

Prior Lake Basketball Mission Statement:

The Prior Lake High School Boys Basketball program strives to develop young people into successful athletes and leaders with character, both on the court and in life.

“It’s not human nature to be a champion. Human nature is to be average, to get by, to do what you have to do to get by. You have to be special to be the best you can be. You have to be special if you want to be a champion ... I guess you have to be a champion before you can ever win a championship.”

— Nick Saban

COACHING STAFF EXPECTATIONS

High expectations are held for the Prior Lake Basketball coaching staff both on and off the court. We hope to teach our program philosophy (hard work, discipline, and character) while teaching the game of basketball, teaching life lessons, and creating a team that reaches their maximum potential.

CONTACTS:

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PROGRAM EXPECTATIONS:

Players will be expected to abide by the following policies and team rules:

Exhibit exceptional character at all times. Remember that you are a role model.

Respect your coaches, your teammates, your family, and your opponents.

Adhere to the Prior Lake School District Policies.

Communicate directly with coaches regarding practice or game conflicts.

Be the best student-athlete you can be.

PRIOR LAKE DISTRICT POLICIES

PL-S SCHOOLS WHOLEHEARTEDLY SUPPORTS THE FOLLOWING
FUNDAMENTALS OF GOOD SPORTSMANSHIP ESTABLISHED BY THE SSC
CONFERENCE

1. Show respect for the opponent at all times. When an opponent visits Prior Lake High School, the team and coaching staff should be treated as guests, greeted cordially upon arriving, given good accommodations, and accorded the tolerance, honesty, and generosity which all human beings deserve. When visiting another school, we should be cordial and appreciative of our host. Good sportsmanship is the Golden Rule in action.
2. Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Know, understand, and appreciate the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
4. Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand his/her own bias or prejudice and have the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship is concerned with the behavior of all involved in the game.
5. Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and good will. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most commendable gestures of good sportsmanship.

Student Eligibility

CHEMICAL USE & ABUSE (STUDENT) PROCEDURES

Penalties will be assessed for rule violation in extracurricular, co curricular, and interscholastic activities.

Students shall not possess, purchase, sell, distribute, or be under the influence of alcohol, tobacco, or any other illicit drug including look-alike drugs and drug paraphernalia. STUDENTS SHALL NOT BE INVOLVED IN ANY ILLEGAL BEHAVIOR (chargeable offense whether charged or not which may be a violation of civil or criminal law), GROSS MISCONDUCT (insubordination, threats, and/or persistent or flagrant violation of school policy), OR RACIAL/RELIGIOUS/SEXUAL HARASSMENT/VIOLENCE/AND/OR HAZING.

First Violation

After confirmation of the first violation, the student shall lose eligibility for 25% of the number of consecutive interscholastic contests in the regular season schedule in which the student is a participant or 2 weeks, or 2 events, whichever is greater.

1. Parent/Student Conference held with appropriate school personnel.
2. Student will NOT be eligible for any school awards for the seasons which the consequence is served: MVP, Most Improved, etc... Student will be eligible for Conference and State Awards.
3. For the duration of a student's high school career, the student will not be eligible to be a Captain or hold a leadership position in ANY sport or school sponsored activity at Prior Lake High School.
4. Student shall make arrangements with the coach regarding reinstatement on the team.

Second Violation

After confirmation of the second violation, the student shall lose eligibility for 50% of the number of consecutive interscholastic contests on the schedule in which the student is a participant or 3 weeks or 6 consecutive interscholastic contests, whichever is greater, if the student on his/her own

volition enters and satisfactory completes a treatment program from a certified chemical treatment facility. Written confirmation of participation and satisfactory completion of the treatment program from the director/certified counselor of that program is required.

1. Parent/Student Conference held with appropriate school personnel.
2. Student will not be eligible for any further school awards: MVP, Most Improved, etc.
3. For the duration of a student's high school career, the student will not be eligible to be a Captain or hold a leadership position in ANY sport or school sponsored activity at Prior Lake High School.
4. Student shall make arrangements with the coach regarding reinstatement to on the team.

