

Lake Preston Divers Boys Basketball

Parent/Player Handbook



Head Coach: Michael Fischer

Assistant Coach: Rick Castillo

Dear Parents/Guardians:

Welcome to the 2012-2013 basketball season. Remember, we must work together as a team, a team of coaches, players and parents, if we wish to experience the success in basketball. If you should have any questions in regard to the basketball program, please do not hesitate to call me.

The last page of this booklet is a signature sheet. This sheet must be signed by both the player and at least one parent/guardian and returned to Mr. Fischer no later than Monday, November 26, 2012.

Sincerely,

Michael Fischer

Head Coach

School phone: 847-4455

Home phone: 482-8565

Divers Basketball Philosophy

The purpose of Lake Preston Divers Boys Basketball is to promote the secondary part of education. We feel extra-curricular activities are important in developing a well rounded student. We hope to emphasize basketball as an integral part of the educational process. We promote high ideals of good citizenship and sportsmanship. The program wants to have good students and good people as well as good basketball players.

We feel we can accomplish our goals by stressing 4 main areas:

ATTITUDE:

Basketball players have a special opportunity and therefore we can be selective as far as whom we ask to part of the program. Poor or negative attitudes will cost players playing time. In this program we want players who are good basketball players, good people, and good students. We expect our players to be positive leaders in the classroom. We expect 100% effort in the classroom as well as on the basketball floor.

DISCIPLINE:

Maintaining consistent discipline will offer our student athletes the best chance for improvement. We try to make rules and consequences for breaking rules very clear. We would like to treat players as fair as possible. With the understanding that each case is an individual situation and fair does not always mean equal.

COMMITMENT:

We ask a lot out of our players. Off season personal and team improvement, athletic code, team rules, classroom expectations, and practice demands are tough but important demands. We want students who believe basketball is important to them. If it is important, the demands are part of the process of being a Divers Basketball Player.

TEAMWORK:

The program emphasizes that the players govern their actions with the idea of TEAM first and the individual second. This is the most important thing that our athletes will gain from being a part of this basketball program. Players must accept a role on the team, with the understanding that each role is important to the success of the team. Sub or starter, rebounder or scorer, everybody is important.

"What you are as a person is far more important than what you are as a basketball player." John Wooden

Players Grooming & Attire

All Divers Basketball players shall wear their hair in a manner that is neat and in no way drastically stands out from the rest of his teammates. Players must have their hair cut to stay out of their eyes. First, and foremost, this poses a safety hazard for the players that cannot see everything on the floor, including out of their peripherals. Second, it serves a basketball purpose of not getting their hair involved in their shot, messing with their hair instead of playing, etc. The coach will determine what is acceptable and what is not.

- No bizarre or odd colors or excessive change from their original color.
- No mow hawks, tails, braids, shaved lines/patterns.
- Any facial hair must be neatly groomed.

We want to look respectable to our school and to the school we are playing. We want to also emphasize being part of a team by looking like a team off the court.

Dress Code

Players are expected to dress up for games. No jeans of any kind are allowed. Sweaters are fine and collared shirts are adequate. Shirts (other than sweaters) should be tucked in. No hats should be worn once you enter the building.

Road Trip Rules

- On the bus to the game and on the way home: Talking in a normal tone of voice, no shouting or loud laughter.
- Radios, ipods, etc with head phones only.
- Food is allowed, but be smart with what you eat before the game. The bus must be kept clean.
- Player checkout will be allowed but only with a parental signature on our checkout form. If your son is going to ride home with someone other than you, it must be cleared by Mr. Casper. The sign out sheet will be kept in a binder with the statisticians. There are no exceptions to this rule.

Gameday Expectations

- If you have an unexcused absence on a game day, you will not play that day.
- Players on the bench during the game must be attentive and aware of the situation on the floor. You must have your head in the game so you are ready to play.
- During time outs, the 5 players in the game at the time will sit on the bench with the remainder of the team standing in a huddle around the coach, paying attention, listening and learning.
- When removed from the game, encourage teammate replacing you & hustle off the floor. You are required to leave your shirttail in until you reach the locker room.
- Stand and support—EVERYTIME a player substitutes out of the game, the entire bench will stand and applaud that player. If you aren't standing and supporting, you are clearly not tuned in...or clearly not offering your support.
- When a player comes out of the game, he is to sit next to the coach for instruction and/or encouragement.
- Never criticize a teammate
- Players on the bench must count down that last ten seconds of the quarter loudly so the players on the floor don't have to check the clock.
- Players on the bench must be the loudest and most positive fans.
- Varsity players must set a good example during the JV by watching and giving positive encouragement.
- JV will be loud and positive fans for the varsity.
- Play with winning character. Winning character is honesty, loyalty, respect, unselfishness, and class.
- If you have an unexcused absence on a game day, you will not play that day.
- Varsity players are expected to be at all home games by the time that the JV game begins.
- All junior varsity players will stay to watch the varsity game. **Exceptions:** illness, discussed with the coach day before the game with a parent.
- After completion of game players will shake hands with opponents and go immediately to our locker room. After the postgame team meeting, you will have 5 minutes to talk to your friends and family before you need to return to the locker room.

