

La Cueva Girls' Basketball



2019 – 2020

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Welcome Message from Robert Perea, Head Coach

Welcome to the La Cueva Girls Basketball program! As always, my staff and I are excited to work with this new group of young ladies. We have been working hard to foster an environment of encouragement and competition. We have seen some incredible improvement during the off season and plan on continuing that commitment to hard work. In addition, Alyssa Yocky will be joining our staff as a skills coach to assist us at all three levels. She is a La Cueva alumni who recently graduated from Fort Lewis where she had a successful basketball career. We are looking forward to having an amazing season. Go Bears!

Rules and Regulations

APS Guidelines for Athletics: All girls are expected to follow the Albuquerque Public School guidelines for athletics. This includes the contracts signed in the physical exam form dealing with the Substance Abuse Policy. The coaching staff and the La Cueva Administration will enforce these guidelines and contracts. All information is located at <https://lacueva.aps.edu/athletics>.

Dedication to Basketball: Players are expected to be dedicated to the sport of basketball. Practice is very important, and attendance is critical to success. ***Please make every effort to schedule appointments, etc. outside of practice time.*** Practices will be approximately 2 hours per day; however, they may run slightly over at the beginning of the season. There will be practice on most Saturdays.

Missed Practices: We have updated the rule that one missed practice results in sitting out of two quarters in the next game, as long as Coach Perea (or your team's head coach) was notified beforehand. If a practice is missed and Coach Perea (or your team's head coach) is not aware, the player will sit out the entire next game. If missed practices become a consistent problem, it may result in missing full games, or dismissal from the team. This rule applies to all levels. If a player needs to miss a few minutes of practice to make up a test/lab or get help from a teacher in a class, they are struggling in it needs to be cleared by Coach Perea (or your team's head coach) ahead of time. Special circumstances will be taken into consideration (i.e. college visits, etc.) at the coach's discretion.

Twitter: Join Coach Perea on Twitter to receive practice/game updates, announcements and other words of encouragement. **@LCGirlsHoops**

Illness or Emergency: If you miss practice due to illness or a family emergency, call Coach Perea (or your team's head coach) on his cell 505-401-2417 and leave a message. You may also try to reach him at school: 823-2327 x33157 or x33195. Make every effort to contact Coach Perea (or your team's head coach) before practice. Stay home only if you are VERY ill. If possible, bundle up and come to practice to watch and learn.

You must attend school the day of a game to be able to play in the game that night (3 periods constitutes a full day). Please make every effort to be at school.

ACT/SAT Testing: Please make every attempt to schedule ACT, SAT or any other testing before or after the basketball season. We will also attempt to schedule around the ACT when necessary.

Academic Eligibility: To remain on the team you must meet all academic eligibility standards: minimum of a 2.0 grade point average and no more than one "F" grade.

Sportsmanship: Sportsmanship is one of the most important aspects for athletic programs and is stressed a great deal in our program. Poor sportsmanship will be dealt with immediately and sternly. There is never a reason for a player to get a technical foul for unsportsmanlike conduct. Individual situations will dictate actions taken by the coach.

Equipment: All equipment that is checked out must be returned to Coach Perea. Any equipment or uniforms checked out become your financial responsibility. If any equipment is lost, returned damaged, or in an un-wearable condition, you will be asked to pay the replacement costs. The cost will be determined on a case-by-case basis.

Abbreviated school days: Practice will be scheduled on abbreviated school days. On days school is cancelled due to snow, we are not allowed to have practice.

NMAA Dual Participation Rule: Players cannot miss practice or games due to other club sports or church leagues. NMAA has a dual participation rule that prohibits participation in other sports during the high school basketball season.

Injured Players: Injured players shall report to practice first, get permission from their coach, then go to the trainer and finally return to practice. Please see the trainer before going to the doctor.

***It is a privilege for you to be a part of the La Cueva Girls' Basketball Program.
Your hard work will earn your playing time.***

Vacations

Unfortunately, it is very important for our team to practice during Winter Break. We are not allowed to practice on New Year's Day. When even one player is absent, it affects the quality of practice. Adjustments must be made for the missing player and this hurts those who attend. Again, this will result in some disciplinary action based on the circumstances at the coach's discretion.

Winter Break 2019:

December 20th – All three teams vs. Rio Rancho @ LC - 4:00pm, 5:30pm and 7:00pm

December 21st – All three teams vs. Del Norte @ LC - 11:30pm, 1:00pm and 4:00pm

December 30th - All teams 9-11

December 31st - All teams 8-10

January 1st - No practice (New Year's Day)

January 2nd - All teams 8-10

No practice December 22nd-29th

January 3rd – All three teams vs. Atrisco Heritage @ LC - 4:00pm, 5:30pm and 7:00pm

January 4th – All three teams @ Highland - 11:30pm, 1:00pm and 4:00pm

January 7th – Varsity first game of the Metro tournament

(Practices for JV and C-Team may have to be adjusted)

FOR JV AND C-TEAM: IF YOU MISS A HOLIDAY PRACTICE, YOU WILL SIT OUT THE ENTIRE NEXT GAME!

