

SHAKOPEE BASKETBALL



TEAM HANDBOOK

VISION VALUES ROLES & RULES

Contacts/Info:

Head Coach	Jake Dammann	jdammann@shakopee.k12.mn.us
Varsity Assistant	Steve Tloutan	Stephen.tloutan@gmail.com
Varsity Assistant	Jason Cordes	jcordes2@yahoo.com
Varsity Assistant	Sam Eicher	sam@creminnesota.com
JV/Varsity Assistant Coach	Isaiah Flowers	hqlbvideo@gmail.com
Sophomore Head Coach	Austin Imdieke	aimdieke@shakopee.k12.mn.us
Sophomore Assistant	Rodney Washington	rwashington@shakopee.k12.mn.us
9 th Grade A Coach	Brady Tesdahl	btesdahl@shakopee.k12.mn.us
9 th Grade B Coach	Tim Olene	tolene@shakopee.k12.mn.us

Website (game/bus schedules, calendars and more)

<https://www.shakopeesabers.com/boysbasketball>

Twitter/X: @ShakoBoysHoops

*We will send out a weekly Basketball email update with schedule reminders and other important information.

Other important websites:

High School Activities and Athletics: www.shakopeesabers.com

High School: www.shakopee.k12.mn.us

South Suburban Conference: www.southsuburbanconference.org

MN State High School League: www.mshsl.org

Athletics Department Twitter: @SabersAD

Purpose of Handbook: The purpose of the Shakopee Boys Basketball Team Handbook is to share important beliefs, expectations, and details about the Shakopee Boys Basketball program. We hope you take time to read through this handbook so you will better understand our philosophies and expectations of your son while he is a member of the Shakopee Boys Basketball program. If you cannot find what you are looking for, or if you need further clarification on something, please contact Coach Dammann. We strive to create a program with sustained competitive excellence while developing the players and teams both on and off the court. Being a part of a team can be one of the best experiences for preparing a high school athlete for their future and we are excited to have your son be a part of our program. We encourage you to come to games to cheer on the Sabers, volunteer to help with team activities, and stay active within our program. The experience we provide for our athletes is central to our work with our athletes. The items in this book enhance the experience through supporting the growth and development of your player in both their basketball skill and their life skills.

Thank You: First and foremost, you as parents deserve a huge “thank you” for all that you do. Parents are an integral part of any program, and we want to make sure we express our gratitude to you for everything you do for your son, our school, and our program.

Shakopee Sabers Boys Basketball

Program Vision

The Purpose of the Shakopee Boys Basketball Program is to use basketball to:

1. Learn Lifelong Lessons.
2. Create Lifelong Memories.
3. Create Lifelong Friendships.
4. Learn a work ethic to be successful on and off the court.

Finally, we want all our players to Have Fun. High school sports should be memorable experiences that foster life-long relationships and memories. We want to create an environment in which your son will have a positive experience that will be enjoyable for him.

Program Values

Leadership: We believe that everyone in our program can be a leader, both on and off the court. There are many ways a player can be a leader: servant leaders, by example, and with their voice. Our leaders help shape our culture by being intentional about what we allow and what we emphasize. Coaches are tasked with modeling and supporting the growth and development of leaders in our program.

Relationships: Building positive relationships is a hallmark of our program. It is essential that players feel connected to their team, teammates, and coaches. It is the expectation of all coaches to foster an environment that allows for this and enhances the player experience. It is also vitally important that players treat each other and their coaches with respect and kindness. Basketball has the opportunity to build lifelong relationships, we strive to create those.

Energy: The energy a player puts into the program is multifaceted. We challenge our players to be energy givers whenever they step into the gym – in practice, on the bench and in games. Individuals thrive and elevate their game when feeding off the positive energy of others. This energy should be unconditional and not dependent on the day the player is having. Energy is also a reflection of the player's attitude and effort. We value players that do not waver in their attitude and effort.

Communication: We cannot operate efficiently as a program without effective communication. Intentional, honest communication, especially regarding challenging situations helps those involved remain motivated, provide clarity and purpose, address conflicts, and creates accountability for all involved.

As coaches, we will do our best to communicate information to players and parents as soon as possible. I will send weekly update emails outlining the weekly and upcoming events. Sometimes there is other non-regular communication that is required. Here are some specific instances that involve communication, and then our policies for each instance:

1. **Excused Absences:** All players in our program are making a commitment to their coaches and teammates to be a member of the TEAM. Attendance at practice and games is mandatory unless a player is ill or has an extenuating circumstance that has been cleared with the coach. If a player is going to be absent from a game or practice, they must contact the coach ahead of time. Valid reasons for a player to miss a practice or game may include family emergencies, medical appointments, faith event, or school related event.

