

Lady Bison Basketball

Rules and Guidelines



Vista PEAK Girls' Basketball Coaching Staff:

Mr. Howard Payne – Varsity Coach 303.995.5836

Mr. Robert Lujan - Head Assistant Varsity Coach - (720) 601-2206

Mr. Antione Jones – Assistant Varsity Coach/ Trainer / JV Coach 301.272.5487

Ms. Michaelle Moore – “C” Team Coach/ Assistant Varsity Coach 720.486.1761

Mr. Ed Harris – “D” Team Coach/ Assistant Varsity Coach 720.486.1761

Program Website - <http://www.vistapeakbasketballgirls.com/>

February 2, 2021



Vista PEAK Campus

P-8 Exploratory
24551 E. 1st. Ave.
Aurora, CO 80018
303-364-3757

9-12 Preparatory
24500 E. 6th Ave.
Aurora, CO 80018
303-340-0121

Parents, Vista PEAK Basketball fans, and community members,

We are asking for your support in providing positive role-modeling for our student-athletes. The involvement of our students in athletics and activities contributes to the development of their values system. Trustworthiness, citizenship, caring, fairness and respect are lifetime values that are taught through interscholastic activities and are principles of good sportsmanship and character.

As participants, fans, and parents we should all do the following activities:

1. Positively support your team. Do not taunt or show lack of respect for the opponents.
2. Respect officials and the difficulty of their task.
3. Remember that the contest is a learning experience for the young men and women involved and mistakes will happen.
4. Do not forget a ticket/admission to a contest is a privilege to observe a contest and not a license to be disrespectful to players, coaches, and officials.

It is never an easy conversation when an athletic director from another school calls to complain about the behavior of our fans. I believe we can do better and show the rest of the state how classy we really are.

We have made a commitment to promote good sportsmanship by student-athletes, coaches and spectators at all athletic events. Profanity, degrading remarks, and intimidating actions directed at officials, competitors, and other fans will not be tolerated and are grounds for removal from the event site.

Thank you for your promotion of good sportsmanship as we build character of our students within the context of interscholastic athletics.

Regards,

John Sullivan

Vista PEAK Athletics

Welcome to Lady Bison Basketball! Here at Vista Peak Preparatory we strive to build a positive environment rooted in strong academics, solid fundamentals, personal responsibility and a solid work ethic. All girls who play for Vista Peak will be expected to exhibit good citizenship, exemplary sportsmanship and a respect for the game and its traditions.

Many of the rules governing basketball are the same rules that are covered by the school for all activities. The information provided here will be “basketball specific” on certain items. All of these items will be applied equally to girls at all of the levels. We hope you appreciate the need for the rules as to make playing basketball a privilege for each girl.

We need your help parents!

Community Service Coordinator

Fundraiser Volunteers – need to raise 10K.

Team Camp planning for June – Need one more volunteer.

Study Hall Snacks and Food Bank Donations

(fruit cups, small Gatorade bottles, mac & cheese cups, cup of noodles, ravioli in the cup and mac & cheese box they can make at home)

Please email Coach Payne @ howardrpayne1@gmail.com

if you would like to help.

All Practices Are Closed

Tryouts:

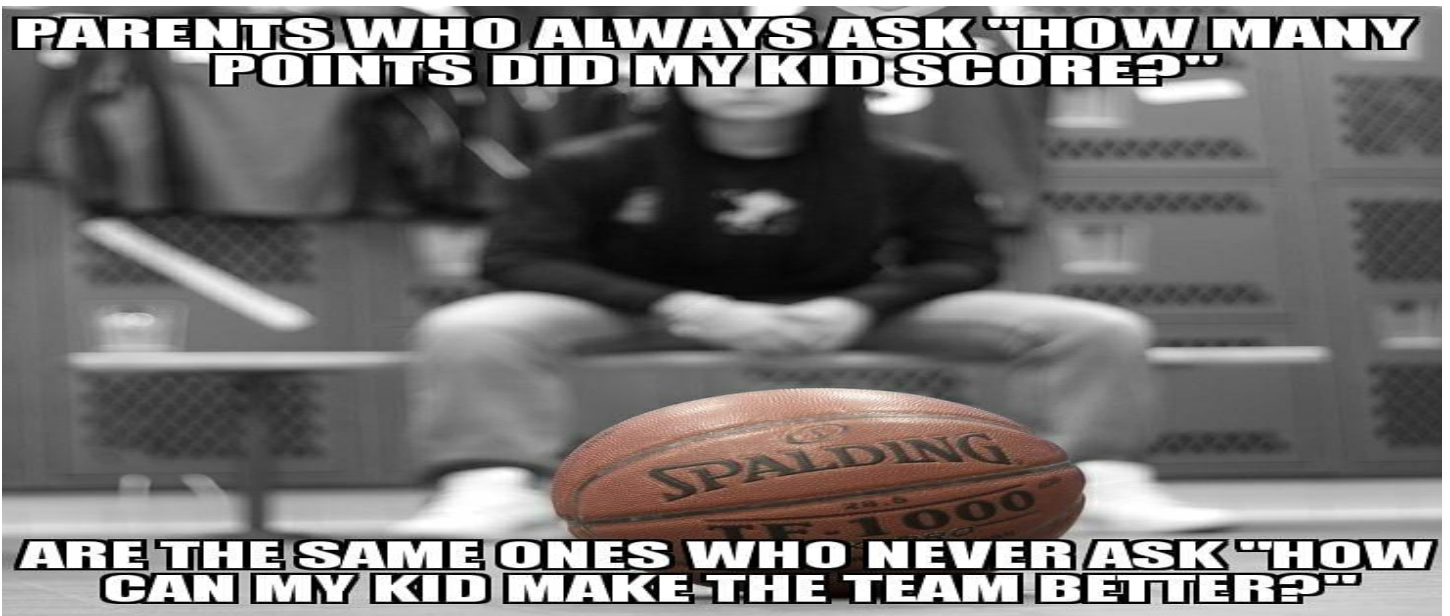
Tryouts will be held during the first two days of CHSAA allowable contact days. Players will be evaluated by the coaching staff using several criteria. We expect ALL players to come in with a certain level of basketball expertise and understanding of the game. One will be a series of skills tests involving ball handling, passing, rebounding, shooting, agility and speed. Second will be “live” evaluation during competitive play between the players. The coaches will place the girls on the appropriate teams. All players will receive a letter that will provide feedback on their tryout evaluation and placement in the program. Players will be told of their strengths and weaknesses, so they have the goal of improving during the season. Players can be moved up or down to different teams as the season progresses. These moves will be preceded by a discussion with the coach as to the reason for the move.

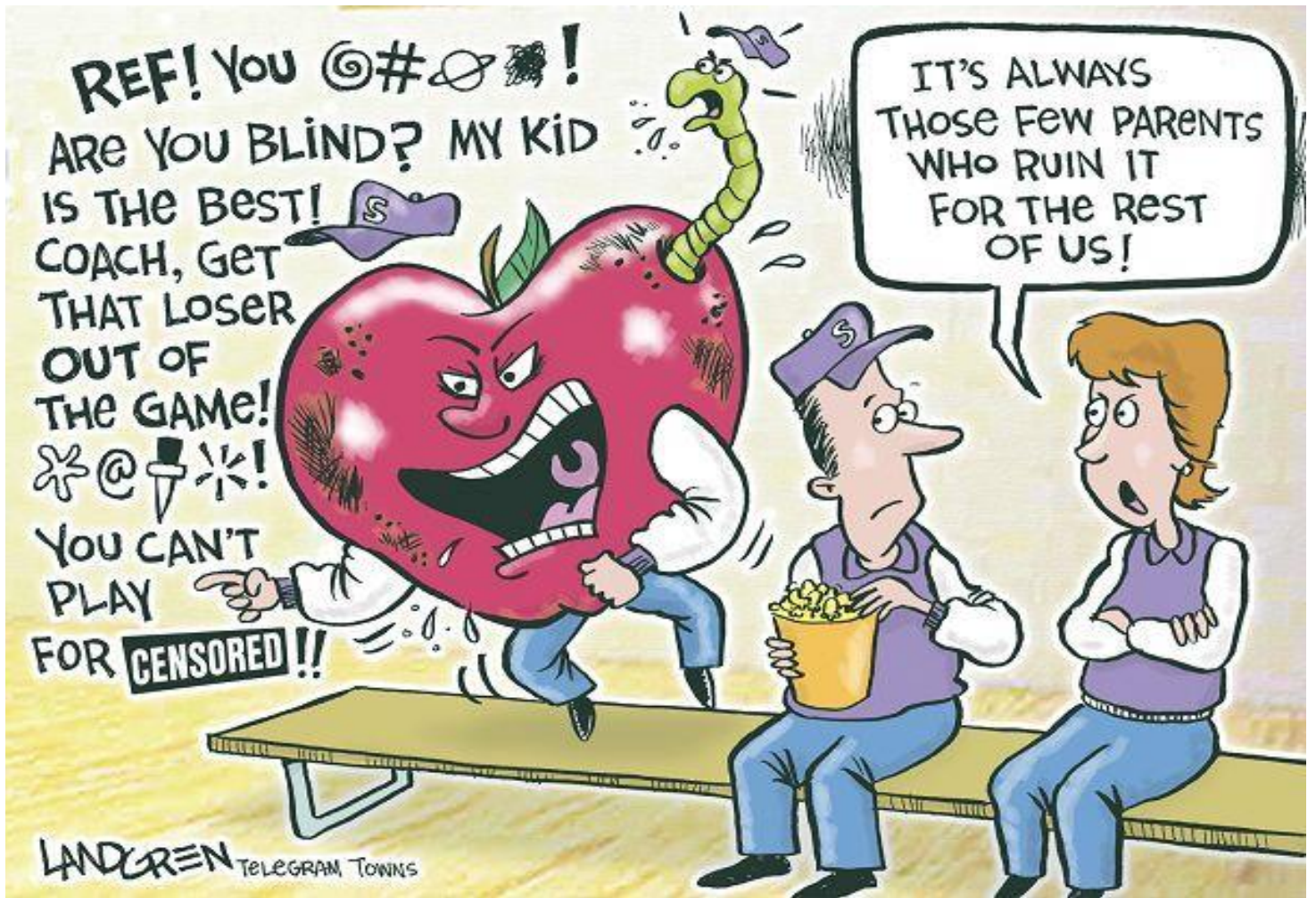
We hope to have four teams: Varsity, Junior Varsity, “C” team and Freshman team at Vista Peak. This provides the greatest opportunity to give a large number of players a chance to participate.

