

Monticello Trails Middle School

Basketball Parent Handbook 2019

What to expect from a Monticello Trails Basketball coach:

1. We coach because it gives us an opportunity to meet, observe, and work with some of the greatest individuals in the field, at all levels of skill.
2. We want to be successful! Being successful is meeting the challenge of competition and overcoming that challenge. Life is competitive. Careers are competitive. Education is competition. BASKETBALL is competitive!
3. We believe in discipline. The greatest discipline is self-discipline. This is knowing the difference between right and wrong and always striving to do the right things for your team. We can't please one person alone nor can we please every player all of the time. Our plan is intended to work for over 20 players. Your player doesn't always have to like what we do, but she has to do it in order to remain a part of the team.
4. Set goals for the players. Know what we want and work hard toward those accomplishments. To be successful, we **must** believe in what we do.
5. We want competition to be emotional. We aren't afraid to show our emotion on the practice court, during a game, or simply conversing with a player. We have fun while we are being successful.
6. Be positive. We look for the best in everyone and they will recognize the best in us.
7. We adhere to the total team concept of basketball. The coaching staff is part of the team as we strive to achieve consistency. You, the parent, are obviously a part of the team. We will constantly remind you of your value to the team's success. Your families, the community, and the school are all an important part of the team. We must earn their respect and show appreciation for their support.
8. We, as a coaching staff, are expecting and will demand more of the players this year as individuals and as a team. There will be new terminology and they will be expected to know it. There will be new drills and they will be expected to perform them to the best of their abilities. New concepts of mental preparation will be utilized and participation is necessary. These unified efforts will afford us the maximum potential for success.

LET'S GO AFTER THAT SUCCESS!!!

EXPECTATIONS OF TIMBERWOLF BASKETBALL PARENTS

1. Support your daughter in her commitment to the Timberwolf Basketball Program.
2. Be proud of her effort and commitment.
3. Work with the basketball staff to make your daughter's experience positive and rewarding.
4. If you have any concerns or questions, contact the head coach. Do not approach a coach after a game with a concern about playing time. Emotions after a game are too high and it is not a good environment in which to discuss any situation.
5. If your daughter makes this commitment to the basketball program, then we will do our best to help her in every aspect of her life. Academics, behavior etc. It is not a one way street.
6. Remember, the basketball staff is here to instill life lessons in your daughter. We will teach honor, discipline, hard work, enthusiasm and many qualities that extend beyond the gym.

THE TYPE OF ATHLETE WE ARE LOOKING FOR:

1. She must be a good citizen at the school and in the community.
2. She should be a good student.
3. She must be dedicated to the game of basketball.
4. She must have the desire to excel and to be successful.
5. She must be tough mentally and physically.
6. She must be willing to make personal sacrifices.
7. She must put team glory first in place of personal glorification.
8. She must be a leader both on and off the field.

Basketball games are won by the team that does the “LITTLE THINGS BEST.” Little things like being on time for meetings, making practice like game situations, taking pride in yourself, your teammates, your team, and your school are all part of this. Each player must do her job until it becomes a habit. Each must make second efforts a part of her personality, sprinting back on defense, diving for a loose ball, and knowing what it takes to be a winner and willing to pay the price.

We must take pride doing the “LITTLE THINGS BEST.”

Here is how you become a champion:

1. With good head work (The team that makes the fewest mistakes always succeeds.)
2. With good team work
3. With good hard work (It takes work to be good, and if we aren't good, we have only ourselves to blame)

WILL YOU BE ON A CHAMPIONSHIP TEAM? YOU HOLD THE ANSWER!

This is your team, **WIN OR LOSE!**

IT TAKES 8 VICTORIES TO BE UNDISPUTED LEAGUE CHAMPIONS!!!!!!

QUITTERS NEVER WIN.....WINNERS NEVER QUIT!!!!

Timberwolf Basketball Team Rules and Regulations

1. Your player is expected to attend EVERY event that involves the Timberwolf Basketball Program (this includes attendance of school) during the season. Anyone not attending without prior coach notification will result in an unexcused absence. One unexcused absence prohibits you from playing in the next contest. Two unexcused absences earn removal from the team. **PLAYERS MISSING PRACTICE MUST BE EXCUSED IN ADVANCE OF THE ABSENCE OR THE RESULT WILL BE UNEXCUSED. NO EXCEPTIONS!!!!** The head coach will determine excused absences.
2. Your player will not be tardy to class or practice. Late arrival will result in a reminder after practice. Continued abuse of this rule will result in suspension and possible removal.
3. The coaching staff will monitor your daughter's behavior both on and off the court. Anyone involved in a situation that reflects poorly on Monticello Trails Middle School in any way, can be suspended or removed.
4. MTMS Basketball players **WILL NOT:**
 - a. Use, possess, buy, sell, transfer or be under the influence of any tobacco, alcohol, and/or controlled substance as defined by law.