Unacceptable reasons to miss a practice or game include work, vacations, haircut, etc. Players who miss practice for unacceptable reasons may risk playing time and team membership (coach's decision is final in this regard). Players must be in attendance for a minimum of half of the day or have an excused absence per the Shakopee Public School Attendance Policy to be eligible to participate in practice or games that evening.

2. **No Secrecy:** If parents wish to discuss their son with a coach, he will be present. It is our hope that both coaches and parents can support the growth of our players by aligning and having consistent, shared messages. Having all parties involved helps make that a reality.
3. **24 Hour Rule:** After games, emotions can be strong and influence our thinking beyond a reasonable level. Please refrain from approaching a coach to discuss an issue regarding your son, the game, or anything related to basketball other than your support. Instead, please wait until the next day to contact the coach. Of course, it is always the best course of action to have your player approach the coach and have them handle the challenging conversations. This is the most impactful course of action for relationship building between the player and coach while also providing opportunities for the player to learn valuable life skills.
4. **Chain of Command:** Players and parents are expected to follow the proper chain of command when addressing a problem or concern:
 - a. Player talks to the coach at their level (9th, Soph, JV, V)
 - b. Player and parent talks to the coach of their team
 - c. Player talks to the varsity coach
 - d. Player and parent talks to the varsity coach
 - e. Player and parent talks to the athletic director

Program Roles

“Coaches coach, players play, bus drivers drive the bus.” -Author Unknown. As coaches, parents, players, referees, or even bus drivers, we all have different roles in any athletic program. It is important that everyone understands their role and the expectations in their role. *Be a star at your role!*

Coaches Roles: Below are the expectations I have for myself as a coach and leader. I have these same expectations for all coaches in our program.

1. Teach valuable life skills using the game of basketball.
2. Teach the game of basketball.
3. Build positive relationships with the players.
4. Communicate roles and expectations with players. Communicate strengths and weaknesses with players.
5. Build player autonomy (freedom of play), relatedness (connected to team/teammates), and competence (build skill/success)
6. Be program and TEAM orientated.
7. Be disciplined and prepared.
8. Be positive with players and officials – this includes interactions with players and sideline decorum.
9. Focus on what we can control.
10. Get the most out of the group we have. Be playing our best basketball in March.

Players Roles: Below are the expectations that I have for our players. Please note that each player has control over these attributes.

1. Give your best effort and best attitude.
2. Be committed, be prepared, and be on time.
3. Be coachable.
4. Have a TEAM first mentality – always loyal to the team and those on it.
5. Communicate directly and honestly with teammates and coaches.
6. Be a star in your role. Accept your role and realize that roles change throughout the season.
7. Show genuine care for your teammates to support, encourage, and hold them accountable.
8. Display positive sportsmanship to opponents and officials.
9. Make healthy decisions and take care of your body.
10. Follow MSHSL rules.

Parents' Roles: Roles are important on any team. Parents have an important role in the program. We feel that the following roles are very important for parents to follow:

1. Support/encourage the growth and development of your son and the program. As coaches, we try to make decisions in the best interest of the program, our team, and the players involved in our program. We always try to do right by the program and your player. If there is a concern or frustration with your player pertaining to team related decisions, ENCOURAGE YOUR PLAYER TO SPEAK WITH THE COACH. This is always the most productive course of action, and it supports the growth and development of the player in allowing them to engage in and handle challenging conversations.
2. Be a “Shakopee Sabers Basketball Fan”. Sometimes as parents we focus too narrowly on our children, and we become more concerned with the success of our own child, rather than the success of the team. Please remember to cheer for the Shakopee Sabers TEAM and to be a fan of all members of the team when they are playing. Refrain from gossiping or talking about another player, coach, or program and engaging in negative conversation – mind the dinner table conversations. Players pick up on this and it is destructive in the development of our team and chemistry.
3. Display good sportsmanship. Please positively represent the Shakopee Saber community at each game by showing good sportsmanship towards referees, coaches, players, and fans from our school and other schools. We believe choosing to engage in positive interaction is an extremely valuable life lesson that teaches responsibility.
4. Allow your player to “skin their knee.” Being a part of a team and something bigger than ourselves is not always easy as expectations and reality do not always align. As a program, our purpose is to develop basketball AND life skills. Players do not grow and build resilience without being challenged or without a struggle. Support your player in reframing their frustration or challenging situation as an opportunity to grow and improve in a particular area.

