

Winthrop Women's Basketball

2019-2020 Player Handbook



Now Is the Time

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Winthrop University Athletic Department Overview

Vision Statement & The Charge Set Forth:



“We will shape the lives of the people who will change the World.”
-Dr. Ken Halpin, Winthrop University Athletic Director

Our Department Mission:

To be the model Division 1 Athletic Program.

Our Statement of Departmental Goals:

We Drive...

- An incredible student-athlete experience
- Recruitment for Winthrop University
- Visibility for Winthrop University
- Alumni, community, and campus engagement
- Competitive Excellence
- Professional advancement for our people

Our Common Values:

We will DRIVE our organization to the future.

D	Diversity	We will be leaders in diversity
R	Result	We will focus on obtaining measurable results
I	Integrity	We will strive to do the right thing-ALWAYS
V	Vision	We will create the future
E	Excellence	We will maintain the pursuit of excellence

“OUR GOALS ARE HIGHER THAN TEN FEET.”

**Winthrop Women’s Basketball
Player Handbook Overview**

Welcome to Winthrop Women’s Basketball. Congratulations on being part of something very special. WE ARE WINTHROP! You play for and represent the players who wore the jersey before you and we stand tall on both the traditions set forth and unstoppable energy moving forward.



Now Is the Time to understand the importance of these two powerful and essential words, these two founding tenants of our program; **Attitude** and **Team**. NOW Is the Time to develop a positive attitude in all areas of our lives. Our attitude will determine our outcomes. Success in basketball, like any endeavor, is frame of mind. The second component of our philosophy is emphasis on The Team. *“The whole is greater than the sum it’s parts.”* (Aristotle) We must have a team effort with each member understanding the importance of dedication and loyalty. Amazing possibilities lie ahead for all of us when WE believe in and insist upon a positive, hard-working, relentless, and gritty ATTITUDE and do all things in the name of TEAM.

Your Player Notebook contains team expectations, rules and policies. While these guidelines are in no way excessive in nature, they must be thoroughly understood and practiced. These expectations, rules, and policies reach beyond the basketball floor – they encompass and set you on path for a strong presence with your **academics, social responsibility, personal accountability, and the development of you as a thriving, confident, healthy, and successful individual.**

YOU ARE RESPONSIBLE FOR READING AND UNDERSTANDING ALL INFORMATION IN THIS HANDBOOK. HAVING NOT READ THIS HANDBOOK IS NOT AN EXCUSE FOR NOT KNOWING THE INFORMATION.

OUR EAGLE CULTURE

NOW Is the Time

COMMITMENT “Do a little bit every day.” Work ethic is measurable.

Get out of your comfort zone – and never get outworked. Commit to one another. Commit to your coaches. Commit to yourself. 10,000 hours starts with one second of one minute – NOW Is the Time.

SACRIFICE “In order to get, you must first give.” Sacrifice means, “the act of giving up something valued for the sake of something else regarded as more important or worthy.” What will be your sacrifice to excel, meet your goals, and be the best teammate you can be?

HANDLE OUTSIDE INFLUENCES “An opinion must be predicted on facts first.” You have heard it before, “With great freedom, comes great responsibility.” Hold your course of honor, driven by the high road of integrity, and make GREAT decisions that reflect who you and for which WE stand. Be proud of your decision making.



HANDLE DISCOURAGEMENT “Will power and determination are born out of abject adversity. Love your teammates, the spirit of the team and the joy of competition.” The true test of an individual is when she does not get what she wants. Your willpower and desire can overcome all obstacles. Problems will come and we must search and find the benefits of all struggles. Count on your Winthrop WBB family.

BE HONEST Open and consistent communication will give us the edge. We tell the truth so we can soar as our journey unfolds. Sometimes the truth hurts, yet we carry no sword with the truth as we understand that with honesty comes responsibility and the more responsible the individual, the more delicate we are with the truth. Honesty is powerful. Let it guide, direct, and reflect you.

WE ARE CREATURES OF HABIT Good habits are hard to break. Therefore, we do everything with a sense of urgency and pride. We aim to be the best and never compare ourselves to others. We strive for a standard, not a thing. Our habits begin with daily decision making – decisions that set us apart from others.

