

Blue Valley Southwest Timberwolves' Basketball

Player and Parent Handbook

2016-2017



This handbook is designed to identify and communicate the guidelines and expectations for all members of the Blue Valley Southwest Boys' Basketball program to the players and their parents.

General Information

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HOW DO I LETTER?

Be a senior in good standing within the program at the end of the season OR play in at least 20 quarters (that have an impact on the outcome of games) and be in good standing within the program at the end of the season.

INDIVIDUAL RESPONSIBILITIES

All players are expected to present themselves (on the court and off of the court) with no extremes in their appearance.

All players are expected to follow school rules in regard to appearance.

All players are expected to be respectful to everyone they come in contact with during the school day - teachers, administrators, other students, etc.

Players are expected to return their player contract (located in this handbook) on time.

ACADEMIC RESPONSIBILITIES

Academics come first! We expect our players to give their best effort in the classroom. With that being said, take care of responsibilities in the classroom. Plan ahead. Resolve situations before they become problems. Do all of this so that you do not need to miss practice time. Missing practice time can (and often does) lead to reduced playing time. If you need extra academic help, take advantage of all the support resources that are in place for students at Blue Valley Southwest High School. Students who are having difficulty in class may be required to attend Academics First OR a Basketball Study Hall. Academics First is from 3:00-4:00 on Mondays and Tuesdays and from 7:45-8:45 on Thursday mornings. Basketball Study Halls will occur during the first hour of practice. Players with low grades may be required to attend Academics First OR a Basketball Study Hall until the failing grade(s) is/are brought up to a passing percentage.

SOCIAL RESPONSIBILITIES

Playing basketball at Blue Valley Southwest High School is a privilege. With privileges come special responsibilities. Understand you are ALWAYS identified as a member of this program. Conduct yourselves at all times with this in mind. Any player's actions at or away from school are subject to discipline by the coaching staff. Discipline may range from discussion to dismissal from the team. These expectations are outlined in more detail in the player's substance/behavioral contract.

PRACTICE PROCEDURES

All practices are to be attended by all players. This includes practices held over Thanksgiving and winter break. Injured players also are to attend unless they are seeing a doctor, trainer, or receiving therapy/treatment. College recruiting trips should be taken on days when no practice is scheduled **AND communication regarding college trips or other recruiting trips should be done well in advance of the trip.**

Any illness or other reason that causes a player to miss practice should be reported to the appropriate coach: JV/Varsity players should contact Coach Rabbitt, Freshman players should contact Coach Palmgren, and Sophomore players should contact Coach Pangborn. This is expected of everyone. Failure to do so may result in an unexcused absence, and possible consequences.

Missed practices can result in loss of position and/or playing time. Unexcused absences **WILL** result in missed game time.

Players need to be on time. Practice will start at the scheduled time. Players need to be ready to start practice at that time (shoes changed, etc.). Any players that need to be taped should arrive early to have this done.

Players need to be dressed in the practice clothes that are provided.

When a coach is speaking, all players are expected to give their full attention—with great eye contact.

Players should not offer excuses to criticism. The coaching staff cares for each player, and is intent on making each player better.

No player should sit at practice unless injured, or unless it is during a water break.

Practices are an extension of what we want to happen during games. Effort and intensity are to be maximized. Further, team members should be supportive of the effort and good play of others.

Inappropriate language will not be tolerated.

GAME DAY PROCEDURES

If a team dinner is planned, all players are expected to attend. Parents go to a lot of extra effort for our benefit. If a conflict occurs with a team dinner, players are expected to inform a coach that they will not be attending the dinner.

Arrive earlier than the assigned time for the game. Do not be late!

All teams will travel to and from away games in our travel gear OR shirt and tie (this may change from game to game but will always be communicated in advance of game day).

All players will travel to and from games on the transportation provided by the school. If special circumstances exist, players to be transported home by parents must inform the coach in advance. In addition, when more than one game is scheduled (ex. A Team and B Team, players from the first game are expected to stay for the second game). Parents may plan to pick players up at school after all games are over if the games are at home, or at school when the bus has returned if the games are on the road.

All actions on game day should reflect the seriousness with which we approach each game. This includes the school day, the bus ride, the locker room, etc.