My Role as a parent:

Please respect the time and role our coaches play to this program, the school and your child. Be the best supportive, loving, understanding, allowing your daughter to take responsibility, not coaching from stands parent you can be.

Do not be this guy!





It's funny how
you're nice to my face.
It's hilarious how
you talk shit behind my back.
And it's downright comical
that you think I'm unaware.

Team Prayer

We join hands as a team and pray for before every game.

Pastor Alvin Simpkins will come to the school and pray for our school, teachers, players, families, coaches, gym, and equipment before the first day of practice every year.

Social Media:

Please do not post anything that will hurt the school, our team, our staff, an individual, your spot on the team or an opportunity for a scholarship. The Bison Way is to have class in everything we do, and we win/lose as a team.



Playing Time:

Playing time is determined first and foremost by the effort exhibited by each player at practice. The coaching staff is looking for hard work and positive attitude during practice as the sign of how a player will respond and play in a game. At the "C" and Freshman levels, all players will play as equally as possible. If there are more than 10 players on the "C" and Freshman teams, it will not be possible to play 50% of the time. At the Junior Varsity level, we will endeavor to play each girl in each quarter. There are exceptions to that which will be discussed later. In the fourth quarter of a Junior Varsity game the coach will focus on the girls who have played the best during the first three quarters as to who will get the bulk of the playing time in the fourth quarter. At the Varsity level there will be no restrictions or limitations as to how much a girl play.

When MICHAEL JORDAN came home crying after getting cut from his high school team, his mother DELORES did NOT call or visit the school to cuss out the coach or transfer him to a different school. She simply told her son, "You gotta WORK HARDER!!!"



"Players think, 'Play me and I'll show you.' Coaches think, 'Show me and I'll play you.'" - Shaka Smart

Roster Size:

The number of girls on each team will be determined by the Head Coach. Normally the rule will be: 8-10 on Varsity; 8-10 on Junior Varsity; 8-12 on “C” and Freshman team.

There may be exceptions to these numbers, but only the Head Coach will determine that.

Team Rules:

All of Vista Peak Preparatory disciplinary rules and academic requirements always apply. Remember, we have two vacation breaks during basketball: *Thanksgiving and Christmas*. ALL teams in the state of Colorado will be practicing the day before Thanksgiving and the day after. We are not an exception and WILL be practicing.

Taking your player to dinner for their birthday (i.e. grandma, sister, or the President) is not an excusable reason to miss practice so please don't ask.

We will NOT be practicing:

- “C”, “D” and JV teams: TBA
- Varsity: TBA
- CHSAA rule we do not practice on Sundays

*Please make note TBA we will be running OPEN practices, which means players are not required, BUT strongly urged to attend. *

MANDATORY PRACTICE BEGINS FOR ALL LEVELS ON: TBA

Communication is the key!

Stay in the know through the following means:

- Before you call or text a coach please check our team website:
<http://www.vistapeaklbasketballgirls.com/>
- Receive team email and text messages on *TeamSnap* – please make sure all parents and players information is entered.



**COMMUNICATION
IS WHAT MAKES A
TEAM STRONG**

PICTUREQUOTES.com



PICTUREQUOTES

The rules follow you even when you are “off” from basketball. Be smart and be careful.

