

# Lady Bison Basketball

**2022-2023  
Rules and Guidelines**



Program Website -  
<http://www.vistapeakbasketballgirls.com/>  
Team Calendars, Schedules, Contacts and Documents  
can be found on the site.

# **Vista PEAK Girls' Basketball Contacts**

**Mr. Howard Payne – Varsity Coach**

**Cell: 303.995.5836 Email: howardrpayne1@gmail.com**

**Mr. Antione Jones**

**Head JV Coach / Head Varsity Assistant**

**Ms. Michaelle Moore**

**C Team Head Coach/ Varsity Assistant**

**Mr. Kerwin Nance**

**Program Assistant Coach/Trainer**

**Athletic Director: Mr. David Benedict**

**Phone: 303 - 340-0121**

**dabenedict@aurorak12.org**

**VPP Bookkeeper: Mrs. Karen McLellan**

**Phone: 303-340-0121 Ext: 26220**

**Email: kemclellan@aurorak12.org**

**Athletic Trainer: Kira Fleck**

**Athletic Training Room 303-340-0121 Ext: 26268**

**Email: [klfleck@aps.k12.co.us](mailto:klfleck@aps.k12.co.us)**

**Schedule an appointment with the trainer (VPP Students Only)**

**<https://www.picktime.com/VistaPeakPrepATR>**



## Vista PEAK Campus

P-8 Exploratory  
24551 E. 1st. Ave.  
Aurora, CO 80018  
303-364-3757

9-12 Preparatory  
24500 E. 6th Ave.  
Aurora, CO 80018  
303-340-0121

[www.vistapeakcampus.org](http://www.vistapeakcampus.org)

Nov. 13, 2022

Parents, Vista PEAK Basketball fans, and community members,

We are asking for your support in providing positive role-modeling for our student athletes. The involvement of our students in athletics and activities contributes to the development of their values system. Trustworthiness, citizenship, caring, fairness, and respect are lifetime values that are taught through interscholastic activities and are principles of good sportsmanship and character.

As participants, fans, and parents we should all do the following activities:

1. Positively support your team. Do not taunt or show lack of respect for the opponents.
2. Respect officials and the difficulty of their task.
3. Remember that the contest is a learning experience for the young men and women involved and mistakes will happen.
4. Do not forget a ticket/admission to a contest is a privilege to observe a contest and not a license to be disrespectful to players, coaches, and officials.

It is never an easy conversation when an athletic director from another school calls to complain about the behavior of our fans. I believe we can do better and show the rest of the state how classy we really are.

We have made a commitment to promote good sportsmanship by student-athletes, coaches and spectators at all athletic events. Profanity, degrading remarks, and intimidating actions directed at officials, competitors, and other fans will not be tolerated and are grounds for removal from the event site.

Thank you for your promotion of good sportsmanship as we build character of our students within the context of interscholastic athletics.

Regards,

David Benedict, Athletic and Activities Director

Vista PEAK Athletics

Welcome to Lady Bison Basketball! Here at Vista Peak Preparatory we strive to build a positive environment rooted in strong academics, solid fundamentals, personal responsibility, and a solid work ethic. All girls who play for Vista Peak will be expected to exhibit good citizenship, exemplary sportsmanship and a respect for the game and its traditions.

Many of the rules governing basketball are the same rules that are covered by the school for all activities. The information provided here will be “basketball specific” on certain items. All these items will be applied equally to girls at all of the levels. We hope you appreciate the need for the rules as to make playing basketball a privilege for each girl.

## **We need your help parents ASAP!**

Community Service Coordinator

Holiday Party Coordinator

Fundraiser Volunteers – need to raise 10K.

Team Camp planner for June – UNLV and Adams State 3 teams

JV and C Team Game Filmer

Study Hall Snacks and Food Bank Donations:

(Fruit cups, small Gatorade bottles, mac & cheese cups, cup of noodles, ravioli cups, spaghetti cups and mac & cheese boxes (they can make at home))

Please email Coach Payne @ [howardrpayne1@gmail.com](mailto:howardrpayne1@gmail.com) if you would like to help.

