



***Irma Marsh Middle School
Lady Lions Basketball
Information Packet
2021 – 2022***

Coaches Contact:

8A Coach:

Debra Alsip

Email: alsipd@castleberryisd.net

Coaches Office: 817-252-2248

8B Coach:

Monique Peressim

Email: peressimm@castleberryisd.net

Coaches Office: 817-252-2248

7A Coach:

Taylor Mikesich

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Coaches Office: 817-252-2248

7B Coach:

Pam Jackson

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Coaches Office: 817-252-2248

SportsYou
GE56-QVLN

Castleberry Independent School District Athletic Code of Conduct



STATEMENT OF PURPOSE

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

ATHLETIC CODE OF CONDUCT

...Violation of the *Athletic Code of Conduct* will be considered on an individual basis.

... You will be treated fairly.

... You are an athlete year round.

... Comply with school policy.

... Conduct yourself as a lady/gentleman at all times.

... Always tell the truth.

... Do not steal.

... Do not make excuses.

... Do your best in the classroom.

... Respect your teammates.

... Do not participate in other non-school related sports while your sport is in season.

For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.

... Do not use tobacco, alcohol, drugs or any mood-altering chemical.

... If you have a concern, talk to your coach in private.

General Philosophy of the Program

Mission

We want to help you make the most of your middle school experience and leave with the skills to become a productive, confident, and successful member of society.

Vision

Our hope is that when your time in the program has come to an end we have given you opportunities that will help you later in life.

- ★ Relationships with all of your teammates.
- ★ Put others ahead of yourself; serve others ☞ this is leadership.
- ★ Be part of something bigger than yourself ☞ teamwork.
- ★ Self-confidence.
- ★ Use failure as motivation to improve.
- ★ Communication skills.
- ★ Time management skills.

Values

So, how do we – as a program – achieve **success** in reaching our mission and vision?

E A T

Effort ☞ give your best in all that you do...build relationships, achieve academically and on the basketball court.

Attitude ☞ one of the few things in life that you can absolutely control. Having a positive attitude is a choice. It is not the events in your life, but rather your reaction to those events that will impact you.

Team ☞ “we before me” ...your actions will show your willingness to put the team first.

General Program Rules:

- ★ Your Education is your number one priority. Communicate with teachers and coaches about grades throughout each six-weeks. We not only want every player to be eligible, but to excel.
- ★ All players will be dressed and ready for athletic period workouts 7 minutes after the tardy bell each day. For all other workouts player need to be dressed and ready by the time set each day.
- ★ All players are required to wear school issued practice equipment.
- ★ Remove all jewelry.
- ★ Show respect to all coaches.
- ★ No Profanity or fighting will be tolerated at any time.
- ★ Effort Attitude Team

Home/Away Game Rules:

1. You are expected to wear Lady Lion BB attire when watching, traveling, and participating in a Irma Marsh BB team function this includes all home/away games and tournaments.
2. Stay neatly groomed at all times. Remember, we represent our families and our school.
3. Be on Time! The bus will be leaving at a designated time for each away game. Do not be late!
4. You are expected to ride the bus to and from all away games and tournaments. This is part of being on a team. Exceptions may be made by the coaching staff in regards to special circumstances involving time of games/tournaments.
5. Teams will need to watch and support other Lady Lion BB teams. If you need to complete homework or study that is fine.
6. Electronic Devices... Once athletes are dressed for the game all electronic devices should be safely stored away. This time before the game should be used for focus and preparation before a game.
7. Any athlete needing to ride home from away games with parents/guardian needs to have submitted the proper CISD form the day prior to the game. Athletes will not be released to parents and will be required to ride home on the bus if this paperwork is not filed.
8. Effort Attitude Team

Consequences in Regards to Our Values Being Compromised

Violations of any of the above or expectations set by Castleberry ISD/IMMS Athletics may result in the following consequences:

- ★ Player/Coach conference
- ★ Player/Parent/Coach conference
- ★ Extra conditioning
- ★ Loss of playing time
- ★ Removal from the program

Injuries:

- ★ Communicate with your coach when an injury occurs, illness, or personal issue will keep you from giving your best effort. This is part of being a responsible teammate. If nothing is communicated with your coach, your maximum effort will be expected.
 - ★ In the event of an injury, the Athletic Trainer will be/should be notified immediately. He/She will refer you to a doctor/specialist if necessary.
 - ★ Injury does not excuse you from being present at practice or at games.
 - ★ As an athlete participating in a physical sport, it is vital that you be proactive in taking care of your body. This includes: nutrition, getting plenty of sleep, stretching, drinking plenty of water, and abstaining from any potentially harmful activities.

