

Legacy Sabers Boys' Basketball

PLAY HARD
PLAY SMART
PLAY TOGETHER

Parent/Player Handbook

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Our Mission

All of us involved in the Legacy High School basketball program are committed to success on the court. In the process of achieving that parameter of success, we also acknowledge that the world outside the gymnasium is where true success and fulfillment can be found.

Program Philosophy

In reaching our goals we turn to the three legs of our "Success Triangle":

PLAYING HARD means we are competitors without equal. We, as players and coaches, are striving to make sure that no one prepares more thoroughly or works more diligently to become a successful team than us. It also means giving our all in being students and employees of Legacy.

PLAYING SMART means being a player or coach who is prepared for practice and games, who understands what is needed to be successful, and is willing to do what it takes to achieve our goal. Our team will be execute all phases of the game at all times.

PLAYING TOGETHER means accepting our teammates and coaches as they are and molding ourselves to do whatever we can to make US successful. As a group, we are also remembering to enjoy each other and have fun while we participate in this great game. In our off-the-court lives, it means contributing our time to others, to good and worthwhile causes, and to the welfare of our families and loved ones.

Program Goals

1. To maintain a team 3.0 GPA.
2. To become better students, athletes, and citizens.
3. To improve individual player skills each year.
4. To support each and every player in our program (K-12).

Substance Abuse Policy

Use or possession of tobacco, alcohol, and other harmful substances, and illegal use or possession of narcotics or habit-forming drugs is prohibited. It is the policy of the Legacy High School Boys Basketball program that if there is an infraction the athlete will be suspended according to district policy.

Student-athletes who commit an in-season violation of the NDHSAA drug-alcohol/tobacco rule will not be eligible to receive a letter in that sport. The term "in-season" will be defined as the first eligible practice date through the completion of the season up to and including the date of the team banquet.

Academic Eligibility

Senior High: If participants have not earned credits in four academic subjects the previous semester, they will be ineligible to participate for four weeks. During the semester, passing grades must be maintained on a weekly basis in at least four academic subjects or they will be ineligible the following week.

Middle School: Participants must be passing all subjects, on a weekly basis, in order to participate in school activities that involve other schools regardless of the team/group that the student is a member (i.e.; 7th, 8th, or high school team/group).

School Attendance

Generally, a student must be in school on the day of an activity in order to participate in that activity. Exceptions for unusual circumstances may be made by the principal.

Lettering Policy

1. Attendance at all practices and games (injured players must still be in attendance).
2. Be an active member of the program. Help at camps and attend sub-varsity games.
3. Participate in 6 halves of varsity play. Dressing for the tournament doesn't guarantee a letter.
4. You cannot be found guilty of a NDHSAA violation from the first day of practice until the team banquet at the end of the season.
5. Your academics must be in good standing.
6. Athletes must uphold the standards set forth by the Legacy Public School District, the city of Legacy, their family, the team, the coaching staff, and themselves.
7. Participation in team activities not listed above. This includes team dinners, team meetings, etc.
8. All other decisions are within the discretion of the coaching staff.

Cuts

1. Athletes are given a 3 day minimum tryout.
2. Cuts may continue throughout the season if they become necessary.
3. Players are also evaluated on their off-season commitment to the program.
4. We will choose the players that make the best team, not necessarily the best players.
5. Anyone who tries out and does not make the team can remain with the squad as a student coach/manager.

Players will be evaluated on the following:

- | | |
|-----------------------------------|---|
| 1. Basketball instinct | 15. Physical condition |
| 2. Attention to details | 16. Selflessness |
| 3. Ability to follow instructions | 17. Dribbling ability |
| 4. Alertness | 18. Passing ability |
| 5. Aggressiveness | 19. Catching ability |
| 6. Individual defensive ability | 20. Quickness |
| 7. Team defensive ability | 21. Straightaway speed |
| 8. Individual offensive ability | 22. Hustle |
| 9. Team offensive ability | 23. Leaping ability |
| 10. Rebounding ability | 24. Work ethic |
| 11. Shooting ability | 25. Footwork |
| 12. Shot selection | 26. Ability to get along with teammates |
| 13. Ability to penetrate | 27. Coachability |
| 14. Desire for the game | |

Player Advancement

If a player (9-12) is performing well enough to be successful at a higher level, they will advance.

Holiday Breaks

On holiday breaks, players are expected to practice periodically on their own initiative. It's important to stay in shape, so some exercise is also expected. In addition to player-scheduled practices, the coaching staff will schedule practices periodically during breaks and all players are expected to be present. Players needing to be gone for the holiday or family vacations must be approved at the discretion of the head coach. Remember, coaches give up their holiday and family time to work with you.