# All Practices and Tryouts are CLOSED!

## Tryouts:

Tryouts will be held during the first two days of CHSAA allowable contact days. Players will be evaluated by the coaching staff using several criteria. We expect ALL players to come in with a certain level of basketball expertise and understanding of the game. One will be a series of skills tests involving ball handling, passing, rebounding, shooting, agility, and speed. Second will be “live” evaluation during competitive play between the players. The coaches will place the girls on the appropriate teams. All players will receive feedback on their tryout evaluation and placement in the program if they have any questions. Players will be told of their strengths and weaknesses, so they have the goal of improving during the season. Players can be moved up or down to different teams as the season progresses. These moves will be preceded by a discussion with the coach as to the reason for the move.

Our goal is to have four teams every year: Varsity, Junior Varsity, “C” team and Freshman teams at Vista Peak. This provides the greatest opportunity to give a large number of players a chance to participate.

## *My Role as a parent:*

Please respect the time and role our coaches play to this program, the school and your child. Be the best supportive, loving, understanding, allowing your daughter to take responsibility, not coaching from stands parent you can be.

Do not be this guy!



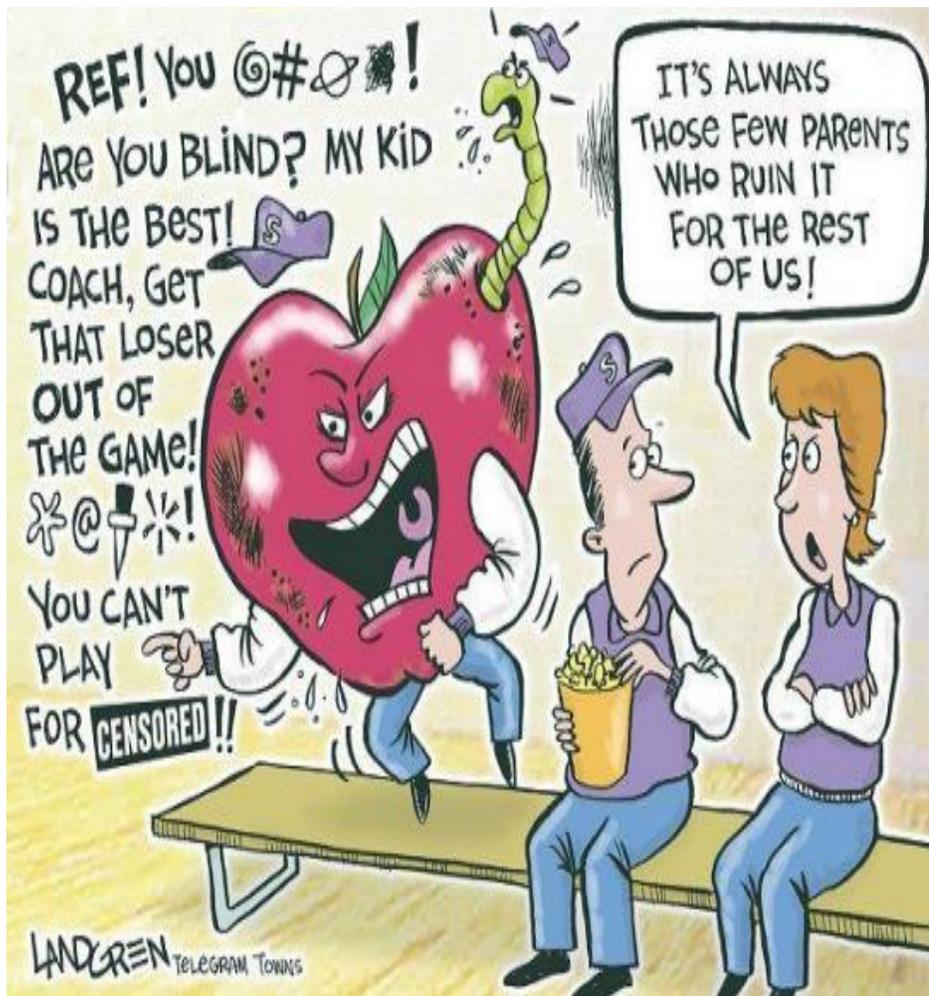
**We are in the trophy generation.  
Give them a trophy for 23rd place.  
That makes the parents happy.**

**- Tom Izzo**

[www.basketballforcoaches.com](http://www.basketballforcoaches.com)

ROFLBOY

It's funny how  
you're nice to my face.  
It's hilarious how  
you talk shit behind my back.  
And it's downright comical  
that you think I'm unaware.



