



TEAM HANDBOOK

Introduction

A basketball handbook is an essential tool for communication team rules, expectations, and policy to players and parents. Please take the time to read over the handbook. Parents, please sign the statement of understanding that goes with this handbook and have your son return it to me.

To my players and parents, I, as your son's basketball coach, pledge to work hard and do the best I can to improve your son as a basketball player and more importantly as a person both on and off the court. Players, thank you for participating in the basketball program and working hard. Parents, thank you for allowing your son to participate in the program and your support. We will make your son better, both a person and athlete. As a program, we will use "Remind Me" app to keep all updated information we needed. Please join the "classroom" (@sscboysb)

Coach Langel

FOLLOW US ON TWITTER : @BBALLSSC

South Sioux Link: <http://www.sccardinals.org/schools/high-school/activities/sports/>

Food for Thought

Discipline

"The meaning of discipline is NOT punishment but that development of self-control and teamwork which enables people to strive for perfection and accomplish greatness."

- Author Unknown

Basketball is the hardest game to play and hardest to coach. Why? It is the ultimate team game founded upon the most individually that you possibly can have. You need to have players that want to get to be as good as they can be.

Everyday, players must want to get better. Then, when you get to be as good as you can be, you have to play with four other players with you. Its not just about you, it is about five players on the court playing together.

Joe Scott, Princeton University

Your Education

1. You are at South Sioux City High School to get an education. I want everyone to receive a diploma. Keep that first in your thoughts, but place basketball second. You are a Student-Athlete, Student comes first.
2. Do not cut class, and always be on time
3. Do not fall behind, ALWAYS have your work turned in on time
4. Have regular study hours and keep them
5. Arrange with your teachers in advance when you must be absent
6. Do not expect favors. Do your Part. Do your Job.
7. Work for a high-grade point average. Do not be satisfied by merely meeting the eligibility requirements.
8. Arrange for tutoring or any extra help if needed
9. Do your own work
10. Earn the respect of everyone, especially yourself

Team rule on lowest grade allowed in a class is a 2, South Sioux will use a different grading scale and we will follow the schools grading scale.

If your grade is lower than the 2 you will not be allowed to practice until your grade is above a 2.

If you have missing assignments or exams, you will not be able to practice until all missing assignments or missing exams are made up.

You will also make up for any missed practices before able to play in a game. To make up a practice, an athlete must do the following: 10 Timed Death Valleys with 20 tuck jumps between, 50 made Free-throws, 100 Miken made Miken Drill

Team Principles

1. Put the goals of the TEAM ahead of individual goals
2. Have a great work ethic at all times, both on and off the court
3. Be on time to all team and school activities
4. Have pride in the Cardinals, always
5. Respect authority and each other, always be polite

6. Leave places better than you found them

Role of the Coach

1. Teach the game of basketball in a positive manner. **Correct and Encourage**
2. Promote a trustworthy atmosphere
3. Inspire players to reach their full potential
4. Communicate with players and parents
5. Treat players and staff with respect
6. Teach life skills both on and off the court
7. Represent the program and community in a positive manner

Role of the Player

1. Be a good teammate
2. Be coachable
3. 110% effort on and off the court
4. Play smart and communicate with teammates and coaches
5. Be accountable and responsible
6. Display good sportsmanship at all times
7. Maintain you cool when faced with adversity
8. Represent the program and communities in a positive manner
9. Enjoy the game, **Most importantly, Have fun**

Role of the Parent

1. Support your son on and off the court in a positive manner
2. Help maintain your son's academic performance
3. Promote a good training lifestyle. I.E. sleep, diet, no alcohol, no drugs, no tobacco
4. Communicate injuries to the coaching staff.
5. Be a positive example at games and any other school events. You as a parent represent our program and our community
6. Encourage and support all players on the team as well as the coaching staff
7. Support the style of play of the team. You are not going to change it with your comments, and you will tear apart the team and program
8. Let the coaching staff do their job. Giving "extra" information may go against with is being taught, and you can confuse your son. Please, keep everything positive for the team and the program

9. Trust the coaches and school district to do what is right for your son as a person and player. As a coach we have the player and entire program in mind when making decisions. WE are all on the same side.

Social Media

All athletes and parents are required to always be mindful of what is said and posted on social media sites such as Facebook, Twitter, Instagram, YouTube, or E-mail, etc.