No School

If school is cancelled due to bad weather, all activities may also be cancelled. This is a decision that will be made with the safety of the athlete in mind. The coach of your son's team will notify you or your son if there is a cancellation. We will do so through school announcements, e-mail, phone calls, or a calling tree.

If school is dismissed early due to bad weather, there will be no practice. In the event that bad weather is not the cause of in school cancellation, practices will be scheduled accordingly at the discretion of the head coach & athletic director.

Transportation

All players and managers are required to ride to and from games on the team bus or school van. Part of being a team member is riding to and from athletic contests together on the bus together. If a player or manager needs to ride home with his parents following a game, that athlete and parent will need to sign the release form available from the coaching staff.

Discipline

Athletes playing for the Legacy Boys' Basketball Program will conduct themselves in an appropriate manner. Stealing, fighting, and other prohibited activities, whether in or out of school, will not be tolerated. Any player found in violation of this will either be suspended or removed from the team. Players can be removed from practice for behavior detrimental to the team. Should this happen three times or more, the Athletic Director will be notified and the player could be suspended or removed from the team.

Parent/Coach Relationship

Both parenting and coaching can be very difficult. By establishing an understanding between coaches and parents, both are better able to accept the actions of the others and provide a more positive experience for everyone. Parents have the right to know, and understand the expectations placed on them and their child. All violations of the communication policy will be reported to administration.

Rule #1: All players will communicate their concerns with their coach before a parent does. Our players are old enough to start to learn how to handle their own problems and are expected to do so with us.

Rule #2: No parent/coach contact before or after 24 hours of a game. We all need to have cool, calm heads and that is very difficult to do after a game when emotions run high.

Communication parents should expect from their child's coach:

1. Expectations the coach has for your child and the team.
2. Locations and times of practices and games.
3. Team requirements (managers, equipment, school & team rules, workouts)

Communication coaches expect from parents:

1. Specific concerns in regard to the coach's expectations.
2. Notification of any schedule conflicts well in advance.
3. Encouragement of your son and your son's team at all times.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment/well-being of your child.
2. What your son needs to do to improve.
3. Concerns about your son's behavior.

Issues NOT appropriate for discussion with your son's coach:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Discussion of other student-athletes.

Social Media Policy

Social media refers to internet-based applications designed to create and share user generated content. Any form of digital magazines, internet forums, web-blogs, podcasts, photographs, video, rating and social bookmarking found on websites or applications such as Twitter, Snapchat, Facebook, Instagram, or Tumblr that is open to public viewing is considered to be social media. This is a rapidly changing network as we move into the 21st Century, and many more not mentioned will arise, which are also included in this policy. Violations of this policy are subject to investigation and sanctions by Legacy High School are also subject to review by state and federal law enforcement. Any and all disciplinary measures may apply depending on the severity of the infraction.

Legacy Boys Basketball student athletes and parents are expected to conduct themselves in a respectable manner as a member of their teams and our Athletic program. As a student athlete/parent you are responsible for your social media use. Any malicious use of social media platforms shall not be tolerated. Malicious use may include, but not be limited to:

1. Derogatory language or remarks regarding fellow athletes, students, coaches, administrators, faculty and staff of Rocklin High School or other high schools.
2. Demeaning statements or threats that endanger the safety of another person.

3. Incriminating photos or statements regarding illegal criminal behavior, underage drinking, use of illegal drugs, sexual harassment or violence.

Coaching From the Sidelines

Please refrain from coaching players from the sidelines, dinner table or car ride home. There are a number of reasons not to do this, but the number one reason is that it can send confusing and conflicting messages to the player. Please be aware that if you are telling your child to do something that is not what the coach wants, the end result could be your kid sitting on the bench.

Anti-Hazing Policy

Hazing is prohibited at Legacy High School and will not be tolerated on our basketball team. We are all equals on this team. Hazing is a practice which diminishes the integrity of individuals and their teams, activities, and organizations. Hazing occurs when an action is taken against a person for the purpose of initiation or admission into that organization or team where the action either results in humiliating, intimidating, demeaning, or endangering the physical/mental health of the person. Any player found in violation of this policy will either be suspended or removed from the basketball team.

Legacy Players' Guidelines

1. Discipline yourself so we don't have to.
2. Don't embarrass the team, school, town, your family, or yourself.
3. Don't be late.
4. Don't make excuses.
5. Let us know if you must be gone for any reason ahead of time.
6. Play Hard, Play Smart, and Play Together.

