

2018-2019
Parent/Player Handbook

Centennial High School
Boys Basketball



Centennial Cougars Boys BASKETBALL
PARENT HANDBOOK

PURPOSE STATEMENT

Centennial Cougars Basketball is about building the character of young men to give them an advantage in society. Our program will come together as a family using accountability, integrity, grace, and communication. The players will utilize a growth mindset through the game of basketball to reach their full potential as young men.

2018-2019 Cougar Basketball Coaching Staff

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“Success is a peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.” -John Wooden

Rules and Expectations:

THE COUGAR RULE

Don't do anything that is detrimental to yourself, the team, or the program.

Consequences for breaking this rule will be decided on a case by case basis. Consequences can range from loss of playing time, removal from practice, and/or removal from the team.

Training rules and expectations are an important part of a successful basketball program. The lessons learned have immediate as well as a long lasting value. We expect dedication to our program as exemplified by the behaviors listed below.

ACADEMICS

- 1) Team members must pass all courses as determined by the Centennial grading policies. If a basketball player is failing a class during progress check time, they will not be allowed to practice or play until they are no longer receiving a failing grade. If a basketball player is receiving a "D" in class, they will not be allowed to practice or play until they have drafted up an academic improvement plan with their teacher. This plan must be approved by both the teacher and the head coach of the level the player is participating at. If the player is not following his academic plan, the player will forfeit his playing time until they do so.
- 2) A progress sheet must be completed in time for tryouts. Any student failing a class will not be allowed to tryout for the team. Any student with a "D" grade must have an academic plan approved by both their teacher and the Varsity Head coach in order to participate in tryouts.
- 3) Team members must attend all classes. Truancy will result in disciplinary action and possible dismissal from the team. Doctors or medically verified absentees will not count against you. Once verified a truancy or unexcused absence from class will result in missing the next practice and game. A second day with verified truancy or unexcused absence will lead to a player forfeiting participation in the next two games and a meeting with a family member will be conducted. If a third day with a truancy or unexcused absence shall occur the player will be removed from the team.
- 4) Team members are expected to maintain positive conduct in class. Any conduct that is a violation of the State High School League Violations will warrant disciplinary action and possible dismissal from the program for repeat offenses.
- 5) If we are leaving for a basketball game before the end of the school day, the player is expected to communicate with his teacher about work he needs to have turned in or made up.

PRACTICE ATTENDANCE

- 1) Team members are expected to be on time for practice everyday. Missing practice or games for reasons other than illness and family emergencies are subject to discipline. One unexcused absence will lead to a one game suspension. A second unexcused absence will result in a two game suspension and a meeting with a family member. A third unexcused absence will result in dismissal from the team.
- 2) In accordance with district policy, if school is cancelled (e.g., snow day), practice will also be cancelled that day.
- 3) ***If a player is not able to be at school or has a legitimate reason not to be at practice they must contact the head coach at their level BEFORE the start of practice that day.***

CLOTHING

- 1) Varsity, Junior Varsity, and B-Squad players are expected to wear a team travel suit for away games. For home games, these rosters are expected to dress-up for school. If the Varsity captains decide, players may be able to wear their travel suits for select home games.
- 2) 9th Grade Players are expected to wear Centennial athletic gear on the days of competition.
- 3) Practice jerseys must be worn at practice for all levels.

TRAVELING

- 1) We expect our players on all teams to conduct themselves in a manner that projects an outstanding image of themselves, our program, and our school. This becomes even more evident when we are on the road. Players will wear appropriate clothes when traveling. Torn jeans and ripped shirts are not acceptable.
- 2) We would encourage everyone to stay for the varsity games. We feel that all teams can benefit from watching the games at this level. Room will be made on the Varsity/JV bus for all freshmen and sophomore players that choose to stay and watch the varsity game.
- 3) Players may leave only if they travel with their own parents and have notified their coach and signed a release form. Varsity and JV players must ride home on the bus. We feel riding together after both wins and losses only helps deepen the commitment to the family atmosphere we are trying to build.
- 4) Team members are expected to leave the bus clean at the end of the trip. (Captains are responsible for making sure that the team takes care of all clean-up).

PLAYING TIME

In regards to playing time, coaches want and need to hear from the player before they hear from the parents. Playing time is something that is earned. It is not the coach's obligation at any level to spread out playing time equally. Coaches will reward ability and hard work with playing time. Coaches are taking into consideration the best team to put on the floor for the situation or opponent. This means playing time is solely up to the coaching staff's discretion. Talk to your coaches about playing time issues and they will be honest with you.

