

HASTINGS HEAT EXPECTATIONS & POLICIES

2018 – 2019

PRACTICES

- 1. Arrive early...Not late (Unacceptable).**
 - a) Athletes should arrive at least 15 minutes early to prepare for practice (change, net set up, ball counting, etc.)
 - b) If something comes up it is the responsibility of the athlete or parent to call or text the coach ASAP.
- 2. Cell phones will be shut off or silenced for practices.**
- 3. Closed practices – Except for Sunday practices (Must stay on track).**
 - a) Drop your daughters off early and pick them up @ scheduled end time.
- 4. EXCUSED VS. UNEXCUSED ABSENCES**
 - a) **Excused: Coach must know *prior to practice, otherwise 'unexcused'*.**
 - i) Sick/Illness...If you are not in school for the day, you cannot practice.
 - ii) Religion classes on practice nights.
 - (1) EXCEPTION...You are allowed to practice with another team to make up for missing practice due to religion (no penalty, but plan ahead).
 - iii) Family vacations (let us know about them *well ahead of time, ASAP*).
 - iv) *Results in sitting one match of the next event if it is not made up within 1 week of the missed practice.*
 - b) **Unexcused: If you have not contacted your coach prior to practice, no show.**
 - i) Homework, going out for dinner, birthday party, movies, skipping...
 - ii) *Results in sitting out for the next tournament/play day in its entirety.*
 - iii) **MORE THAN 1 UNEXCUSED PRACTICE...Athlete will be removed from team.**
- 5. You must practice with your assigned team as much as possible.**
 - a) If you need to practice with another team it is your responsibility to get approval from the coaches of both teams.
 - i) If you are not approved ahead of time, the coach *may* send you home and your missed practice could result in an unexcused absence.
 - ii) A 'Make-Up Practice Form' is available on the website for the coaches to sign off on.
 - iii) If the athlete attends all 6 Skills sessions in December they may use Skills as 1 make-up practice for 1 excused practice in January, February, or March.
- 6. It's simple...You must be at practice in order to play!**

TOURNAMENTS / PLAY DAYS

- 1. Tournaments/play day schedules are released no later than the Wednesday prior to the weekend of play.**
 - a) Schedules will be posted on the Hastings Heat website as soon as we receive them.

BIG CITY LUAU, PRESIDENTS' DAY TOURNAMENTS, MARCH MADNESS, & BOY'S SHOWCASE (HHS & HMS)

- 1. The top/oldest 3 teams will be *required* to help set up the Fri/Sat night of each tournament weekend. Teams will be assigned to each tournament weekend by the Club Director.**
 - a) This is to include nets, chairs, tables, concessions, etc.
 - b) All other teams will be required to set up the Middle School on Friday nights after scheduled practice.
- 2. Parents will need to work at least one shift in concessions on Sat. or Sun. w/ their daughter.**
 - a) More information for concession shift sign-ups will be released in December.
 - b) If you are unable to work in the concessions a \$150 volunteer fee will be added to your total club fee.
 - i) A postdated check of \$150 for the volunteer fee will be collected prior to committing to a team.
 - ii) All volunteer checks will be shredded or returned after the completion of the last hosted tournament.
 - c) Profits from the tournament go directly into the J.O. account reserve funds to keep club fees down.

SPRING BREAK

- 1. Tournaments will not be scheduled from March 9th – 17th.**
- 2. Practices over Spring Break will be optional, if available at all.**

FEES

1. **Based on tournaments, coaches, athletes, administration costs, court rentals, equipment, etc.**
 - a) **12U - 14-2's: \$600** – Includes: warm-ups, tournaments, coaching, facilities, and equipment.
 - b) **14-1's - 18U: \$675** – Includes: warm-ups, tournaments, coaching, facilities, equipment, & personal uniform.
2. **You are responsible for paying the entire playing fee.**
 - a) *If your daughter quits you are responsible for paying the remaining balance.*
 - b) If your daughter is unable to finish the season due to an injury or illness you are required to pay her playing fee up to the point in which she is unable to play.
 - i) Refunds or a final balance will be based upon how much of the season remains.
3. **3 checks must be postdated and turned in at Pre-Registration or try-outs.**
 - a) **Checks will be postdated for January 1st, February 1st, and March 1st.**
 - i) If you need additional time to make a payment (have the club hold your check), contact Amy Johnson *ahead of time* and arrangements can be made.
 - ii) Payments can be made in full instead of in installments.
 - b) **Checks should be written for the following:**
 - i) 12U – 14-2's: 11/17 - \$250, 1/1 - \$100, 2/1 - \$100, 3/1 - \$100
 - ii) 14-1's - 18U: 11/17 - \$325, 1/1 - \$100, 2/1 - \$100, 3/1 - \$100

WARM-UPS

1. **THESE ARE INCLUDED IN THE CLUB FEE.**
2. **Warm-ups will appropriately represent all athletes, parents, and the program.**
 - a) Sample sizes will be available for the athletes at try-outs.
3. **Parents can also purchase HASTINGS HEAT gear. Watch the website for information.**

