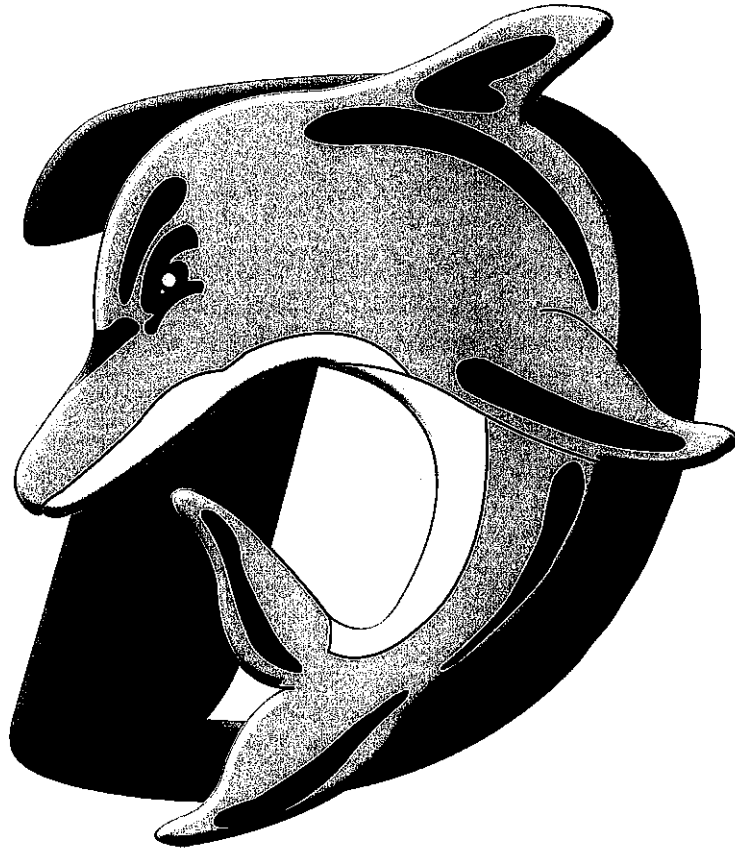
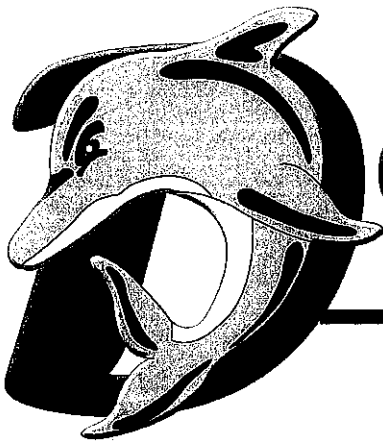


# Deubrook Dolphins



**2018-19 Winter Sports Meeting**



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## 2018-19 Winter Coaches Listing

### Athletic Director

Paul Nepodal  
629-1114 (office) 695-5128 (cell)  
[Paul.Nepodal@k12.sd.us](mailto:Paul.Nepodal@k12.sd.us)

### Girls Basketball

Brad DeBeer – Head Coach  
695-0020 (cell)  
[Brad.DeBeer@k12.sd.us](mailto:Brad.DeBeer@k12.sd.us)

Gretchen Schulte – Assistant (JV/C)  
Haley Scalise – Junior High  
Mo Petersen – Junior High

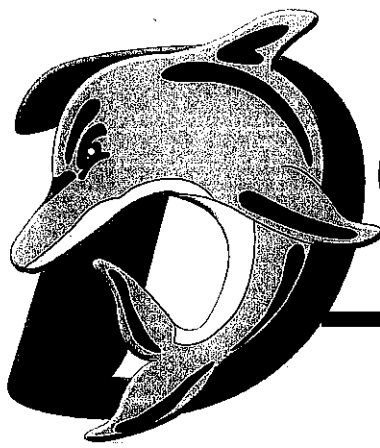
### Boys Basketball

Tim Cariveau – Head Coach  
320-841-0403 (cell)  
[Tim.Cariveau@k12.sd.us](mailto:Tim.Cariveau@k12.sd.us)

