

2010



Phoenix Lady Mystics Basketball Player and Parent Handbook

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Welcome to Phoenix Lady Mystics Basketball

"Our mission is to develop the Lady Mystics Basketball team and to compete in the NABI Tournament"

My name is Coach Everett Largo. I am the Head Coach for the Lady Mystics Basketball team. I would like to welcome you to our Lady Mystics Basketball team.

The goal of the Lady Mystics Basketball team is to assist our Native female student-athlete who is motivated to reach the next level of competition. We do this by providing a positive environment that stresses fundamentals, teamwork, and dedication to the Lady Mystics Basketball team.

We are excited about participating in the 8th Annual National NABI tournament. Our parents, the Lady Mystics Basketball players, Elvira Garcia (Lady Mystics Team Coordinator) and Joe Torres (Lady Mystics Assistant Coach) will be our key contributors to our Lady Mystics Basketball team. Our staff and other key volunteers complete the support system that is so important for our Lady Mystics Basketball team to continue to reach new levels of success.

If you have questions, please do not hesitate to contact Coach Largo at: coachlargo@hotmail.com or you can call at 623.692.7901. For more information, you can visit the Lady Mystics Basketball website at: <http://members.cybertrails.com/~elargo/puhsd.html>

We look forward to seeing you at our games and tournaments.

Respectfully,

Coach Largo

Everett Largo

Head Coach

Phoenix Lady Mystics Basketball Team

Phoenix Lady Mystics Basketball

Overview

Our NABI Girl's Basketball Team: Our Lady Mystics Basketball players are Native American High School basketball players with advanced skills who have committed themselves to becoming the best basketball players possible. They are working towards becoming good high school basketball players, with the dream and goal of playing at the college level. These Native players are student-athletes from the Phoenix Metropolitan area.

Lady Mystics Basketball Coaches: The Lady Mystics Basketball coaches have knowledge of basketball fundamentals, competitive coaching experience for tournament play, and have the ability to instruct these athletes to enhance their awareness of the game. The goal of the coaching staff is to take 10-12 players who are serious about basketball and help them find ways to have fun, compete, learn, develop, be challenged, work hard, and grow to be as good as they want to be. Our coaches are devoted to the fundamentals of basketball. We emphasize defense, ball handling, shooting, transition, teamwork, passing, footwork, and becoming a complete basketball player. The coaches on the Lady Mystics Basketball team are volunteers. All coaches in our program are coaching because of their love of the game and because of the positive learning environment we provide for the players.

Lady Mystics Basketball Playing Season:

1. Phoenix Lady Mystics Basketball team formation begins August 2009 through March 2010.
2. Practices officially start after the Arizona High School State Tournament (March 2010).
3. Team practices will be on Mondays from 5:30 pm to 7:30 pm in Phoenix, Arizona.
4. The Lady Mystics Basketball team will play in local Native summer basketball tournaments.
5. The Phoenix Lady Mystics Basketball team plans to participate in the 8th Annual National Native American Basketball Invitational (NABI) tournament in July 2010.

Player & Parent Commitment: Practices are so important to the success of the Lady Mystics Basketball team. If you miss practice, you should be prepared to watch some of your teammates from the bench during games.

The Lady Mystics Basketball team will practice once a week for up to two hours per session. Practices and games can run from March through July. Commitment from both players and parents is essential. An uncommitted player is unfairly occupying a position that a committed player would love to have.

Phoenix Lady Mystics Basketball

Purpose and Commitment

The purpose of this handbook is to familiarize both the parents and players with the Lady Mystics Basketball team. We hope this handbook will answer many of the questions that may arise.

The main goal of the Lady Mystics Basketball team is to compete in the 8th Annual Native American Basketball Invitational (NABI) tournament in Phoenix, Arizona. The second purpose is to assist each of our players in becoming quality high school basketball players. The third purpose is to pursue athletic scholarships for those players that have the desire, athletic ability, and academic standing to play at the collegiate level.

To be successful, the rules of the handbook must be followed. The Lady Mystics Basketball team expects our athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter. We represent the Lady Mystics Basketball team and we want to promote the highest level of sportsman-like conduct.

Playing basketball with the Lady Mystics Basketball team requires a strong commitment to the game, your coaches and your teammates. It is important that everyone involved understands that each is willing to make this commitment in order for the student-athlete to become the best basketball player she can be.

Selection Process

Players are evaluated on attitude, teamwork, and skill execution such as ball handling, shooting, etc. We select athletes based on the following criteria: athletic ability, work ethic, drive, coachability, competitive attitude, skill ability, and potential.

We expect you to have a good attitude, to work hard, improve your game, and to compete with your teammates for playing time and team placement. There is no guarantee of equal playing time, or team placement. Your playing time and team placement will be determined by the Lady Mystics Basketball coaching staff.