Practice Expectations

- BE ON TIME!!!!
- Practice at a level that will prepare the team to be successful in game situations. This means that everyone will be expected to practice with the same enthusiasm, intensity, and hard work that it will take to win games.
- Unexcused absences from practice will result in loss of game time. The coach will determine what is excused and unexcused. Talk to your coach and keep him informed. *Religion and/or school related conflicts are excused as long as it is not for disciplinary reasons.
- If a player leaves sick from school, he must let Coach Fischer or Coach Castillo know they will not be at practice before going home.
- If you need taping, get down to the gym as soon as possible. Be early enough to get it done before practice or meetings start.
- Bring your practice jerseys every practice.
- **No sitting** during practice unless you are not feeling well or have permission.
- When not participating in a drill or scrimmage, you are to watch and listen. Be a student of the game and learn from others.
- When a coach is speaking, everybody listens. Basketballs are held and everyone pays attention. Players are expected to learn from their own mistakes and the mistakes made by teammates.
- Pick up trash, towels, water bottles, and other equipment after every practice and games.
- Keep the locker room clean. Nothing on the floor and everything in your locker.
- Respect your managers and stats people.
- After practices and games, dress appropriately for the weather.
- If you become injured you are still required to attend all practices. An injured player who cannot participate in a practice still is a valuable member of the program. There still is learning to be done even if you cannot physically be a part of practice.

General Expectations

- Be respectful to all coaches, teachers, managers, officials, players, and fans. Address coaches as Coach or Mr. and teachers as Mr., Mrs., or Miss.
- Be responsible for returning equipment. Players are expected to pay for anything that they check out but fail to check in at the end of the season.
- Help keep stats, carry equipment, film, and other activities that are asked of you.
- No sweat bands, head bands, jewelry, or anything that would individualize you from the team.
- Dress appropriately in the winter months.

Playing Time

Playing time is a coaching staff decision. This is not subject to debate! It is part of our job to determine who plays and when. Obviously, the talented players will get their share as long as they meet the team attitude to warrant the playing time. However many factors weigh into playing time. Factors such as a player's ability, skill and attitude are seen on a daily basis by the coach in practice. Substitutions are often done on a feel developed by the coach as he works with the team. Some factors a coach will consider include: practice performance, player's attitude, player's ability, game time, game situation, match ups, player's position, and/or a player's fatigue.

Grade level does not equate to the amount of playing time. It does not determine who starts or who is a reserve. The players that give us the best possible chance to win will be on the floor. Accept your role on the team and do it the best you can.

Lettering

To earn a Varsity letter, a player must either play in 16 quarters at Varsity level, or make a significant contribution to the Varsity team during some part of the season. Players who have been committed to the program, have had exemplary attitudes, and have been consistent contributors at practices will also be considered for a letter.

Parents Expectations:

- Be a team fan, not a “my kid” fan. Encourage & support all players
- Please don't instruct your son during a game, it may conflict with the coach's plans.
- If you have concern, take time to talk with coaches in an appropriate manner, including time & place. (please not after a game)
- Follow the designated chain of command.
- If you come to watch practice make sure your son is ok with it.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.
- Be an encouraging person to fellow parents.
- Be respectful and supportive to coaches at practice, games, and at home. It is very important that a positive atmosphere is fostered at home about your son's role on the team. Many successful teams are destroyed at home when parents are not supportive of fellow players or coaches.
- **Show respect for the opposing players, coaches, spectators & officials.**
 - **Note:** I have a no tolerance policy if these rules are broken. Please don't embarrass your son, the team, or the school through your actions.

Let your son play so that they enjoy the game. Basketball, at its core, is still a game. A game by kids' standards entails fun, having a good time. Encourage their ability to have fun while learning the fundamentals of a wonderfully intriguing sport, especially through the early high school years. Living vicariously through one's child is simply setting up both parties for unwarranted disappointment; once again, enjoy the moments that do present themselves without fretting over those beyond one's control.

Disciplinary actions:

Any player breaking the above rules may receive the following disciplinary actions:

1. Extra conditioning
2. Sent home not allowed to practice, counts as an unexcused missed practice.
3. Reduced playing time, not allowed to start the next game.
4. Half-game suspension
5. Full-game suspension
6. Suspended from the team
7. Other disciplinary actions may occur as situations arise

School Policies (taken from student handbook)

a) Attendance Policy

If a student is absent from school due to illness/injury, that student will not be permitted to practice for any activity after school or participate in any game or activity that evening. Other types of excused absence will not prevent a student from either practicing or participating. In the case of a doctor's appointment, a note from the doctor's office verifying the appointment will be necessary. If you are too sick/injured to come to school all day, you are too sick to play or practice also.

b) Eligibility Policy

The basic eligibility requirement to participate in any activity is that a student shall be passing in a minimum of five (5) academic classes including all his/her required classes. Eligibility will be based on progress reports handed in at mid-nine weeks and the nine weeks report cards. The first fall eligibility period will be based upon the SDHSAA requirements.