Any violation of using these social media sites by posting lewd, inappropriate, compromising, illegal, or unacceptable pictures and statements will be met with discipline including law enforcement involvement.

Basketball Rules South Sioux City High School

I have one general rule for my basketball teams and several guidelines for players to be aware of. My general rule is **Don't do anything that is detrimental to yourself**. If it is detrimental to you, it'll be detrimental to our basketball team and South Sioux City High School. This rule covers a lot of things. It includes breaking rules in the Athletic Code such as drinking, smoking, chewing, and taking illegal drugs, cheating in academics, breaking laws of society, etc....

Remember every situation is different. If a player misses practice, what was the reason? Does the player play the next night? Does the player not start the game and get in later?

The answer to these questions will be determined by the coaches. The coaches must use their discretion with these situations. The coaches are leaders and they must maintain a certain amount of discretion.

Not every event or situation can be covered in a handbook. Any other incidents that take place during the season will be resolved at the discretion of the coaches, and administration.

UNIFORMS / Equipment

1. **All Uniforms, Backpacks, and Shooting shirts belong to the school. When a Student-Athlete uses these items during the season they are responsible for these items. If any of the items come back damaged or lost, the Student-Athlete / Parent or Guardian are responsible for compensation for these items.**

Guidelines

1. Absences

- A. Excused Absences
- B. Unexcused Absences

Absences will be determined by the coaching staff. Athletes or Parents must inform the coaching staff on all absences or tardiness. Please bring doctor notes if the student-athlete has visited the doctor's office. If an athlete misses a practice the day before a game, they will not be allowed to start that game.

2. Violation of the Athletic Code

The coaches will follow the Athletic Code and recommendation of the Administration.

3. Practice

You are part of a team. Your teammate and coaches rely on you to attend practice. Whether an absence is excused or unexcused and how the situation will be handled, will be determined by the coaching staff. If a player absolutely must miss practice, the player should discuss the matter with the coaches a head of time. All practices must be made up by players before they may play in the next game. Make up Practices include; 10 Timed Death Valleys with 20 tuck jumps between, 50 made Free-throws, 100 Miken made from a Miken Drill. These made up practices are done before or after practices.

No-Call - No-Show –

First Offense – Practice Make-Up and Sit out First Half

Second Offense – Practice Make-Up and Sit out whole game

Third Offense – Off the team completely

Parents remember, all practices are open. You are more than welcome to come to our practices, but please don't deter our student-athletes from their concentration on the court, or you will be asked to leave.

All players need to be on the court and ready to go at least 10 minutes before practice starts. Student-Athletes are welcome to show up prior for some individual skill work prior

to practice. 10 minutes before the practice starts, will be the start of the laps and stretching for the team.

At all times, student-athletes will be respectful of their teammates and coaches. No foul-language, harsh criticism, or rude comments will be tolerated. Talking while the coach is instructing is disrespectful and will not be tolerated. Violation of this will be dismissal from practice and possible further action will be taken.

Come prepared and ready for practices. Your coaches will show up every day with a practice plan and ready to teach, and we expect our players to come and give 110% effort. There will be a lot of new things to go over especially early in the season, and the only way we as a team will benefit is to have committed, hardworking individuals showing up early, and willing to participate.

Players will wear their practice gear at every practice, it is the student-athlete's duty to keep the uniforms and practice gear in great maintained condition. Practice Jersey has the same expectations as the other equipment and property belonging to the school. If there is any damage or lost items, the athlete and their parents/guardians will be held financially responsible.

4. Parent-Coach Communication Rules

- A. There will be a 24 hour cool down period after games until the coaching staff will meet or talk to parents and athletes.

Meeting Instructions with Parents and Athletes

Player – Coaches

Player / Parent – Coaches

Player / Parent – Coaches and Administration

Game Day

Attendance

In order to play on the day of a scheduled game, the player must be in school the entire day. If a player is ill or misses part of the day, he will not be able to participate in the game the night, unless they have a doctor's note explaining why they have missed part of the day.

Grooming and Dress

All SSC basketball players shall dress and groomed appropriately for school and games. Home games, our players will dress up wearing either a button shirt and tie with khakis or if the player has received Travel Gear, they may wear that for the day. For away games, our student-athletes will be required to wear the same attire as stated

above. We are all apart of a team and represent South Sioux City High School so we want to look and act like a team and program.