These teams have a lot of time off during the holidays and need to be committed.

Disciplinary Policy

Our disciplinary policy is viewed as a mechanism to provide our players a climate in which each may grow in self-discipline, responsibility and respect for others so her potential as an individual and as a contributing member of the team may be fulfilled. Any breach of standards or failure to comply with policies will bring about disciplinary actions. This discipline comes in four forms:

1. Verbal reprimand
2. Incentive running or exercise
3. Suspension from participation
4. Dismissal from the team

The team decided on the punishment for themselves this year.

1. Substance/Alcohol abuse = 45 day suspension (APS rule) and the player **will not** be asked to return to the team
2. Talking back = running on an individual basis
3. Missed practice = sitting out 2 quarters in the next game
4. Missed practice WITHOUT letting your coach know = missing an entire game
5. Repeated talking back/goofing off = individual running and/or missed playing time
6. Having their teacher come to Coach Perea, Coach Cogan and complain about their classroom behavior/ditching = individual running

Lettering

The following are the requirements for lettering in Girls' Basketball at La Cueva:

- Play in 1/3 of all quarters at the varsity level. Must be a varsity member in good standing at the end of the season. Special circumstances will be considered (i.e. a JV player is pulled up during the district and state tournament and makes important contributions).
- Players are not eligible for a letter if they quit or are asked to leave the team or if they are academically ineligible.
- Seniors will be given special consideration.
- On occasion, injury or other situations arise; those players may be awarded at the coach's discretion. All decisions of the coach are final.

Playing Time

Playing time is always a sensitive issue. Provided a player is doing what is being asked, there is never a time when a player does not deserve to play in a game. Unfortunately, the reality of the game itself does restrict the amount of playing time some will receive. **Not everyone will play or play as much as they would like.** Not playing does not diminish their importance to the team. Everyone on the team is equally important, no matter how much or how little they may actually play. The following information is what we, as coaches, expect from each team and is meant as a guide:

C-Team: The goal for this team is to develop skills and learn to compete. It is the desire of the coaching staff to play everyone as much as possible, however, we also want to learn to compete and establish a winning tradition.

Junior Varsity: The goals here are to continue to develop skills, to continue to compete and develop a winning attitude. At this level, we are getting players ready to play at the varsity level of competition. Playing time will be based on performance in practice and games. Players who want to make the varsity team must learn to go out and compete.

Varsity: The goals here are to fine-tune skills and compete. Playing time will still be based on performance in practice and games. Goofing off and bad attitudes will result in a loss of playing time. A team-oriented, winning attitude is required of each individual to compete at the varsity level.

Attitude, practice, game execution and how hard a player competes will determine how much playing time a player receives.

Team Practice Rules

- Do not be late.
- When the whistle blows, stop all activity.
- Sprint between drills.
- Work hard.
- The practice of perfection makes perfect.
- No profanity.
- Be coachable.
- Let your coaches know if you are going to miss practice for any reason. Make every effort to not miss practice time.
- Be positive.
- Be committed.
- Be a good teammate.

As the great philosopher Spock once said to Captain Kirk, "The needs of the many outweigh the needs of the few or the one."

-Parent Expectations-

The coaching staff requests that practices are closed. We need your daughter's undivided attention with no distractions. We would hope that you respect this as a professional courtesy. If there is a special reason why you need to attend practice, contact Coach Perea.

If you have a question about your daughter's status on the team, our door is always open to discuss her situation. However, we would ask your cooperation in a couple of areas. First, please do not approach a coach after a game. This is never a good time for discussion. Take a little time that evening and discuss the matter with your daughter. If you are still concerned, then make an appointment with the head coach. **The player must meet with her coach before the coach will meet with a parent.** Please note that Coach Perea will sit in on all appointments. Second, please realize our consideration is for the entire program and we will not discuss any other player with you. Likewise, we will not discuss your daughter with any other parents.

Basketball is a long season. Please realize it is natural for your daughter to go through times when she is frustrated or upset. We would ask that first, be as supportive of the coaching staff as possible. If a problem continues, please ask her to talk to her coach. If the problem continues, then make an appointment so the coaching staff can discuss the problem with you and an understanding can be reached. If the problem is not resolved the next step would be to set up an appointment with our athletic director. Only after these steps will our principal meet with you. The head coach and athletic director must be contacted first.

Never approach the coaching staff to give advice concerning playing time, coaching strategy, style of play or offensive or defensive strategy. *We respect your professional ability and would never tell you how to do your job* – please do not tell us how to do ours.

