



R&L Fusion



PO Box 60 Richey, MT 59259
406-773-5523

PO Box 260 Lambert, MT 59244
406-774-3333

Kara Triplett – Athletic Director – Richey & Lambert
ktriplett@lambertschool.net



**YES I DO
PLAY
LIKE A
GIRL**
try to keep up

Dear Parents/Guardians:

JH Basketball SEASON IS RIGHT AROUND THE CORNER! New to this season will be Coach Ira Lake. We will be Co Coaching. Which means both of us will be at practices and games, until varsity starts. Then Coach Lake will take over practices. I will be at all games unless it interferes with HS games/practices. I'm excited for Coach Lake to join our JH Basketball program. Coach Lake will bring years of coaching experience!

In JH we are getting your athlete ready for high school basketball. Yes, we will be tough on them! Yes, we will expect positive attitudes on and off the court! Yes, we will play the athlete that gives more in practice! Yes, in JH basketball we are here to WIN! Yes, we will have fun! Yes, we will light the spark of LOVING BASKETBALL in your athlete!

For the benefit of our team the following rules will be enforced for Lady Fusion basketball. This form must be signed and turned in to the Coach before the athlete will be allowed to play in any game this season. These rules will be enforced to ensure that our team is successful.

-Playing time. We believe playing time is a coach's decision based on what has been observed in practice and games. As a parent, it is important to our season's success for you to support the coach's decision. If an athlete has a question about playing time, we certainly encourage her to come visit with us about that. We won't discuss playing time with a parent however.

-Social Media. At no time will a player or parent use social media to bring negative attention to a teammate, the team, or a coach. If a player or their parent(s) does, it will result in a forfeiture of playing time at the coach's discretion. Parents do not use social media to contact any of the coaches unless it is an emergency, if you need to speak to a coach do it face to face and if it is in regards to the game observe the 24 hour protocol.

-Language. There is a **ZERO** tolerance policy on this team towards any type of swearing or inappropriate language (sexual, alcohol, tobacco related). This applies to practices, the locker room, games and bus rides. Failure to adhere will result in a loss of playing time at the coach's discretion.

-Dress Code. Our teams have a long tradition of being some of the best dressed in our district. We will continue to do this. To that end, the coaching staff does not want to see any bra straps/underwear showing, no outfits that fail to cover the midriff, dresses should be no shorter than the bottom of the fingertips and no low cut tops. Athletes in violation will not play in that night's game.

-Attitude. This one is simple. Be all in or don't be a part of this team. There will be no moping around or negative attitudes on these teams. If you have nothing positive to say, do not say anything at all. A winning culture requires everyone to pull together. There will be no tolerance for individuals who are not team players.

-Injuries. We will adhere to all doctor's notes and recommendations. The caveat to this is, if you are too injured to practice at 100% then you will not play.

-Officials. Leave the officials alone. This applies to players as well as parents. It is the coach's job to interact with officials.

We are super excited to get back into the gym! This JH season will be for 7-8 grade girls.

First day of practice will be October 10

Girls will need: basketball shoes, athletic clothing, water bottle

SINCERELY,

IRA LAKE
406-480-3594

JODI CARDA
406-570-7826