## Team Prayer

We join hands as a team and pray for before every game.

**\*No one is forced to pray but we ask you respect the ones that do.\***

Pastor Alvin Simpkins will come to the school and pray for our school, teachers, players, families, coaches, gym, and equipment before the first day of practice every year.

## Social Media:

Please do not post anything that will hurt the school, our team, our staff, an individual, your spot on the team or an opportunity for a scholarship. The Bison Way is to have class in everything we do, and we win/lose as a team.



## Playing Time:

Playing time is determined first and foremost by the effort exhibited by each player at practice. The coaching staff is looking for hard work and positive attitude during practice as the sign of how a player will respond and play in a game. At the "C" and Freshman levels, all players will play as equally as possible. If there are more than 10 players on the "C" and Freshman teams, it will not be possible to play 50% of the time. At the Junior Varsity level, we will endeavor to play each girl in each quarter. There are exceptions to that which will be discussed later. In the fourth quarter of a Junior Varsity game the coach will focus on the girls who have played the best during the first three quarters as to who will get the bulk of the playing time in the fourth quarter. At the Varsity level there will be no restrictions or limitations as to how much a girl play. On the varsity level some games all players may not play.

When MICHAEL JORDAN came home crying after getting cut from his high school team, his mother DELORES did NOT call or visit the school to cuss out the coach or transfer him to a different school. She simply told her son, "You gotta WORK HARDER!!!"



"Players think, 'Play me and I'll show you.' Coaches think, 'Show me and I'll play you.'" - Shaka Smart

## **Roster Size:**

The number of girls on each team will be determined by the Head Coach. Normally the rule will be: 8-10 on Varsity; 8-10 on Junior Varsity; 8-12 on “C” and Freshman team.

There may be exceptions to these numbers, but only the Head Coach will determine that.

## **Team Rules:**

All of Vista Peak Preparatory disciplinary rules and academic requirements always apply. Remember, we have two vacation breaks during basketball: *Thanksgiving and Christmas*. ALL teams in the state of Colorado will be practicing the day before Thanksgiving and the day after. We are not an exception and WILL be practicing. We expect players to be at the mandatory practices for the holidays.

**Taking your player to dinner for their birthday (i.e., grandma, sister, or the President) is not an excusable reason to miss practice so please don't ask.**

**We will NOT be practicing dates will be posted on our website on team calendar.**

- “C”, “D” and JV teams:
- Varsity:
- CHSAA rule we do not practice on Sundays

**MANDATORY PRACTICE BEGINS FOR ALL LEVELS ON: 11/15/22**

# Communication is the key!

Stay in the know through the following means:

- Before you call or text a coach, please check our team website:  
<http://www.vistapeaklbasketballgirls.com/>
- Receive team email and text messages on *TeamSnap* – please make sure all parents and players information is entered.



**COMMUNICATION  
IS WHAT MAKES A  
TEAM STRONG**

PICTUREQUOTES . com



PICTUREQUOTES

**The rules follow you even when you are “off” from basketball. Be smart and be careful.**

Any player who receives a “Technical Foul” during a game will immediately be removed from the game and the time of the infraction noted. The player will then be sidelined until the coaching staff decide to put the player back in the game. If a player is ejected from a game, they will automatically be suspended for the next schedule game CHSAA rule and the suspension can be extend by the AD.

**We expect all players of each squad to respect each other.** Any bullying will mean immediate suspension from the team until a player/parent/coach meeting takes place. We all have varying talents, and we need to help each other rather than take on an air of superiority. We ALL wear the Vista Peak Bison uniform and support ALL the players in the program.