TEAM PHILOSOPHY

Our basketball program has five teams. The most important thing is that students get the opportunity to play basketball regardless of the level. We have freshmen A and B teams on which only freshmen can play. We have a sophomore team (B-Squad) on which primarily only sophomores will play but a 9th grade player may be eligible to play. We have a junior varsity team on which only juniors, sophomores, and freshmen will play. The JV members will play in their own game prior to the varsity game and will be the support players during the varsity game. At times it may appear that the junior varsity should get into the varsity games, and at times they may. However, keep in mind that the junior varsity players have already played their game and that the varsity players deserve to play in their game.

When it comes to choosing the Varsity/JV team we will abide by the following criteria: Seniors will be given first consideration when selecting the team. This does not mean that every senior that tries out will make the team, but seniors that have displayed a good attitude and loyalty to the program will be given considerable consideration. After selecting seniors, underclassmen will be given an equal chance to make the team and they will be assigned a level based on two things. First, they will play at a level that will benefit the program the most. Second they will play at a level that will allow them to develop to their fullest potential as a player. Often these levels are one and the same. We will carry 18-20 players on our Varsity/JV roster. When it comes to playing time there are no guarantees. Because a student is a senior or because a student is on varsity does not guarantee that you will play. As coaches we are charged with the task of doing what is best for the team. Sometimes what is best for the team is not what is best for an individual player. Every player and every parent has the right to an explanation if they are not comfortable with their role on the team. They may not like the explanation or the situation but again, it is our job to do what is best for the group at large, not what is best for an individual. A player is encouraged to discuss concerns and questions with coaches before parent involvement. Teams where everyone understands and accepts their role usually turn out to be special teams. We will do our best to accommodate every player on our team, but we will never accommodate one player at the expense of the rest of the team.

CHEMICAL USE

Because chemical and alcohol use can be so harmful to our students, we take the issue very seriously and have put several policies in place to prevent our students from using these substances. Despite these efforts, some Centennial students, just like students from across the country, are involved in chemical use.

It is important that young people receive clear and consistent messages from school and from parents that illegal drug use and underage drinking are inappropriate, unacceptable and illegal. Purchase or possession of alcohol by a person under age 21 is illegal. Possession or sale of street drugs or controlled substances, including drugs prescribed by another person, is illegal. It is also illegal for property owners to allow minors to consume alcohol or other drugs on or in his/him property.

Some of the places where illegal chemical use, including drinking, takes place are in parties at homes, in fields and parks, and in vehicles and limousines on the way to and from social events. Many Centennial students who do not drink or smoke marijuana refrain from participating in social activities because they do not want to face peer pressure to use. Both groups of students are suffering.

MSHSL Policy: Minnesota State High School League Policy will be enforced at all times during the season and during the off-season. Policies are included in the State High School League brochure. A player who is serving a penalty will practice with the team but will not participate in any games until the penalty time is over.

BECAUSE WE TAKE CHEMICAL AND MSHSL POLICY VIOLATIONS SO SERIOUSLY AND BECAUSE WE VALUE INTEGRITY AND LOOK TO BUILD CHARACTER, AS A RULE WE WILL LENGTHEN ANY PENALTY GIVEN TO A PLAYER FROM THE MSHSL OR THE SCHOOL.

THEFT

A player who steals from another basketball player will be dismissed from the team for the remainder of the season.

INJURY PROCEDURE

If an injury occurs during practice or during a game, a coach will make an effort to contact the parent. If it is an emergency and we cannot get in contact with a parent, we will get the player to a doctor if based on consent. A trainer is present at varsity games. The trainer will treat non-emergency situations.

UNIFORM CARE

- 1) If possible, clean immediately after wearing or soak in cold water overnight.
- 2) Avoid excessive heat while washing and drying.
- 3) Please mend snags and rips after cleaning.
- 4) Use regular detergent
- 5) Avoid bleach!

EQUIPMENT POLICY

Every player is responsible for the equipment issued. Players must pay for any unreturned or damaged equipment.

NURTITION

Pre-Game: A good pre-game meal consists of carbohydrates and should be consumed 3 to 4 hours before game time. Avoid proteins and sugars, as they are hard to digest. Pasta and breads are examples of good pre-game foods.

Game Week: A good diet and plenty of rest are essential. The meal consumed the night before the game is also very important. Plenty of fluids should be consumed during the week and the night before the game to help promote optimal performance.

