
2024-2025



VARSITY GIRLS BASKETBALL SEASON CONTRACT

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Contact Information

Coach Camryn Hamaguchi - Varsity Head Coach

EMAIL: CHAMAGUCHI@HBUHSD.EDU

Coach Izabella Om - Varsity Head Coach

EMAIL: IOM@HBUHSD.EDU

Coach Dani Iwami - Varsity Assistant Coach

EMAIL: DANIIWAMI@GMAIL.COM

Academics

GPA Requirements

Student-athletes are required to maintain a minimum 2.0 GPA to be eligible to compete in all CIF athletics. However, our program is requiring that varsity student-athletes maintain a minimum 3.0 GPA in order to participate in practices, games, and acquire gear. We want to ensure that all athletes are prioritizing academics first! Players with a GPA below a 3.0 will meet with the coaches to discuss a plan of action and possible consequences. If the player continues to maintain below a 3.0 GPA, a meeting with both coaches and parent(s)/legal guardian(s) will take place.

Academic Coaches

All players will meet with their assigned Academic Coach on a weekly basis to check-in on grades. This will allow players to discuss any concerns about classes and/or other topics beyond basketball and school if needed.

Please see assignments below:

Coach Izzy	Coach Camryn	Coach Dani
Sophie Hsieh	Victoria Om	Helen William
Amelia Kawaguchi	Dasani Pham	Candice Tran
Karley Waite	Kailey Nishi	Kaylie Sasaki
Julie Duong	Sidra Siddiqi	Kailyn Huynh
Krystal Pham	Avery Jones	

Study Hall

All players will be required to attend two team study hall sessions per week. This will allow players time to study and complete their school assignments before practice. We will NOT accept “having too much homework” as an excusable absence from practice.

Expectations

Practice/Workout Expectations

Absences - Players with injuries, illness, family emergencies, religious, and/or certain school-related extracurriculars will be excused from practice as long as players communicate their absence with all coaches in a timely manner.

As mentioned, academics is a priority. However, players are expected to manage their time wisely. Missing practice in order to study or do homework will not be an excusable absence. Other unexcused absences include: Hanging out with friends, vacation (unless discussed with coaches ahead of time), and other reasons that do not fall under excused absences listed above.

Tardiness - Players are expected to be on time to every practice and workout. The team is to be on the baseline ready to go at the scheduled practice time. NOT A MINUTE LATER! If a player is running late, they are expected to communicate this with the coaches as soon as possible. Players and team may be subject to consequences dependent on the reason for being late and/or lack of communication.

Athletic treatment (ankles taped, stretching, etc.) is NOT a valid reason to be tardy. Plan accordingly!

Mental Health Days - With all of that being said, we understand that life happens. No matter what, communication is key! No matter the reason for missing or being late to any activity, please reach out to the coaches as soon as possible. Additionally, players will receive 3 “Mental Health Days” which can be used to be excused from practice with no questions asked. However,

this must be communicated with the coaches at least 24 hours before the practice/workout/activity you plan to miss.

Team Culture - All players are to be wearing their practice jerseys and matching-colored shirts for practice. Practice jerseys are to be worn at all times during practice. If players forget their practice jersey and/or are not wearing the correct t-shirt color, the entire team will be subject to consequences.

There are three things that are completely in your control: ATTITUDE. EFFORT. and ENERGY. Players are expected to come into the gym every day giving their all!

Game Day Expectations

Absences - Players are expected to attend all games both home and away during both on and off season. If, for any reason, a player has to miss games, they are expected to communicate this with the coaches as soon as possible.

Tardiness - Players are expected to arrive at the gym an hour before the scheduled tip-off. This will allow the team ample time to warm up and go over the game plan. If players require athletic treatment (taping, stretching, etc.), they should plan to arrive even earlier. If players are late, team will be subject to consequences.

Team Culture - Players are expected to be wearing the same-colored undershirt, spandex, kneepads, and socks. This is not only a team rule, but a CIF rule! Additionally, players are to all be wearing their shooting shirts.

ABSOLUTELY NO AIRPODS OR HEADPHONES DURING WARM UPS. For away games, players are to be matching travel suits and t-shirts. ABSOLUTELY NO PAJAMA PANTS.

Whether you are on the court or on the bench, your energy and leadership is vital to the success of the team. Players are expected to be constantly cheering for their teammates, being vocal, and present.

If players are unable to participate in a game (injury, illness, etc.), but will be on the bench to support, they are expected to wear the matching travel suit and t-shirt. ABSOLUTELY NO SLIDES OR CROCS ON THE BENCH!

Other Expectations

Community Service - As a program, we will aim to attend 5 community service events throughout the school year. This will be mandatory. If a player cannot make it to a team-scheduled community service event, they are expected to make up the hours on their own.

Team Bonding - Team chemistry is built both on and off the court. We will plan many activities throughout the year. Players are expected to participate. If a player cannot make it, they must communicate this with the coaches in a timely manner.

Individual Skills - Players are expected to workout outside of team practices. The coaches will provide several open gyms as well as opportunities to attend clinics and private workouts. Your work outside of team practice will show!

Goals

Short-term Goal:

How do you plan to achieve that goal?

Long-term Goal:

How do you plan to achieve that goal?

Signature

By signing this, I, _____, agree to the terms mentioned in this contract. I understand that these are the expectations I must meet in order to be apart of the Fountain Valley High School Girls Varsity Basketball Team.

(STUDENT SIGNATURE)

(DATE)

By signing this, I, _____, agree to the terms mentioned in this contract. I understand that these are the expectations my child must meet in order to be apart of the Fountain Valley High School Girls Varsity Basketball Team.

(PARENT SIGNATURE)

(DATE)