Absences:

- ★ Be at every practice and every game. We understand that family events, emergencies, and sickness will happen. Please notify your coach as soon as you know that you will need to miss a team function. This is part of being a team player and being responsible. **You will need to make-up your practice at the first available date to be eligible to play in the week's game.**

Excused vs Unexcused

- ★ Excused:
 - ★ Medical—Doctors note + phone call (practice make-up)
 - ★ Illness—Phone call/email notification (practice make-up)
 - ★ Illness—Present at practice (no make-up)
 - Note: must be in attendance 5 out of 8 periods at school
 - ★ Death in the family + phone call/email (no make-up)
 - ★ STAAR related (no make-up)
 - ★ Family emergencies + phone call/ email (practice make-up)
- ★ Unexcused
 1. Absence due to vacation (Christmas break)
 2. Illness—No contact
 3. Absent from practice
 4. 3 tardies

IMMS Lady Lions Basketball Practice Make-up

Excused:

- 5 ladders (45 sec)
 - 5 burpees
 - 1 down and back
- Right & Left hand 2 step layups (10 makes each hand)
 - 5 burpees
 - 1 down and back
- Elbow Shot (10 makes each side)
 - 5 burpees
 - 1 down and back
- Freethrows (10 makes)
 - 5 burpees
 - 1 down and back

Unexcused:

- 10 ladders (45 sec)
 - 10 burpees
 - 1 down and back
- Right & Left hand 2 step layups (10 each hand)
 - 10 burpees
 - 2 down and backs

- Elbow Shot (10 makes each side)
 - 10 burpees
 - 3 down and backs
- Freethrows (10 makes)
 - 10 burpees
 - 4 down and backs

Parents:

- ★ Be positive with your daughter.
- ★ Encourage your daughter to work hard and not make excuses.
- ★ Be loyal to the program.
- ★ Be a great fan in the stands.
- ★ Do not try to coach from the stands!
- ★ Be positive towards all players.

Parent-Coach Relationships

Parents/Guardians – As with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals & skills, but the following will not be discussed:

- Playing Time
- Play Selection
- Personnel

Meeting Procedure

If a parent has a concern to discuss with the coach, the following procedures should be followed:

1. Please, do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.
2. After 24-hours, e-mail the coach and set up an appointment.
3. Think about what you expect to accomplish as a result of the meeting.
4. Stick to discussing the facts, as you understand them.

If that meeting is unsatisfactory:

1. Call the athletic director to set up a meeting with him, the coach, and the parent present.
2. An appropriate next step can be determined, if necessary.

Lady Lions Basketball Summer

Skill Development

Respect and love for you as a person won't change based on your improvement or ability as a basketball player.

Be a kid, have fun, go on vacation, etc. but your teammates are counting on you to improve. You will be expected to continually improve in your adult career, as well.

Don't assume future success based on prior success or experience. **"Champions are made in the offseason."**

Select teams and games are beneficial, but not as a replacement for individual skills and shooting practice. ***Ask yourself, "How many shots am I getting?"***

A serious question that you need to ask yourself is... Do your actions really match up with your goals?

Skills Development Sessions ? These are free sessions that take place during the summer after S&C. These sessions are designed to help build fundamental skills and improve basketball IQ.

Shot Club ? The Shot Club is designed to motivate everyone in the basketball program to improve their ability to shoot. The shot club allows you to track your shots and compare your progress to your teammates.

Ordinary (Easy) vs. Extraordinary (Hard) ? the difference between these two words is what you choose to do (EXTRA) when NOBODY is watching. Being **EXTRA**ordinary is a difficult choice. Not too many people actually choose to be **EXTRA**ordinary because that would undermine the true definition of what **EXTRA**ordinary is. If you choose to be **EXTRA**ordinary, then you need to decide what you will actually DO to accomplish that.

November 2021

| October '21 | | | | | | | December '21 | | | | | | |
|-------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | | | 1 | 2 | | | | 1 | 2 | 3 | 4 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 26 | 27 | 28 | 29 | 30 | 31 | |
| 31 | | | | | | | | | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|--|--|----------|
| 31 | 1 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 2 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 3 7th Pract 6:15-7:40a 8th Pract 4:30-5:30p Parent Meeting 5:30-6:00pm | 4 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 5 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 6 |
| 7 | 8 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 9 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 10 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 11 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 12 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 13 |
| 14 | 15 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 16 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 17 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 18 @ Mineral Wells | 19 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | Thanksgiving Break | | | | | |
| | | | | | | |
| 28 | 29 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 30 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 1 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 2 vs. Creekview | 3 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 4 |
| 5 | 6 | Notes | | | | |

