

# CLUB HANDBOOK



2020-2021 Season

Welcome to Lady Blackhawks Youth Basketball! We have created this handbook to help provide information about our program and to make sure all members are working together to achieve common goals. The game of basketball is arguably the best sport an athlete can choose to participate in and we will strive to make this a fun and educational experience for all members.

### **2021-2022 Board of Directors**

<b>President</b>	<b>Kory Knickrehm</b>
<b>Vice President</b>	<b>Mark Anderson</b>
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<b>Treasurer</b>	<b>Nick Siglinsky</b>
<b>Varsity Coach</b>	<b>Michael Rajsich</b>
<b>Director</b>	<b>Kylene Anderson</b>
<b>Director</b>	<b>Lindsay Jilek</b>
<b>Director</b>	<b>Joel Kohl</b>
<b>Varsity Coach</b>	<b>Michael Rajsich</b>

### **Coaching Staff**

<b>3<sup>rd</sup> Grade</b>		
<b>4<sup>th</sup> Grade</b>	<b>Lindsay Jilek</b>	<b>valiaseptic@hotmail.com</b>
<b>5<sup>th</sup> Grade</b>	<b>Kory Knickrehm</b>	<b>kory@mkcellular.com</b>
<b>6<sup>th</sup> Grade</b>	<b>Jim Reu</b>	<b>jklmreu@gmail.com</b>
	<b>Andrew Worden</b>	
<b>7<sup>th</sup> Grade</b>	<b>Kylene Anderson</b>	<b>kecook@uwalumni.com</b>
<b>8<sup>th</sup> Grade</b>	<b>Joel Kohl</b>	<b>Jt_kohl@yahoo.com</b>

## Mission Statement

Lady Blackhawks Youth Basketball exists to educate and empower young girls in our community with confidence, commitment, and honor through the game of basketball. We will strive to prepare our girls for the next level of play and of life, in their journey to High School. We will accomplish this by teaching proper priorities that encourage personal, academic, and athletic development. This mission will guide the Board of Directors to ensure all decisions made will benefit the girls in our club directly and will promote girls basketball in the community.

## Objectives

- Promote and encourage girls basketball in Fort Atkinson.
- Develop athletic and fundamentally strong student athletes.
- Instill a culture of working hard to achieve greatness.
- Prepare the girls to be confident leaders on the court, in the classroom and in the community.
- Create friendships and memories through teamwork that will last a lifetime.

## Core Values

- **Attitude** – An average player with a good attitude is always better than a talented player with a bad attitude.
- **Effort** – Maximum effort is what makes a great player.
- **Confidence** – We believe in ourselves and our teammates.
- **Team** – It takes every member of a team to achieve great things.
- **Sportsmanship** – We will win without boasting, we will lose without excuse, and we will never, ever give up.
- **Respect** – We will represent our families, schools, and community with class. We will respect the commitment of our teammates, the dedication of our coaches, the support of our parents, and the competition from our opponents.
- **Education** – We never stop learning how to improve ourselves and our team.
- **Accountability** - Players and coaches will share the responsibility of creating a great team. We will rely on our teammates to positively correct our mistakes and enthusiastically recognize our successes.

## **Program Philosophy**

Lady Blackhawks Youth Basketball is intended for girls in 3<sup>rd</sup> - 8<sup>th</sup> grade who wish to be part of a great team, increase their athletic ability, acquire leadership skills, build their confidence, and play basketball at a more competitive level. All girls who live within the School District of Fort Atkinson, meet the grade level requirement, and have the desire to compete are encouraged to participate regardless of their current skill level. LBB will place an emphasis on developing strong fundamental players who are confident in their skills.

While the development of all players in our program is a top priority, playing time in games may not always be equal among team members. There are numerous factors that influence how much time each girl plays in a game. Some of these factors are practice attendance, attitude, effort, skill level, experience, and opponent match ups. We encourage the players to talk directly with their coach about how to increase their playing time in games.

By joining Lady Blackhawks Youth Basketball, the girls make a commitment to their team. Your daughter's involvement with the team does not start when the season begins, nor does it stop when the season ends. The dedication to and support of her team are expected all year. This does not mean that they should be playing basketball all year round. In fact, they should participate in other activities. Playing other sports will make them better all-around athletes and therefore better basketball players. The expectation is that your family and your daughter will support her team and teammates in various ways throughout the year. This may include attending basketball camps, watching teammates compete in other sporting events, attending team activities, helping with fundraisers, or simply spreading the word about our great program. There is no minimum or mandatory time requirement during the off season, just that everyone remains actively supportive of Lady Blackhawks Youth Basketball.