ATHLETE RESPONSIBILITIES

1. **This is a time commitment.**
 - a) You must be willing to put in the time. This means making sacrifices.
2. **Your teammates and coaches rely on you to be at practices and tournaments/play days in order to be successful. This should be a priority to you.**
 - a) New ideas, strategies, and techniques are covered at practices. If you are not there you will miss a lot of instructions and will fall behind. This ultimately holds back the team's progress.
3. **Uniforms for 12U – 14-2's will be distributed to each athlete and turned in at the last event of the season.**
 - a) Uniforms should be returned in the same condition in which you received them.
 - i) If there is any damage to your uniform when you receive it, it is your responsibility to let Jean or Rita know.
 - ii) If the uniform is lost it is your responsibility to pay for a new jersey (\$75/jersey).
4. **Uniforms for 14-1's+ will be 'owned' by the athlete and will NOT be turned in at the end of the season.**
 - a) If the uniform is lost it is your responsibility to pay for a new jersey (\$75/jersey).
5. **Everyone is responsible for taking good care of the equipment.**
6. **All athletes are mandated to complete an Officials Clinic prior to the first event.**
 - a) Officials Clinic is available on-line.

PARENT RESPONSIBILITIES

1. **Parents are to make arrangements to get their daughters to and from all events.**
2. **Parents are crucial for influencing their daughters' attitudes and perspectives.**
 - a) Kids are very likely to pick up on any negativity that a parent may have towards a coach, team, or program.
 - i) Be supportive. Your daughters are more apt to believe in the purpose and benefits of the program if they feel their parents believe in it, too.
3. **Parents are representing the club just as much as the athletes and coaches.**
 - a) Show respect for everyone at all times.
 - b) Respect facility rules & regulations.
 - i) School facilities – No smoking or consumption of alcoholic beverages on school grounds.
(1) Tailgating should take place off school grounds.
 - ii) If this is an issue, you may be removed from the event and the club will decide attendance going forward.

TEAMS / PLAYING TIME

- 1. Teams are based on talent, age, and total number of athletes. Cuts will be made as necessary.**
 - a) When applicable, teams will be ranked as a 1's and/or 2's team.
 - b) These decisions will be made by the coaches and Rita.
- 2. Playing time is different for athletes and their respective age/level of play.**
 - a) **14-2's & under teams...**
 - i) All athletes will play at Tournaments, but more than likely will NOT be equal.
 - b) **14-1's & older teams...**
 - i) Playing time is not equal for Tournaments.
 - (1) This level of play is more specialized according to position.
 - (2) All athletes will play at Tournaments, but will NOT be equal.
 - (3) Playing time is non-negotiable. If there are concerns, athletes should go directly to the coach for suggestions/feedback.

VIOLATIONS

- 1. Violations during the J.O. season will result in the athlete being ineligible for the remainder of the season.**
 - a) Violations include drinking, smoking, etc.
- 2. Refunds will not be given to those who serve a violation.**
 - a) *If a violation should occur, the player is responsible for paying their remaining balance in **full**.*

GRIEVANCE PROCEDURE

- 1. Grievance is...**A conflict of interest that concerns the physical, mental, or emotional harm of an athlete.
 - a) This does not include: playing time, bashing of other athletes/coaches, etc.
- 2. The order in which issues/conflicts should be addressed.**
 - a) Athlete to coach, first.
 - b) Athlete and parent to coach, second.
 - c) Athlete, parent, coach, and Amy Johnson – Club Director, third.
 - d) Please address any issues/concerns in a timely manner.
 - i) 24 hour rule...Please wait 24 hours after an incident to approach any coach.
 - e) Coaches are NOT to be addressed about issues/concerns at tournaments/play days, etc. Make arrangements with your daughters coach to talk/meet outside of a scheduled practice time or event.

OTHER

- 1. Volunteers as coaches and/or assistants.**
 - a) Must be arranged directly with your daughters coach and Jean.
 - i) The coach has the right to accept or decline volunteer coaches/assistants.
 - b) Proper paperwork must be completed before working with any team.
 - i) Membership form, background check, etc.
- 2. Hastings Heat website.**
 - a) All pertinent information for the club will be posted on the website.
 - i) This will be the primary means of communication throughout the season.
 - b) It is your responsibility as an athlete/parent to check the website for updates.
 - i) This should be done daily or every other day.
 - c) Save the website address in your 'Favorites'.

CLUB DIRECTOR – Amy Johnson ajohns14@sowashco.k12.mn.us 612.860.3973

- **Responsibilities:** Club Communications, Parent Contact, Grievance Representative, Financial Duties, Officials' Clinic Coordinator, Volunteer Sign-Up Coordinator/Director (all hosted tournaments).

CLUB REPRESENTATIVE – Jean Lindberg jlindberg@hastings.k12.mn.us 651.324.5204

- **Responsibilities:** Practice & Tournament Scheduler, Individual & Club Memberships/Registrations, Co-Equipment Manager.

ATHLETE / COACH DEVELOPMENTAL SPECIALIST – Rita Girgen rgirgen@hotmail.com 651.226.4103

- **Responsibilities:** Athlete Development & Skills Sessions, Coaches Development, Club Lead for Tryouts & Team Selections, Co-Equipment Manager, Club Apparel, Private Lessons as Available.

www.hastingsheatjobv.com