Please be as positive and supportive with your comments as you can, your daughters need that support. They work extremely hard and will perform much better with that kind of positive support.

Please make sure there is a current email address on file with the Coach and the Board for your daughter. Most communication will be delivered on our website, www.lacuevagirlsbasketball.com



Coach Perea's Coaching Philosophy

- To provide an enjoyable and competitive experience for the athlete to value, not only in high school, but also for a lifetime.
- To ensure athletes excel in the classroom before they are allowed to compete on the court.
- To represent my players, La Cueva, and myself with pride and integrity at all times.
- To convey my knowledge of the sport to my athletes in a clear and concise manner.
- To provide an experience on the court that builds character as an athlete and a person.
- To assure that the athletes conduct themselves in a manner that displays sportsmanship and dignity at all times.
- To instill the importance of always putting team before self.
- To be fair when assigning disciplinary measures.
- To provide positive feedback and praise when the players accomplish what is asked and to take corrective action when a task is not performed to expectations.

Work **EVERYDAY** to get to the PIT!



Booster Club

President:

Mika Markham 991-2890

Vice President and Communications:

April Rey 264-1722

Treasurer:

Darrla Giersch 328-1063

Fundraising:

Tracie Ottmann 453-9081

Website:

Danny Ottmann 220-9906

Welcome to La Cueva Girls' Basketball!

The board is so excited to welcome your daughter and family to the La Cueva Girls' Basketball program! We continue to emulate the La Cueva High School mantra, "Where Excellence is a Habit!" Our girls will be expected to exhibit strong student work ethic, good sportsmanship, and dedication to team and self-improvement. Our program players compete at a high level, and have produced district champions, state champions, and numerous NCAA Division I and II college basketball players. This year's team has the potential to continue to be as successful as previous teams.

The purpose of the Booster Club is to provide a structure and financial system that permits the parents, fans, and community to support the players, coaches and the program. APS does not, nor ever has fully funded the girls' basketball program. Our Booster Club is necessary to raise supplemental funds to cover expenses. Team dues and fundraising activities help cover the coaching fees for two coaches above what APS covers, provide t-shirts and practice uniforms for players, provide shirts for coaches, produce a schedule poster, equipment, summer activities, and the end of season awards and banquet.

We need the participation and support of everyone in order to maintain La Cueva's outstanding girls' basketball program. If you have concerns related to the activities and efforts of the Booster Club, please feel free to contact any member of the Booster Club board. We might not be able to answer your questions immediately, but we will get back to you with a response as soon as possible.

Go La Cueva Bears!!!!

Estimated Expenses

6,500	Coaches' salaries
1,200	Coaches' gear, clinics, supplies
2,100	Player clothing, spirit, signs
5,500	Banquet, events, gifts and awards, end of year DVD
2,000	Office Supplies/equipment (locker room white board)
5,500	Summer tournaments (expected travel costs)
1,700	New Uniforms (already purchased)
\$24,500	Total estimated expenses

Estimated Income

10,000	Cinco de Mayo Profit
2,500	Poster ad profit
6,000	Other fundraisers
6,000	Player dues
\$24,500	Total estimated income



Coaching Staff

Robert Perea
Head Coach

Work: 823-2327 ext:33157 or 33195
Home: 792-2367
Cell: 401-2417
E-mail: perea_rob@aps.edu

Marisa Cogan
Assistant Coach

Work: 823-2327 ext:33108
Cell: 980-4581
E-mail: marisa.cogan@aps.edu

Michael Sanchez
JV Coach

Work: 823-2327 ext:33105
Cell: 507-5320
E-mail: sanchez_md@aps.edu

Sarah Cogan
C-Team Coach

Cell: 400-5539
E-mail: sarah.cogan@aps.edu

Delaney Markham
C-Team Coach

Cell: 350-4950
E-Mail: dmarkham20@gmail.com

Alyssa Yocky
All levels Skills Coach

Cell: 377-3303
E-mail: agyocky7@comcast.net

Players

Seniors

Cameron Dixon
Shaylee Estes
Saige Gomez
Kaya Ingram

Juniors

Emma Cook
Lillie Ely
Bailey Jacobs
Katie Lyons
Avery Markham
Kaylyn Redhouse-Henry
Brianna Wiltgen

Sophomores

Alexis Cortright
Erika Gutierrez
Erica Ihlein
Jerzie Jones
Mackenzie Lund
LaMya Mitchell
Rylie Ottmann
Page Rhine
Nina Romero
Teona Savic

Freshman

Savannah Ames
Alexis Ayers
Marta Bogonez Munoz
Neveah Collins
Jayden Giersch
Aneeza Gonzalez
Olivia Haddock
Maya Perez
LaNaeh Rogers