Third and Subsequent Violations

After confirmation of the third of subsequent violations, the student shall lose eligibility for one calendar year. The penalty may be reduced to 4 weeks for 12 consecutive interscholastic contests, whichever is greater, if the student on his/her own volition enters and satisfactory completion of the treatment program and the following conditions are met:

1. The student is assessed as chemically dependent by a licensed chemical dependency counselor, prior to entering the treatment program.
2. The student voluntarily enters a treatment program approved by the chemical health coordinator and activities director.
3. The director of the treatment facility certifies in writing that the student has successfully completed the treatment program.
4. No sooner than 6 weeks after the student enters treatment can the student begin serving the reduced penalty of 4 weeks or 12 interscholastic contests, which is greater.

PROGRAM INFORMATION

Registration:

All winter athletes must be registered and have an updated physical on file in the PLHS Activities Office before they can participate in practices or tryouts.

Sophomores, juniors, and seniors must be registered prior to November 21, 2022.

Freshmen must be registered prior to November 14, 2022.

Players can't afford to miss any of the tryout dates!

New sports/activities registration platform 2022-2023

Online Activity Registration: ISD 719 families will now register for sports through a company called "Affinity Solutions."

Affinity Login Instructions:

1. Navigate to <https://isd719a.cf.affinitysolutions.com/>
2. First Time User Select the Blue Wallet Icon to create a Parent User Account and connect to your student(s). You will need your student's unique ID number, which can be found in Infinite Campus via the parent portal or on your student's school photo ID.
3. We have created a "How To" document that shows you the steps to creating a new account: [Create New Parent Account](#) in Affinity.

If you are having trouble creating or logging in to your account, you can call 1.800.934.2621. For any other questions, please contact Heather Pierson at 952-226-8690 in the Activity office.

2. You must have a current sports qualifying physical exam on file in the Activities Office. Updated sports physicals dated 12/1/2021 (or more recent) can be faxed to the PLHS Activities Office (952) 226-8689 or emailed to ntheis@priorlake-savage.k12.mn.us

PROGRAM GOALS

Prior Lake High School Program Goals:

1. Play HARD, DISCIPLINED, TOGETHER
2. Play RELENTLESS
3. Have fun playing the game our way.
4. Help each player (and team) reach their maximum potential. This happens in practice!
5. Celebrate your teammates' success on the floor and the bench.
6. Get on the floor! 50-50 balls must be ours!
7. Confidence in our level of preparation. No one outworks us physically and mentally!
8. Win the South Suburban Conference
9. Be section and State ready in March

GAME GOALS

- | | |
|----------------------------------|---|
| + 5% in FG percentage | + 5 FT attempts |
| + 5 in Free Throw attempts | 75% Free Throw percentage |
| + 5 in turnovers w/ less than 10 | Attempt to take 3 charges |
| Win the bench | Scouting-what did we take away from them? |
| Less fouls | Win the 1st 4 minutes of each half |
- 8-10 goals. Awesome Game!!
- 6-7 goals. Good game-We should win!
- 4-5 goals. We could win the game
- 3 or less goals. We will lose the game.

OPENING WEEK FOR VARSITY/JV:

The season calendar will be posted on the Prior Lake Basketball website at <https://www.plhsboysbasketball.com/>

Monday, November 21 (JV/Varsity only 6:00-7:30 AM and 3:30-5:30 PM)

Tuesday, November 22 (JV/Varsity only 6:00-7:30 AM and 3:30-5:30 PM)

Cuts will take place after 5:30

Wednesday, November 23 (JV/Varsity from 9:00-12:00).

Friday, November 25, practice from 9:00-12:00. Uniform handout

Saturday November 26, Eden Prairie Scrimmage starting at 8:00AM

FRESHMAN TRYOUT AND PRACTICE SCHEDULE

November 14-16th will be tryouts at the Twin Oaks from 3:30-5:30. The tryouts will be conducted by the varsity staff. Teams will be chosen on the night of November 16th.

November 17 & 18th will be practice from 3:30-5:30 for the Freshman teams.

TEAM SELECTION

Prior Lake Basketball needs players that are invested, tough and selfless.

