Parents and Athletes:

I would like to welcome you to Lehi Girls Basketball! We are excited to be involved with Lehi High School and look forward to getting to know you through this great sport of basketball.

We feel that Lehi Girls Basketball is on the cusp of beginning a great basketball tradition and you are a part of laying the foundation that will be critical for this program’s success. Much will be expected of you as parents and athletes as we start to build a successful program that is defined by discipline and relentless effort both on and off the basketball court. We want Lehi Girls Basketball to be known for its attacking style of play, excellent sportsmanship, high academic standards, and dedicated service to the community. In order for us to achieve these goals, your personal commitment to this program begins now and must continue always. We believe that success is gained by knowing that you have made the effort necessary to continually become the best of which you are capable and have gained the ability to perform at your best every day.

We feel that it is important that we maximize the time we have remaining in this off season to build the skills and team chemistry necessary to play like champions. The preparation that is required to be successful is continuous. If each player in this program will make the commitment to spend time each day to improve their mental and physical skills, it will not only help them prepare for tryouts in November, but will help the team’s overall success this season. Decide today to do all that you can to complete the off season conditioning program, individual skills program, and participate in team workouts and activities. Ask yourself why you are playing basketball, what you hope to get out of your experience, and if you have the dedication and loyalty needed to make a positive impact on this program.

We ask for the unconditional support of every player and parent in this program. I have enjoyed getting to know the players and parents in my six years at Lehi High. It has made my time in coaching well worth it. I look forward to working with each of you to take Lehi Girls Basketball to new heights! Good luck to each of you as you prepare for our upcoming season. Remember that you are the future of our program!

Go Pioneers!

Sincerely,

Brett Hays, Head Coach
bhays@alpinedistrict.org
Lehi High School Girls Basketball Player & Parent Expectations

Players:

• Players will attend all lunch FTs, practices, and games
• Players will maintain grades in all classes at a C-level or higher. Players will also attend all of their classes and arrive on time
• Players will make the commitment to participate in off season conditioning and workouts at 90% attendance rate
• Players will give relentless effort in order to achieve success both on and off the basketball court
• Players will participate in team service opportunities
• Players will demonstrate loyalty and friendship to their teammates both on and off the basketball court
• Players will abide by team defined commitments
• Players will accept and carry out their team roles as defined by the coaching staff

Parents:

• Parents will attend parent meetings as notified by the coaching staff.
• Parents will agree to support the coaches and players in all of their efforts to achieve success, realizing that each aspect of the program’s mission is a vital part of that success.
• Parents of players will agree to all expectations given to themselves and the players.
• Parents will display exemplary citizenship towards their own child, other athletes, game officials, coaches of both schools, and other fans and school officials before, during, and after all games.
• The penalty for failing to meet parent expectations may affect their daughter’s standing with the team.
Lehi High School Girls Basketball Mission Statement

The mission of the Lehi Girls Basketball Program is to achieve discipline and unity through accountability in these six areas:

- Academics
- Friendship and Loyalty
- Individual Skill
- Personal Conditioning
- Relentless Team Effort (Play Hard, Play Fast/All In All the Time)
- Service

Lehi High School Girls Basketball Coaching Philosophy

Success is gained by knowing that you have made the effort necessary to continually become the best of which you are capable and have gained the ability to perform at your best every day.

- Success in School: Success in the classroom (attendance & grades), which is the result of personal discipline, translates into success outside of the classroom.

- Success in Basketball: Success in basketball is the result of very hard work. Always seek to improve yourself and your team.

- Success in Life: Success in life is sustained by developing character through friendship, loyalty, and service to others.
Lehi High School Girls Basketball Team Objectives

- By the end of each season, players will be prepared to be trained for the next level of competition.
- Our players will learn to be mentally tough, play with relentless effort, play with confidence, play as team players, and carry out given roles.
- Each player will become fundamentally sound in defensive and offensive basketball, building rebounding, transition, shooting, ball handling, and passing skills.
- Each player will learn to limit turnovers, take good shots, and react correctly in defensive, offensive, and transition situations.

