

LADY RAVENS BASKETBALL 2009-10

GET YOUR GENERAL AND UPDATED INFORMATION
THROUGHOUT THE SEASON FROM OUR WEBSITE:

www.ravenhoops.com

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OLATHE NORTHWEST WOMEN'S BASKETBALL OFFICE HOME OF THE RAVENS

HEAD COACH, JOEL BRANSTROM

ASSISTANTS, MARDY ROBINSON, JEFF ZIMMERMAN, DAVID HAGAN

November 1, 2009

Dear Parents and Athletes,

Pending decisions on the 2009-10 team-members, *Welcome to the Lady Ravens Basketball Program*. We are really excited that the basketball season is here! The following pages hold some important information for both parents and athletes. Please take the time to read through this packet together then sign and turn in the page stating you and your daughter understand the expectations of this season. Additional information will be posted on the website:

www.ravenhoops.com

A calendar/ schedules will be posted on the website, as well as directions to the opposing team's school and other sites that might be of interest to parents. Please periodically check the calendar posted on the web for recent changes and updates.

*Before you leave tonight I need the following from this packet:

- Substance Abuse agreement signed
- District Transportation Policy
- ravenhoops.com Athlete profile parent permission

Both Parents and Athlete's must sign the covenant that shows you all understand what is required to be a part of the Lady Raven Basketball Family. *It is due by Tuesday, 11/24.*** (Freshmen don't need to turn it in until December 29th, ...but can submit it sooner if they wish...)

I hope this packet answers some of your questions. If you can think of other information that might be helpful for you and future Raven parents and athletes, please share with me your ideas. If I can help you in any way, please do not hesitate to call. ***Welcome to the Family!***

Sincerely,

Joel Branstrom

Hm: 764-8344

Wk: 780-7150 ext. 1115

coachbranstrom@ravenhoops.com

21300 COLLEGE BOULEVARD ♦ OLATHE, KANSAS ♦ 66061

PHONE: (913) 780-7150 ♦ FAX: (913) 780-7159

DR. GWEN POSS, PRINCIPAL ♦ CHAD RALSTON, ATHLETIC DIRECTOR

CHECKOUT OUR WEBSITE: www.ravenhoops.com

SELFLESSNESS
INTEGRITY
MENTAL TOUGHNESS
PRIDE

LADY RAVEN BASKETBALL

Year VII

EXPECTATIONS:

1. DO WHAT WE ASK YOU TO DO.
2. STRIVE FOR ACADEMIC EXCELLENCE.
3. BE ON TIME AND AT EVERY PRACTICE.
4. BE RESPONSIBLE FOR YOUR ACTIONS AND ABIDE BY THE EXPECTATIONS SET BY THE STAFF & THE TEAM.
5. PUSH YOUR TEAMATES TO PLAY AT A HIGHER LEVEL.
Compete, Compete, Compete!!!
6. HAVE FUN PLAYING THE GAME...

...LIKE A RAVEN!!!



TEAM EXPECTATIONS

1. **ATTENDANCE** - Attendance is mandatory!! If you must miss practice you must tell Coach Branstrom, Coach Robinson, Coach Zimmerman or Coach Hagan **ahead of time**. If an athlete is sick or injured, it will be excused if accompanied by a note from her parent or guardian. But we must know **ahead of time** if they will not be at practice! An athlete is required to attend over half of day of school day in order to participate in athletic activities. You may not participate that day if you are not in school. An absence for any reason... other than being ill... will result in the athlete making it up by attending a make-up workout. If the absence is unexcused the player is subject to being dismissed from the team.
2. **LEAVING EARLY** - You may not leave early from practice unless cleared with Coach Branstrom **ahead of time (days in advance...not the day of)**. No athlete should ever leave practice early for a job, hair appointment...etc. If leaving early becomes a frequent occurrence, the athlete may be dismissed from the team.
3. **TARDIES & INDIVIDUAL/TEAM BEHAVIOR** – The Girls will come up with the consequences for these circumstances at the lock-in.
4. **GAMES** – Girls who do not practice the day before a game due to being sick or absent will not play. Athletes that miss or partially miss practice due to injuries are subject to not playing in the next day’s game unless extenuating circumstances exist.

