

North Star Basketball

Team Rules & Expectations

November Practice Schedule:

See the attached practice schedule

*** Students must have a completed and signed permission slip and sports physical (if applicable) before they will be permitted to participate in the above activity, club, or sport. Students without permission slips (and sports physicals, if applicable) will not be allowed to participate.*

GIVING 100%

This season we will not only focus on winning ball games, but also on every athlete giving 100% of their abilities ALL the time. I am convinced if we help each athlete develop an attitude of giving 100% ALL the time individually (at practice and games), then the wins will come. Each athlete will be required to give 100% for their team, coach, school and themselves.

Rides/Pickup after games/practices

Every athlete will receive a schedule of practices and games, which will include bus departure and arrival home times, which should help you in timing your travels. Make a note, that as coaches, we cannot leave the school until your athlete is picked up from a game or practice, so please be prompt in picking them up so we are not left waiting. Coaches will not give players rides home for legal reasons. Students should be picked up at 6:00 PM from the North Star building after practices.

BUS TRANSPORTATION

All athletes are REQUIRED to ride the bus to all away games. The coaches need to know when an athlete is getting a ride home from an away game. We should see or talk to whoever is giving the ride. They will need to be picked up from away games at the following locations: Proctor, Hermantown, Marshall, Ordean, and Lincoln Park. For all other away games, a bus will take

Game playing time

Playing time for athletes will be based on each student's grades (at least 2.0 GPA, No failing grades), behavior (no recent referrals), effort and attendance in practice, and attitude. Each coach makes the decision who will start and who plays as they know best the effort put forth. In middle school we understand athletes are developing and they will be given opportunities to improve but not rewarded with equal playing time. Every athlete will have the same chance to develop at their own pace. As coaches, we will do our best in order to give every player fair playing time while trying to keep a competitive spirit.

MUST ATTEND

In order to promote the value of teamwork and responsibility, all players are required to be at practice and/or team functions on time every day as attendance will be taken. **Practices will start no earlier than 4:15 and will go no later than 6:00.**

Tardy:

Any time over the designated start time is considered tardy and will result in running

Excused absence:

Sometimes it is hard to make appointments around school functions. We need to know why you won't be able to make it to practice or game. If we don't know why a player is gone, we will consider it an unexcused absence.

Unexcused absence:

If you miss an entire practice and it is not excused you will forfeit playing the next game. You must let your coach know, that day, if a situation arises that you will be absent so that you may get excused. You may call your coach at school or at home and leave a message that day. Continual unexcused absence will result in leaving the team.

Dress AND UNITY

We not only represent our team, but we represent our school, peers, staff and community. This will be discussed as a team and everyone will follow the code, from head to foot. All players are responsible for their uniforms, practice jerseys, warm-ups during the season; if lost you will be expected to pay for it. At games, athletes are welcome to wear undershirts. In practice athletes are expected to wear short sleeve T-shirts and shorts.

PERSONAL CONDUCT

Player actions are monitored at all times by coaches and administration and if out of line they will be addressed (both in school, and on the court). Many things will happen to these young athletes on and off the court this season, whether it be with opponents, teammates, officials or with the coach, it will not all be positive. If we can help athletes get a handle on these things we believe they will have a better chance in handling the pressures of life.

Swearing, coarse language, inappropriate gestures will NOT be allowed anytime. If a player gets a technical due to their inappropriate behavior or language during a game they will promptly come out of the game! No player is allowed to argue, make any obscene gestures over a referee's call or any game situation or they will be removed from the game and may face further action! Athletes involved with improper interaction (talking poorly about teammates, lying to coaches), disruptive behavior with teammates, coaches, opponents or opposing school personnel anytime may result in a blue slip or referral. Athletes involved with this kind of behavior may be addressed and given options to correct. Athletes must show team support at all times. **Any athlete who sits out for school discipline reasons must still participate in practices, if suspended you cannot participate.**

PARENTAL CONDUCT

Parents are to act respectable, being the positive example their athlete needs. Parents who verbally attack teammates, coaches or opponents will be referred to the athletic director for prompt action.