Community

1. It is important to recognize the impact the school and local community can have on the success on the Shakopee Basketball Program.
2. Their primary impact is seen through attendance and support at games as well as contributions of resources where those opportunities become available.

3. As a program, we will strive to give back and make an impact in our communities greater than what the community contributes to our program. These impacts will be through volunteering for community organizations with the goal of making our community a better place.

Alumni

1. The true success of our efforts as a program are not determined by wins or losses. Rather, the program's successes are determined by the type of young men we produce.
2. We strive to maintain strong relationships with our alumni and provide opportunities for them to return and share their knowledge and experiences while also reconnecting with the program and staff.

All five of these groups need to work together to generate success for the program.

Program Rules

Expectations and Policies: The following is a list of expectations and policies specific to the Shakopee Basketball Program.

1. **Be On Time:** Opportunities will be given and taken for tardiness (sprints and playing time).
2. **Academics:** Academics are priority #1. Your education will carry you farther than basketball. We follow the academic eligibility expectations set forth by Shakopee High School Activities Dept. Players who are not committed to the classroom risk practice time, playing time, and team membership. Further, for every F, players will need to spend two hours outside of class in study hall or with the teacher per week to remain eligible.
3. **Attendance:** Students that are in class get better grades – it's that simple. Our Program has the following attendance policy. Players must make weekly progress on reducing the number of detentions accrued prior to the beginning of the season or they will lose playing time – reports are updated weekly so this may cause a player to miss a week of games if they do not make progress between reporting periods. For any new detentions, players are ineligible to play until those are served – again they are on the timeline of the reporting, which may be the remainder of the week.
4. **Team Membership:** Team membership is a privilege. Players are expected to meet the rules, policies, and expectations of the MSHSL, School District, and Shakopee Basketball Program. Any player that has a severe infraction of these expectations or a repeated pattern of behavior that is detrimental to the team may be removed from the team. The team and program come first. The coach's decision will be final.
5. **Player Conduct:** Our players and coaches are expected to be ambassadors and leaders of the Shakopee School Community. They are expected to represent the Shakopee Community with class, pride, and respect:
 - The boys' basketball team will abide by the high standards set by Shakopee High School. Any behavior that is deemed unbecoming of a Shakopee student-athlete will be dealt with following the MSHSL and Shakopee Public Schools code of conduct.
 - We expect our players to always display good sportsmanship; players are not to argue a call from an official and always be respectful of our opponents. The strongest display of mental toughness is not showing any displeasure to a perceived poor call from the official. Further, there will be no demonstrative behavior toward the opponent. We will win and lose with class.
 - Players are to provide a positive image to the rest of the school and community. You are looked

upon in very high regard by many people in the community, especially the younger kids, always remember this and represent the team in a positive manner.

- Shakopee Basketball players will not engage in any substance use that will hurt themselves and others. We will abide by MSHSL rules and school policy for conduct and consequences for any substance abuse issues concerning alcohol, drugs, and tobacco.
 - All players will treat each other, our fans, our opponent, opposing fans, equipment, property, opposing coaches, and administration with great respect. We want our locker room, bench, gym, and school to be cleaner than when we arrive, pick up after yourself and others!
6. **Dress:** At school on game days, each player is expected to follow the attire that has been decided upon for game days by the captains and members of the team. For home games, Shakopee Boys Basketball players will look sharp, appropriate, and together on game day attire that is decided upon by the team. For away games, players must wear a Boys Basketball Travel Suit (can be from a previous year) or must wear dress shoes, dress pants, and a collared shirt. You do not need to wear this to school, but once you get on the bus to go to the game you must be dressed appropriately. No wristbands, headbands, braces, need to be worn unless there is a medical reason to wear them. If you wear of sleeve of any kind or medical brace, it must be black (MSHSL rule). We are a team, and we want each player to dress as a member of our team, wearing team attire.