All athletes are required to ride the bus to and from games. All Junior Varsity and Varsity athletes are required to attend the entire game whether they only play on one or both of those teams. We are a team and need to support each other like a team. I expect the JV/Var. girls that are not playing during the home C-Team games to attend the C-Team games. They need not attend C-Team away games. The same is true for C-Team players attending home JV/ Var. contests unless those games are away games. Coaches will determine the games in which athletes will play. We will have a lot of girls play at multiple levels. According to K.S.H.S.A.A. rules, each girl is allowed to play in 20 regular season games. In addition to that, each athlete may play in, up to, 6 quarters each night.

5. **ELIGIBILITY** - A student must have passed 5 one credit hour classes last semester and be enrolled in 5 one credit hour classes this semester to be eligible to participate. An athlete is required to attend over half of day of school day in order to participate in athletic activities.
6. **MEDICAL**- If any athlete has a medical condition (including asthma), the coach needs to be informed at the beginning of the season. If any athlete requires any medication in practice (inhalers, etc), it must be given to the coach at the beginning of practice until needed. All medications must be on record with the school nurse. Coaches are not allowed to distribute ibuprofen or acetaminophen to the athletes.

Snow Day Protocol

In the event that school has been cancelled due to inclement weather, athletes will need to call Coach Branstrom’s home phone number AFTER 10:00AM, but BEFORE 11:00AM. I will then inform the team if a Practice or a Game scheduled later that afternoon or evening is cancelled or not.

Coach Branstrom’s home phone number: 764-8344

WINNING THE MIND GAME - CHAMPIONSHIP PARENTING OF THE ATHLETIC CHILD

By D. Scott Ward, Ph.D. Sport Psychology

A number of my friends have recently become mothers and fathers of potentially great athletes. I predict greatness from these just-out-of-the-womb superstars because of opportunity. Not because their parents are former athletes who themselves had great success in college and professional sports, but because every parent has the opportunity to help their child succeed. All kids, if interested in athletics, should get the best of parental support. Championship parenting of the athletic child takes a lot of effort, but it's all worth it when great athletes boast that their parents played a key roll in their success.

There is no question in my mind that parents of young athletes want the best for their children. The following is a TOP-FIVE list for Championship Parenting of the Athletic Child. If you coach young athletes, give it to your athletes' parents. If you are a parent, use the list for guidance. If you area a young athlete, this list will be helpful, talk about it with your parents.

- 1) Make sure that your children know that - win or lose - you love them, appreciate the efforts and are never disappointed. This will allow them to do their best and avoid developing a fear of failure based on the dread of disapproval and family disappointment. Be the person in their life that can be looked upon for constant positive reinforcement.
- 2) Try your best to be completely honest with yourself about your children's athletic capability, competitive attitude, sportsmanship and actual skill level. Good communication with your children will help you know if they want to be more competitive in a specific sport. Ask your children if they want to got to a summer camp, (basketball, football, tennis, etc.), don't force them.
- 3) Be helpful but don't "coach" on the way to the track, diamond, field or court...on the way back...at breakfast...and so on. Sure it's tough not to, but it's a lot tougher for children to be inundated with advice, pep talks and often critical instruction.
- 4) Try not to re-live your athletic life through your children. There are enough pressures on your children as it is. Try not to add any because of your pride. Many very good young athletes stop participating in sports because of the unpleasantness of the home after a competition. Athletic children need their parents, so you must not withdraw. If your young athletes are comfortable with you - win or lose - they are on their way to maximal achievement and enjoyment - and you will get your kicks too!
- 5) Don't compete with the coach. The young athlete often comes home and chatters on about "coach says this, coach says that." This is often hard to take, especially for the mother or father who has had some sports experience. When a certain degree of disenchantment about a coach sets in, some parents side with the youngster and are happy to see the coach shot down. This is a mistake. It should provide a chance to discuss (not lecture) with the youngster the importance of learning how to handle problems, react to criticism and understand the necessity for discipline, rules and regulations.