FAMILY FIRST We are a unit. We count on one another. While we may become irritated or frustrated at times, WE always rise and remember how much we care and are willing to give to our sisters. These are the friends you will have for the rest of your life. Talk it out – work it out. No issue nor concern is ever more powerful than our common mission and belief system. WE must honor, encourage, respect, and believe in one another. Find a way to keep family first.

ACADEMICS

YOUR COACH (ACADEMICS) ADVISOR

<u>COACH MEEK</u>	<u>COACH NEWKIRK</u>
Uche	Destinee
Miquela	Sydney H.
Angela	Maleeah
Anika	Jah’che
Marissa	Kem
Sydney B.	Sierra
Imani	Myra
Linden	Tori

Student-Athletes of Winthrop WBB: Your success in the classroom is of top priority. From your attendance, to completed daily homework, to final exams, we will be involved in your academic path and progress. Your Academics Coach Advisor is assigned to help you stay organized, accountable, and moving in a positive and exceptional manner toward getting your degree.



Monthly Meeting – Your Coach will set up a one-on-one initial meeting by Friday, SEPTEMBER 6, 2019. This meeting will focus on **academic goals, review of resources available, travel demands, communications, expectations & collecting of important start of year information. THIS MEETING SETS THE TONE & THE COURSE. We take this very seriously. Bring a hard copy of each class/Professor Syllabus and a report on all assignments, quizzes, exams to date.**

Report Your Grades Keep your coach informed! **EMAIL** your assigned coach with your grades every **FRIDAY**. For example, this email could read: *“Hey Coach, just letting you know – I got an A on my math exam. I turned in my paper yesterday and should get it back next week. My other classes were just reading assignments. Thanks Coach!”* While informal – it is important and required. randalllays@winthrop.edu newkirkd@winthrop.edu
***Your Coach is keeping an active record/grade report based on each class Syllabus**

Communicate Any Problems. Yellow flags – Not red.

If you find yourself overwhelmed with a class (not to the point of falling behind or struggling in class) report it **IMMEDIATELY** to your coach. We will work with Academic Services to arrange for more assistance.

ACADEMIC EXCELLENCE

Now Is the Time

1. **You are expected to attend all of your classes. DO NOT MISS CLASS.** If you do, for example - due to illness, report your absence to your coach, same day. This is your responsibility. Report, immediately by phone, to your Coach and Athletic Trainer.
2. **Be on time for class.** It is rude and disrespectful to walk into a professor's class after he or she has begun lecturing.
3. **When you attend class, sit towards the front (FIRST 2 ROWS), and be attentive.** Make sure that you are taking notes. Professors will take a note of your participation because you are an athlete! No cell phones out – keep it in your backpack. Never sit in the back of the class.
4. **Dress to Impress.** Do not wear pajama bottoms, slippers, hair rag, or a hoodie (covering your head) to class. Your appearance reflects Winthrop WBB.
5. **Make sure of the professor's office hours.** You should plan to visit with your professors at least once outside of normal class times. All you have to do is ask he/she one question to let him know that you are interested. This will make the difference between a C+ and a B-! Introduce yourself.
6. **REPLY.** Professors may communicate by sending emails. Always Reply! Simply send, “Received and understood. Thank you, Dr. Jones.” (Do not “Reply All”). Do not use emojis. “Reply” is to acknowledge.
7. **If the class syllabus lists class participation as a requirement for a good grade, then participate.** You want people to come watch you play and professors want people to learn what they are teaching. Ask questions!



8. **Keep your graded assignments.** Never throw anything away until the end of the semester.
9. **Keep copies** of all email correspondence with professors.
10. **Keep copies** of all your work on virtual storage or flash drive.
11. **Proofread:** always have written assignments proofread before submitting.
12. At **NO TIME** are you to **drop a class or add a class** without speaking to your academic coach. We must work directly with our Academic Advisor and review any concerns or requests.
13. We want to share your **success** stories! **EAGLE POINTS!** Please report those grades and tough assignment successes – we want to celebrate your hard work!