Team Dress Guidelines When Traveling:

- Follow all school policies.
 - Wear a Shakopee Basketball Travel Suit (can be previous year) or dress shoes, dress pants and collared shirt.
 - Be respectful and appropriate on any school vehicle.
 - Leave opposing locker rooms cleaner than we found them.
 - Be respectful to all fans, players, coaches, and staff from other schools.
7. **Bussing:** A bus will be provided for all levels for every away game. The transportation schedule can be found on the basketball website. Please make sure that you are at least 10 minutes early for all departure times. Please make sure that you understand the below transportation plans to all away games.
- Early Bus: 9th and 10th players
 - Late Bus: JV and Varsity players
 - There will be 1 bus coming back after the varsity game (any grade level can ride this bus).
 - If you go home with your parent, you must have your parent sign you out in the Travel Binder.
 - If you go home with another parent, you must have a Transportation Waiver for EACH occurrence.
8. **Social Media:** Every student that participants in a co-curricular activity is required to follow student handbook guidelines and MSHSL policies, even though an event may happen off school property or after school hours.

Student athletes are held in the highest regard and are seen as role models for our community and school. Players have a responsibility to always portray their team and school in a positive manner. Players should be aware that what you put online can be viewed by anyone and at any time; what you post is public information. All posted content should uphold and positively reflect your own values and ethics, the values of your family, Shakopee High School, and our basketball program. Maintain a self-image that will make you, your family, your school, and team proud for many years to come.

While there are no restrictions on using social media platforms, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and comply with federal government, state of Minnesota, Shakopee, and MSHSL rules and regulations. Students are accountable for the guidelines for in the Shakopee Student Handbook as well as Minnesota State High School League (MSHSL) regulations.

Behaviors to Avoid:

1. Derogatory language or demeaning remarks about others.
 2. Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism; stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 3. Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 4. Indicating knowledge of an unreported theft or criminal damage to property.
 5. Indicating knowledge of an unreported school or team violation—regardless of if the violation was unintentional or intentional.
9. **Lettering:** For players to earn a varsity letter, one of the following requirements must be met:
- A player dressed for over ½ of the regular season’s varsity games will be awarded a letter. Ultimately, these decisions will be made at the coach’s discretion.
 - All managers, film managers, and statisticians who have worked at least 15 games will earn a varsity basketball letter.
 - A letter can be earned by the coach’s discretion for a significant contribution to the team.

Team Philosophy and Miscellaneous Important Items

Team Philosophies: Our program philosophy is to build program depth by developing as many players as possible in each class. Below you will find a description of each team and our philosophy for playing time with each team:

1. **Freshman Teams (9A and 9B):** The focus of this team is skill development and teamwork while implementing the Shakopee Basketball system. This is an incredibly important transition level for players. There will be growing pains as players transition and experience high school basketball for the first time – no longer will kids have one or two practices per 3 to 5 games. In fact, the practice/game ratio is reversed. Kids are still developing and growing into their bodies at this level. There are two teams at this level, 9A and 9B. Both teams will practice together every day. Teams are not set and there will be some fluidity between playing for both teams for some players. Playing time will be given to all players on both 9th grade teams. Coaches will do their best to provide quality playing time for all players. Playing time may be based on skill level, personnel, game situations, and other factors like attitude, conduct, and attendance. Playing time decisions are solely at the coach’s discretion and are not debatable. 18-20 players on this roster.
2. **Sophomore Team:** This team will consist of players in grade 10 and below. The focus of this team is skill development and teamwork while implementing the Shakopee Basketball system. We do look to provide everyone with playing time throughout the season but playing time may not be equal. Playing time and its equality amongst players will be at the coach’s discretion, based on skill level, personnel, game situations, and other factors like attitude, conduct, and attendance. Playing time decisions are solely at the coach’s discretion and are not debatable. There will be opportunities for players on the sophomore team to sit on the bench and potentially have some playing time during the Junior Varsity game. Players are allowed 3 halves of competition per night. These decisions are based on skill level, work ethic, and other factors like attitude,

conduct and attendance. It is important to note that those that are asked to be involved with the JV game is fluid and can/will change from game to game. 10-12 players are typically on this roster.