Anyone who has a serious medical condition should speak with Coach Largo or Elvira Garcia (Team Coordinator) prior to the start of the season. It should be noted that if a player is injured or is sitting out of practices due to injury or illness, they must have a doctor's release before they will be allowed to practice or participate again on a regular basis.

Phoenix Lady Mystics Basketball

Parent/Player/Coach Relationship

The Lady Mystics Basketball team can teach many positive traits, such as respect, the spirit of cooperation, self-discipline, and regard for physical fitness.

We ask that parents refrain from criticizing opposing players, other parents, other teams, teammates, or officials.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players. **PLEASE ENCOURAGE YOUR DAUGHTER TO FOLLOW HER COACH'S INSTRUCTIONS AND LEAVE THE COACHING TO THE COACH.** Parents need to align themselves with the coach in teaching their daughter how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser.

When a player has an issue with the coach, parents have the responsibility of teaching their daughter the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

- STEP ONE:** The player should discuss the problem/concern with the coach and try to arrive at a solution to the problem.
- STEP TWO:** The parent should call the coach and schedule an appointment for the player, parent, and coach to meet at an appropriate time.
- STEP THREE:** If the above steps do not remedy the problem, the parent should contact the Lady Mystics Basketball Team Coordinator to schedule a meeting with the player, parent and coach to arrive at a solution.

UNDER NO CIRCUMSTANCES is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The above procedure must be followed in dealing with any situation that may arise. The administration of the Lady Mystics Basketball team will **NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED** by parents or fellow teammates. If you or your daughter refuses to follow the guidelines set forth, you will be asked to leave the Lady Mystics Basketball team.

The Lady Mystics Basketball team has great support and we hope that support will continue to grow each year. We hope that parents will support their daughter by attending their practices, tournaments and to continue to give positive encouragement. We encourage you to refrain from criticizing your child, their teammates, their coaches, or the officials.

Our rule for our players at all times is: **Do the Right Thing and Don't Let Your Teammates Down.** A player or spectator may be asked to leave the premises if they become disrespectful to other players, coaches, or officials. Please be careful and be respectful.

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Sportsmanship

The Lady Mystics Basketball team is committed to exercising good sportsmanship at all times. Our philosophy is that our female student-athletes should represent their team in a positive and respectful manner. We also would not want spectators to embarrass our players and the team with inappropriate behavior. The code of conduct expects the following from our players, families and spectators:

- Absolutely no foul language shall be permitted.
- Parents are asked to cheer for the Lady Mystics Basketball team in a positive manner.
- Show respect to those around you.
- Support your coaches and staff.
- Refrain from harassing referees and/or event staff.
- Please set a great example for your daughters by being a good sport in the stands.

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Volunteer Staff

Team Coordinator: Elvira Garcia - 602.405.4766

- Works with coaches to oversee and guide the direction of the Lady Mystics Basketball team.
- Manages the financial and fundraising functions of the Lady Mystics Basketball team.
- Manages the summer season practices and basketball tournament schedule.
- Secures facilities for practice times for the Lady Mystics Basketball team.
- Responsible for securing and distributing uniforms and T-shirts.
- Organizes and coordinates the Lady Mystics team for the NABI Tournament.
- Responsible for all players, coaches and parents.

Head Coach: Everett Largo - 623.692.7901

- Primary responsibility is to prepare the Lady Mystics Basketball team for the NABI Tournament.
- Conduct all practices and tournament games for the Lady Mystics Basketball team.
- Advisor for all players, coaches and parents.
- Works with the Team Coordinator to oversee and guide the direction of the Lady Mystics Basketball team.
- Generate the Lady Mystics Basketball team roster.
- Collect and maintain all required paperwork for each Lady Mystics Basketball player.
 - Copy of Players Birth Certificate
 - Copy of Players Certificate of Indian Blood (CIB)
 - Copy of Players High School Photo ID
 - Players Medical Release Form
 - Players Insurance Information
 - All NABI Tournament paperwork

Assistant Coach: Joe Torres

- Assists with Lady Mystics Basketball practices.
- Assists with all games, tournaments and the NABI tournament.
- Works closely with Head Coach and Lady Mystics Team Coordinator.
- Assists in fundamental basketball training for the Lady Mystics Basketball team.

Phoenix Lady Mystics Basketball

Practices

Practice schedule can be viewed at: <http://members.cybertrails.com/~elargo/puhsd.html>

Practices will be on Mondays (5:30 pm to 7:30 pm) in Phoenix, Arizona. Practices normally last for two hours. We will make every effort to not change practice schedules, however, things happen. Please be flexible and cooperative.

If a player must miss a practice or game, the player must call Coach Largo at 623.692.7901 as soon as possible. Athletes who miss practice, are missing valuable information and training time, and potentially, may have their playing time affected by absences or tardiness. To emphasize player responsibility, we do not want parents to call on behalf of their daughter. It is the player's responsibility to call Coach Largo to discuss the reason for missing practice or missing a game. "No Call, No Show" will not be tolerated.