Lehi High School Girls Basketball Team Goals 2013-2014

- Passing/Turnovers: Have an assist to turnover ratio of 2:1
  - 2012-2013 Total = 1:3
- Free Throws: Shoot 70% as a team and have a Free Throw rate of 40%
  - 2012-2013 Totals: 51% team FTs and 36.4% free throw rate
- Rebounds: Have an OREB% of 50% and a DREB% of 70%
  - 2012-2013 Totals: OREB% = 43.8%, DREB% = 65.6%
- Team Efficiency: Have an offensive efficiency rating greater than 1 and maintain a defensive efficiency rating of less than 1
  - 2012-2013 Totals: Offensive Efficiency = 0.646, Defensive Efficiency = 0.839
Lehi Girls Basketball Important Dates

Open Gyms/Practices

We will look to hold open gyms/practices three times a week beginning May 6th at Lehi High School. For the month of May, dates and times will depend on gym availability. Please check the team website http://www.maxpreps.com/high-schools/lehi-pioneers-(lehi,ut)/girls-basketball/home.htm for an updated calendar. It is hoped that we will hold open gyms/practices on Tuesdays/Thursdays/Saturdays.

Summer Tournaments (Subject to change due to player availability):

These tournaments are OPTIONAL and are not mandatory for making the team this winter. However, these opportunities are provided for individual and team improvement.

May 24-25, 27: AAU Memorial Day Tournament ($30/player)

- 9th/10th Grade, JV, and Varsity level teams
- Payment due by May 20th either in the LHS Financial Office or on myschoolfees.com
- AAU Membership Required*

June 14-15: UVU Team Jamboree ($40/player)

- 9th/10th Grade, JV, Varsity level teams
- Payment due by May 28th either in the LHS Financial Office or on myschoolfees.com

June 19-21: SLCC Summer Jamboree ($25/player)

- JV and Varsity level teams (20 players max between both teams)
- Payment due by June 7th either in the LHS Financial Office or on myschoolfees.com

June 27-29: Big Mountain Jam ($45/player)

- 9th/10th Grade, JV, Varsity level teams
- Payment due by June 14th either in the LHS Financial Office or on myschoolfees.com
- AAU Membership Required*

July 15-19: LHS Summer Basketball Camp ($50/player)

- 4th-12th grade
- Payment due by July 15 either in the LHS Financial Office, myschoolfees.com, or at the door (T-shirt availability not guaranteed if paid at the door)
- Includes a camp t-shirt
July 29-31: AAU Summer Shootout ($30/player)

- Team levels will depend on interest from other programs
- Payment due by July 19th
- AAU Membership Required*

*AAU individual memberships may be purchased online at www.aausports.org. Memberships are $14 and come with insurance coverage. It is important that your AAU membership be linked to our high school club. Please wait to purchase your AAU membership until the high school club team has been set up. We will notify you when that has happened.
Lehi High School Extra Curricular Eligibility Requirements

1. A student who competes in inter-scholastic competition must maintain a 2.0 grade point average (C). He/She must have maintained a 2.0 in the preceding quarter as well as the quarter in which he/she participates.

2. No student shall be eligible to represent Lehi High School if he/she has failed more than one subject in the preceding quarter or if he/she is failing more than one subject during the quarter in which he/she participates. Any multi-period class failure will be credited with the number of failures equal to the number of periods in the class.

3. Grades will be checked each week. Any student falling below the minimum standard (2.0 GPA with no more than one F) will be declared ineligible and will be required to miss at least one contest. After missing the initial contest, the student may resume participation as soon as the minimum standard is met.

4. Deficiencies must be made up in the same subject area.

5. Incompletes (I) and no credits (NC) are considered failures until they are made up.

6. A student is considered to have entered High School when he/she enters 9th grade. This means that all 9th and 10th grade students must have a 2.0 and have failed no more than one class during the previous grading period in order to participate in inter-scholastic sports.

Lehi High School Girls Basketball Eligibility Requirements

Academic Policy: Players on all teams will also be subject to a minimum academic requirement in order to receive playing time. Any athlete that has a D in any class on game day will miss 1 quarter of playing time (1 quarter per D grade). Any athlete that has an F in any class on game day will miss 1 half of playing time (1 half per F grade). These quarter(s) or half of missed time will start with the 1st quarter. The parents and athlete must also understand that availability to play in a given quarter (half) does not guarantee playing time for the entire quarter or half. If too much playing time is missed due to academic issues, a player’s position on the team may be affected.