3. **Junior Varsity Team (JV):** This team will typically consist of players in grade 11 and below. This team will continue to build upon the skills, teamwork, and expectations of our program while practicing with the Varsity team. The JV is comprised of players that are in our top 16-18 in our program. Our focus is to put the most competitive team we can on the court to try and win the basketball game while developing and preparing players for future varsity roles. Playing time will not be equal at this level, and all playing time decisions will be at the coach's discretion and are not debatable. In addition to commitments to skills and teamwork, other factors such as skill level, personnel, game situations, attitude, conduct, and attendance are considered when determining playing time. Lastly, players are allowed 3 halves and may play both JV and Varsity minutes on a given night – this situation is fluid from game to game and is based on the factors listed above. 16-18 JV/Varsity players on the roster.
4. **Varsity:** The Varsity basketball team will be made up of the very best players in the entire program, regardless of grade level. The goal of varsity competition is to put together the best representative basketball team that Shakopee can provide. Those individuals who display strong basketball skills and a solid commitment to the team will be players that have a strong chance of earning playing time at the varsity level. Decisions about playing time will be made based on what is best for the varsity team at the given moment during the season. These decisions will not be debatable, and these decisions are at the coach's discretion. In addition to commitments to skills and teamwork, other factors such as attitude, conduct, and attendance are considered when determining playing time. Players are allowed 3 halves per night and sometimes will play a half or two of JV to support their development. 16-18 JV/Varsity players on the roster.

Playing Time: One of the hardest jobs of a coach is determining playing time. All our players work hard at improving their skills, trying to earn playing time to help the team win. Unfortunately, not every player has the same skill or ability level. As players progress through each level of basketball, the competition improves, and some players find it hard to keep up. We do not guarantee playing time, but rather we believe that playing time should be earned through hard work, attitude, commitment to basketball, commitment to the team, understanding of system, and consistent effort. We generally use a rotation of 7-10 players/game (Varsity level). Each player needs to understand and accept their role – coaches will communicate this to the best of their ability. Players should understand that roles can and will change throughout the season. All roles are crucial in a successful team and successful teams always have players who accept their roles for the betterment of the TEAM. Even though we do not guarantee playing time, here are three promises that we will make concerning players:

1. We will not quit on any player. It does not matter if a player plays every minute of the game, or no minutes in a game, we will not quit working to help that player improve.
2. We will be honest with each player in our assessments of their skills. The coaches will determine strengths and weaknesses of each player, and we will attempt to help the player improve weaknesses, while helping strengths to flourish.
3. We will communicate as clearly as we can. It is our job to communicate roles and information to each player, and we will give our best effort to communicate to each player.

Non-Debatable Items: Playing time, game strategy, scouting, and other personnel matters are decisions made by coaches prioritized with interest of the program, team, and individual (in that order). These items are not debatable.

Team Selection: Due to the size of our school, interest in our program, and to maintain appropriate numbers for each level within our program, we will conduct tryouts for each level. The members of each basketball team within our program are selected on the following criteria in no order.

- Basketball ability
- Work ethic and competitive drive
- Willingness to be coached
- Ability to be a team player
- Positive attitude and commitment to the program

Varsity End of Season Awards

1. South Suburban Conference voted awards (All Conference, Honorable Mention All-Conference)
2. Mr. Everything Award (Combined Rebounds, Steals, Deflections, and Assists)
3. Mr. Shooter Award (Combined 2ptFG%, 3ptFG%, and FT%)

Physicals: All players that want to participate in basketball must have an updated physical form on file with the athletic director to participate.

Injuries: Be proactive in dealing with injuries and taking care of your body. It is recommended to speak to your coaches and see our trainer first if you are injured. If necessary, you may need to seek medical treatment outside of our training room. If you see a doctor, you need to get a note clearing you to return to competition.

Fundraising: Our ability to have financial resources that we can use toward this end is vitally important. Fundraised money is use directly to enhance the student-athletes experience as a member of the Shakopee High School Boys Basketball Program.

- Alumni Tournament
- Golf Tournament
- Bowling Event
- Bingo Nights
- Other items as they come up...

Other Costs:

- Apparel choices will be provided in two windows – one prior to the season starting and one after teams are announced. This is optional and information about these optional purchases will be sent out to players and parents before the season starts.
- The end of the season banquet normally has a per person cost.
- Incoming 9th grade players (or other new players) may be expected to purchase a game jersey and shorts to wear for their season. This jersey will then be used for a practice jersey in future seasons and can be used for spring, summer, and fall opportunities.

Off-Season: The off-season is where players can improve themselves as individual players. We have a highly competitive program that requires a commitment to improvement outside of the season – this includes involvement in other spring and fall sports. To be successful and find longevity within the program, players must commit themselves to improving both their athletic profile and basketball skill set in the offseason. A player is going to get out of basketball exactly what they put into the sport. We will provide numerous opportunities for individual skill development and strength training. These include summer leagues, Summer Camps, Open Gyms, Training Haus, and more. Ultimately, the great thing about the sport of basketball is that, to get better, you only need a ball, a hoop, and your own self-determination.

GO SABERS!