

Edina Girls' Basketball 2020-2021

Core Values

Communication, Respect, Purpose, Joy, Connection

Coaching Philosophy and Approach

Positive Coaching

Strengths-based approach

Process of improvement and accepting challenges

Compete, don't compare; focus on your personal best effort

Positive 9th-12th grade experience

Culture

Positive

Hardworking

Energetic

Growth mindset-based

Inclusive

Total-person development

Physical

Developing fundamental skills; strength training; conditioning.

Mental

Developing mental performance skills and strategies; engaging practices

Emotional

Developing the skill of self-confidence; journaling and reflecting on learning regularly.

Motivational

Understanding the goal setting process, increasing self-awareness around daily engagement and purpose; emphasizing full effort in the classroom and on the court.

Unique Season Aspects

Like every aspect of life right now, we must continue to be flexible to changes in schedule and guidelines. Here are some routines we are observing as of now:

- Each team has its own "pod." We will limit the mixing of these athletes.
- All players will receive a mask pouch to be used for game days to hold multiple masks on the bench. They will also receive a Hornet mask, but players may wear any mask they choose for games and practices.
- We ask players to be considerate of how they spend their social time outside of practice. Our goal is to keep all teams as healthy as possible and to minimize the

need for a player or team to quarantine. Limiting interactions outside of practice is a precaution.

Player Communication

Players are expected to connect directly with their team coach if there are questions about role/position on the team, playing time, or skill development. These conversations will be open and honest. Coaches will not discuss these topics with parents. We are in the gym with players 5-6 days a week and it is our job to build communication and rapport with them. Parents may reach out to the coach to help communicate a player's schedule conflict or to discuss academic or social/emotional concerns.

Adversity and Setbacks

Expect both! Getting out of our comfort zone can lead to some moments of failure. Learning from these experiences and pushing through them is how we develop young people to have grit, resilience and self-confidence.

Team and High School League Policies

Minnesota State High School League Rule and EHS policies will be followed. Policies regarding attendance, chemical violations, hazing, academic eligibility can be found in detail on the Edina High School website.

Multiple Activities Conflict

With a number of students participating in multiple Edina High School activities, a conflict may occur. An EHS game/performance takes priority over an EHS practice/rehearsal. Students will not be penalized for missing one EHS event for another EHS event, and communication to advisors/coaches is imperative.

Varsity Lettering

Lettering is at the coach's discretion. Players who make up the top JV/Varsity roster must participate in one varsity contest, maintain consistent attendance at practices, and model the program values on and off the court. Team managers of the Varsity program will be held to the same criteria as players.

Holiday & No School Practices/Events

Check with your player's head coach to get these specific dates.

Team Communication

The Girls' Basketball webpage will be updated regularly to include any changes to the game schedule and bus schedule. 9th-12th grade families will also receive a weekly email on Sunday evenings with information for the week ahead. Players should check in with their team coach with any questions.

<https://www.edinaschools.org/domain/314>

Contact Information:

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