Practice Sessions and General Information

1. **PRACTICES ARE CLOSED TO PUBLIC.**
2. **Time:** Be 15 min. early for practice (stretching and running).
 - a. Wednesday Night (Church Night); **Practice ends by 5:45 pm**
 - b. Always wear your practice jersey (PLEASE WASH)
3. **Dress Code:** No inappropriate clothing worn for practice. Practice jerseys are to be worn for practice. Not having your practice jersey will result in a consequence
4. **Tardy:** Any athletes tardy from practice will consequences.
5. **Absent:** Please call if your son can't make it to practice. Athletes can also call the coach. It's only common courtesy. We will not accept a friend telling us. An unexcused absence will result in the following:
 - a. **1st violation** – sit 1 half
 - b. **2nd violation** – sit 1 game
 - c. **3rd violation** – visit with varsity coaches and possible dismissal from the team (3 strike policy)
6. **Profanity:** Profanity will not be accepted. A player will be expected to do extra conditioning as a result (legs and mouth will get acquainted).

7. **Equipment:** Athletes are responsible for any equipment issued to them. If not returned or in poor condition, you will be asked to pay for the item. Athletes will help sweep the floor before practice and put equipment (balls, jump ropes, clock, etc.) away after practice.
8. **Teammates:** Respect, Encourage, Support, and No Finger Pointing. This runs throughout the program.
9. **Bathroom/Water/Other:** Never leave the court without permission, unless it is an emergency.
10. **Fun:** We will have many laughs throughout the season, but also some trying times. As a team we can make it fun by working together and spending time with each other off the court getting to know one another.
11. **Whistle:** Everything stops when the whistle blows in practice.
12. **Injuries:** You must report injuries to the coaches immediately. If you take medication or have prior injuries, let us know. Do not hide in the training room. Sometimes you have to play with some injuries. If you are not sure, check with the staff and trainer.
13. **Locker Room:** Keep it clean. Pick up after yourself, and help out if you see a mess. Uniforms left behind will result in extra running.
14. **Cell Phones:** Cell phones will be turned off or put on silence before practice begins. The same rule will apply during games. Players are not to be using their phones while they are watching the game before them or in the locker room unless it's an emergency. Keep this distraction away from the team.
15. **Road Trips:** Everyone must return on the bus unless your parents have signed the waiver. You are not allowed to ride home with another family unless your parents ok it. We do have a schedule to keep, so be respectful and be on time. Don't make 40 people wait for 1. Most of the coaches do have a cell phone, and you should have your coaches' phone number.
16. **Eligibility:** All athletes must meet the requirements of the school and the basketball program.
17. **Insurance:** It is recommended that each athlete be covered by a policy.
18. **West Region Tournament:** The tournament roster will include 16 players. The boys on the bench are just as valuable to the team as the boys on the floor.
19. **Overnight Road Trips (Williston/Belcourt):**
 - a. Bring travel gear and two pair of everything.
 - b. Don't leave your contact lenses on the Bus (they will freeze).
20. **Bus Rules:**
 - a. Wear your travel gear on long trips.
 - b. No goofing around or talking too loud.
 - c. Stay in your seat; there will be two to a seat.
 - d. Freshmen sit toward the front (Behind the Coaches).
 - e. First 4-5 rows of seats are reserved for the coaches.
 - f. The bus always departs from the high school.
 - g. Don't leave a mess.
21. **Showering Policy (Varsity/JV):**
 - a. To help ensure we don't spread germs or sickness, all players will be required to shower at the school immediately after practice is over. A lock and locker will be provided. Players are expected to bring their own towels and soap, shampoo, etc.