LETTERING POLICY

A player can earn a varsity letter one of the following ways:

- a) He is a member of a state tournament team.
- b) He has seen action in 13 varsity games.
- c) He is deemed deserving by the coaching staff and athletic director but did not meet the above criteria due to extraordinary circumstances.

In addition, to earn a letter, each varsity players will be required to volunteer 10 hours in our community. Our service based activities and fundraisers help count toward those hours. Another example would be attending a traveling practice with a Varsity coach and helping with the team.

NOTE: A player must finish the season in good standing with the coaching staff.
Final decisions on letters are up to coaches' discretion.

EXPECTATIONS OF COACHES

A player can expect that his coach will:

- 1) Show genuine interest and concern for each player as an individual.
- 2) Be fair and consistent when dealing with players and various situations as they arise.
- 3) Run an organized and fundamentally sound basketball team.
- 4) Assist players in both on and off the court behavior so that they can become a positive role model and citizen.
- 5) Make decisions that he feels are in the best interest of the team and program not a particular individual.

SOCIAL NETWORK POLICY

Upon making the team, all players will receive a separate Social Network policy that needs to be signed by both the player and parent/guardian. Failure to comply with this policy will lead to forfeiture of playing time and possible dismissal.

Parents

Parents are a very important part of the Centennial Boys Basketball program, and we thank you for being a part of it! Please be supportive and encouraging of your son, his teammates, the coaches, the referees, and the opposing players and coaches. There are 4 roles at every game: player, coach, referee, and fan. A person can only take on one role at a time. Your positive and supportive actions towards your son and his team are crucial to the success of the program, regardless of wins and losses.

Parent/Player/Coach Relationship

High School basketball can teach many positive traits, such as the spirit of cooperation, self-discipline, and regard for physical fitness.

We ask that parents refrain from criticizing opposing players, other parents, teammates, coaches, or officials.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players. **Please encourage your son to follow his coach's instructions and leave the coaching to the coach.** Parents need to align themselves with the coach in teaching their son how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young men about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser.

When a player has an issue with the coach, parents have the responsibility of teaching their son the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

Parent/Player/Coach Communication Steps:

- 1) **Player talks to team coach.**
- 2) **Player talks to head coach.**
- 3) **Player and parent meet with team coach and head coach.**

Parent Meetings:

- 1) Meeting will take place in a private setting.
- 2) Player, parents, and coaches will be present for the meeting.
- 3) Only the player of that parent will be discussed.

Under no circumstances is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The steps above must be followed in dealing with any situation that may arise. The administration of Centennial Boys Basketball will not allow the coaches or players to be berated by parents or fellow teammates. If you or your son refuse to follow the guidelines set forth, you will be asked to leave the program.

A player or spectator may be asked to leave the premises if they become disrespectful to other players, coaches, or officials. Please be careful and respectful.

We ask that a parent never seek a meeting with coach to discuss other personnel or to offer coaching suggestions. It is inappropriate, unethical, and against high school league rules for us to talk to you about any one other than your son. It is just as inappropriate for you to talk to us about them. Please do not put a coach in a difficult situation by talking to them about other basketball players.

Parent Expectations:

- 1) Support your player.
- 2) Support your player's teammates.
- 3) Support your player's coaches.
- 4) Respect the referees and opposing team, coaches and fans.
- 5) Positively represent Centennial Basketball, Centennial High School and your family at all Centennial Boys Basketball events.
- 6) Read the handbook and keep it available for reference.
- 7) Support and follow the Parent/Player/Coach Communication Strategy.
- 8) Attend games and special events whenever possible.

CBA

Please consider getting involved with the CBA and the many demands and jobs they have before, during, and after the season. There are many ways to help. The contact information for those already involved can be found on the website. Please feel free to contact them as to how you can get involved.

ELASTIC CLAUSE

Recognize that the above list of policies is not comprehensive. As coaches, we reserve the right to add or adapt policies as we deem necessary. All district and administrative policies and decisions supersede the policies listed above.

CLOSING

Now that we have dispensed with the policy and formality, let me again thank you for being part of the Centennial Boys Basketball family. We look forward to an exciting, productive, and rewarding season! GO Cougars!!

TEN COMMANDMENTS OF BASKETBALL PARENTS

“As parents, encourage-do not complain; motivate-do not agitate; be a team parent.”

