

West Central

Blue Devils Boys Basketball

Athlete/Parent Handbook



Our goal is to produce fine, upstanding people first and great basketball players second, as basketball is an excellent tool for building character and teaching fundamental important life skills.

Expectations

All athletes are expected to be on time for all team affiliated matters.

Attendance: All players are expected to be physically present, mentally ready, and prepared to begin on time (10 mins early) to every practice. You also **must wear a practice jersey** to every practice.

1. If an individual is late to practice this will be addressed through extra conditioning at the end of that practice. If you are continuously late, a meeting will be scheduled to sit down and decide further actions to take.

2. Any player who misses practice without advance notification given to a coach, either in person or by email, will be dealt with as follows:

a. 1st unexcused absence will result in missing 1 quarter of the next game

b. 2nd unexcused absence will result in being suspended for the next game

c. 3rd and every additional unexcused absence will result in a 2 game suspension for each violation.

Excused vs. Unexcused absences

Excused:

-death in the family

-family emergency

-another school function with communication given to a coach

-illness

-doctor appointments

Unexcused:

-skipping

-haircut

-shopping

-absences that are not excused absences and were not communicated prior to the start of the practice

3. We know there can and will be emergencies, however, communication is a must. Please let a coach know if one of these arises.

4. We are allowed to, and will, have practice on Sundays during the postseason.

We understand time is limited in today's world; therefore, we have planned out our practice and game schedule for our program's ahead of time for any and all gym usage. We ask our athletes to make sure they contact any employer of these practice times. We also ask that parents let coaches know of any appointments ahead of time. We as a staff know and understand it can be difficult to schedule and reschedule appointments during COVID so please let us know as far in advance as possible.

Academics

You are expected to be a student first and an athlete second. Treat yourself with proper respect. To be a member of this team you must attend class regularly and show proper respect to your teachers. As a team our goal is to have every member achieve a minimum GPA of 2.0. A **3.0 or higher team average is preferred**. Multiple F's will be dealt with accordingly. Poor behavior and low achievement makes all of us look bad. The academic progress of all team members will be monitored throughout the school year. Missing assignments and tardies will be monitored as well; therefore, be sure you are getting everything done. Any consistent academic issues may result in reduced playing time and/or sitting out of games.

****All other academic eligibility issues will follow the School Handbook***

School Behavior

We expect our student athletes to be responsible and act with both integrity and pride on and off school grounds. ***Any student who can't abide by the Good Conduct Policy & school rules that have been set by our school administration will have to meet with coaches to determine consequences, which could lead to dismissal from the team if necessary. The consequences are laid out in the School Handbook.***

****If you miss more than half of the school day and it was not cleared or approved by Administration you are not allowed to practice or play in a game.***

****If you are sent to the office for disciplinary reasons you are not allowed to participate in practice for that day. This is in the School Handbook.***

****If a teacher notifies coaches of misbehavior in a classroom the punishment will range from extra conditioning to a potential loss of games based on the severity of the incident.***

Game Day Expectations

All players will arrive at school on time and be dressed in appropriate dress attire for all games during the season. Game day attire will be discussed during practice the day prior to the contest. All athletes will come prepared with game day necessities including: Team issued gear, water bottles, medical needs (braces or inhalers) jerseys, socks, shoes, proper attitude, and mentality.

****If a player has an UNEXCUSED TARDY on GAME DAY they will NOT START***

****If a player has an UNEXCUSED TARDY for 1st hour the day IMMEDIATELY AFTER a game they WILL NOT START the NEXT game.***

****If a player is not appropriately dressed they will NOT START that evening.***

Bus expectations

On all road game days, all players will arrive **10 minutes before** bus time departure provided by the head coach. All athletes will wear masks on the bus and continue to do so until state and school guidelines are lifted. All athletes will leave the bus as they found it or in better condition at the conclusion of the road trip.

****If a team or player is found to have made a mess on the bus that was not cleaned they will be required to clean the bus prior to being eligible to ride again.***

Pregame expectations

It is expected that all basketball players will sit together as a team prior to any event. It is also expected that all athletes and coaches behave in an appropriate manner.

*No sitting with significant others, parents, friends, or any other party not involved with the team before our games.

****If a team member violates this they WILL NOT START for that contest and for nonstarters playing time will be reduced.***

In game expectations

It is expected that all players model respect, dignity and humility while representing the West Central Community School district.

If a player gets a technical foul during the game, there will be three tiers of offenses.

Tier: 1 If a player is called for a technical foul in game while playing in a physical manner, which is not demeaning to any other player, coach, or fan.

The player may be held accountable for up to 1 full quarter.

Example: If any player is posting hard and a double technical foul is called by the referee.

Tier 2: If a player is called for a technical foul for showing or using behavior towards a referee, opposing player, opposing coach or fan.

The player may be held accountable for a minimum of 1 quarter and not to exceed one full half of play. If a technical like this is issued in the second half of a game, the player will sit until the conclusion of the contest including any overtime periods.

Example: If a player is issued a technical for showing disrespect or questioning a referee in any way after the referee has explained a call to a player.

Tier 3: If a player is called for a technical in a game while displaying conduct detrimental to any player, coach, parent or fan.