LBB will seek out and select coaches on more than just their basketball knowledge. We want coaches that are positive, motivated, and who care about the long-term development and well-being of their players. Lady Blackhawks Youth Basketball will work directly with the Fort Atkinson High School Girls Basketball Program and coaches to develop players for a successful High School program. LBB supports our coaches to make the correct decisions regarding his or her team. We only require that the coaches emphasize the teaching of fundamentals, maintain and instill a positive attitude with the team, and follow the loose guidelines on the following page.

## Team Philosophies and Expectations

Our goal is to have fundamentally strong and confident players who understand how to function as a team by the time they reach High School. We will achieve this by creating a positive practice environment that encourages learning, develops leadership, and promotes confidence. Lady Blackhawks Youth Basketball will work closely with the High School program to ensure that our players are learning the same offensive and defensive schemes. We will also hold coaching clinics and set benchmarks for what is expected by the completion of each grade level. Our program will adhere to the following guidelines:

### Offense

- All teams will run some form of the motion offense (5 out, 4 out 1 in, 3 out 2 in, etc.) and incorporate the High School system
- Players will not have set positions - All players will develop all skills
- Practice shooting with proper footwork and form
- Limit the use of set plays
- Teach proper spacing
- Teach screens and cuts (how and when)
- Utilize give and go, pick and roll
- Be aggressive – take advantage of the opportunities presented
- Offensive rebounding concepts
- Scoring in transition
- Play with confidence
- Play as a team

### Defense

- Man-to-Man **team** defense – make sure team can play effective half court man to man defense before utilizing any zones or presses.
- Communication
- Ball pressure
- Teach proper positioning when 1 and 2 passes away from the ball
- Help early
- Proper rotations
- Proper close outs
- Force the offense into taking the hardest shot possible
- Rebounding concepts
- Getting into transition

## LBB Code of Conduct

### **Player Expectations**

- Be positive. Have a good attitude. Give great effort.
- Come to practice. Be on time. Be ready to learn, listen, and focus on the skills being taught. Practice is important for your development as a player and for the team.
- Respect the coaches' authority and follow their instruction.
- Respect teammates, officials, and opponents. You are representing your family, team, organization, and community.
- Support your teammates whether you are on the court, on the bench, at practice, at school, or outside of school.

### **Parent Expectations**

- Cheer for the team from the sideline, but please refrain from coaching. This can be confusing to the girls on the floor who are trying to do what the coach is instructing.
- Do not criticize the officials during games. Yelling at the officials does not represent our team or community well. They will not change their minds and yelling usually makes it worse.
- Please be positive when discussing team related issues at home. Remember, this is your daughter's team. If there is an issue, see if your daughter wants to talk to the coach about it. If not, she may just be blowing off some steam. If you feel the issue needs to be addressed, discuss it with your daughter's coach directly, **in person** if possible. Group emails and texts between parents or having public conversations about any issues make for an uncomfortable environment for the players. Once you have talked to the coach about an issue and it persists, then you may contact a board member for further discussion.
- Coaches and board members are volunteers. Do not complain about anyone unless you have put in more hours for the program than they have. Please respect the time and effort they are putting in to help your daughter. We, as a program, also respect the time and effort you as parents put into getting your daughter to and from all the practices and games. We are all in this together to make this the best possible experience for the girls.
- Encourage your daughter to play hard and have fun. Make sure they know you are proud of them when they give good effort regardless of the outcome of any games.

## **The Basketball Season**

Lady Blackhawks Youth Basketball season usually runs from mid-October to March the following year. Due to gym availability and game scheduling, we may start a couple weeks earlier in October and/or go a couple weeks later into April. The season will always tip-off with a group skills clinic for all grades on a weekend before practice officially starts.

Team practices will be held on Tuesdays and Thursdays at the Middle School. The younger grades will practice from 6:00 – 7:30 and the older grades will practice from 7:30 – 9:00. There may be instances when practice times and locations will change due to gym availability. The team coaches will be responsible for communicating any practice changes.

### **Badger Developmental League**

All LBB teams will be participating in the Badger Developmental League (BDL) this season. The BDL consists of youth programs whose High School teams compete in the WIAA Badger Conference and a few non-conference teams from the surrounding area. The league schedule will consist of approximately 18 games that are played over a 6-week time frame. Teams will generally play 3 games each weekend over this time. The BDL schedule will conclude with a tournament following the league games. All our youth teams will have an opportunity to participate in a few tournaments outside of the BDL as well.

Every year Lady Blackhawks Youth Basketball hosts a BDL weekend. This is our biggest fundraiser of the year and helps keep the registration fees low for our players. It is **required** that every family involved in the program volunteers some time to work this weekend. The weekend date will be set at the beginning of the season, so everyone will have plenty of notice and not accidentally schedule anything else for that day. Please make sure you are doing your part to make this the best experience for all the players and programs that attend.

For more information on the Badger Developmental League, please visit [www.badgerdleague.com](http://www.badgerdleague.com).