



Hodges Bend Lady Warriors Athletics



COACHING PHILOSOPHY/TEACHING PROGRESSION

“Demand Excellence”

Philosophy: Our job is to instruct, discipline, and inspire our athletes to do more than they ever dreamed. Winning is the by-product of mutual hard work put in by coaches and student athletes.

Practice Environment: “100% Effort at all times, in everything we do”
(Practice is designed to obtain the elusive goal of perfection in performance.)

1. Fast pace and high tempo
2. Reduce practice errors: every mistake should be corrected on the spot
3. Make athletes master their assignment
4. Strive for continuous improvement
5. Don't let the fear of making a mistake keep you from improving

Coaching Progression:

1. Teach players what you want/need them to do.
2. Show them what good performance looks like
3. Give them opportunity to do it: Repetition
4. Observe their performance
5. Praise positive performance/redirect negative performance

Redirection: is the way to correct a performance error when a player has not yet mastered a skill.

PLAYER EXPECTATIONS

The guidelines here will help you understand what is expected of you as a
Hodges Bend Lady Warrior Athlete

1. Be a leader and fellow students will respect and follow you
2. Be extremely loyal to your teammates, coaches, and school
3. **Represent HBMS to the best of your ability on the court, in the classroom and in the community**
4. Get the best education possible: stay eligible, do your homework, turn in assignment on time, study and pass.
5. "Practice like a Champion": full speed, hustle
6. "Play like a Champion": never give up
7. Accept teaching, coaching, and redirection with honor and be a team player
8. Be trustworthy, we need to depend on you
9. Be unselfish, be a team player! Think of your school and team along with your own personal interest
10. Have a burning desire to be part of something great.

WHAT YOU CAN EXPECT FROM YOUR COACH

1. To care about you! To expect you to be a young lady. To respect you
2. To be honest
3. To make all decisions based on what is best for the team and then what is best for the individual
4. To assist you in any way possible now and after you graduate. "The door is always open"
5. To work harder than you have ever worked before. To expect you to master the skills of the game. "We will demand excellence".
6. To provide the leadership and direction necessary to achieve our goals.
7. To put your health and safety above all other considerations.
8. We will set a positive example for you.
9. To guarantee that you will be a better person from the experience of participating in sports at HBMS.
10. To give you an enjoyable experience as you learn and play your respective sport here at HBMS.

THE CRITERIA THAT DETERMINES WHO WILL PLAY

“Demand Excellence”

1. Attitude
2. Eligibility
3. Physical Condition/Health
4. 110% Effort Always
5. Mastery of Skills
6. Knowledge of Game & Assignments
7. “Will You Help This Team Win”
8. Dependability
9. Consistency
10. Preparedness

DISCIPLINE MANAGEMENT

We consider discipline to be the cornerstone on which to build this program. We believe that participation in extracurricular activities is a **PRIVILEGE**. Our student athletes must be willing to conform and establish standards of behavior in the classroom, on the court and in the community.

We strongly believe that HBMS student athletes have the responsibility to serve as **Positive Role Models** for their peers. They should set an example of appropriate conduct and cooperation on campus. Our coaching staff here believes that demanding discipline is something you do **FOR** someone, not **TO** someone. We are here to advise, counsel, mold and direct my student athletes to take a positive position in our school and in society.

Our athletes will be held **ACCOUNTABLE** for all rules and regulations posted in their Student Handbook and by UIL.

In order to make our plan work we will need the help, support and participation of our parents, faculty, and administration. We want our athletes to be successful, and reach their full potential.

IMPLEMENTATION OF THE PLAN

In order to establish consistency and fairness here is the two way we will classify misconduct.

Minor Offences: Minor offences will include violations of school policies and general misconduct.

1. Classroom Behavior
 - Respect for the teacher
 - Cooperation
 - Completion of assigned task
2. Athletic Standards
 - Respect for coaches and officials
 - Respect for facilities and equipment
 - Attendance for meetings, practice and games
 - Adherence to expectations: grades, grade sheet, and tutorials
 - Maintaining appropriate language
 - Dress and appearance: present a positive image of GBPA
3. School Policies: Follow all rules in student handbook. **Stay out of principal's office, ISS or Detention**

REPSONSE FOR MINOR OFFENSES

Extra conditioning in practice, game suspension, parent phone calls

Major Offenses: Major offenses include violations of major school and athlete rules or serious offenses in the community.

- Drug/Alcohol Abuse
- Theft
- Severe disrespect towards teacher, administration or coach
- Commission of a crime away from school
- Gang involvement
- ECT.

Major offenses will be the responsibility of the coach according to FBISD and UIL rules. All normal school procedures will be followed, as well as an athletic response. This response will be based on the already mentioned criteria, a review of the athlete's discipline file, and a conference with the parent. The worst-case scenario would be expulsion from the athletic program.

Grading Procedures: The Athletic class will be graded on a different basis compared to our regular Physical Education Classes. The expectations are higher on all levels of grading. Athletic class is meant for conditioning for the Sports you are wanting to play.

Grades will be based on:

- Cardio
- Conditioning
- Sports/Skill Mastery or Improvement

Contact Information

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LADY WARRIORS

Student Athlete Signature

I _____ agree to follow and adhere to the rules and guidelines set forth by my Coach(es) and the Athletic department here a HBMS.

Name _____
(Print Please)

Signature _____ Date _____

Parent Signature

I _____ agree to allow my child to participate in the HBMS Athletic Program. I give my permission and support to the rules and guidelines that have been set by the HBMS Athletic program and UIL. My child will adhere to the HBMS rules and guidelines set forth.

Parent's Name _____
(Print Please)

Signature _____ Date _____

Best Contact Number _____

Email Address _____