

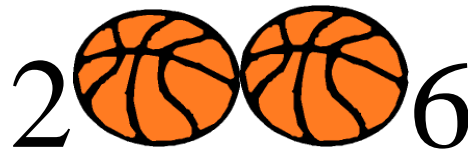
SAINT THOMAS MORE GIRLS' BASKETBALL
2005-2006 SEASON

I think I can!
I think I can!
I think I can!
I think I can!
I think I can!
I think I can!
I think I can!
I think I can!
I think I can!
I know I can!
I think I can!
I think I can!
I think I can!
I think I can!
I think I can!

Positive
thinking
is half
the work...

Sabers
expect **T**
MORE

IN



ONE TEAM ONE GOAL!!

BELIEVE!



DEAR PARENTS:

Welcome to another exciting season of Lady Saber Basketball! Expectations are bigger than ever for this year's team. Congratulations to all the girls for all their hard work in the classroom (3.7 team GPA last year), weight room, shooting before and after school, and playing in games over the past 8 months. Numerous girls played between 30-45 games since the last season ended. (Alisa Carroll played 50 games!) Most of the girls have done what it takes to get us to the next level and if everyone stays healthy and focused we will have a very special season. The parents can help make this a special season by cheering loud at every game (WHO LET THE SABERS OUT?? gotta love that cheer!!), being supportive, positive, and believing in this team. Last year I heard some rumors of things parents said before a few games like we were beat before we even played the game. That type of response does not help the girls believe and think they can win the big games. Trust me, we are as good as any team in this area and can beat anyone if we get these girls believing.

We will do our parent meeting a little differently this year. (Let's save some paper and time!) It will be on **Nov. 9th a Wednesday at 5:30pm** right before our 6:00 JV/V practice on Parent Night. We won't really go over too much at the meeting since you will have already read this handout before then. Plus, nothing has really changed from last year. We will introduce the staff and answer any questions. Then you can stay and attend the Parent night practice, during which time you will have the opportunity to watch practice and see what goes on. I know everyone is busy and this saves you a trip to the school so you only have to make one trip. If you can't make it, we will see you at the games.

Those of you who do not know this will be Coach Dreher's last year coaching the girls' at STM. We have a wonderful addition to the staff with Chris Mennig from U of I who has coached at the college level for numerous years. Chris will work with Coach D this year and will take over all duties next year and hopefully for many years to come after that.

COACHING STAFF

Billy Dreher Co Head coach

Chris Mennig Co Head coach

Melissa McLaughlin JV Head coach

Jere Issenmann Freshmen Head coach
(former U of I player)



CAPTAINS for 2005-2006: (same as last year)

ALL FOUR SENIORS

Jenny Yanik Rachel Robinson Sara Mills Jessie Thinnnes

CUT POLICY

Due to the large amount of interest this season we may be having cuts. Underclassmen that are not in the top 20 will be cut. (NO Freshmen cuts) Unfortunately, we have only a limited amount of gym space and playing time, and higher numbers may make it too difficult to have effective practices.

TRY-OUTS We will be making cuts after the first couple days of practice. Varsity and JV will be determined after the first week of practice. Anyone of whom we are unsure of will be invited back the next day. This year we will have 3 teams that will not change much during the season. Some tough decisions will have to be made to get the varsity down to 12 girls. We easily have 16 girls or more that are good enough to play varsity.

“Failing to prepare is preparing to fail.”

FRESHMEN

Five freshmen have either been selected (they will be told in person by one of the coaches if they are invited) or have shown that they deserve the right to try-out for the V/JV team. Some will make it, and some may be put back on the freshmen team. It looks like we will have a huge freshman turnout, so numbers still should not be a problem for the freshmen team. Freshmen girls will not have practice the first few days they will meet on Wed. Nov. 2 for a short meeting with their coach. (Look at the master schedule for more info.)

VARSIITY

Twelve girls only will make up the varsity team and should play every game. All 12 are expected to be at all varsity practices and games. (A couple JV girls may be asked to attend varsity practices if they are interested even though they will be on JV) 3 of the 12 varsity girls may be playing the first ½ of JV games then dressing and playing varsity. Eight girls will be on JV only, but could move up to varsity at some point in the season if they deserve it. If you look at the practice schedule some days it will be varsity only meaning that JV/FR practice together. Some days it will be a V/JV practice and freshmen will practice by themselves. Varsity will get some things JV/FR may not get and that is part of the reward for having made varsity.