STUDY TABLE

Now Is the Time

Study Table is required of:

1. Freshmen & Incoming Transfers
2. Players below a cumulative 3.0 GPA
3. Staff Implemented – may be for one week or longer, until progress

Freshman are required **8 hours per week** – hours run Sunday through Friday.

Players will be provided a weekly Study Table schedule.

Study Table may be in either DIGS or The Coliseum study lab – see your schedule.

Tutor time counts toward your Study Table hours.

Assigned Coach meetings are in addition to the Study Table hours.

1. **Be on time for Study Table.** Study Table is a set amount of time for your benefit. Use it to your advantage.
2. **Transportation** to and from study table is your responsibility.
3. **Study Table is quiet study time.** Socializing must be kept to a minimum.
4. **Bring course-related work with you to Study Table.** Reading ahead or reading inspiring materials may be a solution to “I don’t have any assignments or homework.”
5. **Study Table is available to all** student- athletes, even if they are not required to attend. Your Coach may require a session or series of sessions in an attempt to provide a disciplined and focused block of study time.
6. **Study Table on away trips can be credited towards your required Study Table time for that week.** All players will participate in scheduled Study Table times on away trips, regardless of GPA standing or upperclassmen ranking.
7. **3.0 GPA:** All cumulative GPAs will be calculated at the end of each semester.
If you drop below a 3.0 at the end of the first semester, you will be assigned to Study Table for the second semester.
8. **It is your responsibility to sign in and out of Study Table. If you fail to sign in it will be counted as an absence.**
9. **Tutors** – hours/time with a tutor counts toward your Study Table time only if you bring a **signed tutor sheet**, noting the date/time you were with that tutor. If you are with a tutor on a Friday, it is your responsibility to provide the signed form that following Monday.



During Tutor time – NO cell phones are permitted. Be Respectful and comply to our Study Table expectations.

NOTE: The ACADEMIC DEPARTMENT STUDY HALL Information – to follow.
Implemented 8/12/2019

GENERAL Behavior Expectations & Rules

Now Is the Time

Now Is the Time to implement, follow and be proud of the example you adhere by and set for others. Showing self-discipline is a major part of who you are and who WE are. These expectations and rules call for a strong demand of self-discipline by each player of this program.

Eagle Time - Be ON TIME – On time is 15 minutes early. This is Eagle Time. Arrive at the designated area for practice, film, team meetings, team meals, team departures, community service. For example, arrival for practice or treatment, to the locker room 15 min. early – hit the floor a few minutes before (shoot around).

1. **No one is excused from practice without permission. A coach must be contacted by phone (not text, nor email) – Call.**
 - a. Return phone calls, texts, and emails from the Staff; all Professionals. (Professors, Strength/Conditioning Coach, Athletic Trainer, Academic Advisor)
 - b. There should always be a way to reach you, NO excuses about not receiving a message.
 - c. If a member of our program (coach, support staff, academic advisor) calls you, return their call immediately.
 - d. If a member of our program sends you a text message, respond to the text letting them know that you received it! At least send an “okay.” – REPLY!
2. **INJURIES:** If you are injured, see the Athletic Trainer.
3. **Think before you speak** - Know when to ask questions; courteous & respectful engagement is necessary.
 - a. Courteous examples of responding to coaches:
 1. Yes
 2. I have a question
 3. OK, Coach
 - b. Coaches will be on the sideline; ask questions when not in a drill/play.
4. Get at least 8 hours of sleep when possible. Eat to fuel.
5. Practice the habits that will make you a better athlete.
6. Approach new techniques and situations with a positive attitude.
7. Accept all constructive criticism in its proper vein; profit from it. That is why it is given.



