



SW Women's Basketball!

Parent Handbook

Welcome and Congratulations! We are excited for the upcoming season and that your daughter is a Southwest Laker Basketball Player!

As parents, you play a very important role in the success of our program. You can help us make this a rewarding experience for your daughter and the other players.

As with all the athletic programs at Southwest, we rely on parents to volunteer their time to the boosters, contribute as they are able, and most of all, help us encourage and cheer on all of the players. The players and coaches appreciate any ways in which you can contribute.

As for the players, we have found it helpful for parents to have some specific background, information and expectations. Please take some time to look through this handbook, so that many of your questions can be answered and so that you have a basic understanding of program's goals, philosophies and expectations.

Thank you in advance for your support this season! We cannot truly be successful without it. Go Lakers!

I. The Program. Southwest is a AAAA (the largest class) school for girls basketball. We compete in the Minneapolis City Conference with Camden, Edison, North, Roosevelt, South and Washburn. Over the last 13 years the Lakers have finished in the upper division 13 times, having won conference championships in 2016, 2022 and 2023 and with numerous 2nd place finishes. Our conference record in those 13 years is 118-40.

We are in Section 6AAAA for sectional play (the path to the State Tourney). Our Section opponents include Hopkins, Wayzata, Edina, Armstrong, Washburn, and St. Louis Park. This is one of the strongest basketball sections in the state.

II. Teams. We field 3 teams – Varsity, JV and B Squad. Players may play up to 3 halves per evening. For various reasons, some players may be playing in more than one game in an evening.

III. Coaches

Head Coach Dan Froehlich. 612-209-0241. dfroeh@gmail.com. This is Dan's 14th year as head coach, and he's been on the staff for 16 years. He is ranked second all time in the City Conference for most career wins and has been recognized with numerous Coach of the Year awards. He has been coaching basketball at various levels for over 35 seasons. He has also coached baseball and soccer. Dan got his start coaching basketball at SW in the 80s, coaching a boys team. Dan is a SW alum and also played junior college basketball, before getting his degree at the U of M and then attending law school. He practiced law for 35 years, before fully retiring in 2024. Dan has also coached a girls AAU team in the off season for 14 years.

Head JV Coach Amber Hunter

Head B Squad Coach Tim Randle

Varsity Assistant Chance Veasey

Varsity Assistant Andy Dunbar

JV Assistant James Andresen

B Squad Assistant Maddie Nolen

IV. Philosophy. As coaches, it is our goal, responsibility and duty to make the players' experience as rewarding as possible. We take that seriously! There are many elements to that:

- *First*, we believe players want to be part of competitive and winning program. We will help them get there.
- *Second*, we believe that each young woman in the program wants to be the best basketball player that they can be. We will do everything we can to make sure they accomplish that.
- *Third*, being part of an athletic team is simply good training for life and the world that awaits. Part of that is learning to accept a role which will help the greater good of the team – sometimes that is not easy to do. But we will help them learn from the ups and downs which come from playing a team sport.
- *Fourth*, team always comes first. The players' support for each other is paramount. Successful players, and people, learn this. That is a fundamental program expectation.
- *Fifth*, the coaches think basketball is a blast. We would not be doing our job if at least some of that didn't rub off on the players. In other words, have fun!

V. Academics. It is paramount. It is why they are in school and is so important to their futures. For 5 consecutive years, our varsity has won the State Coaches Association highest honors – the Gold Award for Academic Excellence - with a cumulative team GPA of over 3.75.

If you believe that your daughter is having issues academically, please alert us. We want to make sure we are aware so that we help address it before it is too late.

VI. Some Tips to Help the Team and your Daughter have a Successful Season.

1. Make sure your player knows that, win or lose, you appreciate their efforts.
2. Try your best to be completely honest about your player's actual skill level.
3. Please don't coach from the sidelines. Make sure you support your player and the team, but leave the coaching *during games* to the coaches. It is extremely confusing and disruptive to do otherwise.
4. Try not to relive your athletic life through your child.
5. Don't compare the skill, courage or attitude of your player with others on the team.
6. Our coaches are happy to discuss their philosophies with you. Ask.
7. Please clap and cheer loudly – for all of our players.
8. Let coaches know anything we should know about your daughter in order to help her get the most out of the experience.
9. Model sportsmanship.

VII. Attendance. The District has specific same day excused and unexcused school attendance rules relative to practices and games. Please consult a coach if you have questions. But, players are advised to make doctor's appointments, college visits, etc., on days other than game days, as there is a risk of being ineligible for a game when absent during the school day.

