

# LADY CARDINALS



## Basketball

*2021-2022*

## Lady Cardinals Key Dates

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*2021-2022 Season*

- November 15<sup>th</sup> .....First Practice
- November 17<sup>th</sup> .....Cuts Made After Practice
- November 19<sup>th</sup> and 20<sup>th</sup> .....Role Meetings - Team Assignments
- November 20<sup>th</sup> .....Scrimmage and Parent Meeting
- November 24<sup>th</sup> .....Practice at 9:00 - No School
- November 25<sup>th</sup> .....No Practice - Thanksgiving
- November 26<sup>th</sup> .....Practice at 9:00 (varsity only)
- November 27<sup>th</sup> .....Hall of Fame Game vs Homer (varsity only)
- December 2<sup>nd</sup> .....First Regular Season Game - at Lincoln Northeast
- December 22<sup>nd</sup>-26<sup>th</sup> .....Moratorium - No basketball activities
- December 28<sup>th</sup>-29<sup>th</sup> .....Holiday Tournament in Waverly - Stay overnight in Lincoln
- January 17<sup>th</sup>-22<sup>nd</sup> .....RCC Tournament
- February 11<sup>th</sup> .....Pink Out Game (vs Gross)
- February 15<sup>th</sup> .....Senior Night (vs Skutt)
- February 21<sup>st</sup>-23<sup>rd</sup> .....Sub Districts (#1 Seed hosts each night)
- February 25<sup>th</sup>-March 1<sup>st</sup> .....District Finals (at Higher Seed)
- March 8<sup>th</sup>-12<sup>th</sup> .....State Tournament - Stay overnight in Lincoln

## Lady Cardinals Contact Information

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Cell Phone:

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Remind:

Class Name: SSC GBB 2122

Class Code: @gbb2122

R School:

Michelle Rapp will update that as changes happen - download that to your phone for updates

Athletic Department Contacts

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## Lady Cardinals Schedule

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<u>Date</u>	<u>H/A</u>	<u>Opponent</u>	<u>Varsity</u>	<u>JV</u>	<u>Res</u>	
11/27	H	Homer	1:00	---	---	NSAA Hall of Fame Jamboree
12/2	A	Lincoln Northeast	5:30	7:00	---	
12/4	H	TBA	TBA	TBA	---	Either Papillion-LV or Lin. NS
12/6	A	Ponca	---	---	4:00	
12/11	H	SC East	2:30	1:00	4:00	
12/17	H	Elkhorn High	7:00	5:30		
12/18	A	Winnebago	2:30	1:00		
12/20	A	West Point	---	---	4:00	
12/28	A	Waverly Holiday Tournament		---		
12/29	A	Waverly Holiday Tournament		---		
1/3	N	Scottsbluff	7:00	---		Game played in Waverly
1/7	H	Omaha Mercy	7:00	5:30	4:00	
1/8	A	Norfolk	3:30	2:00	5:15	
1/11	A	SC North	7:00	5:30	4:00	
1/13	H	Roncalli	6:00	4:30		
1/15	H	Bennington	2:00	3:30		
1/17	TBA	RCC Tournament - First Round*		Time, Opponents, and Location all TBA		
1/20	TBA	RCC Tournament - Semi Finals*		Time, Opponents, and Location all TBA		
1/21	TBA	RCC Tournament - Consolation*		Time, Opponents, and Location all TBA		
1/22	TBA	RCC Tournament - Championship		DJ Sokol Arena		
1/25	H	Omaha Northwest	7:00	5:30	4:00	
1/28	A	Omaha Duchesne	6:30	5:00		
2/3	A	Sergeant Bluff**	7:30	Mid American Center - Council Bluffs, IA		
2/5	A	Sioux City West	7:30	5:45	4:30	Reserve game at West MS
2/10	A	Sergeant Bluff-Luton	---	6:30	5:00	
2/11	H	Omaha Gross	7:00	5:30		
2/12	A	Bishop Heelan	3:30	2:00		
2/14		City Tournament - Reserve Only		---	TBA	
2/15	H	Omaha Skutt	5:30	7:00		
2/15		City Tournament - Reserve Only		---	TBA	

Sub-Districts - February 21st through 23rd - District B4 - Blair, Schuyler, and South Sioux City

District Final - Friday, February 25th or Tuesday, March 1st

State Tournament - Tuesday, March 8th, Thursday, March 10th, and Saturday March 12th