Paul Nepodal – Assistant (JV/C)  
Brody Ries – Junior High  
Chase Bronson – Junior High

### Cheerleading

Denise Nepodal  
308-470-0924 (cell)  
[Denise.Nepodal@k12.sd.us](mailto:Denise.Nepodal@k12.sd.us)

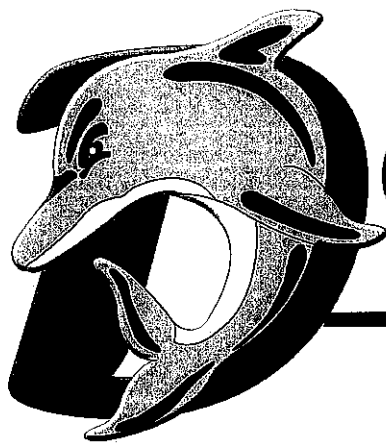


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## Boys Basketball Schedule 2018-19

<u>Date</u>	<u>Level</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Dec. 6	JH only (1)	ORR	White	5:00
Dec. 7	JV/V	ORR	White	4:00
Dec. 8	C Team Tourney	TBD	Flandreau	9:00
Dec. 14	JH (2), C/JV/V	Estelline/Hendricks	Toronto	4:00
Dec. 15	C Team Tourney	TBD	DRSM	9:00
Dec. 17	JV/V	Wilmot	Wilmot	6:00
Dec. 18	JH (2), JV/V	Deuel	Clear Lake	4:00
Dec. 21	JH (1), JV/V	Lake Preston	Lake Preston	5:00
Dec. 29	Varsity	Baltic	Brookings (Entringer)	5:00
Jan. 3	JH (2)	Baltic	Baltic	4:00
Jan. 5	C Team Tourney	TBD	White (Booster)	9:00
Jan. 5	JH (1) DVC	TBD	DeSmet	9:00
Jan. 5	JV/V	Florence/Henry	Henry	5:00
Jan. 7	C Team	Milbank	Milbank	4:30
Jan. 11	JH (1), C/JV/V	DRSM	White	4:30
Jan. 12	Varsity	TBD	Sanford Pentagon	TBD
Jan. 15/18	Varsity DVC	TBD	TBD	6:00
Jan. 19	DVC Tourney	TBD	White	TBD
Jan. 21	JH (2)	Sioux Valley	White	4:00
Jan. 24	JH (2), C/JV/V	Arlington	Arlington	4:00
Jan. 26	JH (2), JV/V	Castlewood	Castlewood	4:00
Jan. 31	JH (1), JV/V	Colman-Egan	White	5:00
Feb. 4	JH (2)	Hamlin	Hamlin	4:00
Feb. 5	C/JV/V	Hamlin	Hamlin	4:00
Feb. 7	JH (2), C/JV/V	Lake Benton	Elkton	4:00
Feb. 9	C Team Tourney	TBD	Elkton	9:00
Feb. 9	JH (2), JV/V	Chester	White	3:00
Feb. 11	JH (2)	DeSmet	DeSmet	4:00
Feb. 12	C/JV/V	DeSmet	DeSmet	4:00
Feb. 16	JV/V	Webster	Webster	3:30

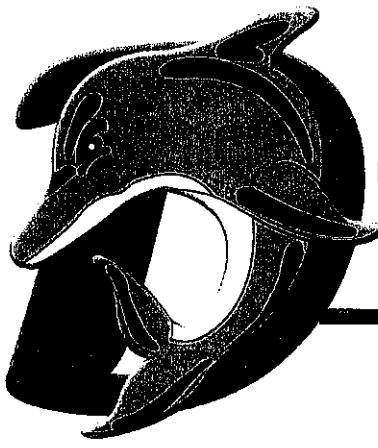


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## Girls Basketball Schedule 2018-19