Consequences of violating this policy will result in a notification of the parents, a conference with everyone involved, and a written agreement providing corrective action. Additionally, a 1st offense will receive a suspension based on the situational circumstances. 2nd offense will carry a mandatory suspension from all extra-curricular activities for 20 to 40 days. The 3rd offense will extend that suspension to over 60 days. The proper authorities will also be advised of the situation as it pertains to Kansas State Law.

5. MTMS Basketball players will at all times act in a sportsmanlike manner as it applies to Rule 52 in the KSHSAA Handbook.

ACADEMICS

Monticello Trails Middle School has a proud heritage of a tough academic environment. We want an average of 80 percent of the basketball team to make the honor roll each semester. Remember your daughter is a student-athlete. Never forget that the student part of the word is the most important. To maintain academic excellence, we ask that your daughter adhere to the following guidelines.

1. Attend classes on a regular basis and always be on time.
2. Be a respectful and responsible student at all times. The basketball staff will also handle any referrals or discipline problems in class.
3. Players listed on the academic warning list have one week to get removed from the list. If they do not, then they will be suspended from all games until they are.
4. If you feel you need help in maintaining your grades or are having difficulty in a class, contact one of the coaches immediately. There are programs and times when you can get the extra help you need. Do not be afraid to ask, we are here for you.
5. At Monticello Trails Middle School you are a student first and an athlete second. We will treat you as such.
6. Do your best at all times!!!

CONDUCT IN THE LOCKER ROOM

The basketball locker room will be your second home for the next few weeks of pre-season and the remainder of the season. Only with your help can we keep the locker and shower rooms clean and neat.

For equipment to dry out properly, it should be hung up. It will take only two or three minutes a day to properly hang your equipment.

Have your laundry done every day. Use clean gear.

There will be several boxes and trash containers found in the locker rooms to throw paper, tape, and other refuse in. **USE THEM!**

Every player should shower after a workout. Wash and dry yourself thoroughly. Boils, skin diseases, and other infections can begin because of poor hygiene. Taking hot showers will help curb things of this sort.

FOOLING AROUND WILL NOT BE TOLERATED IN THE LOCKER ROOM. We should not have time before practice, and we should be too tired after practice.

There have been too many cases on record of players who have lost weeks of practice and game competition due to injuries suffered during practice or a game that go unreported. Report **ALL** injuries, no matter how minor they may seem, to one of the coaches. Adhere to training room rules. If equipment is lost, it must be replaced. If you need anything, ask Coach Scott. Do not enter the equipment room under any circumstances.

CONDITIONING AND INJURIES

No team in top condition will ever take a beating from another team. True, the score may be in favor of the other team, but physically the team in better condition should deal out more punishment the majority of the time. All other things being equal, the team in condition will not only physically defeat its opponent, but will outscore the opponent as well.

Physical conditioning takes place on the court. It includes all the preparation necessary to get ready to play two to three games per week. When we realize that games are only 32 minutes long, it may be hard to believe that we spend at least twenty times that long getting ready for each game.

To become a good player, you must strive for perfection in each drill and every play EVERY DAY. This includes flexibility, fundamentals, hustle and heart.

In most cases, injuries are an outgrowth of poor conditioning. If basketball players condition themselves properly, injuries on the court are no more frequent than in the home.

Let us resolve to reach the best condition possible this year. It is a PERSONAL TASK. No one can stand over you every second to see that you always give EVERYTHING in your flexes, running, drills, etc. You may be able to fool others who watch you, but YOU CANNOT FOOL YOURSELF. If you are trying to find ways to dog it all the time, you are cheating yourself, YOUR TEAMMATES, and your school.

There is a place on every basketball team for any player who has the desire to play and who will devote the effort to his own development.

OUR RELATIONSHIP WITH OFFICIALS AND OPPOSING PLAYERS AND COACHES

Officials:

Every basketball game is officiated by two or more officials. We must tolerate these men for four quarters in every game.

Although I don't believe that any official would deliberately help one team over another, an official might subconsciously lean toward the team that has players on the field who act like gentlemen.

Let us resolve, then, to treat our officials, both at home and away with the respect they deserve. If you have reason to talk with an official during the course of the game, address him as "Sir", or "Mr. Referee", or "Mr. _____" if you know his name.

Basketball games are still won 99% of the time not by poor decisions by the officials, but how we play during the game.

Opposing Players:

We will face opposing teams this year determined to defeat us as decisively as possible. They often want to win both with the score and with physical domination. However, when the game is over, grudges built up during the heat of the game should be forgotten.

You can show that you are the better person if you can shake hands with our opponents after a game we lose. If we win, shake hands with them and congratulate them on the good game they played.

If the opposing team is playing dirty, tell the officials. It would be better to have the other team penalized for it than to retaliate and have the officials catch us and give us the penalty. It should be more important to win the game and lose the fight than to win the fight and lose the game. You cannot help win a ballgame by sitting on the bench because of slugging or unsportsman-like conduct. Keep your poise and occupy your mind with proper thoughts.