Don't have any unexcused absences. If a player has an unexcused absence, even for one class, on game day, that player will likely be ineligible for that evening's practice or game.

Within our program, we also have high attendance expectations. Obviously, if someone is too ill to be in school, they are too ill to play basketball. Each team counts on its players to be at practice to prepare for each game. Missing a single practice – good reason or not – *may* affect that player's opportunities in that week's games. Poor attendance over a period of time *will* affect a player's playing time.

Any unexcused absences from practices, or multiple excused absences or tardiness – where some of which could have been avoided with better planning – will be cause for consequences such as loss of playing time (which could even mean sitting for a game or more). Excessive unexcused absences, tardiness or the display of an attitude suggesting the player does not take attendance or timeliness seriously could be cause for dismissal.

VIII. Playing Time.

We all know that there are only 5 spots on the floor at any time for a basketball team. Coaches have spent hours in the gym with the players during practice, as well as having seen and analyzed their play in every game. They know who has worked especially hard, had exemplary attendance, or demonstrated good (or not so good) attitudes. They know who may have the best chance to succeed against a certain team or in a particular game. Especially in close games, some players may play little, and in varsity games, not at all (note that at any level, a player may be held out of the game due to issues like chronic attendance problems, attitude, etc).

As parents, you may not be happy at a particular game – or over the course of several games or a season – with your daughter’s playing time. While there may not be any quick fixes, we suggest the following:

- 1) Please be as honest and objective as you can about your daughter’s abilities, intensity on the court and understanding of the game and game plan. Sometimes players who are actually quite skilled do not get as much playing time because their intensity is lacking or they do not know the game plan.
- 2) If, after doing the above, you still are wondering, ask you daughter about it. Most of the time, they will have a very good idea as to why they did not play as much as they or you would like.
- 3) If that doesn’t answer the question, your daughter is encouraged to talk to their direct coach for insight at the next practice (i.e **not** on game day!). Our coaches would be happy to speak with players about this, especially when it is posed as a question asking how the player can increase their playing time.
- 4) By now, almost all of the playing time questions should be answered. For those questions which are not, feel free to contact – not on game night – your daughter’s direct coaches to set up a meeting with your daughter and the coach. Wait until the next day. Keep in mind that all coaches are required to keep the head coach apprised of discussions with parents about concerns. Before doing this, make sure the first three steps are done.
- 5) We suspect that all such questions should be answered by following these recommendations – sometimes you may not be completely satisfied – but you should have answers. If there are any unanswered questions, or concerns about the answers, please feel free to contact the program head coach to set up a meeting with the coach and your daughter – but again, please **not** on game night.
- 6) SW Coaches do not wish to engage in playing time discussions through email or text (or other non-live means).

IX. Boosters. As parents, you are all boosters. We ask you to get involved and contribute where you can. Certain parents have taken the lead in organizing fundraisers and asking for contributions. Signing up for concessions is an important way to contribute. Please be attentive to parent booster responsibilities and respectful to the parents who have taken the time to organize these events. Money raised by the boosters helps pay assistant coaches, equipment, spirit wear, entry fees into tournaments, summer and fall leagues, etc.

X. Communications. If you are not on the e-mail distribution or TeamSnap list (if you haven’t been receiving pre-season e-mails or getting TeamSnap notices), please make sure you provide your e-mail address to the head coach. Each team’s coaches can determine how they would like to communicate with their individual teams, which may include texting.

Also, we have a website where we will post important information about the program:
<https://mplssouthwestbasketball.com/swwbb/>

XI. Rides. Coaches do not give rides to players anywhere or anytime – to home, to practice, to games (exceptions are made in emergency or critical safety situations, and sometimes at the specific request and/or authorization of the parent and AD). Student athletes must arrange their own transportation to and from Southwest and away games. Coaches also are not expected to wait until players are picked up from games or practices. On some occasions, we may have a team bus - **If a bus is returning to SW, parents, please ensure transportation home** – the coaches will not be giving rides. While coaches will not be giving players rides home, we do ask that those parents and players who are driving be willing when possible to help others get home. But coaches do not give rides to players.

XII. Enjoy. Your child is only in high school once. Remember that being a Laker Basketball player is not only a privilege and an exciting opportunity, it is *their* experience and opportunity, although we hope you enjoy watching them too. Help them, and the coaches, make this the most positive and rewarding experience possible, one that will produce fond and lasting memories for them.