\* Higher seed hosts - JV games will hopefully be added to these dates

\*\* We are trying to find a separate date to play our JV game with Sergeant Bluff

## Lady Cardinals Coaching Staff

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### Head Coach: Steve Selk

- Business Teacher
- 12 years of coaching basketball
  - 3<sup>rd</sup> year head coach at SSC
  - Previous 9 years were at Elkhorn South
- Coaching experience in a lot of sports: football (3 years), baseball (17 years), golf (1 year)
- Been married to Stacey for 15 years
- We have one son, Jackson, who is 7, and one bulldog, Wrigley, who is 9
- Graduated from Nebraska Wesleyan in 2007 where I played baseball

### Varsity Assistant: Brad Williams

- Unretired teacher and coach, back in the business as the Internship Coordinator.
- Head girl's basketball coach from Greeley and Greeley-Wolbach High School
  - Over 400 career victories
  - 1990 State Champions
- Married to Connie Williams (SSC math teacher) for 38 years.
- They have 3 children, including Mr. Williams who teaches down in the Middle School
- He graduated from Yankton College in 1982 where he participated in three sports: basketball, football, and tennis

### Junior Varsity: Trish Martin

- K-5 Physical Education Teacher (Lewis and Clark Elementary and Dakota City Elementary)
- 7th year as a South Sioux City girls basketball assistant coach
  - 5 years as the Head Coach at Lawton-Bronson High School
  - 2 years as the assistant coach at Westwood High School
- Coaching experience in other sports: Track 15 years, Softball 2 years
- Significant other: Dusty Baker,
  - Daughter Andee, one dog and two cats
- Graduated from Morningside College.
- Played one year of college basketball at Drake University before transferring to Morningside and finishing my playing days there.

### Reserve Coach: Nic McBride

# Lady Cardinals Rules and Expectations for Athletes

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## SSC and NSAA Rules

Members of the SSC girls basketball team will be expected to comply with all SSC and NSAA rules for Interscholastic Activities. Violation of these rules will result in a conference between player, coach, and if needed parents and athletic director.

Someone is always watching and ready to tear you down. Don't let them!

1. Do what you are supposed to do
2. Hang out with other basketball players

## Attendance at School and Practice

Athletes are expected to be in school for the last half of the day to be eligible for competitions and practices. There are exceptions, so please ask if you have questions.

Communicate with a coach if you are going home and missing a game or practice.

Excused Absences/Tardies:

- o Religious
- o Family emergency
- o Academic
- o Illness (coaches may request a doctor's note)
- o Coach's Discretion

Unexcused absences/tardies will be handled by:

- o 1st - Extra conditioning, meeting with coaches and player
- o 2nd - Will miss the next game
- o 3rd - Possible dismissal from the team

## School Before Athletics

First two questions college coaches like to ask:

- What's her GPA?
- Has she taken the ACT?

School is your responsibility; athletics are a privilege. Take care of your academics so you can play sports.

**MISSING EVIDENCE:** Students will be ineligible for activities if they have any missing assignments in the evidence category. Students with excused absences will be given a day for each day absent, plus one more day to complete any missing assignment(s).

## Practice Expectations:

### Come Ready to Get Better

- Pre-practice session starts at 3:45. Team stretching starts at 4:05. That's 20 minutes after the bell rings to get down here and be ready to start at 3:45.
  - You will need your shoes, practice gear, and water bottle
  - No jewelry

### Have Fun!

- Enjoy being with your teammates and coaches each day. Don't take playing sports with your friends and your community for granted.

### Check the Daily Board

- The traveling bulletin board will have your designated pre-practice workout, along with the daily practice plan, and any announcements.

### Be Coachable

- Listen and watch what is being taught. Make those changes with a purpose.

### Learn From Others

- If it is not your turn on a drill/scrimmage don't just stand there, listen, watch and learn from others. Just because a coach isn't talking directly to you, doesn't mean you can't get better.

### Go Hard

- Learn to become comfortable while feeling uncomfortable. If your teammate won't go hard in a drill, find a new teammate who will. Challenge yourself, as well as each other. The team only gets better if you get better.

## Be a Positive Leader

Player lead teams > Coach lead teams

Don't tear each other down. If you see or hear somebody acting inappropriately, say something.

And then what can you do to help this team out? Not just in games, but in every other way to set a good example.

