



# Boys' Basketball Policy Handbook

**Coaches for 2012-13**

**Varsity Head Coach: Jason Proue**

**Junior Varsity Coach: Bill Grimes**

**JV2 Coach: Jordan Van Proosdy**

## **The Purpose of Basketball**

In the Chippewa Falls Area Unified School District, basketball is an extra-curricular activity with the following objectives:

- To provide training in the fundamental basketball skills so that boys may compete on the court at a high level.
- To use this experience to build commitment, accountability, respect, discipline and selflessness while, at the same time, improving basketball skills in a challenging, competitive program.
- To enhance positive leadership skills, and to understand the impact our high school student-athletes' actions have on the actions of our younger student-athletes and the community.
- To understand the benefits associated with putting one's individual goals and aspirations beneath those of the team.
- To learn to act with class in the face of victory or defeat.

# **The Levels of Boys Basketball**

## **The Elementary Program**

Cardinal Hoops is available to all boys in grades 3-8. Individual fundamental skills (i.e., ball-handling and shooting) will be stressed. Emphasis will be to listen, learn and have fun. High School level coaches and players will help to run clinics for these players and coaches, and they will volunteer to work at the HOOPS tournaments hosted in Chippewa Falls.

## **The Middle School Program**

Basketball is offered to boys in grades 6, 7 and 8 at the Middle School. Major emphasis is placed on the development of good basketball skills. Although learning to win is important, skill development and participation are emphasized at this level. Teams will be divided equally. The high school coaches will be working closely with the Middle School coaches. Again, the Cardinal Hoops program will be available for all athletes in grades 6-8.

## **The JV2 Program**

The JV2 level continues to build upon the development of individual skills and basketball knowledge learned at previous levels. The introduction to upper level basketball concepts, both offensively and defensively (i.e., Motion Offense and Man-to-Man Defense) will be made. They will participate in the same offensive and defensive breakdown drills as the Varsity and Junior Varsity. All boys who attend practice regularly and work diligently will play, **but not equally**. The JV2 team will often practice at the same time and with the JV team.

## **The Junior Varsity Program**

Junior Varsity Basketball players will often practice with and be expected to compete against (in some cases) the Varsity players. The emphasis will not be on winning, but on preparing these young men to compete at the Varsity level. Game participation is not a guarantee, but efforts will be made to get all players some playing time. As is true in all levels, players who are playing at the Junior Varsity level may be moved up or down as deemed appropriate by the coaching staff.

## **The Varsity Program**

At this level, winning basketball games becomes the primary goal of all preparation. The time commitment at this level increases dramatically. **Although each player will have a meaningful and significant role on this team, some players' roles may be to help the team through game preparation during practice.** Players who wish to play at this level must understand that it is not a right, but a privilege that must be earned.

## **Note to Parents**

If, at any time, you have a question as to the treatment of your son during the season, please contact **Coach Proue** at school (720-3750 ext. 3539), or by e-mail: prouejt@chipfalls.k12.wi.us. We will set up a time to meet with you, your son, your son's coach, Coach Proue and Activities Director, Mr. John Frizzell. We will not, however, meet about, nor discuss playing time, strategy or philosophy as these are decisions made by the coaching staff.

## **Practice Attendance**

Basketball is a team sport. A team cannot reach its potential without all of its members consistently attending. Players are expected to be at every practice. Missing practice for any reason other than illness or family emergency (**a player needs to notify his coach in these circumstances**) will result in a one game suspension. Two unexcused absences will result in removal from the team. Players who miss practice for vacations or other family-related reasons will also miss a to-be-determined number of games. These will be handled on a case-by-case manner.

## **Lettering in Boys Basketball**

Athletes shall earn a letter in boys basketball when they meet the following criteria:

- Display a positive attitude as an individual and as a team member.
- Participate in twenty quarters of Varsity basketball games.
- Finish the season.
- NOTE: At the discretion of the coaches, a letter may be awarded if an individual has displayed consistently outstanding effort, but may not have met the above requirements.

## **Guidelines for Players**

### **The Activities Code**

All athletes, parents, administrators and staff members shall follow the provisions of the Activities Code as adopted by the School Board. Violations by student-athletes will affect and limit participation as per the standards of the Activities Code. Basketball is a team sport and a player who has a code violation is acting selfishly and without consideration for his teammates. Because of this, players who wish to remain on the team following a violation may, at the discretion of the coaching staff, be subject to extra conditioning and/or games suspended.