**Be early for practice.** Now of technological wonders there is no reason to not personally contact your coach about being late. Yes, we know extenuating circumstances arise with academics, doctor appointments and family emergencies. We will never weigh practice heavier than those areas. **We ask for the courtesy of communication. DO NOT convey this through another player. We want to hear from player first and parent only if player is unavailable.** Please try and arrange all *personal* appointments outside of practice, especially the day before a game if possible.

Academic help needs to be communicated with your coach PRIOR to practice Failure to communicate will mean you have skipped practice, which will result in lost playing time. Continued missed practice will result in dismissal from the team.

***Study Hall Room***  
***Open from 3:45 pm – 5:15 pm,***  
***Monday – Friday if you stay after school.***

At all away games we are the guests of the host school. We will respect their hospitality by never leaving our bench or locker room messy. Our basic rule: leave it better than we found it!

**Game Film:**

HUDL: <https://www.hudl.com/login?forward=/home>

**All players will have access to review game film, make highlights and next opponent film.**

**CHSAA Rules:**

The CHSAA is the governing body for all sanctioned high school sports in Colorado. We abide by those rules implicitly. You can access the CHSAA site and read the rules and guidelines for all sports and activities ([CHSAA.org](http://CHSAA.org))

The main rule we want to emphasize are number of quarters played. **Each girl is allowed 92 quarters of basketball combined at all levels.** A quarter is simply defined as any playing time in a given quarter of the game. The amount of time played in that quarter is not significant. One player could play the entire eight minutes, and another could come in for five seconds. The rule says that they each played a quarter. Overtime is an extension of the fourth quarter and not an additional quarter. Exceeding the 92 quarters is penalized by forfeiture of games. As coaches we will be keeping close track of quarters played.

## **Transportation:**

We will use buses this year and a schedule will be posted on the website for school departure time and one or two-way transportation. We ask that players ride the bus and not take their personal cars to the away games. For the safety of our players, parents who do wish to have their daughter ride home with them after the contest(s), must check with the level coach and sign out their daughter in writing. Unless you are a designated driver, you may not transport a player who is not your child unless the coaching staff has received PRIOR written permission from that players' parent/guardian.

## **Parental Concerns:**

We all understand that there will, from time to time, be moments when parents want to talk to coaches to express concerns. We have a "24-hour" rule, which means we won't discuss the issue until the next day. The coaches will not discuss playing time, squad placement or game strategy so please respect our staff and trust the process.

Here are steps to follow for any other concerns:

- 1) The player must meet with the coach to discuss this issue. Sometimes a parent may feel that their daughter cannot approach the coach, but we urge you to work with them to overcome that. We are, after all, preparing young adults to take on more responsibilities. This would seem to be the logical first step.
- 2) If the meeting has not proved satisfactory to either side, then a parent and team coach meeting will take place. This will include the player/parent/level coach.
- 3) If needed, the next step will include the Varsity Head Coach and all the parties mentioned in step two.
- 4) As a final meeting we will include all the above and the Athletic Director.

Parents must remember that they represent the school as much as the players and coaches do and that their behavior projects to the opponents our level of sportsmanship. Please cheer positively for our team and not negatively toward our opponents and the officials.

### **Off-Season Play:**

We will offer many opportunities for each girl to improve her level of play with basketball activities. These will include open gyms, club ball, summer leagues, summer team camps, summer individual camps, summer tournaments, high school fall league and private training.

**June is High School Month for everyone so plan on being at Vista Peak Prep** – We have invites from UNLV, Adams State, CU, Regis, Western Colorado, KU, DU, UCLA, UVA, NU and School of The Mines so far for team camp. Our plans are UNLV and DU, Adams State or CU for 2023 summer.

I encourage all players to have a trainer and play club basketball or setup a schedule at the school to train with a coach, speed training/weightlifting offered by football team in summer and shooting program at VP.

**We hope you have a positive experience playing for the Lady Bison of Vista Peak Preparatory.**

**Please KEEP the guidelines for your records and review with your player. Also, all rules in the Vista Peak Prep Rules Handbook also apply.**

**Thanks**

**Coach Payne**

*“If you want to make everyone happy, don’t be a leader; sell ice cream.” – Nick Sab*