

Northgate Girls Basketball

Coaching Philosophy

The main objective of the Northgate Girl's Basketball Program is to provide student-athletes with an opportunity to compete successfully in a high school athletic program that is an integral part of their educational experience. The experience will provide a personalized learning environment with equitable participation opportunities for student-athletes to develop their leadership potential. Win or lose, the NHS Basketball Program will encourage student-athletes to provide a winning effort, exhibit sportsmanship, and demonstrate respect for all.

The Basketball Program is committed:

1. To providing the opportunity for student-athletes to seek and achieve their athletic, academic, and personal potential.
 2. To developing the values of leadership, teamwork, discipline, sportsmanship, and integrity.
 3. To fostering school unity, school spirit, and pride in our school and our athletic teams.
 4. To encouraging student-athletes to participate in multiple sports.
 5. To providing and supporting basketball programs at the highest level of competition.
 6. To supporting the Sports Medicine program.
 7. To integrating the community and local youth basketball programs into the Northgate Program.
 8. To promoting our student-athletes, athletic teams, and school locally, statewide and nationally.
 9. To increasing funding, grants, sponsorships, and donations to improve and provide quality facilities, coaches, and equipment.
 10. To complying with the rules and policies of all the CIF/NCS, DFAL, MDUSD and Northgate High School.
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Sportsmanship

Proper **sportsmanship** on and off the court is more than obiding by the basic rules and principles of athletic conduct. The Northgate High School Basketball Program expects our student-athletes to be first class citizens in the community, first class students in the classroom, and first class athletes on the court.

We support the definition of sportsmanship created by the National Federation of State High School Association (NFHS).

SELF-DISCIPLINE

Regulation of oneself for the sake of improvement.

PATIENCE

The capacity to bear pain or trials calmly or without complaint.

OPTIMISM

To anticipate the best possible outcome.

RESPECT

To consider others worthy of high regard or esteem.

TEAMWORK

Each doing a part but all subordinating personal prominence.

SELF-SACRIFICE

To give up or renounce for a cause, ideal, belief or end.

MORALITY

Conformity to positive human ideals and conduct.

ATTITUDE

A positive mental position assumed for a specific purpose.

NON-DEFENSIVE

Receptive to coaching, encouragement, or enlightenment.

SELF-CONTROL

Restraint exercised over one's own impulses and emotions.

HUMILITY

Not being proud, arrogant, or assertive.

INTEGRITY

Firm adherence to a code of moral values.

PERSEVERANCE

To persist in spit of opposition or discouragement.

Eligibility Requirements for Student-Athletes

Northgate High School Athletics are open to all students on a competitive basis. To actively participate in athletics, a student-athlete must:

- Have a 2.0 G.P.A. in the grading period immediately preceding that sport season.
- Maintain a 2.0 G.P.A. in grading periods during the season.
- Attend classes on day of participation.
- Avoid any involvement with alcohol, drugs, or tobacco at school or during school related activities.
- Comply with all requirements of the participation contract.
- Have sufficient credits to be making satisfactory progress toward graduation.
- Pass a minimum of 4 classes.

Rules, Expectations, and Consequences for Student-Athletes

- The use of alcohol/drugs (controlled substances) or tobacco in any form is prohibited and use or possession will result in a 45 school day suspension from all extracurricular activities (including sports).
- If you quit a team you are not eligible for athletic points or awards and may not participate in another sport until the last team competition of the sport you quit has been completed. If you withdraw from a sport: you must do so before league competition begins. You must talk with your coach; return all equipment and uniforms within one week of withdrawal. If all of these steps are not completed prior to league play you will be considered to have quit.
- Punctual, regular attendance at practices and contests is required. You must obtain permission from the coach if you are going to miss any of the above.
- School uniforms are to be worn by team members only and at team sanctioned activities only.
- Opponents and officials will be treated courteously.
- Conduct on and off campus shall be of a nature to bring credit to my self, my family, the team and the school. Administrative suspensions from sports activities can occur for inappropriate behavior.
- Eligibility rules of the school, Diablo Foothill Athletic League, Bay Valley Athletic League and the California Interscholastic Federation shall be followed.
- It is the coach's prerogative to rule on violations of general rules and specific team rules. The coach will present these rules to players and parents at the preseason meeting.
- Athletes not returning uniforms/equipment will be charged immediately at the end of the season and all bills will be turned over to the school treasurer. Athletes will not be allowed to try out for another team until he/she is cleared from a previous team.
- Athletes must use District approved transportation.
- Parents should encourage their athlete academically. The Student/athlete should strive to perform higher than at the 2.0 grade point average required to compete.
- Comply with the school rules, guidelines, and expectations stated in the [NHS Handbook](#).

Spectator Conduct At Athletic Events

The [Mt. Diablo Unified School District](#) has endorsed the program "Victory with Honor" which embraces the tenets of good sportsmanship for players, coaches, and spectators at athletic events. Among the expectations for spectators are:

- No booing or verbal harassment of players, spirit groups, and fans of the opposing team during warm-up for the contest, during the playing of the contest, and after the contest.

- No booing or verbal harassment of game officials before, during, or after the playing of the contest.
- No conduct which is in defiance of section, league, district, and school policies.
- Following the direction of site administrators and/or school personnel while attending any activity.

Failure to meet these expectations may result in being suspended from the privilege of attending for a period of two games (after that game) and/or the remainder of the season, playoffs included.