Arrival for Games

Away Games – Players should arrive 15 minutes before the bus departs, or when they are dismissed from class to leave. The bus will leave as planned.

Home Games – Varsity players are required to be at the start of the JV game and sit behind our bench or near our bench and cheer for our team. No phones or outside distractions. All phones will be put away, so you may concentrate on your teammates. Same for the JV players when the Varsity game is in progress. All players will be required to attend Home Freshman games, away Freshman games are optional, but strongly encouraged.

Maintenance

Players are to keep their locker room and gym clean. Do not leave water bottles, used tape, scraps of paper, etc. laying around. Leaving nothing on the floor and put your gear in your locked locker.

Keep your practice gear and game uniforms, laundered frequently. When you do launder your gear, don't forget to bring it back to school so you can be properly attired for practice and games. **Do not dry your uniform or practice jersey in a dryer. It must be air dried.**

Travel on the bus to and from the game

On the bus – Student-Athletes will be required to follow the directions and rules enforced by the bus driver and school district. Student-Athletes will be required to ride the bus back after the game. This will help develop the team and program, the bus rides are one of the most sacred times during the basketball season. If a family has plans for their family, let the coaches know and we will adjust accordingly, but we will require a signed note.

Bench Rules

Players on the bench during the game must be attentive and aware of the situation on the floor. You should be especially attentive to your teammate that you may be going in for and who they are guarding. You must have your head in the game, and be ready to play. **Body language is everything.**

During full timeouts, the 5 players in the game at the time will sit on the bench with the remainder of the team standing in the huddle around the coaching staff, paying

attention, listening, and learning. When a player comes out of the game, he is to sit next to the coach for instruction and/or encouragement, after acknowledging his teammates on the bench with a fist bump or high five. Player will go all the way down and come back to find a seat on the bench.

Team Attitude

Players are suggested to support their teammates and coaches at all times. If a player fails in this regard, that player will have a conference with the coaching staff and appropriate action will be taken. A player may either commit this offense verbally with an action, or with negative body language.

All players will respect our managers, cheerleaders, coaching staff, and fans

Bad attitude is a cancer that may spread quickly. As a committed coaching staff, we will do what is necessary to rid out any cancerous players or attitudes.

We will have a Players Council in place for the season. A student-athlete from each class will be on this council, and with instruction they will take a vote for issues with the program and team. **There will always be accountability with this program.**

A Cardinal Basketball Player

A Cardinal basketball player will represent himself, our school, the basketball program, and community with the highest level of respect, dignity, and pride. A Cardinal basketball player is expected to act first class, on and off the floor, at all times because he is a reflection of the entire program and his family. The Cardinal basketball program will be committed to being a class act and continue to strive for excellence.

No individual is bigger than the program.

NO FEAR OF FAILURE

Letter Criteria

1. Make Varsity team
2. Finish the season in good standing
3. Follow the training rules and the standards of the Athletic Code

*If a player is suspended for rules violations, serves his suspension, and comes back to the team, the player may receive a varsity letter. If the rules violation occurs at the end of the season, his status on lettering will be determined by the coaching staff.

Parental Guidelines

1. Please only shout encouragement during games
2. Please don't harass the officials
3. Please don't do anything to embarrass your son or family during the game

I / WE HAVE READ THE BASKETBALL TEAM HANDBOOK AND UNDERSTAND THE RULES AND POLICY OF THE SOUTH SIOUX CITY HIGH SCHOOL BOYS' BASKETBALL PROGRAM. A PLAYER WILL NOT PARTICIPATE IN PRACTICE OR GAME UNTIL THIS IS SIGNED AND RETURNED TO THE COACHES.

Parent Signature

Date

Player Signature

Date

PRESEASON PLAYER QUESTIONNAIRE

Name: _____ Grade: _____ HT: _____ WT: _____

E-Mail: _____

Parent(s) Name: _____

Parent(s) E-Mail: _____

Favorite Basketball Player: _____

Why? _____

What Role Do You See Yourself Having This Season? _____

Your Greatest Strengths As A Basketball Player: _____

Individual Goals This Season: _____

How Will You Achieve Those Goals? _____

Area(s) You Want To Improve This Season: _____

List (3) Qualities or Characteristics You Are Looking For From Your Coaches This Season:

1) _____

2) _____

3) _____

