales is donated back to the Girls Club. Check out more info at: <https://smile.amazon.com/> - Search for Mishicot Girls Basketball Club.

20+ Keys to being a GREAT Youth Sports Parent

1. **Winning is not the MOST Important thing** – There are many aspects of youth sports that are more important than winning a single basketball game. We all want to win, but it will not be THE reason we play.
2. **Focus on your child's enjoyment** – We are providing an opportunity for your child to see if they like the sport of basketball and enjoy playing it. They should have fun and look forward to all this great sport has to offer them.
3. **Don't put undue pressure on your daughter** – She will have a lifetime of pressures; school, college exams, careers, etc. Basketball should be an opportunity to grow, learn and enjoy herself at her own pace.
4. **Don't live your dream through your daughter** – Simply stated, if you find yourself caring more about your daughter's achievement, playing time or role on the team than her, check yourself and take a step back.
5. **99% of our girls aren't going to play basketball professionally** – I can't say 99.99% because look at our own Julie Wojta. The facts are this, many of our girls will only play basketball through high school and sadly, a lot won't even play that far. Let them have fun.
6. **Let your daughter pick their sport** – Allow you daughter to explore all their different sporting interests. Don't force your child to play a sport that YOU love.
7. **Encourage your daughter to be a multi-sport athlete** – In youth sports, specialization is NOT recommended or beneficial. Not only does this dramatically increase the likelihood of injuries, you are almost guaranteeing that she will burn out on that sport. Plus, as a small district, Mishicot needs its' athletes playing multiple sports.
8. **Let the coach do the coaching** – The club is working with our coaches and players to develop their skills. When your daughter gets direction from the stands it may be contradictory to what they're hearing from their coach. This is tough on your child who wants to please their parent, but should be doing what they're coached to do.
9. **Don't be afraid to raise issues with your coach** – All of our coaches would rather hear concerns/issues/praise from you than from others who heard it from you. If you want to discuss something with the coach please ask for a meeting. Follow the 24 hour rule after games. Do not come discuss issues immediately following games.
10. **Never undermine coaching decisions** – This WILL ruin a team. Do not express to your daughter that you disagree with the coach's decisions. If you have concerns about those issues - see above #9.
11. **Allow your child to be coached** – Get to know your daughter's coach and once you do, trust that they have only the best intentions for your daughter and her team. A great coach holds all players accountable to the team.
12. **Volunteer** – Volunteer to help the team, volunteer to help the club. Your help is needed and helps you and your daughter be included in this great program.
13. **Be a supportive fan** – Watch your body language during games. You should be your daughter's #1 fan and be encouraging. During games be respectful of the referees and other team. There are four roles you can be during a game; player, referee, coach or spectator. You can only be one. Respect the others.
14. **Don't stand out in the crowd** – This does two very negative things. First, and most importantly your daughter WILL be embarrassed. Secondly, it reflects very poorly not only on you, but our basketball club and Mishicot as a whole. We all put way too much into this to have one bad apple soil our reputation.
15. **Do cheer for all the players on your daughter's team** – Not only does this teach your kid how to be a great teammate, but helps build a great girls basketball club.
16. **Basketball encourages many life lessons** – As a parent look for opportunities to enforce these – Commitment, Sportsmanship, Perseverance, Team Work, Discipline, etc.
17. **Don't force extra practice** – Your daughter will be exposed to many different opportunities to work on her game. However, there will be times she needs a break. Listen to her.
18. **Don't compare your daughter to others** – Players develop at different rates & levels of interest. Encourage your daughter to do her best and improve as the season progresses, praising 100% effort and a great attitude.
19. **DO NOT yell at the refs** – Referees WILL make mistakes. Guess what, so will your daughter and so will their coach. We all do. These folks dedicate their time to help our girls develop their skills. Respect that time.
20. **Treat your daughter the same win or lose** – It is a game and hopefully there will be another. The best thing you can say to her after any game is, "I love to watch you play." Don't force your daughter to discuss a game after it.
21. **Don't make excuses for your child** – Let them experience failure now when the consequences aren't fatal or permanent. Instead have her learn from the adversity and be ready the next time she gets to play.

Keys to being a GREAT Youth Sports Athlete

1. **Playing in the Mishicot Girls Basketball Club is a PRIVILEGE.** All Players are expected to conduct themselves in adherence to these guidelines below. Represent yourself and the Mishicot Girls Basketball Club appropriately.
2. **Players will exhibit RESPECT & DIGNITY** – to all teammates, coaches, officials and opposing players, coaches & fans. Also, be respectful to the facilities and equipment used in practices and competitions.
3. **Good Sportsmanship must be demonstrated at ALL times** – Understanding that this is a developmental Club and that winning a singular game is **NOT** the most important thing; rather exhibiting self-control, winning without boasting & accepting the lessons from defeat humbly are key ingredients to our development.
4. **Never using profanity, obscene gestures, physical violence or taunting the opponent** during competition. Displays of these will be forwarded to the Club Board and any necessary discipline will be handled at the sole discretion of the Board of Directors, which may include expulsion from the Club.
5. **Be Positive and Encouraging to teammates** – during games and practices. Be the best teammate possible while communicating positively with fellow players and coaches.
6. **Arrive early and be READY** - for scheduled practices. Have shoes on and be ready to go when practice **STARTS**. You will be expected to be at **ALL** scheduled practices. If you will be absent make sure to communicate with your coach **PRIOR** to practice. Excused absences are understood, **UNEXCUSED** absences show a disrespect to your coaches and fellow teammates.
7. **While at Practices**, listen attentively to the Coach and your teammates, be engaged and Work Hard to be the best teammate as possible.
8. **Maintain grades** – Participation in the Mishicot Girls Basketball Club should **NEVER** supersede academics. Keeping up on school work and maintaining good grades is more important than any extra-curricular activity. Focus on you studies.
9. **Players are responsible to travel to game locations on their own** – As a rule, players are expected to arrive at least 30 minutes prior to their games. This allows for them to stretch and meet with the team prior to games.



The Mishicot Girls Basketball Club is dedicated to providing the youth in our community an opportunity to play competitive basketball.

Membership to the Mishicot Girls Basketball Club is a privilege.

By signing below both the player & parent/guardian agree to this and acknowledge that they have received and understand the attached document regarding being a good Steward for the Club.

If issues arise that require disciplinary action these will be addressed by the Mishicot Girls Basketball Club Board of Directors at their sole discretion.

Parent/Guardian Signature

Date

Player/Student Signature

Date

Grade

RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in the sport of basketball, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence Mishicot Girls Basketball Club and its owners, directors, officers employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

1. I acknowledge that the sport of basketball involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, broken bones, torn ligaments, bruises, and other bodily injuries as serious as death, disability or blindness, caused by contact with basketballs, other participants, or structures like walls and bleachers, or caused by slippery, sticky or uneven playing surfaces; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
2. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
5. In the event that I file a lawsuit, I agree to do so solely in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understood this document and I agree to be bound by its terms.**

Signature _____ Print Name _____

Address _____ City _____ State _____ Zip _____

Telephone (____) _____ Date _____

**PARENT OR GUARDIAN ADDITIONAL AGREEMENT
(Must be completed for participants under the age of 18)**

In consideration of _____ (PRINT minor's names) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian _____ Print Name _____ Date _____

(If notarization is necessary, please sign & stamp this side of form.)