DURING THE GAME

All players in the program are to be properly dressed. This includes the following:

- Blue Valley Southwest uniform (white at home, dark away)
- Blue Valley Southwest warm ups if applicable
- Undershirts may be worn under the following conditions
 - the color must match the primary color of the uniform
 - AND/OR
 - be approved by Coach Rabbitt
- Socks are to be worn. Socks are to be of the type that cover just above the ankle or calf high.
- Shoes should be the team shoe that is suggested for purchase. If not, shoes that are predominantly white with black trim are to be worn. No exceptions.
- No head bands, wrist bands around knees or upper arms, or any other apparel that draws attention to individuals. Shooting sleeves and other compression items can only be worn (if for the right reason) with Coach Rabbitt's approval.

These guidelines are **in** place so **that** we as a team are **uniform**. No exceptions!

Players on the bench are to be into the game and cheering for the players on the floor.

Any time a player comes off the floor to the bench, the entire bench is to stand and applaud/congratulate the player.

Any time a pass is made that leads to a basket, the player who scores is to point to the passer, in a low key manner, to acknowledge the passer's contribution to the basket.

All opponents, officials, coaches, and opposing fans are to be respected and treated as such at all times. Officials are to be addressed as "Sir" or "Ma'am" -at all times. Players are expected to show no reaction to any call or other adverse situation. Never change the expression of your face.

Do not over celebrate. Expect good things to happen. Win and lose with dignity. In short, act with

class at all times.

When talking with the press, be quick to praise your opponents and teammates. Take time to collect your thoughts before responding. Never say anything that could motivate an opponent.

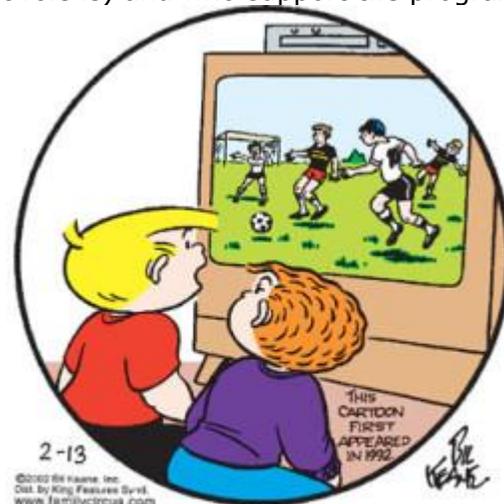
Report any injuries sustained to a coach.

Parent Expectations

Borrowed from Alan Stein's Blog:

As both a coach and a father, I want to offer my **16 Rules for Basketball Parents:**

1. Parents... you must embrace the fact that this is your child's journey – not *yours*. Do not live vicariously through them. Put your focus on being a supportive and encouraging *parent*.
2. Parents... it's true. Coaches do play favorites. They favor players who give the team the best chance to win, who have great attitudes, who work hard *every day*, who embrace their role (regardless of what that role is) and who support the program's



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“The reason they can play that good is their parents aren't yelling at them from the sidelines.”

your culture. If you think a coach doesn't 'like' your child; your child is more than likely deficient in one (or more) of these areas.

3. Parents... as far as playing time goes, coaches want to win. They want to win *badly*. If your child will help them win... they will play. If not... they won't. Period.
4. Parents... more often than not, your child's coach is in a better position to evaluate and determine appropriate playing time because they see *everything*. They see workouts, practices, meetings, film breakdown and games (where as most parents get an incomplete picture because they only see games).
5. Parents... more often than not, through both experience and professional development, coaches usually have a better basketball IQ and general understanding of the game than parents do (so questioning a coach's X's & O's or their ability to judge talent is inappropriate).

6. Parents... stop coaching your child from the sideline. The only 'voice' a player should receive instructions from is the 'voice' of their coaching staff. Cheer for them all you want, but do not *coach* them. That isn't your job.
7. Parents... you love your child more than anything in the world. You always want what is best for *them* (which is understandable and respectable). However, a coach's obligation is to do what is best for the *team*. In many instances, what you *want for your child* and *what is best of the team* is not congruent.
8. Parents... you should *never* push to discuss playing time, strategy or another player with your child's coach. *Ever*. Those 3 domains are sacred ground.
9. Parents... politicking will *never* get your child more playing time. I promise you, this statement has *never* been said by a coach in the history of high school basketball, **"I really need to start playing Jeffrey more because his mom thinks he isn't playing enough."**
10. Parents... you should encourage your child to communicate any issues, questions or concerns they have (or you have) directly with their coach by having them schedule a meeting. It is my belief, as a parent, you have the right to attend that meeting, simply as an observant, but the discussion should be between your child and the coach.
11. Parents... do not undermine your child's coach in the car ride home or at the dinner table. Subtle, passive aggressive comments like 'Your coach doesn't know what he's doing' or 'I can't believe you don't play more' do not comfort your child (although I am sure that is your intention) – it enables them to have a bad attitude and to make excuses... both of which are unacceptable.
12. Parents... if your child isn't getting the playing time they feel they deserve or if they lose a tough game... use that experience as a powerful teaching tool. Teach them how to own it. Teach them what they can do in the future to possibly get a different outcome.
13. Parents... stop berating the referees. It sets a bad example and it makes you look foolish. The referees are doing the best they can. More often than not, a referee has a better position and a much better understanding of the rules to make the correct call than a parent does. And I promise you this statement has never been said either, **"Can we stop the game? I'm sorry everyone. The loud-mouth mom in the stands is right, her son did get fouled on that last play."**