<u>Date</u>	<u>Level</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Dec. 6	JH only (1)	ORR	White	5:00
Dec. 7	JV/V	ORR	White	4:00
Dec. 11	JH (2), JV/V	Deuel	Clear Lake	4:00
Dec. 15	Varsity only	Madison	Colman (Entringer)	3:00
Dec. 18	JH only (2)	Sioux Valley	White	5:00
Dec. 20	JH (1), JV/V	Lake Preston	Lake Preston	4:30
Dec. 28	JH (2), C/JV/V	Est/Hendricks	Toronto	1:00
Jan. 5	C team Tourney	TBD	White	9:00
Jan. 5	DVC JH (1)	TBD	Arlington	9:00
Jan. 7	C Team	Milbank	Milbank	4:30
Jan. 8	JH (2), JV/V	Baltic	White	4:00
Jan. 10	JH (1), JV/V	DRSM	White	5:00
Jan. 12	Varsity only	TBD	Sanford Pentagon	TBD
Jan. 14-17	Varsity (DVC)	TBD	White	6:00
Jan. 19	Varsity (DVC)	TBD	White	TBD
Jan. 19	JH Tourney (1)	TBD	Sioux Valley	9:00
Jan. 22	JH (2), JV/V	Castlewood	Toronto	4:00
Jan. 25	JH (2), JV/V	Arlington	Arlington	4:00
Jan. 29	C/JV/V	Madison	White	5:00
Feb. 1	JH (1), JV/V	Colman-Egan	White	5:00
Feb. 2	JV Tourney	TBD	Elkton	9:00
Feb. 4	JH only (2)	Hamlin	Hamlin	4:00
Feb. 5	C/JV/V	Hamlin	Hamlin	4:00
Feb. 8	JH (2), JV/V	Lake Benton	Elkton	4:00
Feb. 9	JH (2), JV/V	Chester	White	3:00
Feb. 11	JH (1)	DeSmet	DeSmet	4:00
Feb. 12	JV/V	DeSmet	DeSmet	4:00
Feb. 15	JH (2), JV/V	Florence/Henry	Toronto	4:00



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## **Parent/Coach Communication A Positive Approach**

### **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in the athletic program, you have a right to understand expectations placed on your child. This begins with clear communication from the coach of your child's team.

### **Communication you should expect from your child's Coach**

1. Philosophy of the Coach.
2. Expectations the coach has for your child as well as for the TEAM.
3. Locations and times for all practices and contests.
4. TEAM requirements such as rules, paperwork, equipment and suggestions for off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

### **Communication Coaches should expect from Parents**

1. Concerns expressed directly to the Coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern about a Coach's philosophy and/or expectations.

As your child becomes involved in Dolphin Athletics, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### **Appropriate concerns to discuss with Coaches**

1. The treatment of your child, mentally or physically.
2. Ways to you help your child improve.
3. Concerns about your child's behavior

It is very difficult to accept your child is not playing as much as you may have hoped. Coaches are professionals. It is imperative parents and athletes trust that our coaches are trying to do the right thing for the TEAM and ALL individuals involved with the TEAM. It is important to understand that the coaches are the ones with the TEAM on a daily basis in practice and competition and therefore will make judgment decisions based on what they feel is in the best interest of the TEAM.



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## **Issues NOT appropriate to discuss with Coaches**

1. Playing time
2. TEAM Strategy
3. Play Calling
4. Other student-athletes or TEAM members

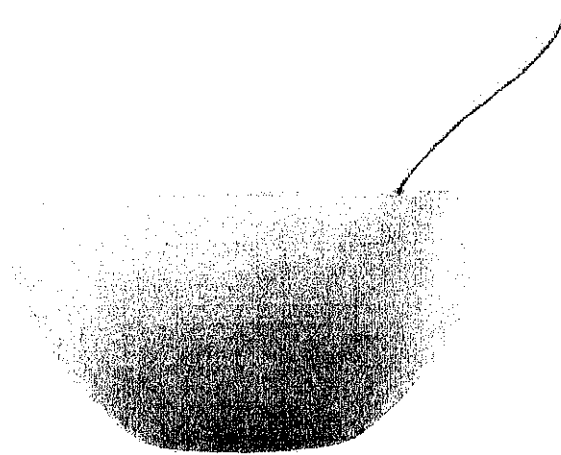
There are situations that may require a conference between a Coach and a parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedure should help promote resolution to the issue of the concern.