Attendance Policy: Attendance at all practices (including lunch time free throws) and games is mandatory, unless otherwise indicated by a coach. In order to participate in a game, the student-athlete must be in attendance at every class that day unless she receives an excused absence. Medical or dental appointments, funerals, weddings, field trips, and other school related
functions will be considered as an excused absence and participation in a
game may be allowed at the discretion of the coaching staff.

Absence from practice deemed unexcused by a member of the coaching
staff will result in a loss of playing time in a game. Athletes who were
absent must pass the conditioning test prior to be reinstated to full
playing time status.

**Tardiness Policy:** If a player’s tardiness to practice or a game is deemed unexcused by a
member of the coaching staff, the consequence will be determined by
the coaching staff. *Excessive tardiness may result in loss of playing time
in a game and/or possible dismissal from the team.*
Lehi High School Girls Basketball Additional Information

Team Fees
All extracurricular athletes are required to pay participation fees in order to participate in a given sport. It is highly encouraged that the players earn these fees on their own rather than parents pay these fees. It helps the player appreciate the opportunity of playing which generally results in a greater sense of pride in their training and game play. Below is a list of mandatory and optional fees that need to be paid.

Mandatory District Fees
- Participation Fee: $100.00
- Personal Equipment and Apparel Fee: $250.00

These mandatory fees must be paid before your daughter can play in a game.

Optional Fees
- Summer Tournaments: See tournament schedule

All money can be paid at the financial office ONCE TRYOUTS ARE HELD.

B4 Conditioning Class
All 10th-12th grade players and any 9th grade players that make the varsity team are required to be enrolled in the B4 conditioning class for female athletes during 2nd and 3rd terms (minimum). This class time is used for team meetings and practices. It is strongly encouraged that all 10th-12th grade players be enrolled for the entire year as off season conditioning will happen during 1st and 4th terms. Any exceptions to this will be for 9th graders (only during the season and subject to making the varsity team) or a player that needs a specific class in order for graduation. These must be pre-approved by Coach Hays.

Communication
We want to make sure that we communicate information regarding our program as efficiently as possible. To achieve this end we have created several ways to do so:

1. Team Website: http://www.maxpreps.com/high-schools/lehi-pioneers-(lehi,ut)/girls-basketball/home.htm
   This is will be up and running by May 17. We will post updates to the calendar regarding open gym/practice dates and times. It will also serve as a main hub once the season begins in November for tracking game statistics and recaps.
2. Email List: We will also send out weekly emails throughout the year with information on what is happening (open gyms/practices, conditioning, games, and tournaments).

3. Text Alerts: We have set up a free group text messaging service. If you would like to receive these alerts, please see the attached flyer in this packet. This will be a quick and easy way to stay connected to the program. Standard messaging rates do apply.

We strongly encourage you to please take advantage of all the available resources to stay in the loop regarding Lehi High School Girls Basketball.
<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 26</td>
<td>Lehi @ Judge Memorial</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>December 6</td>
<td>Lehi @ Spanish Fork</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>December 10</td>
<td>Lehi @ Brighton</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>December 13</td>
<td>West @ Lehi</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>December 16</td>
<td>North Sanpete @ Lehi</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>December 17</td>
<td>Jordan @ Lehi</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>December 19</td>
<td>Lehi @ Layton</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>January 3</td>
<td>Lehi @ Hunter</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>January to February (TBA)</td>
<td>Region Schedule (12 games)</td>
<td>S 3:30/JV 5:15/Vars 7:00</td>
</tr>
<tr>
<td>February 25, 27, 28, March 1</td>
<td>State Tournament @ SLCC</td>
<td>TBA</td>
</tr>
</tbody>
</table>

Head Coach: Brett Hays
Assistant Coaches: Michael Cooper, Todd Granthem, Regan Gull
Athletic Director: Patrick Gleaves
Principal: David Mower
Assistant Principals: Aaron Barth, John Hanks, Christian Smith
Lehi High School Girls Basketball 2013-2014
Pre-Season
Information Handbook

We are what we repeatedly do. Excellence, therefore, is not an act but a habit.

-Aristotle