Team Rules and Guidelines

- No jewelry, hair clips or earrings may be worn at practices or games. Please remove these items prior to arriving at the gym.
- Arrive to all practices at least 15 minutes early. Use this time to prepare yourself for practice (change your shoes, get your water, use the restroom, tuck in your shirt).
- When playing games locally, arrive 40 minutes early.
- You the player determine your role on the team:
 1. Have good grades
 2. No foul language
 3. Be responsible and respectful (no talking while coaches are talking)
 4. Get in shape and stay in shape
 5. Stay healthy and eat healthy food
 6. Great defense
 7. Know your role on the team and know all your plays
 8. Know how to play all positions
 9. Hustle all the time at practice and at games
 10. Be a team player
- A technical foul by a player or parent for poor sportsmanship will immediately cause the removal of that player/parent from the game. Poor sportsmanship will not be tolerated.
- If you are injured, you are still a member of the Lady Mystics Basketball team and are required to attend practices and games.

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Parent Permission Form, Liability Waiver and Release, and Authorization for Medical/Dental Treatment

I, the undersigned, the parent and/or legal guardian of (if Player is a minor, e.g. under 18 years of age), or the person (if Player is age of majority, e.g. 18 years of age or over), _____ (Player) acknowledge that the Player is receiving valuable instruction and experience by her involvement with the Lady Mystics Basketball team. In consideration thereof, I hereby grant permission for the Player to play, compete, train, and otherwise participate in the Lady Mystics Basketball team including but not limited to practice, games, tournaments, clinics, camps, fundraising, volunteering and other activities sponsored by the Lady Mystics Basketball team.

I further authorize the administration of the Lady Mystics Basketball team to release pertinent information about my daughter to college coaches, media, etc. for the purpose of enhancing the recruiting process. This information includes but is not limited to photographs, email addresses, telephone numbers, press releases, game summaries, etc.

I recognize the fact that girl's basketball is a contact sport and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to the Player as a result of her trying out for and participating in the Lady Mystics Basketball team. I waive any and all liability against the Lady Mystics Basketball team, coaches, trainers, volunteers, affiliated organizations, sponsors, vendors/suppliers, the school districts, and the owners and operators of any facility utilized by the Lady Mystics Basketball team, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by or on behalf of the Player as a result of the Player's participation in the Lady Mystics Basketball team. I further agree to indemnify and hold harmless all of the above organizations, coaches, trainers, volunteers, and sponsors for any judgment awarded, attorney fees, and other expenses with respect to any claims, loss, damage, or expense which may be sought by or on behalf of the Player or her family/guardian.

I, the undersigned, the parent and/or legal guardian of (if Player is a minor), or the person (if Player is age of majority), _____ (Player) hereby grant permission for the Lady Mystics Basketball team, its officers, employees, coaches, and trainers, to authorize medical or dental treatment for the Player by any available and qualified physician/dentist or other trained medical personnel. In addition, this permission extends to and includes authorization for emergency treatments, procedures, and surgeries for the Player. Furthermore, on-going medical treatment is authorized until such time as the undersigned shall dismiss these physicians/medical personnel in writing and have engaged another qualified physician. This permission and authorization includes admission to a hospital or medical facility if the attending physician deems it necessary.

I understand that monies paid and donated to the Lady Mystics Basketball team are non-refundable. I understand that participation in the Lady Mystics Basketball team is done in accordance with the acceptance of this permission, authorization, release, and waiver. The permission for participation and authorization for medical treatment is effective for twelve (12) months after the date of my signature.

Player Name (printed)

Player Signature

Date

Parent or Legal Guardian Signature
(if Player is a minor)

Date

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Insurance Information and Medical Information Form

Player Name: _____

Insurance Information

Insurance Carrier: _____ Policy #: _____

Primary Policy Holder: _____ ID#: _____

In case of emergency, contact: _____
Name (other than parent or guardian) Relationship

Work Phone: _____ Home Phone: _____

If your insurance carrier requires a phone call prior to treatment or hospital admission, please provide that phone number and/or point of contact: _____

Medical Information

Medication: _____ Injuries: _____

Allergies: _____ Surgeries: _____

Other Medical Information: _____

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Handbook Acceptance Form

I acknowledge that I have received, read and discussed with my daughter the information in the Lady Mystics Basketball Player/Parent Handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the Lady Mystics Basketball team. A player may not begin her season with the Lady Mystics Basketball team until all required forms are signed and submitted to the Head Coach. The forms include: Handbook Acceptance form, Parent Permission, Liability Waiver, Release, Authorization for Medical/Dental Treatment form, Insurance information and Medical Information form. In addition, each player must submit a copy of their Birth Certificate, Certificate of Indian Blood (CIB) and a copy of their student High School photo ID.

Parent/Guardian Name

Parent/Guardian Signature

Date

Player Name

Player Signature

Date