

Junior High Basketball Team Rules

Basketball Program Contacts

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Philosophy

Academics come first. Players must make sure they're eligible to play in practices and games. Home access center passwords may be obtained from the high school office.

We believe enjoying the game of basketball is important, but we are also trying to prepare each team member for high school level play. We place emphasis on basketball fundamentals, teamwork and discipline.

A positive attitude from everyone involved in the program is essential to the team's success.

Team Rules

Only players and coaches are allowed in the gym during practice – no friends/siblings hanging out.

Players must notify the coaches **ahead of time** if they're going to miss practice. Excused absences are the result of family emergencies, board-approved school functions and illness for which the player misses school. If the player misses school for anything other than a school-related function, she may not participate in basketball that night.

Any unexcused absences from practices or games will result in disciplinary action, up to and including dismissal from the team in cases of multiple absences.

If a player visits a doctor for any reason, she needs a doctor's note in order to be allowed to practice or play in a game. If a player misses practice for an appointment, a doctor's note is required or the absence will be unexcused.

If a player is injured, the doctor (possibly a trainer) will have the final say in when the player can resume playing.

Any drug, alcohol or tobacco-related offense will result in disciplinary action, up to and including dismissal from the team.

Players must be ready for practice on time. Practices in the old or new gym will begin at 3:05 p.m., and practices at Penn-Bernville will begin at 3:30 p.m. Players are responsible for getting themselves to the correct gym on the correct day; please refer to the schedule.

Activity Bus/Times: The majority of our practices (per the 2018-2019 Schedule) will be held at Penn Bernville. Once the school dismisses it is the player's responsibility to get themselves on the correct bus. The activity bus taking the players to Penn Bernville is #721. The activity bus taking the students to Bethel is #713 - we will rarely if ever practice at Bethel. An activity bus will take the players back to the High School once practice ends, but only to the High School. For practices at Bethel, the activity bus will pick up the player at 5:15 and drop them off at 5:25. For Penn Bernville, pick up is at 5:35 with a drop off time of 5:45 at the High School.

Uniform - Sneakers must be securely tied. Hair must be tied back with no metal clips. Players may not wear jewelry, headbands, wristbands, etc. that are not team approved. Players must wear the practice jersey with a shirt underneath for practices and the game jersey with team shooting shirt over top for all games.

During games, players must sit in the designated area to support their teammates and remain there for the entire game. Players may not leave the bench without permission from a coach. Coaches will allow players to leave once BOTH games are finished and the team has met following the game.

We encourage players to take the bus back to school for away games. If players will not be taking the bus, they and their parents must get approval from the athletic director and sign out through the coach. Students may not ride home with anyone other than a parent unless the coach has approval from the athletic director.

Players with asthma may not practice without inhalers. Players with any other medical condition need to make coaches aware if they are having difficulty during a practice or game.

Parents' Responsibilities

Please pick your daughter up on time. See the activity bus schedule. If you are running extremely late, please let a coach know.

For safety reasons, please purchase good basketball sneakers for your daughter. (Knee/elbow pads?)

Be positive when discussing any part of the program with your daughter. Encourage your daughter to come to practice, work hard and have a good attitude.

Please address any questions or concerns with the coach before or after practice or via e-mail. Please do not address these concerns before, after, or during a game or disrupt practice.

Make sure your daughter has any medication she needs when she leaves the house in the morning (e.g. inhalers for asthma).

We encourage parents to attend as many games as possible to encourage their daughter and support the program. Schedules have been handed out, please communicate with your daughter as and find out which game(s) she will be playing in on a given night.

Have a plan to get your daughter home in case of any schedule changes or canceled practices.

Other Related Information

Schedules are posted on the website and TeamApp. These are subject to change with very little notice at times. See the website and TeamApp for up-to-date information.

We will be utilizing TeamApp as the primary tool for communication once the season starts, please ensure that you download this app on the Apple/Google store and search for "Tulpy JH Girls Basketball".

The athletic director will notify the coaches if a player is ineligible because of academics. Such players will NOT be allowed to practice and will not participate in games. They will NOT travel with the team to away games.

White game shirts will be worn at home games, and blue will be worn for away games.

Players are responsible for bringing all components of their uniform and any necessary medication to games. All players need to have a water bottle and hair restraints for all practices and games.

We will have 2 teams – varsity and jv. Varsity will focus on using fundamentals to play competitively within offensive and defensive sets to prepare them for high school level. The JV team will focus more on individual skills with basic fundamentals of the game.

Playing time is earned, not guaranteed.

By signing below I acknowledge that I have read and received a copy of team rules and the parent/student athletic handbook.

_____ (Player)

_____ (Parent)