14. **Parents... it is highly unlikely that your child will play professionally. In fact, statistically, only a very small percentage of you will have children that play in college. So let them enjoy the journey. Their playing days will be over before you know it. Use basketball as a vehicle to teach the life lessons they will need when they grow up.**
15. Parents... don't push your child too hard. It's OK to encourage. It's OK to suggest. It's OK to hold your child to a very high standard of excellence... but don't *force* them to 'get up extra shots' or get in extra workouts. That has to come from *them*, not *you*. If they choose to do those things on their own, be supportive. If they choose not to, if they choose to only do the bare minimum, they will eventually learn a potent life lesson (not make the team, not get much playing time, etc.).
16. Parents... one of the best things you can do is develop a quality relationship with your child's coach.

Parent, Player, and Coach Steps/Lines of Communication

We want and we expect that our players will communicate not only with each other, but also with the coaching staff (frequently). Throughout a sport season every player will experience ups and downs. When a player becomes frustrated **he** needs to be proactive in communicating his concerns with his coach.

Here are the steps of communication that we expect our players and parents to follow:

Step 1: Player meets with his coach or coaches to discuss the situation at hand and develop a timeline to improve the situation. Typically a player and coach meeting will help get everyone back on the right track.

Step 2: If the player and coach meeting does not help improve the situation we will look to schedule a player/parent and coach meeting. The player **must** be present during this meeting.

Here are the lines of communication that we expect our players and parents to follow:

We no longer want players or parents to communicate via text messaging. Our coaches will no longer communicate individual messages via text messaging (the exception would be to ask a player to stop by a classroom real quickly before or after school)—we will still use Twitter and text messages (at times) to communicate to the masses. If parents need to reach a coach they should use the coaches contact information (located at the beginning of this handbook)—under most circumstances we will talk with the player (regarding the parent contact) after a parent contacts the coach. If players need to communicate with a coach they should do so in person. Players that have a coach's cell phone should only use that if they don't have another legitimate option, for example, practice is starting in 20 minutes and you are having car trouble.

We are implementing the above policy to ensure that our coaches and players communicate effectively. The most efficient way to communicate to the masses is email, texting, and social media. The best way to communicate on an individual basis is to do so in person.

Blue Valley Southwest Basketball

Player contract

As a player in the Blue Valley Southwest Boys' Basketball program, I agree to abide by the following:

- The actions I choose will be with the best interest of my team and teammates.
- During the winter basketball season I will not participate on any other sports team(s) that would cause me to miss school, a practice, or a game. I will focus on my family, my school work, and on Southwest Basketball during the winter season.
- I understand that all of my actions reflect upon me, my family, my teammates, our program, and our school. I will not let any of these people down.
- I understand that quality of play is not as important as quality of effort. I will give my best effort each day as a person, a student, and an athlete.
- I will treat each person I come in contact with - teammates, managers, coaches, teachers, opponents, officials - the way I want to be treated.
- I pledge that I will remain *completely* substance free. I understand this commitment includes all forms of alcohol, tobacco, and any illegal drugs.
- I understand that violation of any of the above principles will result in appropriate disciplinary action that could include any of the following: extra conditioning to make up for what has been taken away from the team, demotion from positions held on the team, held out of part of a game, held out of one or more games, dismissal from the team.

I understand that this contract is effective from the moment it is signed

Legible Player signature

Date

I/we as parent(s) understand the commitment my/our son has made, and the expectations that have been placed on him as a member of the T-Wolves Basketball program as outlined in this contract, and throughout this handbook. Additionally, we have read and understand the Parent Guidelines section as well as the Parent, Player, Coach Steps/Lines of Communication section

Parent(s) signature(s)

Date