

Branham Field Hockey Handbook 2017

MISSION STATEMENT

Branham Field Hockey Program is committed to developing field hockey skills at every level. Athletes will learn specific skills, strategies and teamwork. Our particular goal is to create a field hockey community with a genuine love of the sport and a mutual respect for all participants. Skills will be developed through practice sessions, games, and events scheduled throughout the season. We aim to develop players that will be successful in field hockey but ultimately, in life.

BRANHAM FIELD HOCKEY FAST FACTS

Slogan-Not just a team...a community

Mascot-Bruin

Website-branhamfieldhockey.org

Email-branhamfieldhockey@gmail.com

Facebook-Branham Field Hockey (Closed Group-you must request to join)

Colors-Columbia Blue, White, Navy

Coaches-(use above email or phone)

Head Varsity Coach-Tina Parrott (408-482-1886)

Assistant Coach-Chloe Bell (408-966-3938)

Junior Varsity Head Coach-Sara Schiro (408-728-5269)

Assistant Coach-Courtney Durrant (408-417-0219)

Graduate Assistant-Kaitlyn Burguillos

Athletic Director-Landon Jacobs

DRESS

Practice-Players must wear reversible practice jerseys or light and dark BHSFH spirit-wear shirts (both available for purchase), dark shorts (appropriate length or with biker-style shorts worn underneath), sports bra (no spaghetti straps or regular bras), shin guards, goggles (when available), running AND turf style shoes. Mouth guards must be worn any time there is a drill with more than one player. Bring water in a labeled, re-usable water container. Be sure to clean up the field area after you are through. **Players without appropriate protective gear will not be allowed to practice or play.**

Game-Players must wear only the team uniforms and outerwear. Uniforms must be worn correctly (no rolled skirts or tied shirts). Coaches will assist players in ordering an appropriate fitting uniform. Players may wear a solid color top or leggings that are the school and/or uniform colors in colder temperatures. All safety equipment must be worn at all times during warm up and game play.

NOTE: Cell phones and all electronics must be turned-off and put away during practices and games.

SCHEDULE

Practice

Non-Game Days-Separate Practices

Varsity 3:00-5:00/5:15 NOTE: Varsity will be off the field at 5:00. JV will stretch and prepare and come on the field at 4:45/5:00. Practice will begin at start time, you must be ready to go

JV 4:30-6:30

Combined Practices-will follow the Varsity schedule. Check website and emails for notices.

NOTE: This may vary each week. Check Latest News for updates. **Bring your journal and running shoes to every practice.**

Games-Varsity players must be at the field (and ready to go) at least 45 minutes before the game begins. JV players must be there at the start of the varsity game begins and will watch the first half of the varsity game-TOGETHER

NOTE: Varsity will set up for practices and games. JV will clean up. Coaches may have a set schedule or system for players regarding jobs.

CAPTAINS

Captains will have a significant role in team and program leadership. They must have a positive attitude, game knowledge/skills and show excellent sportsmanship skills. Captains will meet with coaches to plan season events. The head game captain must also be familiar with the rules and how/when to approach refs. Varsity captains will be selected at the end of each season and lead summer workouts (along with any additional players). If you think someone would be a good captain, please nominate their name(s) to the coaches.

All players that desire to be a team captain fill out an application. Coaches will choose captains, with assistance from the players. If you are interested in being a captain, fill out the application and turn it in by the deadline.

SUMMER WORKOUT SCHEDULE

All returning players are expected to be ready to play and in shape for fall tryouts. There is a suggested 6-week summer workout schedule and conditioning days available to assist new and returning players in their fitness levels. Varsity captains will lead workouts. There will be scheduled team skills and fitness practices. Check the website under "Summer Conditioning" for more information.

INJURIES/ILLNESS

If you are injured and unable to play you must contact your team coaches and bring a note from a doctor that states the date you will be able to continue in practices/games. You will not be allowed to suit up unless you bring in an official notice from your doctor. This also applies to illnesses lasting more than 2 days. You are required to attend practices even if you cannot participate unless excused by the doctor. If you do not attend, it will count as one of your three free days (see below).

ATTENDANCE

You are required to attend all practices and games for the full, required time. Attendance will be taken at every practice and game according to the coach's time. We understand that some of you participate in multiple sports and/or have jobs and may have some time conflicts. If that is the case, you must turn in a copy of your schedule **at least a week** in advance and make arrangements with the coach. If a school event (ie college meeting, doctor's appoint.) is scheduled, you must let both team coaches know **at least a week** in advance. If you are ill, you must contact (email, text, or call) your team coaches (both) **no later than noon** on the day. We know that you have a lot going on but when you miss practice it affects the entire team. You have "Three Days Free." This means that if you are ill or miss a practice, that day will count as one of your three. If you are late, you will have consequences, but you have let the coaches know before noon, then it will just count as ½ of a practice. This also goes if you have to leave early. Hopefully this will help you in planning your time. If you miss more than a total of three practices, we will need to have a conversation about the ability to manage your time. If teachers or students are scheduling study or review sessions during practice/game times, you will have the opportunity to practice your leadership skills by letting them know other options for meeting. Also, you get out early on Wednesdays and don't have to be at practice until 3:15 so that is a great day to meet and/or schedule doctor appointments. Remember you are a **student/athlete** but you need to also manage your time well and practice appropriate life skills.

