

October 1, 2020

Dear Fusion JH Girls and Parents,

I am super excited to coach basketball this year! This will be my first-year coaching basketball. I played all through high school and have always been in love with the sport. I am looking forward to seeing the girls develop their skills and have fun in this amazing sport. Practice will begin Thursday, Oct 8, right after school and will be in Lambert for the first week. Please be sure you have your physical on file or bring your physical to practice, as you can't practice or play without proof of a physical. We will practice around 2 hours every day. A reminder that girls will dress for practice at their home gyms, and then will check in the gym for practice. Our games will typically be Friday afternoons and Saturday mornings. Please see the school websites for the schedule, as these are changing often due to the virus.

I have always believed in the power of a positive mind set. It is important to always being looking forward to what you can improve on and how you can encourage teammates. This goes whether you are on the court, in school, or at home. Negativity is what will kill a game before it is over. By looking for what is possible is what can turn the game back in our favor. Positivity creates an exciting and fun game to be apart of.

We already have warmups. We will be using the same one that were used for JH volleyball. They are \$20 and checks can be written out to the Lambert School. If you do not already have the warmup, bring money to practice and I will get you one. We will be adding last names but not numbers. This way we can use these next year if we decide to do that.

On the next page is the Rules Contract. Any infringements will be result in a loss of play time. Please carefully read through them, sign on the third page and return the signed page to me on the first day of practice (Oct. 8<sup>th</sup>). If you have any questions shoot me a text or an email and I will answer any question you have.

Since this is Junior High, it is competitive. Playing time will be determined on attitude, skills, and the rules. For any injuries, it is important for the kids to heal before they play. If they try to play through and not to fully recover it can hurt them when they get to high school. I am speaking from experience. This is also why stretching is extremally important. This will help limit injuries and improve their playing ability. It is easy to forget to stretch at an end of practice, but I will always try to give them time to stretch at the end of practice.

With COVID procedures in affect, for games and on buses we all need to be wearing masks and remembering to sanitize. I cannot wait for basketball to start; I hope you all are ready too. I know this is going to be a great year.

Thank You,  
Autumn Rehbein

"Whether you think you can, or you think you can't you're right" – Henry Ford

# 2020 Lady Fusion Rules Contract

For the benefit of our team the following rules will be enforced for Lady Fusion basketball. This form must be signed and turned in to the Coach before the athlete will be allowed to play in any game this season. These rules will be enforced to ensure that our team is successful.

- **Playing time.** Playing time is a Coach's decision. At no time will a parent approach any coach about playing time. If a player has a question about their playing time they need to talk to the coach. If a parent addresses a coach about playing time their athlete will forfeit their playing time at the coach's discretion
- **Social Media.** At no time will a player or parent use social media to bring negative attention to a teammate, the team, or a coach. If a player or their parent(s) does, it will result in a forfeiture of playing time at the coach's discretion. Parents do not use social media to contact any of the coaches unless it is an emergency, if you need to speak to a coach do it face to face and if it is in regards to the game observe the 24 hour protocol.
- **Electronics.** Phones, tablets, gaming devices, etc. should not be out during games or practice. Its fine to give updates to parents about games but other than that electronics should not be seen. If this is violated, it will result in loss of game time.
- **Language.** There is a ZERO tolerance policy on this team towards any type of swearing or inappropriate language (sexual, alcohol, tobacco related). This applies to practices, the locker room, games and bus rides. If it could be miss heard as an inappropriate word, then it should not be said. Failure to adhere will result in a loss of playing time at the coach's discretion.
- **Dress Code.** Our teams have a long tradition of being some of the best dressed in our district. We will continue to do this. To that end, the coaching staff does not want to see any bra straps/underwear showing, no outfits that fail to cover the midriff, dresses/shorts/rompers should be no shorter than the bottom of the fingertips and no lowcut tops. Athletes in violation will not play in that night's game.
- **Attitude.** This one is simple. Be all in or don't be a part of this team. There will be no moping around or negative attitudes on these teams. If you have nothing positive to say, do not say anything at all. A winning culture requires everyone to pull together. There will be no tolerance for individuals who are not team players.
- **Injuries.** We will adhere to all doctor's notes and recommendations. The caveat to this is, if you are too injured to practice at 100% then you will not play. It is more important to heal so that way you can continue to play later on. Still come to practice and watch, it is still important to know what is going on.
- **Officials.** Leave the officials alone. This applies to players as well as parents. It is the coach's job to interact with officials.
- **Nutrition.** To play at your best, proper nutrition and hydration is key. Encourage your player to drink water throughout the day and to eat balanced meals that include plenty of carbohydrates. Avoid fast food and processed food as much as possible.
- **Practice.** Be on time to every practice. Always have your gym clothes, shoes, hair ties, and any braces needed. Let Coach Rehbein know if you will not be at practice by texting or emailing, another player should not be the one to tell coach. During practice, if coach is talking then nobody else should be.
- **Games.** Stay in the gym, do not leave the school unless approved by the coach. Keep electronics in your bag.
- **Academics.** School comes first. A student is ineligible if they have an F in any class or 3 D's in any classes. Basketball is never an excuse to get out of academic responsibilities.

## Contact Info

Coach Autumn Rehbein

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By signing below, I attest that I have been made aware of the expectations for myself and my player for the upcoming season. As a parent, I understand that failure to adhere to these rules will result in consequences for my player at the coaching staff's discretion. As a player, I understand that failure to adhere to these rules will affect my playing time and my place on the team at the coaching staff's discretion.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Player Signature: \_\_\_\_\_

Date: \_\_\_\_\_