## **School Conduct**

- As athletes, you are in a much more visible position than many students who are non-athletes. For this reason, it is imperative that you act in a way that you, your teammates and your families can be proud of. Oftentimes, inappropriate actions by some non-athletes that go unnoticed or without consequence will not if an athlete does the same thing. Make sure you never put yourself in a situation where this could happen.
- Detentions – Players who receive a detention of any type will be subject to a penalty. Circumstances surrounding the detention will dictate the severity of the suspension.
- ALC – A student who is assigned ALC (in-school suspension) will be suspended for up to one game. A student's second ALC may result in removal from the team.
- PDA – High School hallways are not appropriate places to show someone that you care about them. This goes back to acting in a manner that you, your teammates and families can be proud of.

## **Care of Equipment**

- Practice gear will be provided to and laundered for all JV2, JV, and Varsity players. Players should not be taking their practice or game gear home with them. All Jerseys and Practice shirts will be tucked in at all times.
- Players at all levels will be encouraged to purchase the team shoe. Wearing a team shoe creates an atmosphere of team unity. By the same token, buying the shoe does not guarantee anyone a spot on any team. Do not allow money to be an issue. If you can't afford the shoes, let one of the coaches know, and arrangements will be made.

## **Daily Practice Guidelines**

- Be on Time. 4:00 practice starts at 3:55.
- Know what you can do and do it well.
- Know what you can't do and work to improve that skill.
- If school is cancelled due to inclement weather, school board policy indicates that only the Varsity team may practice. Coaches will let players know when those practices are.
- The Locker Room will be kept clean. Anything left on the floor will give everyone some extra conditioning opportunities. Take pride in what we have.
- You will experience some aches and pains at some point during the year. You need to know the difference between being hurt and being injured. If you are hurt, play through it. If you are injured, you need to tell a coach immediately.

- Be ready to learn. Understand that coaches are here to make you better. Listen to and do what they say to the best of your ability.
- Lifting Sessions are part of practice. Lift with your teammates. Don't be late.
- Our success as a program will largely be determined by each player's ability to give themselves fully to the team. If everyone does this, we will be successful.

## **Game Day Guidelines**

- Players will dress as a team for games. The Captains will decide what all players will wear.
- Mandatory team meetings will be held during 2nd Lunch on Game Days for Varsity players.
- You must be in school from fifth period on in order to play. This will not become habit. Generally speaking, if you are too sick to be in school, you are too sick to play.
- Concentrate on your studies during the day. You will have plenty of time to think about the game after school.
- JV and JV2 Players should be at the gym by 4:45 for home games. Varsity Players should be at the gym by 5:45.
- Varsity players will sit together during the JV game. This is a time to begin focusing on the upcoming game and show support for our fellow Cards. You will not sit with girlfriends and/or other friends during this time. JV and JV2 players will follow the above guidelines and sit together during Varsity games as well.
- The locker room should be a quiet place for mental preparation on game day. Everyone will have the freedom to mentally prepare for the upcoming game without distractions.
- On road trips, you may visit quietly with people around you, but keep the noise down. The last 20 minutes of every trip will be silent. Use this time to begin to focus on the task at hand.
- All players will ride home on the bus with the team.
- You are representing yourself, your team and your school anytime, but especially when you are on the road. Act like gentlemen.
- Pizza Trips
- Cell Phones



## Cardinal Attitudes



1. Academics come first
2. Be early
3. Compete
4. Listen to your coaches and teammates, not the crowd
5. Do not react to the officials, opponents or crowd
6. Make the simple play
7. Huddle up as a team on free throws
8. **Run** to the bench when substituted for
9. **Run** to time-outs
10. **Run** to the locker room
11. No cussing on court
12. Root for your teammates while on bench
13. Be respectful of our managers
14. Attitude of gratitude – say “thank you”

15. Look people in the eye when communicating
16. Be a role model off the floor
17. Be humble in victory – gracious in defeat
18. Speak highly of your opponents
19. Keep the locker room clean
20. Out-tough people