TEAM EXPECTATIONS

Branham Field Hockey is a family. Although within this family there are two distinct teams of varsity and JV, all players will work together to support one-another to continue to improve in both individual and team skills. All players must agree to BHS student/athlete guidelines.

Team Events-In order to promote a family atmosphere, there will be several extra curricular events schedule throughout the season. Some of these events include:

- Varsity/JV retreat weekend
- Alumni game
- Going to local college games (Cal and Stanford)
- Team dinners
- Activities (bowling, BBQ, swimming, movie, etc.)

Some of these activities can be done as an entire program or individual teams and may be initiated by the coaching staff, team captains, and/or individual players. All activities must be approved by the coaching staff.

Fundraising-All players must earn at least \$250 in donations for the program. This money will cover the sports participation donation (which helps with equipment, refs, other costs), gear package (a \$230 value), and any additional team costs. You can simply send in the amount to cover this cost (see order form). If finances are tight, you can make arrangements of payment and/or fundraising. Generally working a 6-hour shift at the flea market, raising over \$500 in Team Snap fundraiser or getting a camper to attend the summer camp will count as \$50 toward the total amount. Players and their families may also contribute cash (or check made out to Branham Field Hockey) to cover costs for alumni game, retreat, and/or meat for the Fall Banquet.

Practices-All cell phone and electronics must be turned off before practice begins (and while participating or watching games). Once practice begins, all focus should be on the task at hand. All drills and activities should be performed at game speed and should cause players to stretch beyond their comfort zones. If a player attends a tutorial, she must bring out a pass that verifies this. Also, appointments should be scheduled as late as possible. See the schedule to see when you can fit in an appointment.

Fitness Training-The only way to get stronger, faster, and more agile is to practice. There will be four training cycles a year: pre-season, season, off-season winter, and off-season spring. This will allow you to work on your fitness when you are not participating in a sport. There will be pre and post testing for each cycle to show growth and plan for areas of improvement. See the **Strength and Conditioning** handout for general information.

Nutrition-It is important that players follow a nutrition plan in order to optimize their performance. Both appropriate and timely hydration and calorie consumption is essential to optimal performance. See the **Sports Nutrition** handout for a general nutrition guideline.

Games-All players must stay on campus on home game days. JV must sit together **as a team** and watch the first half of the varsity game. The JV team will leave to warm up at half time. After games varsity must clean up, have a quick meeting, and stay **and sit together as a team** for at least the first half of the JV game-this time will be used for static stretching, hydrating and cool down. The Varsity team will select several games where they will stay and watch the entire game. Varsity will set up for the game and JV will clean up at the end of their game (Weekly set-up/clean-up teams may be assigned). No one should leave without checking in with the coaching staff. During a game there will be no swearing, negative talk and/or inappropriate physical play toward opposing players, teammates, coaches or referees.

Starting/Positions-Starting positions will be determined before each game and will be based on effort, attitude, attendance, and performance. Positions will be determined on the basis of how a player will best help the team in its efforts. Players may discuss positions with the coaching staff, however, the final decision will come down to the coaching staff.

Communication-It is important that players feel safe to communicate with coaches and team members. Players are free to discuss any decisions (that affect them personally) with the coaching staff at an appropriate time (after practice or at an arranged appointment time) Coaches may schedule conferences with players to discuss areas of strength and ways in which they can work to improve.

Conflicts-If any conflict arises, it must be dealt with immediately. A member of the coaching staff may be present as a mediator if needed. Do not deal with conflict over texts or group chats, but instead deal with it in person.

Behavior-Branham Field Hockey players must abide by all Branham Field Hockey program guidelines, school rules, and state/federal laws. Underage drinking and partying will not be accepted. Players must remember that any both positive and negative actions and/or words will reflect on their personal reputation and the reputation of the Branham Field Hockey Program. Players that are unable to follow Branham Field Hockey program guidelines, school rules, and state/federal laws will be dealt with according to the following:

- 1st time-verbal warning
- 2nd time-probation
- 3rd time-possible suspension from game(s)/team

Equipment-Any equipment checked out to players must be returned at the conclusion of the season. Players will be charged for the repair or replacement of any damaged equipment that was loaned to them.

Academics-All players must keep a minimum GPA of **2.0** to participate in sports. Branham field hockey players will aim to keep their individual GPA above **3.0 (with no F's)** and the team GPA above **3.3**. Grade checks will take place every 3 weeks. Players with an F or below 2.0 will be placed on probation until the 6-week grade check. Probation will include weekly check-ins and possible missed practices or games-depending on the academic issue.

Journals-Every player will keep a journal for the season. They are expected to record what they are working on for the practice/game and write a reflection of what was learned, struggles, successes, goals for the next day and/or how they were feeling on a particular day. These journals will be periodically reviewed during coach/player conferences. Players must bring journals to every practice.