The player will be held accountable for the rest of that evening's game and addressed with extra conditioning the next practice.

Example: If a player is involved in an altercation with a referee, opposing player, or opposing coach. This can be swearing, shoving, fighting, or even dialogue which is detrimental to our team standard.

Multiple Player Technicals in the Same Season:

2nd - Penalty is Doubled for whatever tier the 2nd T was in.

3rd - Sit the remainder of the current contest AND miss the entire NEXT contest

*4th and Above - Dismissal from team activities for an extended period of time. ***This absence is considered unexcused****

Locker Room

The locker room will be kept clean and exactly how you found it. Respect the facility you are using. This goes for our locker room and any visiting locker room we find ourselves in.

****Issues with vandalizing, theft or damaging locker rooms will be handled according to the School Good Conduct Policy***

Hazing/Bullying

Under **NO** circumstances will hazing be tolerated. No player will ever be ridiculed by another player either in the locker room, training rooms or on the court. All players will be respected by every player on the team including all coaches, parents, and any volunteer involved with the program.

****Hazing and Bullying will closely follow the Good Conduct Policy laid out in the School Handbook***

Social Media

The use of your social media sites should be used responsibly. There shouldn't be any negative criticism of your teammates, your program, or your school. If there is anything found that needs to be addressed, we will address it with appropriate personnel, which could lead to suspension from the team.

****Conduct that is considered to be Detrimental to the Team will be handled on a case-by-case basis depending on severity. Potential punishments can range from extra conditioning to dismissal from the team.***

Drugs and Alcohol Use

The use of drugs, alcohol, and tobacco will not be tolerated. The use of these products is illegal, and damaging to your health and to the image of our basketball team. ***The possession or use of drugs or alcohol will result in punishment according to the School Handbook's Good Conduct Policy.***

Equipment Responsibility

Each player is responsible for team issued practice gear and all athletes need to wear this during every practice. You need to have the proper shoes and socks for games and practice as well. *Wearing incorrect shoes, i.e vans, converse, etc. will not allow the player to practice that day. This includes "forgetting any practice attire."* Game Jerseys will be provided by the program to every individual on all the levels in the program. It is your responsibility to maintain care of this jersey for the remainder of the season and return it to the program at the season end. All other necessary equipment will be provided by the basketball program.

Nutrition

Try to stay away from soda, fast food, fatty foods, fried foods, and sweets. Pasta, breads, meat, fruits and vegetables, and milk are preferred to prepare your body for the demands of the sport. Drink lots of water, especially on practice and game days. On game days, do not consume soda and candy. The better you eat, the more energy you will have, which helps you both feel and play better. It is also very important to get at least eight hours of sleep per night.

Lettering

To gain a Varsity letter you:

1. Must participate in a minimum of 50% of the varsity quarters played
2. Demonstrate a team first mentality
3. Must be compliant with the following paragraphs already noted:
 - a. Academics
 - b. School Behavior
 - c. Bus and Game Day Expectations
 - d. Pregame and In Game Expectations
 - e. Hazing / Bullying
 - f. Social Media
 - g. Drug and Alcohol Use
 - h. Equipment Responsibility

**Special considerations may be given to injured players.*

Parent Expectations

Be positive with your athlete. Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.

Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team.

Always support the coaching staff when controversial decisions are made. The coaches need your backing to keep good morale on the team.

Stay calm in injury situations. Parents can help minimize the trauma by being in control and offering comfort. No parent is allowed on the court until coaching and/or training staff requests it.

Cheer for our team and players. Opponents and referees deserve respect. Realize that high school players will make mistakes. Your support is needed during tough times.

Promote having fun and being a team player. Very few high school athletes receive scholarships.

Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.

Athletes must attend all practices, games and team events. Stress the necessity to make a commitment to the team.

Persistence and being able to accept a role is extremely important for the team to be successful. Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.

Communication Process

Coaches have the authority over who becomes a participant of the team and when the participant plays, or is removed, from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. Therefore, these issues are not appropriate topics for parent involvement and discussions with coaches in regards to strategy is discouraged. It is **NEVER** acceptable for a parent to attempt to discuss playing time with a coach during a game or practice. It is also **NEVER** acceptable for a parent to attempt to discuss the performance or playing time of a member of the team other than their own child.

Head Coach, athlete, and/or parent meetings may help to resolve **OTHER** issues creating concern or dissatisfaction. Such meetings **MUST** be scheduled beforehand and will be on campus. Any meeting with a parent may also include an assistant coach, trainer, or an Administrator.

Meetings can be scheduled by contacting the Coach or Athletic Director. Contact should not be made to an assistant coach as they are relieved from meeting with parents and will simply point you toward contacting the Athletic Director. If a meeting is requested it should be done through the proper channels. The vast majority of player concerns will be worked out at this level. If the player or parent were not satisfied with what transpired at the coach's level, the next step would

be to involve the Athletic Director in the meeting. If all else fails, the Principal will become involved. Please respect the proper chain of communication, as we do not want to take up any more of your precious time or the time of our administrators regarding these matters.

Parents Attending Practice

All practices are closed to parents unless otherwise notified. It is important for practice time to be only for the coaches and players. The time allocated for practice is short and all attention needs to be on practice.