Coaches will always base their decisions upon the following criteria and in this order:

- What is best for the program?
 - What is best for the team?
 - What is best for the individual player?
1. The coaching staff will evaluate all players. At the end of the tryouts we will decide if and where players fit into the basketball program.
 2. The coaching staff will do it's best to place each student athlete in the best position for the individual, team, and program.
 3. It should be noted that **being selected for a team does not guarantee playing time** for each student athlete. This is determined by each coach based on numerous factors and will often vary throughout a season.

LETTERING REQUIREMENTS

In order to letter for basketball, a player must be on the varsity roster and in good standing at the end of the season. Players need to play in 6 varsity games to letter.

CAPTAINS

Captains will be voted on by the team once teams are formed. Coaches will select an additional weekly captain throughout the season.

Captains are responsible for communication between coaches and players.

PARENTAL EXPECTATIONS

1. The coaching staff will be available by appointment to discuss any player's academic or social growth.
2. Coaches will not discuss decisions, strategies, or playing time. We have an open door policy with all players at all levels of our program. As a staff, we will always provide an open line of communication with our student athletes. **Coaches will address any of these concerns with players individually.**
3. The coaching staff will not be available to speak with parents before or after games. Please adhere to the 24 hour rule.

PLAYING TIME CONSIDERATIONS

1. The more good things a player does, the greater chance they will play. We are looking for players that make the team better.
2. Playing time is determined by execution, effort, trust gained during practice, as well as in games.
3. Good shooters get an opportunity to make more mistakes than poor shooters.

PRACTICE/ACADEMIC EXPECTATIONS

Players need to be on time for every class, practice, and game. If you show up late to class/practice you will be required to make it up after practice. For every minute a player is late it will be required they make it up after practice.

1. Players are expected to be at practice every day. Arrive 10 minutes before practice with Laker practice gear. **If a player is not wearing Laker gear, they will be asked to change before they are allowed to practice.**
2. Coaches get an attendance email everyday. Players that are tardy for class will have to make up the time after practice. Be a leader in the classroom and on the court.
3. It is the player's responsibility to inform the coach if they miss a practice, or if they have to be late to a practice.
4. **If a player misses a practice, they will not start the next game.**
5. If they have an injury, they need to report it to their coach.

PRACTICE/GAME SCHEDULE

The practice schedule will be posted on the team website and emailed out each week.

The “This week in basketball” email will include practice and game schedules.

The game schedule can be found on the website [South Suburban Conference](#). Please make sure that you are on time for all team events.

We will practice every weekday that we don’t have a game. Our typical mid-week practice schedule will be:

10th-JV-Varsity: In the Gold Gym at 3:30-5:30 pm or 5:30-7:30 (when girls have early practice)

Freshman: 3:30-5:30 pm in the Activity Center.

JV/Varsity will lift weights on Monday and Wednesday (possibly on Saturday mornings) after early practices and/or before late practices.

LOCKER ROOM/GYM EXPECTATIONS

1. Players are responsible for the cleanliness of our locker room, this includes showers and bathrooms.
2. If any of these areas are not treated with respect the team will be held accountable.
3. Visiting locker rooms will be treated like our own.
4. The bench must be picked up after each game.

TRANSPORTATION/TRAVEL SCHEDULE

A bus will be provided for all levels every game. Exceptions are: 9th and 10th grade tournaments and possible scrimmages- players are expected to provide their own transportation at this time.

The bus schedule will be posted on the Prior Lake Basketball website and in “This Week in Basketball” emails.

Please make sure that you are at least 10 minutes early for all departure times. This schedule is subject to change and all changes will be communicated in our weekly email updates and/ or from your grade level coach. Please make sure that you understand the transportation plans to all away games.

- Early Bus: 9th and 10th
- Late Bus: JV/Varsity players
- There will be 1 bus coming back after the 9th grade games and another bus coming back after the varsity game (Any grade level can ride this bus)

PLAY coaching responsibilities

Every player will be a “coach” for a PLAY team. Players are responsible for attending at least 1 practice a month during the season.

Players are expected to attend and coach at the Prior Laker basketball tournament in February.