Parenting a young athlete is quite difficult and takes a lot of effort to be done well. The practices, competitions, traveling and expenses take time, energy and money. This alone should inspire parents to do the right thing with their young athletes. Give your child the opportunity to be successful. Teach them to enjoy the thrill of competition, to be out there trying, working to improve skills and attitudes, taking the physical bumps and coming back for more. Don't say, "winning doesn't matter" because it does. Instead, help develop the feel for competing, trying hard, and having fun.

SUNFLOWER LEAGUE

CODE OF ETHICS

It is the duty of all concerned with high school athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that an athletic contest is only a game~ not a matter of life or death for player, coach, school, official, fan, community, state or nation.
- There should be no parading of signs in front of the opposing team.
- Any posted signs should be positive in nature and in good taste.



LETTERING REQUIREMENTS

VARSIITY LETTER

A team member must complete the season with excellent attendance, be on time for practices and play in at least 2 quarters in 6 Varsity games. Freshmen may earn a letter by playing 12 quarters over a 4 game total. The letter will also require a good attitude, good sportsmanship, and the athlete must also be a good representative of ONW.

Letters will also be awarded to the 12 girls who participate on a state qualifying team.

***All awards given are privileges to the athletes. They represent an excellent work ethic and are a positive representation of the school. Therefore, it is the coaching staff's responsibility to determine whether an athlete is deserving of an award despite the games played.*

****Since we are still a relatively new school, some of the school's requirements are not set yet. Therefore, the requirements that we have set for the basketball program are subject to change.*

**OLATHE NORTHWEST
LADY RAVEN BASKETBALL
VARSITY/JV
2009-10**

Date	Place	Opponent	(JV/Var.) Time
<i>Thurs 12/3</i>	HOME	SUMNER ACADEMY	5:30 /7:00PM
<i>Tues. 12/8</i>	<i>away</i>	<i>Mill Valley</i>	<i>6:00/7:30 PM</i>
Tues. 12/15	HOME	O.South (JV/ C-Team only)	7:00PM/ NA
<i>Thurs. 12/17</i>	<i>Avila Univ.</i>	<i>Hickman-Mills @ HyVee Shootout</i>	<i>NA/4:00PM</i>
<i>Sat. 12/19</i>	<i>away</i>	<i>SM South</i>	<i>4:00 /5:30PM</i>
<i>Mon. 1/4</i>	<i>away</i>	<i>Blue Valley North</i>	<i>5:30/7:00 PM</i>
<i>Thurs. 1/7</i>	<i>away</i>	<i>O. South</i>	<i>5:30/7:00 PM</i>
Tues. 1/12	HOME	SM EAST (dh)	4:00/5:30 PM
Fri 1/15	HOME	O. EAST (dh)	4:00/5:45 PM
<i>Fri. 1/22</i>	<i>away</i>	<i>Blue Valley HS</i>	<i>5:30/7:00 PM</i>
Wed. 1/27	HOME	O. North (JV/ C-Team only)	7:00 PM/ NA
<i>Thurs. 1/28</i>	<i>away</i>	<i>Newton Invite</i>	<i>TBA</i>
<i>Fri. 1/29</i>	<i>away</i>	<i>Newton Invite</i>	<i>TBA</i>
<i>Sat. 1/30</i>	<i>away</i>	<i>Newton Invite</i>	<i>TBA</i>
Tues. 2/2	HOME	OTTAWA(dh)	4:00/5:30 PM
Fri. 2/5	HOME	LEAVENWORTH (dh)	4:00/5:30 PM
<i>Mon. 2/8</i>	<i>away</i>	<i>SM North</i>	<i>5:30/7:00 PM</i>
<i>Fri. 2/12</i>	<i>away</i>	<i>Free State (dh)</i>	<i>7:00/5:30 PM</i>
Tues. 2/16	HOME	SM NORTHWEST (dh)	4:00/5:30 PM
Fri 2/19	HOME	LAWRENCE(dh)	4:00/5:30 PM
Tues. 2/23	HOME	SM WEST (dh)	4:00/5:30 PM
<i>Fri. 2/26</i>	<i>away</i>	<i>O. North (dh)</i>	<i>4:00/5:30 PM</i>
Wed. 3/3	TBA	SUBSTATE Game #1	TBA
Fri. 3/5	TBA	SUBSTATE Game #2	TBA
Wed. 3/10	TBA	STATE Quarterfinals	TBA
Fri. 3/12	TBA	STATE Semifinals	TBA
Sat. 3/13	TBA	STATE CHAMPIONSHIP	TBA