- 1) Be positive with your son. Let him know it is a great accomplishment to simply be part of Centennial Basketball.
- 2) Do not offer excuses for why he is not playing. There is usually a reason for it. Encourage him to work hard and do his best. Encourage him to talk to his coach.
- 3) Do not criticize his coaches. If you constantly criticize your son's coaches, you cannot expect him to play for them. He is being taught to be a complainer, not a do'er. Discuss problems with your son. If needed, follow the parent/player/coach communication steps. Problems do not get solved unless your son communicates with his coaches.
- 4) Encourage your son to follow team and school rules. If we are going to truly be successful, your son must follow the MSHSL rules, Centennial High School rules, and Centennial Basketball rules.
- 5) Insist on your son working to his ability academically. Check the number of hours your son spends on homework. Help to oversee and encourage your son's motivation for academics. No matter how good a player he may be, if he doesn't have good grades, he doesn't get into college.
- 6) Do not live vicariously through your son or develop envy toward other players. Basketball is a game — let them play it. Do not show animosity or jealousy for any of your son's teammates because they score more points, or get more publicity. Who cares who scores or gets the publicity? The important thing is that every player on the team does his best.
- 7) Do not be a know-it-all. The coaching staff at Centennial works with your son and his teammates every day. They know what each player can do and what each player cannot do. As a fan, you are encouraged to be “into the game”, but please be positive toward our players and coaches.
- 8) Insist on your son's respect for the game of basketball, the officials, and our opponent's players and coaches. Instill in him the importance of sportsmanship. Make sure he understands how important it is to have “class.” It takes years to develop a “class-act” program, but it can take seconds to destroy it.
- 9) Foster in your son a positive self-image. Do not compare and contrast your son with former family members who played. Help him in any way possible to feel good about himself and his role in Centennial Basketball.
- 10) Encourage your son to play the game of Basketball for the “love of the game.” Winning will take care of itself. Post-season awards will take care of themselves. College scholarships will take care of themselves. Usually, good things happen to teams and individuals who happen to be unselfish, hard working, and committed.

“When Parents Cross the Line”

Bruce Brown, speaker for the National Association of Intercollegiate Athletics and its “Champions of Character” program, has great advice for parents who have children competing in high school athletics. “Athletics is one of the best places for young people to take risks and fail,” Brown said.

Brown outlines ‘red flags’ that indicate a parent may be too involved:

- 1) Parents who share the credit for their child’s accomplishments.
- 2) An athlete who avoids a parent after the game.
- 3) When the game’s outcome means more to the parent than the player.
- 4) Parents who try to solve problems best left to the team and players.

Brown encourages parents to ask their son these questions before the season starts:

- 1) Why are you playing?
- 2) What goals do you have?
- 3) What is a successful season?
- 4) What do you think your role will be on the team?

He encourages parents to ask themselves the same questions, plus what the parent hopes to gain from their child’s experience. **“If your answers are different from theirs, you need to drop yours and accept theirs,”** he advises. For example, if an athlete is playing basketball because he likes the sport and enjoys being a part of the team, trouble is inevitable if the parent’s chief objective is to win a college scholarship.

The coach/parent relationship can be a delicate one, and Brown said there are “appropriate” and “inappropriate” subjects to discuss with coaches. Appropriate subjects include mental and physical treatment of a child, ways to help their child improve and any concerns about the athlete’s behavior. Inappropriate subjects include playing time, strategy, and other team members.

Brown is quick to remind everyone that the only guarantee in a sports season is “that it won’t be perfect.” And that the “absolute best thing a parent can do is release their son to the game.”

2018-2019 Centennial Boys Basketball

We have thoroughly read and understand the policies, expectations and guidelines set up by the Cougar Boys Basketball Coaching Staff. Including:

- Academic Expectations/Requirements of the Program
- Attendance Expectations/Requirements both on the court and in the classroom.
- Team Philosophy
- Playing Time
- Player/Parent/Coach Communication
- Coaching Expectations
- Parent Expectations

By signing below we agree to abide by the policies set fort in the Boys Basketball Handbook. We also understand that any violations of these policies will results in disciplinary action, even up to possible dismissal from the program.

Parent or Guardian Printed Name: _____

Parent or Guardian Signature: _____

Date _____

Student Athlete Printed Name: _____

Student Athlete Signature: _____

Date _____

This form needs to be signed and returned to your son's coach by Monday, November 19th. Athletes will not be allowed to practice until all forms are signed and returned after this date.