8. Be ready to listen, learn, to work hard, and to compete.
9. Cell phones: know when it is an appropriate time to use them
 - a. Electronic devices are to remain in your locker during all workouts, and practices.
10. **Be respectful and demonstrate respect** -to your teammates, coaches, support staff, yourself, this program, and to the game of basketball.
11. **Be responsible** - to your teammates, coaches, support staff, yourself, this program and to the game of basketball.
12. **Manners:** greet; say hello, goodbye, thank you, you're welcome.
13. Bring **Great Energy!** This starts with eye contact, smile, a greeting.
14. **You are responsible for paying any personal expenses that you incur** (bursar bills, parking tickets, etc.) pay immediately so they do not become an issue at a later date.
15. **REPRESENT WINTHROP UNIVERSITY, WINTHROP BASKETBALL, YOURSELF & YOUR FAMILY TO THE BEST OF YOUR ABILITY AT ALL TIMES!**

Now Is the Time



PRACTICE CONDUCT

Now Is the Time

Now Is the Time to conduct oneself, during practices, in our locker room, in the film room, during meals, events, throughout travel, and generally speaking, at all times – attitude and disposition is expected to be of a certain level; one of contributing to a positive atmosphere and of high energy.

This is the standard. This is the way.

GENERAL EXPECTATIONS

- 1. Eagle Time. Everywhere – unless otherwise determined by your coaches.** (weights, training room, treatment, film room)
- 2. No cell phones** on the court or at team meetings. Leave them in your bag or locker.
- 3. Encourage your** teammates (Positive feedback, high five, pat on the back – big energy is contagious!)
- 4. When a coach is speaking, everyone must listen.** Eyes and ears on the speaker. Eye contact – limit questions & appropriate timing of questions. Pick/chose WHEN to ask.
- 5. ALWAYS have assigned WINTHROP practice gear on court.**
ONLY Adidas logo.
- 6. NO JEWELRY WORN in practice – remove all & leave in locker.**
Earrings, necklace, nose rings, I-phone watches
- 7. For safety & hygiene concerns NO acrylic or LONG nails!**

Any display of disruptive attitude, disrespect for teammates or coaches, or the act of not adhering to the above team expectations and rules will result in extra conditioning drills and/or an automatic dismissal from practice.

Now Is the Time – to do the right things.

LOCKER ROOM EXPECTATIONS



Now Is the Time

1. Keep your personal belongings within your own locker area.
2. Your locker area and the shower area are for hanging towels and other articles of clothing.
3. Ensure that items are off the floor so that facility staff will be able clean and vacuum the carpet on a regular basis.
4. The refrigerator is for your use, let's be mindful to get rid of items that have been in there more than a few days or will not be eaten at a later date.
5. Shower and bath items can be left in the shower area if you do not want to keep them in your locker space. Label and/or place in a basket.
6. When an unofficial or official visit is scheduled, it is important to make a special effort to ensure your space is clean and organized. Your locker is a representation of you and this program.
7. Turn cell phones off in locker room for pre-game/half-time.
8. **NO OUTSIDE GUESTS** are permitted in the locker room. You have certain privileges when you are part of this team and one of those privileges is the locker room. It is to be used by Winthrop Women's Basketball ONLY! NO EXCEPTIONS.
9. Make sure the lights, radio and TV are off when you leave the locker room.
10. Never borrow or take a teammates gear, personal belongings and/or anything from a locker other than your assigned locker area.
11. **Be respectful to Volleyball next door, concerning the music volume.**
12. If you happen to be the last person in the locker room, please make sure you close the door and turn off the lights.
13. Laundry- Please put all your clothes on a loop at the end of the day.

The locker room is our sanctuary. Never leave any equipment, shoes, shorts, etc. lying around. WE never know who will enter the locker room - so it should look picked up and clean at all times. Be proud of our locker room. Captains – make sure of this.

SOCIAL MEDIA EXPECTATIONS

Now Is the Time



1. Social media such as, but not limited to 'twitter', 'Facebook', "Snap Chat", and 'Instagram' should be kept clean at all times.

Rule of Thumb - Ask yourself – “Could my Mom or my family be in this pic/post with me?”

NOTE: Your social media posts are monitored by the athletic department personnel and anything found that is inappropriate could bring consequences that could hinder your athletic career. Use good judgement. Do not create an alias or hidden name account. These serious infractions could result in removal from the roster.

2. Remember, anything that you put on the internet is out there forever. There is great and growing interest in our program. More people than you can imagine will see what you post. Use good judgement.
3. You can't take back what you have posted online. Think about you as a 30-year-old Professional.
4. **THINK** before you click!!!!