All activities affected by this rule include all extra-curricular activities including athletics, cheerleading, judging school, contests, or any form of extra-curricular school competition involvement in any way. If there is any question about a particular activity being affected by this policy the administration will make a determination.

A student who is determined to be ineligible for participation may practice during the time he/she is ineligible. Practice is at the discretion of the activity director and school administration.

A student not meeting the basic requirement may still participate in any and all activities if she/he attends an extra work session from 8:00-8:15 a.m. and/or 3:45-4:00 p.m. daily and uninterrupted for a minimum of ten school days. At that time, the grade will be re-evaluated and if passing, the student becomes fully eligible again. If not passing, the student must continue with the extra work sessions until at least the end of the eligibility period. This extra time shall be spent with the teacher of the class that is being failed by the student. If two or more classes are being failed, the administration, teachers, parents, and student will arrange increased time.

In the event that a student does not come to an extra work session, he/she automatically declares himself/herself ineligible and unable to be a participant in any school activity for the duration of that eligibility period. (Practices are attended even at this point.)

Excused absences from the extra work sessions will be accepted. The guide to determine what is excused shall be the attendance policy and common sense. The administration shall have the final decision in each case.

c) Training Rules

The Lake Preston Training Rules take affect for all student athletes/stats/mgrs. with the first girls volleyball and football meetings in the fall and continue non-stop until after the State Track meet in May. Violation of training rules may take place before an athlete begins his/her season. A violation may result in an athlete loosing his/her letter if the violation takes place after the athlete is through competing.

I. The following violations will result in the suspension of any student involved in an activity for **two performances or contests or ten school days which ever encompasses the greater number of events**. The suspension will be implemented the day following the reported or observed offense. Athletes or cheerleaders will be on the bench and out of uniform at either home or away contests during the time they are suspended. Athletes or cheerleaders will practice during the suspension period.

- A. Possession or consumption of alcoholic beverages
- B. Possession or use of tobacco
- C. Possession or use of harmful or illegal drugs
- D. Theft and vandalism

II. Presence in the following situations will result in the suspension of an individual for **one game, meet, or activity**. Athletes or cheerleaders will be on the bench and out of uniform at either home or away contests during the time they are suspended. Athletes or cheerleaders will practice during the suspension period.

- A. A vehicle where alcoholic beverages are being consumed (Other than a commercial means of transportation) unless accompanied by a parent or legal guardian.
- B. A gathering of individuals (Other than in a business establishment) where alcoholic beverages and/or illegal drugs (not including tobacco) are being utilized when not accompanied by a parent or legal guardian.

III. A second violation of either parts **I or II will result in the suspension of the individual for the season**. Because some activities have only one performance, it is possible for a student in such a case to be suspended for the entire season for the first offense, that one performance is considered the season.

IV. For athletes in training during a sport season the following hours are in effect:

- A. 10 p.m. the night before a contest.
- B. 11 p.m. all weekdays
- C. 1 a.m. Fridays and Saturdays.
- D. One half hour following school activities when school transportation exceeds the above A, B, or C.
- E. When accompanied by a parent or legal guardian, the athlete is under the discretion of the parent or legal guardians. Violation of training results in **suspension of one game or meet for the first offense; suspension of 2 games or meets for the second offense, and suspension from that team for the sport season for the third offense**.

V. An athlete is an example of younger students and represents the school and community on a year around basis. An athlete must always conduct himself/herself in a respectable manner.

VI. Any concerned person may report the violation.

SOCIAL MEDIA WEBSITES

Athletes who have social media webpages (Facebook, Twitter, YouTube, etc.) will be disciplined accordingly for inappropriate pictures, comments or videos that are posted on their site or that of others. Athletes that post what they think are "private" social media photographs that become public will be held accountable. A significant number of athletes are captured in very embarrassing photographs that have proven to be a huge embarrassment to the athletes/students/ and families.

Players are cautioned that NO ONE in our programs put anything on social media websites that would embarrass themselves or their family. Remember - once it goes on a website it can be distributed throughout the public. Also realize that whatever comments that you make on that site - are also in the public domain. So what may seem cool to write to a friend --- may be very embarrassing if it goes to the general public.

PLEASE REMEMBER

We realize that every possible event or circumstance that could potentially go wrong/happen during the season may not be covered in this handbook. Events and clarifications not covered in this handbook will be resolved at the discretion of the head coach in collaboration with the Athletic Director. We apologize if we overlooked some things; please feel free to bring it to our attention.

Please sign this page stating that you have read and understand our team expectations and return this page to me by Monday, November 26, 2012.

Please keep all other pages.

Player: _____ **Date:** _____

Player Home Phone Number: _____

Player Cell Phone Number: _____

Parent/Guardian: _____ **Date:** _____

Parent/Guardian: _____ **Date:** _____

I will do everything I can to make your high school career as enjoyable, successful & memorable as possible. I hope you're as excited as I am for this season. Together we can make Lake Preston High School a great place to go to school.

Coach Michael Fischer
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