## **Procedure used to discuss a concern with a Coach**

1. First and foremost, we encourage your child to talk to his/her coach. Take a proactive approach and discuss what may be bothering them. The biggest relationship is between the athlete and their coach – discussing issues first helps develop leadership and maturity. IF that can't happen, then we should move to the next steps.
2. Call to set up an appointment. If you cannot reach the coach, call the Athletic Director and he will set up the meeting for you.
3. Do not confront the Coach before or after a game or practice. These can be emotional times for all parties involved and generally do not promote an issue resolution.
4. Once an appointment has been made, it will be expected that the Coach, parent and athlete will be in attendance at the meeting.
5. If an issue cannot be satisfactorily resolved, then you may contact the Athletic Director for an appointment with the Coach, parent, player and AD to hopefully discuss the issue further and come to a general agreement/resolution.

Research shows that athletic participation provides girls and boys with motivation for academic performance and physical activity, a structure to teach time management and self-discipline, and a means to develop self-esteem. Student athletes benefit from a positive sports experience. The Deubrook Athletic Department provides this information for parents to foster understanding between you and your child's coach to ensure an enjoyable season for your child.

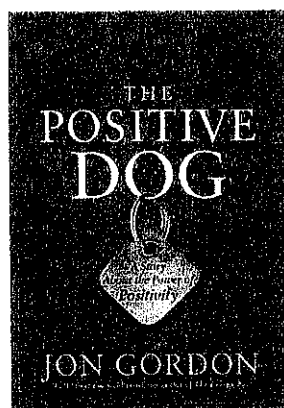
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## Sports Parenting in 10 Sentences

**1 Word: *Hi.*** Greet your child when they get in the car with “Hi” before you ask about practice, the score of the game, or homework.

**2 Words: *Have Fun.*** In all likelihood you’ve heard this statistic: 70% of kids quit sports before they turn 13 for the primary reason that they are not having fun. Encourage and remind your kids to have fun.

**3 Words: *Tell Me More.*** Before forming an opinion or dispensing advice, ask for more information from your child. This will force them to tell more of the story and give you information as to what is actually happening.

**4 Words: *Good Job. Keep Working.*** As parents we are often tempted to say more and analyze our kids performance, but saying only this might be what’s best for the kid who simply need support.

**5 Words: *What’s New in Your World?*** Ask your kids general questions that are not about sports. Even if the reply is “nothing” it gives you the opportunity to share something about your day.

**6 Words: *I Love To Watch You Play.*** BEST SIX WORDS EVER!

**7 Words: *So What Do You Think About That?*** You know your opinion, so before you jump to tell your child what it is, ask what his/her opinion is. You are not only learning more about what your child thinks but are also helping develop critical thinking skills.

**8 Words: *Is There Something I Can Do to Help?*** Before you give a solution or an action plan, ask if that is what the child really wants. Sometimes all the child wants to do is blow off some steam and we jump directly to “solving” the problem.

**9 Words: *You Are More Important to Me than Your Achievements.*** You may be thinking that of course this is true. But remind your child of it. In the absence of hearing this from you, your children might think that one of the reasons you love them is because of what they do, not because of who they are.

**10 Words: *No Matter What, I’m Glad that I am YOUR Parent.*** To be loved wholly and completely for exactly who we are, flaws and all, is the greatest gift one person can give another. Please give that gift to your child.