HOUSING EXPECTATIONS

1. As a student-athlete it is important that you follow all of the housing regulations and guidelines set forth by the University.
2. Freshmen and Sophomores are **REQUIRED** to stay on-campus.
3. Those that are living off campus are subject to the same guidelines and responsibility as those on campus. It is a privilege to be off campus, do not take that lightly.
4. You will be personally responsible for any obstruction to campus housing/room you reside. Any damage or costs of repairs are your responsibility and not those of Winthrop Athletics/WBB.

TRAVEL & GAME EXPECTATIONS

Now Is the Time



1. We will go and return as a group on all team trips. Exception to the rule per conversation with Head Coach prior to travel. This communication should be in emailed/in writing and be submitted 24 hours prior to travel.
2. Pre-game meal and other selected meals will be eaten together.
3. Room assignments are pre-arranged by the coaching staff.
4. Travel itineraries will be available for the players 24 hours prior to departure.
5. **While traveling:** We are impressing everyone with whom we come into contact. Many people do not see us play and the only impression they have of us is when we pass through their town or restaurant.
6. **Bench behavior-home and away:** Enthusiasm is contagious and consequently encouraged. Every player on the bench is important to the team and must assume a positive attitude at all times. When a player comes out of the game, she should hustle off the floor. **Every player** on the bench should stand to give her high-five as she comes to the bench. The player coming out of the game should find the open seat next to one of the coaches for instructions and encouragement. No outside remarks to fans or students in the stands. Body language sends a huge message.
7. The use of profanity or any sort of snide remark to an official or an opponent is unacceptable. The head coach reserves the right to talk to the officials during the game regarding calls and questions. Players on the bench should applaud "plus plays" (charges, recovering loose balls, great passes, etc.)
8. A time-out is a valuable period of time. You must hustle to the bench, be attentive and utilize the time wisely. Limit/no chatter – be alert and focused.
9. While on the bench, study the game-know where you would be, what you would be doing and how you would be doing if you were in the game.
10. Public relations & Media policy: In all dealings with the public, be very careful what you say to people. Never criticize another player, coach or other team - always think of something constructive to say about everyone. The things you say will be quoted or actually misquoted, so the best method is to say only positive things about players, teams, coaches and officials. Never say anything carelessly to the press or to the radio. Speak to everyone politely, and when shaking hands be enthusiastic.

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11. Curfew will be administered while traveling. Do not exit from your room after curfew.
12. Under no circumstances should you leave the hotel. Permission from the Head Coach would be the only exception.
13. No visitors are allowed in your hotel room.
14. Clean rooms and buses before you leave. All pitch in.



15. When on the road, make sure to pack what is listed in the itinerary and always have your shirt tucked in. No head phone nor ear buds. Represent!
16. There will be times when we have reached a destination that we will have a quick meeting while riding the bus to the hotel/practice. Be ready for this and put all head phones away and be attentive to Coach. Devices/earbuds put away.
- 17. NO Alcohol, drugs or tobacco at any time.**
- 18. NO Gambling of any sort!**
19. Do not be late for the bus when departing Winthrop for an away game.
20. Let a member of the coaching staff know if you are running late. **Call**/not text.
21. Be on TIME – EAGLE TIME for bus departures.
22. You will have an adequate amount of time to shower and change after the game. Hustle to the bus.
23. You will be provided an itinerary; information before all game days concerning pre-game meals, travel, shoot-around times, etc.
Read it. Follow it, but be flexible with it.

Important:

If you have class during shoot-around time during home games, you will be responsible for setting up a time with your position coach to get into the gym during the day.

MEDIA GUIDELINES

Now is the Time

1. Any interview, except those immediately following a game, must be arranged through our Sports Information Director, which happens through the Coaching Staff.
2. You should not answer a question if you do not wish to. A proper response would be “I’d rather not discuss the subject – but, thank you.” OR “I’m not comfortable with that question.”



3. Never mention anything regarding injuries or illnesses. That is for us to know and take care of, and not for the media to discuss or publish.
4. Remember when speaking, you, as an individual, the team and the University. All are being judged by the media's impression of you. Let it be a confident, humble and a good impression!
5. As a final reminder, your position on the team makes you an authority of our program, so be very careful in any comments you make about your teammates, your staff, your school or your program.