**Schools participating in the N.I.T: Andover Central; Bishop Miege; Dodge City; Garden City; Newton; ONW; Rose Hill; Salina South*

***the symbol (dh), denotes that this a "double header" night. This is when both the boys and girls Varsity & JV teams play at the same site on the same night.
(Revised 10/26/09)*

C-TEAM LADY RAVEN BASKETBALL 2009-10

Date	Place	Opponent	Time
Fri 12/4	HOME	Lawrence South	6:00PM
<i>Tues. 12/8</i>	<i>Away</i>	<i>Mill Valley</i>	<i>4:30P</i>
Mon. 12/14	HOME	SM West	6:00PM
Tues. 12/15	HOME	O. South (w/ JV)	5:30 PM
<i>Sat. 12/19</i>	<i>Away</i>	<i>SM South</i>	<i>5:30PM</i>
<i>Mon. 1/4</i>	<i>Away</i>	<i>BV North</i>	<i>5:30PM</i>
<i>Thur. 1/7</i>	<i>Away</i>	<i>O. South (w/ Fresh)</i>	<i>5:30/ 700 PM</i>
Mon. 1/11	HOME	SM EAST	6:00PM
Thur. 1/14	HOME	O. EAST	7:30 PM
Tues. 1/19	HOME	BVNW	6:00 PM
<i>Fri. 1/22</i>	<i>Away</i>	<i>Blue Valley HS</i>	<i>5:30PM</i>
Wed. 1/27	HOME	O. North	5:30 PM
<i>Thur. 1/28</i>	<i>Away</i>	<i>Lawrence South</i>	<i>3:30PM</i>
Mon. 2/1	HOME	SMNW (Fresh & C)	5:30/ 7:00PM
Wed. 2/3	HOME	LEAVENWORTH	6:00PM
<i>Mon. 2/8</i>	<i>Away</i>	<i>SM North</i>	<i>7:00 PM</i>
<i>Thur. 2/11</i>	<i>Away</i>	<i>Free State (Lawrence)</i>	<i>5:00PM</i>
Wed. 2/17	HOME	Lawrence High	6:00PM

*Times and dates are subject to change.

**Depending on the number of freshmen that join us in late December, will determine if we need to add more games to the schedule.

Revised: 11/20/09

DRIVING DIRECTIONS:

Avila College (Site of the Hyvee Shootout)-11901 Wornall Rd. Take K-10 to Eastbound I-435. Exit on Wornall Rd. Turn South on Wornall. The college will be on the left side of the road within 2 miles.

Bishop Miege - 5041 Reinhardt. Take SM Parkway East to Mission Road. Go North on Mission, school will be on the East side of the road.

Blue Valley HS- 6001 W 159th St. Take 69 Hwy to Stanley/Stillwell exit. At the stop sign turn left, go to Metcalf sop light and turn right. Go to 159th street and turn left. School is on the south side of the street.