Athlete and parent concerns

If you have concerns/comments don't hesitate to come to your coach and discuss it. All coaches wish to develop a good relationship with players as well as parents/guardians and this happens through good communication.

Jamie Griffin

Boys Coach
218-728-9556 x3332
715-220-8916 (cell)

Scott Ewen

Girls Coach
507.250.2519 (Cell)
218.728.9556 x3340
scott.ewen@duluthedison.com

Chip Honer

Girls Coach
218.340.3704 (Cell)
chip.honer@duluthedison.com

Any questions we cannot answer should go to Steve Lindberg, Athletic Director at (218)728-9556x5001. Also check his school web page for updates on games and practices.

****TEXTING IS OKAY – PLEASE LEAVE NAME WHEN TEXTING****

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Please read this handout, sign below, tear off and return this signature slip to your Coach.

As an athlete and parent/guardian at North Star Academy I have read and agree to these rules.

Athlete signature: _____

Parent/Guardian signature: _____

Parent/Guardian Contact Info: Parents and guardians, please provide an email address and phone number which the coaches may use to contact you.

Parent/Guardian Print Name: _____

Parent/Guardian Email: _____

Parent/Guardian Phone number: _____

Baseketball Practice Schedule

North Star Academy

OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	25 Girls ONLY Practice 4:15 to 6:00pm North Star Gym	26 Boys & Girls Practice 4:15 to 6:00pm North Star Gym Parent's Night @ 5:30PM in gym	27 Boys & Girls Practice 4:15 to 6:00pm North Star Gym	28	29
30	31 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	Notes: First practice of the year for boys: Monday, October 24th First Practice of the year for girls: Tuesday, October 25th				

Basketball Practice AND Game Schedule

North Star Academy

NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Girls ONLY Practice 4:15 to 6:00pm North Star Gym	2 Boys & Girls Practice 4:15 to 6:00pm North Star Gym	3 Boys & Girls Practice 4:15 to 6:00pm North Star Gym	4	5
6	7 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	8 Girls ONLY Practice 4:15 to 6:00pm North Star Gym	9 NO PRACTICE SLC NIGHT	10 NO PRACTICE SLC NIGHT	11 NO SCHOOL	12
13	14 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	15 Girls ONLY Practice 4:15 to 6:00pm North Star Gym	16 Boys & Girls Practice 4:15 to 6:00pm North Star Gym	17 Boys & Girls Practice 4:15 to 6:00pm North Star Gym	18 NO SCHOOL	19
20	21 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	22 Girls ONLY Practice 4:15 to 6:00pm North Star Gym	23 NO PRACTICE DAY BEFORE BREAK	24 THANKSGIVING BREAK	25 THANKSGIVING BREAK	26
27	28 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	29 Girls ONLY Practice 4:15 to 6:00pm North Star Gym	30 Boys ONLY Practice 4:15 to 6:00pm North Star Gym			
		Notes: Only 1 practice per team, the week of Nov 7th and the week of Nov 21st				
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Basketball Practice and Game Schedule

North Star Academy

DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Game Day Boys at North Star 4:45 Start Time Girls @ Proctor	2	3
4	5 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	6 Game Day Boys at North Star 4:45 Start Time Girls @ Proctor	7 Girls ONLY Practice 4:15 to 6:00pm North Star Gym	8 Game Day Boys at North Star 4:45 Start Time Girls @ Carlton	9	10
11	12 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	13 Game Day Girls at North Star 4:45 Start Time Boys @ Moose Lake / Willow River	14 Girls ONLY Practice 4:15 to 6:00pm North Star Gym	15 Game Day Boys at North Star 4:45 Start Time Girls @ Barnum	16	17
18	19 Boys ONLY Practice 4:15 to 6:00pm North Star Gym	20 Game Day Girls at North Star 4:45 Start Time Boys @ Ordean MS	21 NO Practice Day before Break	22 HOLIDAY BREAK	23 HOLIDAY BREAK	24
25	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK	29 HOLIDAY BREAK	30 HOLIDAY BREAK	31
Notes: First game of the year, Thursday, December 1st. PHYSICAL MUST BE ON FILE WITH SCHOOL TO PLAY IN GAMES!!!!						
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