December 2021

| November '21 | | | | | | | January '22 | | | | | | |
|--------------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | 1 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 28 | 29 | 30 | | | | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | | | 30 | 31 | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|-----------------------------|---|-------------------------------------|
| 28 | 29 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 30 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 1 7th Pract 6:15-7:40a 8th Pract 4:30-5:30p | 2 vs. Creekview | 3 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 4 |
| 5 | 6 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 7 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 8 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 9 @ Prairie Vista | 10 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 11 |
| 12 | 13 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 14 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 15 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 16 @ Springtown | 17 Early Dismissal 7th Pract 6:15-7:40a 8th Pract 12:30-1:30p | 18 Practice 8:00a-10:00am |
| 19 | 20 Practice 8:00a-10:00am | 21 | 22 | 23 | 24 | 25 |
| | | Christmas Break | | | | |
| | | | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| | Christmas Break | | | | | |
| | | | | | | |
| 2 | 3 | Notes | | | | |

January 2022

| December '21 | | | | | | | February '22 | | | | | | |
|--------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | 1 | 2 | 3 | 4 | | | 1 | 2 | 3 | 4 | 5 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 26 | 27 | 28 | 29 | 30 | 31 | | 27 | 28 | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|---------------------|--|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 Teacher Work Day | 4 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 5 7th Pract 6:15-7:40a 8th Pract 4:30-5:30p | 6 vs Argyle | 7 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 8 |
| 9 | 10 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 11 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 12 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 13 @Azle | 14 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 15 |
| 16 | 17 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 18 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 19 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 20 @ Decatur | 21 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 22 |
| 23 | 24 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 25 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 26 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 27 vs Azle Forte | 28 7th Pract 6:15-7:40a 8th Pract 4:00-5:00p | 29 |
| 30 | 31 vs Lake Worth | Notes | | | | |

February 2022

| January '22 | | | | | | | March '22 | | | | | | |
|-------------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | | | | 1 | | | 1 | 2 | 3 | 4 | 5 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | 31 | | |
| 30 | 31 | | | | | | | | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | Notes | | | | |



IRMA MARSH MIDDLE SCHOOL GIRLS BASKETBALL SCHEDULE 2021 - 22



7TH & 8TH GRADE

| DATE | DAY | GRADE | OPPONENT | LOCATION | TIME |
|-------------|----------|-----------------------------------|-----------------------------|---------------|----------------|
| November 18 | Thursday | 7 th & 8 th | Mineral Wells | Mineral Wells | 5:00 / 6:15 PM |
| December 2 | Thursday | 7B & 7A | Creekview | CHS North Gym | 5:00 / 6:15 PM |
| December 2 | Thursday | 8B & 8A | Creekview | IMMS Gym | 5:00 / 6:15 PM |
| December 9 | Thursday | 7 th & 8 th | Prairie Vista | Prairie Vista | 5:00 / 6:15 PM |
| December 16 | Thursday | 7 th & 8 th | Springtown | Springtown | 5:00 / 6:15 PM |
| January 6 | Thursday | 7B & 7A | Argyle | CHS North Gym | 5:00 / 6:15 PM |
| January 6 | Thursday | 8B & 8A | Argyle | IMMS Gym | 5:00 / 6:15 PM |
| January 8 | Saturday | 7B & 8B | Mineral Wells Tournament | Mineral Wells | TBD |
| January 13 | Thursday | 7 th & 8 th | Azle | Azle | 5:00 / 6:15 PM |
| January 15 | Saturday | 7A & 8A | Mineral Wells Tournament | Mineral Wells | TBD |
| January 20 | Thursday | 7 th & 8 th | Decatur | Decatur | 5:00 / 6:15 PM |
| January 27 | Thursday | 7B & 7A | Azle Forte | CHS North Gym | 5:00 / 6:15 PM |
| January 27 | Thursday | 8B & 8A | Azle Forte | IMMS Gym | 5:00 / 6:15 PM |
| January 31 | Monday | 7B & 7A | Lake Worth | CHS North Gym | 5:00 / 6:15 PM |
| January 31 | Monday | 8B & 8A | Lake Worth | IMMS Gym | 5:00 / 6:15 PM |

Coaches:

8th Grade:

7th Grade:

Debra Alsip, Mackenzie Duncan

Taylor Mikesich, Monique Peressim

Head Coach (CHS):

Athletic Coordinator (IMMS):

Principal:

Executive Director of Student Services:

Acting Superintendent:

Kenneth Ybarra

Renee Young

Karelyn Roberts

Lenny Lasher

Renee Smith-Faulkner

**Irma Marsh School Girls Basketball
Athlete/Parent
Agreement and Consent form**

Parent Agreement and Consent

I have read, understand and agree to the policies, procedures, and obligations set forth in the Irma Marsh Middle School Girls Basketball Athlete/Parent Handbook. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (print)

Relationship to Athlete

Signature of Parent/Guardian

Date