Blue Valley Northwest - 13260 Switzer. Take 135th Street to Switzer. Turn North on Switzer, school is on the west side of the road.

Blue Valley North - 12200 Lamar. Take I-435 East to Metcalf exit and go south to 119th street. Turn left on 119th and go to Lamar, go south and the high school will be on your right.

Blue Valley West - Take 151st Street to Antioch, go south on Antioch to 162nd street.

Emporia (White Auditorium): Take I-35 South to the Emporia Exit #137. Turn left onto 6th Street, which is also Old 50 Highway. Go about 2-3 miles on 6th St and you will see **WHITE AUDITORIUM** on the right.

Gardner-Edgerton HS - 425 N. Waverly. Take I-35 South to first Gardner Exit (210). At top of the ramp turn right onto 175th street (this will turn into Main Street). Continue through town, through about 5 stoplights. The road will turn into a Y, stay in the right lane. Take a right on Waverly. School will be on the right.

Lawrence High - 1901 Louisiana. Take K-10 West to Lawrence, turn right on Louisiana to 19th street. School will be on the left.

Lawrence Free State HS- 4700 Overland Drive. Take K-10 west through Lawrence (through about 11 stop lights). Turn right (north) on Kasold to 6th street. Go left (west) on 6th street to Overland Drive. School will be on the right.

Leavenworth HS -2012 W. 10th Avenue. Take K-7 North to Eisenhower Road. Take a left on Eisenhower Road and continue through first intersection with a stop sign. Turn right at the next road (10th Avenue) and continue for approximately 1 mile. School will be on the left.

Newton HS- 900 W 12th St. (Est. distance from ONW =168 miles) Take I-35/ US 50 south towards Emporia (approx.97 miles form ONW) . Exit 127 C on left to merge onto W 50 Hwy/ W US-50 toward Newton (42 miles). At the Traffic circle take the 2nd exit onto US-50 South into Newton (25.4 miles). Take a “slight right on E. 12th St. Newton High school will be on the right.

Olathe East - 14545 W 127th St. Take 119th street to Blackbob. Go south on Blackbob to 127th street. Go left on 127th street.

DRIVING DIRECTIONS CONTINUED . . .

Olathe North - 600 E Prairie Street. Take Ridgeview south past Santa Fe Trail Junior High. Turn right on Kansas City Road. School is on the right.

Olathe South - 1640 E 151st street. Take I-35 to exit 215, turn left at the stop light at end of the exit, go to 151st street and take a left.

SM East - 7500 Mission Road. Take I-35 North to 75th street. Turn right (east) on 75th Street and take it to Mission road. School will be on the right.

SM North - 7401 Johnson Drive. Take I-35 North to Johnson drive. At stoplight take a left (east). Continue East on Johnson, school will be on the right.

SM Northwest - 12701 W 67th St. Take 435 North to Shawnee Mission Parkway. Go right (east) on SM Parkway to Pflumm. Turn right (south) on Pflumm to 67th Street, turn left (east) on 67th street and school will be on the right.

SM South - 5800 W. 107th St. Take 435 East to Nall. Go left on Nall to 107th Street. Turn left, school is on the right.

SM West - 8800 W 85th St. Take I-35 North to 87th street. Turn right (east) to Antioch. Turn left (north) on Antioch, school will be on the left.

Sumner Academy - 1610 N. 8th Street. Take I-35 to 635 to State Avenue. Turn East to 8th street then left down to the Sumner Parking lot.

NOTES:



LADY RAVEN COVENANT

I have read all of the following: Coach's Expectations; Team Expectations; Eligibility; Letter Requirements; Dr. Scott Ward's Article.

I will honor my teachers, coaches and teammates by living out the ***Lady Raven Core Values*** of Selflessness, Integrity, Mental Toughness and Pride. In addition, I understand what is required to be a member in good standing of the ONW Lady Ravens Basketball Team.

Athlete's signature

Parent/guardian signature

date

date