PRACTICE

You have a copy of the practice schedule for Nov, Dec, and Jan. (a few changes may be made so check the weekly schedule on the website for those) once our season gets going our practices will rarely exceed 2 hrs. (We always finish practice on time!) Even though we are scheduled for Sat practice many times we will have the weekend off or take a Fri off after a game. Practice starts on October 31 this year right after school unless volleyball is still playing then practice will start right after they finish.

Varsity Volleyball players are expected to show up to practice on the following dates if they plan on playing:

- A loss in Regionals in any round means you need to come to practice on the first day.
- A first round sectional loss Tuesday November 1st means you need to come to practice Friday November 4th
- A Sectional final loss on Thursday November 3rd means you need to need to show up on Monday November 7th
- Advancing to later rounds and I will get back to you

It would be nice to be able to have a week or more between sports, but that is not how it is set up. We only have two weeks to get the girls in basketball shape and learn the plays before the first tournament. These first two weeks in my mind are the most important time of the season and if you miss it is a major setback for the team.

“Excellence is not an act, but a habit.”

VACATION POLICY

Unfortunately, basketball season always falls during Thanksgiving and Christmas Break. If you look at the practice schedule during the holidays we do try to take off a few days. However, you can only take off so many days with games happening all the time. All players are expected to be at all practices and games. JV/FR will have more time off during the holidays. **Varsity will be very busy during all the holidays and part of being on Varsity means making a commitment which could mean sacrificing certain things.** Each situation is different, but if you miss a practice, game, or a take a vacation for a week you could lose your place on the team for at least that week or longer.

Examples:

You might not play a couple games, could lose your spot on the starting line-up, or could be dropped to the freshmen or JV team. Even if you are the best player on the team you will face consequences.

DISCIPLINE

I am here to help in any way if a girl is struggling in a class to misbehaving in school. Any detentions given to a player will result in extra running. Any grade below a C- will also result in extra running until that grade is brought up. **I expect our girls to live up to a higher standard than the regular students.** Being late for practice or missing practice for no reason will result in extra running.

“Without self discipline, success is impossible period.”

STYLE OF PLAY

Varsity will play a pressing, fast breaking, up-tempo style. (Even more than last year) This is what I feel is the best way this team can reach their potential. **THE GIRLS SHOULD BE READY TO WORK AS HARD AS THEY EVER HAVE! OUR TEAM WILL BE IN THE BEST SHAPE OF THEIR LIVES.**

"The only place success comes before work is in the dictionary."

PARENTS @ PRACTICE

I do not have a problem with parents being at practice unless it becomes a distraction or problem to one of the girls. We will be having **PARENTS NIGHT on NOV. 9th** during which you are invited to watch and see what goes on at a normal practice. I will hand out practice plans and I will be interacting with parents during that practice.

POLICY

If you have a problem with anything that pertains to your daughter, please follow the chain of command. First, contact me in some way. Secondly, if you are not happy after we talk about the problem, contact Dan Hennessey. Thirdly, after you have spoken with both Dan Hennessey and myself contact Tim Millage .

"If we only worked hard on days we felt good we would never get anything accomplished."

BUS POLICY

I like to see all girls ride to most games together on the bus. However, I do not make it mandatory for girls to ride the bus home with the team. The girls typically really enjoy being together on the bus after games, but that is up to you. If their parents are not at the game, please call or send a note giving permission for your daughter to ride with someone else.

Thanks again and let's have a SEASON TO REMEBER.....

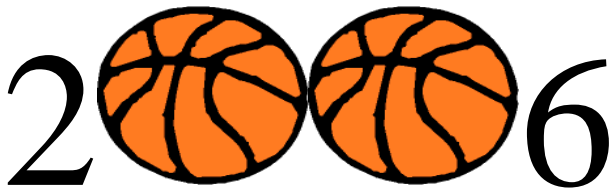
THE STM COACHING STAFF

Coach Dreher

Phone 217-637-9003 (you can call me anytime if you have a question) **(except Wayne)**

Coach Mennig

Phone 309-530-2220



expect **MORE!!!**