Game Time

1. Night Before a Game:

- a. Meet and discuss game plan and any ideas.
 - b. Team usually does something together (Varsity).
 - c. Rest-Eat-Study-Sleep
2. Curfew:
 - a. Weekends (11:30 pm)
 - b. Dances (12:30 am)
3. Game day:
 - a. Dress up for school (lets others know you have a game).
 - b. Shoot-around after school if gym is available (Varsity).
4. Pre-game:
 - a. Be at the gym 35-40 min. early or be there at the start of the game before yours if there is one.
 - b. Be at the gym to watch the freshmen, sophomore, or JV games.
 - c. If you need to be taped, arrive much earlier.
 - d. Mentally prepare for the game.
 - e. Dress appropriately.
5. Game time:
 - a. All starting players will shake the hand of the opposing coach and officials.
6. Timeouts:
 - a. When coaches enter the huddle, look at them and listen. If your head is down, we'll assume you are tired and need a sub. Maintain eye-contact.
 - b. Hustle In and Hustle Out.
7. Substitutions:
 - a. Always check (tell the official scorer) in at the scorer's table.
 - b. Make contact with the man you go in for.
 - c. Find out who you are guarding.
 - d. Know the game strategy and what we are in defensively and offensively.
 - e. Know your position/role.
8. Halftime:
 - a. Hustle to the locker room.
9. Post-Game:
 - a. Shake hands with our opponent and jog to the locker room. We'll visit with friends, family, and the media after we reflect on the game as a team.
 - b. I would encourage players to ride the bus home together (win or lose). Remember to have your parent(s) sign the waiver if they are taking you home.
10. Girlfriends:
 - a. Keep them away from the locker room.
 - b. Don't bring them to practice.
 - c. NO sitting next to them at any of the games. Sit with your team.
11. Referees:
 - a. The coach will discuss matters with the referees.
 - b. Players will play the game and maintain proper conduct on the court.
 - c. Hand the ball back to the referee.

- d. Refrain from discussing matters with the referee.
- e. Technical fouls by athletes won't be tolerated. Technicals will be dealt with on an individual basis.

12. Uniforms:

- a. Tuck them in.
- b. No high/colored socks will be worn during games.
- c. We are not trying to make a fashion statement, just play hard and show Legacy PRIDE.

Team Roles

Coaches:

1. Lead by example.
2. Have a plan to lead the program.
3. Push everyone to be their best.
4. Communicate.
5. Teach everyday (encourage and correct).
6. Decision maker on playing time.
7. Make everyone feel that they are needed.
8. Treat everyone with respect and listen to new ideas.
9. Promote the program.

Players:

1. Play hard, play smart, play together.
2. Listen.
3. Talk to coaches if you have concerns.
4. Be coachable and accept constructive criticism from the staff.
5. Contribute on and off the court.
6. Show everyone proper respect and sportsmanship.
7. Play like a champion every day, not just during games.

Parents:

1. Support your child and the team.
2. Encourage.
3. Don't be critical.
4. Let coaches coach. Players should not be looking in the stands for instruction.
5. Understand the referees will make mistakes; handle yourself with class:
 - a. Booing has no place in high school athletics
6. Have your child ride the bus home from games. It may not be convenient, but that time shared is a part of the team building process. We share in victory, defeat, and long rides home. We plan to do it together.
7. Help coaches in promoting academics and positive training habits.
8. If there is a concern, you need to have your son communicate with the coach before you talk to your son's coach about it.

- a. Please refrain from saying your son doesn't know you are talking to us about this. Your son needs to speak to us about any problem or concern before you do.
9. Trust that coaches, players, managers, and everyone involved are trying to do the right thing.
10. Get to know your coaches off the court a little. They have families, jobs, and other responsibilities just like you.

Game Regulations

A hard fought victory by the team can be nullified by the adverse conduct of one or more players on the court or on the bench. Since the nature of the game tends to arouse emotions, you are reminded to conduct yourself in an appropriate manner during games.

Reminders:

1. When your coach takes you out of the game, hustle to the bench and take a seat by the coach (head or assistant). Don't put on a negative display and sit on the end of the bench. The coaches will explain why you were taken out or what he is looking for you to improve upon. Be prepared to go right back into the game.
2. Under no circumstance will you question an official's call. You must remain focused and let the coach handle such matters.
3. Wear your uniform properly. Try to keep it tucked in properly.
4. During time-outs, hustle to the bench or the huddle, don't walk. I'm not a fan of wasting time. Always look at your coach, this demonstrates respect and confidence.
5. Don't quit on a play because you made a mistake or felt that the official made a bad call. Play continues until the whistle blows.
6. Don't talk to the fans while sitting on the bench or during dead balls. Keep your head in the game and focus.
7. Be alert to adjustments being made during the game. If you are called upon to go in, you better be aware of what is going on.
8. Bench spirit helps build momentum during games.
9. Be a gracious and humble winner. Make an effort to congratulate your opponent on a fine game. If you lose, leave the court with pride. Shake hands and go immediately to the locker room. Don't stop off to visit with parents, fans, or girlfriends.

Reminder

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.

Contact Information

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PLEASE RETURN FORM TO COACH HORNER

We, the parents of _____ have read the above LHS Boys' Basketball handbook and we fully understand the rules as set forth in this handbook.

I, _____ have read the above LHS Boys' Basketball handbook and I fully understand the rules as set forth in this handbook.

(Player's Name) (Player's Signature) (Date)

(Parent's Name) (Parent's Signature) (Date)

(Parent's Name) (Parent's signature) (Date)