Opposing Coaches:

When you have occasion to speak to the other coaches, whether on the field, at other games, or on the street, be a lady and address them as "Coach _____" or Mr. _____." I know that they will have greater respect for you because of it.

ENTHUSIASM

That certain something that makes us great - that pulls us out of the mediocre and the commonplace - that builds into us Power. It glows and shines - it lights up our faces - it is the keynote that makes us sing and makes men sing with us.

ENTHUSIASM - The maker of friends - the maker of smiles - the producer of confidence. It cries to the world, "I've got what it takes." It tells all men that our job is a swell job - that the house we work for just suits us - that the goods we have are the best.

ENTHUSIASM - The inspiration that makes us "Wake up and Live." It puts spring in our step - spring in our hearts - a twinkle in our eyes - and gives us confidence in ourselves and in our fellowmen.

ENTHUSIASM - It changes a deadpan salesman into a producer - pessimist into an optimist - a loafer into a go-getter.

ENTHUSIASM - If we have it, we should thank God for it. If we don't have it, then we should get down on our knees and pray for it.

Upon the plains of hesitations bleached the bones of countless millions who, on the threshold of victory, sat down to wait, and waiting, they died.

-Author Unknown-

YOU'VE GOT TO PAY THE PRICE

“Winning is not a sometime thing; it’s an all-the-time thing. You don’t win once in a while, you don’t do things right once in a while; you do them right all the time. Winning is a habit. Unfortunately, so is losing.”

“There is no room for second place. There is only one place in my game and that is first place. I have finished second twice in my time at Green Bay and I don’t ever want to finish second again. There is a second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do and to win and to win and to win.”

“Every time a football player goes out to play his trade he’s got to play from the ground up -- from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That’s OK. You’ve got to be smart to be number one in any business. But more important, you’ve got to play with your heart -- with every fiber of your body. If you’re lucky enough to find a guy with a lot of head and a lot of heart, he’s never going to come off the field second.”

“Running a football team is no different than running any other kind of organization -- an army, a political party, a business. The principles are the same. The object is to win -- to beat the other guy. Maybe that sounds hard or cruel. I don’t think it is.”

“It’s a reality of life that men are competitive and most competitive games draw the most competitive men. That’s why they’re there -- to compete. They know the rules and the objectives when they get in the game. The objective is to win -- fairly, squarely, decently, by the rules -- but to win.”

“And in truth, I’ve never known a man worth his salt who in the long run, deep down in his heart, didn’t appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head-to-head combat.”

“I don’t say these things because I believe in the “brute” nature of man or that man must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man’s finest hour -- his greatest fulfillment to all he holds dear -- is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle -- victorious.”

---- Vince Lombardi

WINNING THOUGHTS

*** a winning basketball player has to have the stamina to go full speed 760 minutes.
EVERY PLAY IS A BIG PLAY.

*** **STRENGTH** and **QUICKNESS** are the most important skills a basketball player can have. Both can be developed with hard work.

*** Mental attitude and team morale are 90% of basketball. The game is 90% mental and 10% physical.

*** The greater will to win is often the deciding factor in a close game. We must be determined to win.

*** Always expect to win. You have prepared to win. All winners have that extra heart beat!

*** All great athletes turn their own motor on full speed, but control their emotions for maximum performance.

*** Winners do not know the meaning of “quit.” Winners never give up.

TEAM SPIRIT

Spirit, as defined in the dictionary, means full of life, courage or enthusiasm. Team spirit in basketball then would mean a team that looks alive, one which shows enthusiasm for the game of basketball in every exercise, drill, etc., and one with the courage to meet all the obstacles associated with the game of basketball.

Many average teams have become CHAMPIONSHIP teams because of the underlying feeling of SPIRIT that was present among the players on that team.

Spirit doesn't just mean yelling or talking it up. These are easy to do. The pep talk which men resort to in practice and in games may be a result of good Team Spirit.

Team Spirit includes the attitude, the desire, the cooperation, the self-discipline, the sacrifice, the willingness to work, and the will to win of each and every man out for basketball.

If these things are present, then we will never be late for practice, never miss practice, take our flexibility without trying to dog them, practice all out for every second, try and help those players who need it, root for each and every player in the game including that player who may be keeping you on the bench, never look for excuses to get out of doing something, obey all training rules, and determine that no basketball team except a very superior team shall ever beat us.

A team with basketball spirit should always want to HUSTLE, PLAY DEFENSE, BLOCK OUT, DIVE FOR LOOSE BALLS, RUN HARD and TALK IT UP in practice, in games, and on the sideline.

If we can generate Team Spirit this year, enthusiasm for the game, a desire and determination to always practice and play hard, NO ONE SHALL BEAT US.