## Dress for Success

### Game Attire

- Required: Shooting Shirt, Uniform, and Shoes
- Extras: Knee pads, braces, etc.

### Practice Attire

- Practice uniform and shoes
- Extras: Knee pads, braces, etc.
- Take off all jewelry and watches

### Game Days

- School-day Home games - Team will decide (dress up, team shirts, etc.)
- Road games/Weekend games - Travel suits with team shirt underneath

## Travel

We expect all players to ride home on the bus together - You will have more fun riding on the bus!

If a circumstance justifies riding home with your parents, please communicate as soon as possible, and we must have a signed note from your parents.

## Social Media

All social media needs to be used in a positive manner to support your teammates and our program. Do not use it to say anything negative about your teammates, coaches, team, or opponents (good or bad - the reader's perception is the reality of that tweet. Don't give them bulletin board material)

Phones are everywhere! Don't put yourself in a position where someone else can tear you down. You're still in the picture even if you're accidentally in the background.

## Lettering Requirements

All players in good standing, both academically and athletically, who meet the following criteria are eligible to earn a letter

- o Senior who played all 4 seasons OR
- o Played in the  $\frac{1}{4}$  of the possible quarters OR
- o Coach's Discretion

## Be a Role Model

Little kids are always watching. They go home and want to be like you. Watch what you say, watch how you act on and off the floor. Don't talk back to the refs, help your teammates and opponents off the floor, and don't say anything to the other team.



# Lady Cardinals Rules and Expectations for Parents

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## Support Your Daughter and the Team

We need your help! Please support all team members, along with your daughter. We understand you love your daughter, and that you want her to play and be successful. So do we.

The truth is, there are only 160 minutes to be split up amongst five players at a time.

We have quarter restrictions per each night we play. Girls can only play in 6 quarters of basketball. For those who float between multiple teams we must be conscience of their minutes. We may hold her out of playing two minutes of a varsity quarter, so she can play six minutes of a JV quarter, which helps her development.

After each game, please try your best to tell them "You love watching them playing hard and having fun. And you love watching them be a good teammate." Let the coaches handle the evaluating.

## Selection of Teams

- **There will be cuts** based on the numbers who have shown interest in playing this winter
- There will be three teams: Varsity, Junior Varsity, and Reserve
- Coaches will evaluate players to select the best combination of players that fit the needs of the team.
- We may "call up" a player to help out one game - don't read too much into that.
- Post-season roster restrictions limit us to only having 14 players suited up for all games
- We may "flex" the last few spots until we settle on a permanent roster.

## Practices

- They are mandatory
- Should be done between 6:00 and 6:30

## Winning vs. Developing

At the varsity level, even with the heightened focus on winning games, we will focus on building our team by playing the correct way. If we do that, the winning will take care of itself. Each practice and game our focus will be getting better, preparing us for a postseason run to Lincoln.

At the JV and Reserve levels, the focus is more on developing players' skills than winning games. I won't say it's all on development, because it is important for our program that each team learns how to win, and finish out games. But players need to gain that experience as well.

### Communication is Key

We would like to know in advance of any planned absences. Please email me those dates, and keep reminding me as they get closer.

Have your daughter come see a coach first if there is an issue she needs dealt with.

Please feel free to communicate anything that might be affecting your daughter's emotional state or performance. Those situations will stay amongst the coaching staff.

### See the Big Picture

We understand you want to see your daughter play. Please do not focus on the specific performance of your daughter, rather cheer on the whole team. There will be times she plays a lot, and there may be times when she might not play that much. Whatever the amount, simply support her, and stay positive. And understand that her role may be as a scout team member at practice, and she is a star in that role, preparing the rest of the team for the games.

### Recruiting

Having lofty expectations for your daughter is a normal, healthy goal. Our coaches will do whatever we can to help your daughter to achieve her goals, but we will not lie about their talent, or fudge statistics to college coaches.

Hudl - If your daughter is remotely thinking about playing college basketball, I highly recommend you create a recruiting profile on Hudl and clip-up highlights from the games to help self-promote. I can help pass that along to coaches as well.

I also have templates from a college recruiting service on how to write emails to prospective coaches.

### Be Part of the Experience

South Sioux City is a special place, and we want to give your daughter the best experience possible. One of the best things that come from sports are the relationships: players, coaches, and parents are all part of those. Sit together and cheer loud!