Any player who receives a “Technical Foul” during a game will immediately be removed from the game and the time of the infraction noted. The player will then be sidelined until the coaching staff decide to put the player back in the game. If a player is ejected from a game they will automatically be suspended for the next schedule game CHSAA rule and the suspension can be extend by the AD John Sullivan.

We expect all players of each squad to respect each other. Any bullying will mean immediate suspension from the team until a player/parent/coach meeting takes place. We all have varying talents and we need to help each other rather than take on an air of superiority. We ALL wear the Vista Peak Bison uniform and support ALL the players in the program.

Be early for practice. In this day and age of technological wonders there is no reason to not personally contact your coach about being late. Yes, we know extenuating circumstances arise with academics, doctor appointments and family emergencies. We will never weigh practice heavier than those areas. **We ask for the courtesy of communication. DO NOT convey this through another player. We want to hear from player first and parent only if player is unavailable.** Please try and arrange all *personal* appointments outside of practice, especially the day before a game if possible.

Academic help needs to be communicated with your coach PRIOR to practice and 30 minutes will be allowed after school to get help. The teacher will need to send a confirmed email detailing the support to the HEAD coach within 24 hours. Failure to communicate will mean you have skipped practice, which will result in lost playing time. Continued missed practice will result in dismissal from the team.

Study Hall Room – Open from 3:45 pm – 5:15 pm, Monday – Friday if you stay after school.

At all away games we are the guests of the host school. We will respect their hospitality by never leaving our bench or locker room messy. Our basic rule: leave it better than we found it!

CHSAA Rules:

The CHSAA is the governing body for all sanctioned high school sports in Colorado. We abide by those rules implicitly. You can access the CHSAA site and read the rules and guidelines for all sports and activities (CHSAA.org)

The main rule we want to emphasize are number of quarters played. **Each girl is allowed 92 quarters of basketball combined at all levels.** A quarter is simply defined as any playing time in a given quarter of the game. The amount of time played in that quarter is not significant. One player could play the entire eight minutes, and another could come in for five seconds. The rule says that they each played a quarter. Overtime is an extension of the fourth quarter and not an additional quarter. Exceeding the 92 quarters is penalized by forfeiture of games. As coaches we will be keeping close track of quarters played.

Transportation:

We will use buses this year and a schedule will be posted on the website for school departure time and one or two-way transportation. We ask that players ride the bus and not take their personal cars to the away games. For the safety of our players, parents who do wish to have their daughter ride home with them after the contest(s), must check with the level coach and sign out their daughter in writing. Unless you are a designated driver, you may not transport a player who is not your child unless the coaching staff has received PRIOR written permission from that players' parent/guardian.

Parental Concerns:

We all understand that there will, from time to time, be moments when parents want to talk to coaches to express concerns. We have a “24-hour” rule, which means we won’t discuss the issue until the next day. The coaches will not discuss playing time, squad placement or game strategy so please respect our staff and trust the process.

Here are steps to follow for any other concerns:

- 1) The player must meet with the coach to discuss this issue. Sometimes a parent may feel that their daughter cannot approach the coach, but we urge you to work with them to overcome that. We are, after all, preparing young adults to take on more responsibilities. This would seem to be the logical first step.
- 2) If the meeting has not proved satisfactory to either side, then a parent and team coach meeting will take place. This will include the player/parent/level coach.
- 3) If needed, the next step will include the Varsity Head Coach and all of the parties mentioned in step two.
- 4) As a final meeting we will include all of the above and the Athletic Director.

Parents must remember that they represent the school as much as the players and coaches do and that their behavior projects to the opponents our level of sportsmanship. Please cheer positively for our team and not negatively toward our opponents and the officials.

Off-Season Play:

We will offer many opportunities for each girl to improve her level of play with basketball activities. These will include open gyms, club ball, summer leagues, summer team camps, summer individual camps, summer tournaments, high school fall league and private training.

June – High School Month – We have an invites form UNLV, Adams State, CU, Regis, Western Colorado, KU, DU, School Of The Mines so far for team camp. Our number choice is UNLV but we will monitor COVID-19 to see if its possible.

I encourage all players to have a trainer and play club basketball or setup a schedule at the school to train with a coach, speed training/weightlifting offered by football team in summer and shooting program at VP.

<https://www.dripnationbasketball.com/>

Any Questions???

We hope you have a positive experience playing for the Lady Bison of Vista Peak Preparatory.

Please **KEEP** the guidelines for your records and review with your player. Also, all rules in the Vista Peak Prep Rules Handbook also apply.

Mr. Howard Payne

Head Coach, Vista Peak Lady Bison Basketball

“If you want to make everyone happy, don’t be a leader; sell ice cream.” – Nick Saban