MISCELLANEOUS ITEMS

Now Is the Time

1. Equipment: Your equipment will be checked out to you and you will be charged for all lost items. Basketball shoes, training shoes, team apparel will be distributed by a Staff member per the Head Coaches' request.
2. All practice gear, t-shirts, socks and compression gear will be issued to you before we begin workouts. You will be given a laundry loop with a number that you will turn in to the laundry bin (located in locker room) to be cleaned and you will pick it up from the same location.



3. Please do not use this service for your personal laundry!
4. No pick-up games. No other sports or games should be played during the season.
5. You must abide completely by, adhere to, and respect all policies set forth by Winthrop University, the Big South Conference, and the NCAA.



COMMUNITY SERVICE

Now is the Time – To Serve.

1. An important part of our program is the time that we will spend in our community with service projects. We believe that college athletes are tremendous role models and we want our student-athletes to take an active interest in their University and our community.
2. Throughout the year, we will provide opportunities for our team as a whole and for individual players to be involved in events on campus, in local schools, and local charities, etc. When offered, we also expect you to be involved in the life skills workshops.



3. We realize that being involved in Division I athletics places a great demand on student-athletes in terms of time and energy, but we believe it is valuable for young people to learn how to give of themselves to others.

TRAVEL/BREAK RESPONSIBILITIES

During off days, extended breaks, and holiday breaks - it is required that you consult/inform a coaching staff member of travel plans. Return times from travel will be posted prior to departure. It is not acceptable to book, return back on or have your parents book travel plans without consulting a staff member. Simply have a conversation with a staff member about appropriate travel plans and or scheduling. This is your business (and the Staff) – be discrete and private about your travel plans.

2019-2020 WINTHROP UNIVERSITY WOMEN'S BASKETBALL TEAM GOALS

1. What are your goals for our team this season?
2. What are you willing to sacrifice to make sure we accomplish our goals this season?
3. What is the most important thing that you will bring to the team this season?
4. What are your individual goals for this season?



5. What skills did you gain this summer that will make us successful this season?

6. In what areas on the court are you consistent? What areas do you have to work on so you can become more consistent?

7. What are three things that you want to improve upon that will help us become successful this season?

WINTHROP WOMEN'S BASKETBALL RESPONSIBILITIES AND COMMITMENTS

Academics

1. I recognize that the main reason for attending Winthrop University is to complete my Degree.
2. I will perform to my highest level of academic potential.
3. I will attend all classes and academic obligations as scheduled.
4. I must be enrolled in a minimum of 12 credit hours through each semester.
5. I must pass 24 credit hours between the term of competition and the earlier of the two immediate previous terms of attendance.
6. I will not drop a class without having permission from the Academic Advisor, Coaching Staff and Compliance Coordinator.
7. I will work to maintain a cumulative GPA of 2.0 or better - goal is 3.0.
8. I will follow all rules that relate to academic obligations (study hall, tutoring).

Social/Housing

1. I will be responsible for all my actions and will not, in any way discredit myself, my family members, or my teammates.
2. I totally understand the use of illicit drugs is prohibited.
3. I understand that the use of tobacco is prohibited. Per Winthrop WBB -Vaping is smoking.

4. I will adhere to all regulations and policies of Winthrop University, including housing and student handbooks.
5. I understand the guidelines and regulations of Student-Athlete off-campus housing and will comply.

Athletics

1. I fully understand the responsibilities and implications of competing at the Collegiate level.



2. I will always maintain maximum effort in order to perform at my highest level of ability.
3. I am aware that basketball is a team sport, and I need to integrate myself into the team concept: I am, therefore, accountable to my teammates and coaches.
4. I will be accountable for all practice sessions, team meetings, and other team functions.
5. I will meet all requirements delegated by the Sports Medicine Dept, Weight Room, Academic Services, and other WBB affiliated departments.

I have read this handbook in its entirety and I understand that consequences may occur if I do not meet my responsibilities as a Winthrop Basketball Student-Athlete.

Student-Athlete Name (Print)

Student-Athlete Signature Date

