

2022-2023
Haddonfield Middle School
Boy's Basketball



STANDARDS OF EXCELLENCE

Introduction:

I am so excited to start this new journey with everyone. The journey our team will go on within the next few months will be rewarding in multiple different ways and will vary in emotions as we continue down this path for our 2022-2023 basketball season. **A firm belief is that our team has the potential to reach greatness when every individual is willing to give what is necessary for the team to be great.** In the following pages, an outline of what is expected and required from each team member, including myself. I will go over this packet with every player to ensure we are all on the same page. **There is a section for parent and emergency contact, along with a parental creed. I ask that it is signed and returned by the first game, 12/15/22.**

*“Coming together is a beginning,
keeping together is progress,
working together is success”*

Expectations:

I am here to provide you with an experience that allows you to get an education, grow as a person, and compete at a high level - *in that order*. **Three key expectations and culture points that I want to drive home are the elements of role acceptance, teamwork, and respect.** Furthermore- to be a member of this team- *you* must be able to function as the 20th player on our team or the 1st player on our team, but still treat everyone with the same level of decency. As an athlete, I understand that not everyday you can give 100%. I ask that everyday you show up you give me whatever you can for that day.

“The greatest compliment to any player is that he or she is a great teammate. We can’t all be great players, but we can all be great teammates. And the key characteristic of a great teammate is belief. Belief, like trust, is a choice.”

-Jay Bilas

Beliefs:

- No individual, including myself, is more important than the other, we are all equal and will treat each other equally.
- Whatever your role is on this team, you are expected to be positive, embrace that role and buy into our overall goal of the team.
- Every player must take more pride in this team than they do in their own individual wants and needs.
- It may take maturity to accept bigger responsibilities and accountability for mistakes, but it is about how you react and overcome them.
- Teamwork is a form of trust. It's what happens when you surrender the mistaken idea that you can go at it alone, and realize that you won't achieve your individual goals without the support of your teammates.

*“Life is 10% what happens to you
and 90% how you react”*

Operations:

I want you all to get into the habit of proactive communication, which is communication well before the event takes place.

- If you are **absent** from school **and will not be at practice/a game, please email me**, the coaching staff will not be mad at you.
- **If there is a conflict with practice times for some reason, please let me know** at least **24 hours in advance** either in person or email.
- **All players are expected to be in attendance at every practice** unless advised by the Athletic Training Staff, Physician or coaching staff.
- Should any other instances occur (i.e. family emergencies) please **notify the coaching staff as soon as possible**.
- **BE ON TIME.**

*“If you are early, you are on time. If you are on time,
you are late. If you are late, you are left”
-Club Organization Director 1999*

Practices:

- Most practices will begin after the girls middle school team around **5pm.**
- Be prepared to gather for practice **15 minutes before practice time starts.**
 - Meaning on/near the court, phones away, headphones away, apple watches off, ankle/knee/wrist braces on, shoes tied, hair up, out of the training room, practice gear on the correct way, balls out, water bottles filled.
- Come with a ‘hype-man’ mentality, encourage each other, put all effort into everything, constructive criticism (it's not what you say, it's HOW you say it), mental toughness, accountability, and be competitive. **No complaining.**

*“Treat practice like a game,
so the game is like practice”*

Game days:

If you look at our schedule some days there are two game times, this is because we will have two teams. Team black and team red.

- Players dressing for the particular game are required to be on the floor ready to start stretching, etc. one hour prior to game time.
- Players that need to see the trainer/get treatment are expected to be at the trainer as soon as possible prior to game time.

Home games with one time on schedule:

I will only need **TEAM BLACK** to dress. I *strongly encourage all members of the team to come to cheer on our teammates.* If you choose to do so, I expect there to be respect and behave maturely.

Away games with one time on schedule:

I will only need **TEAM BLACK** to dress and travel. I *strongly encourage all members of the team to come to cheer on our teammates if possible.* If you choose to do so, I expect there to be respect and behave maturely.

Home games with two times on schedule:

I will need both **TEAM BLACK AND TEAM RED TO DRESS.**

Away games with two times on schedule:

I will need both **TEAM BLACK AND TEAM RED TO DRESS.**

Bus rides:

*** BE ON TIME TO THE BUS***

- You must ride on the bus to and from the away games unless coach approves specific situations. (I.e. weddings, funerals, family obligation, location, etc)
- What we look like when we travel to away competitions is a representation of who we are and our opponents first impression of us. Not just ‘us’ but our family members, our school, our team, our community, etc. **Therefore, we want to look sharp.**
- Keep your focus during all travels and remove distractions. When dealing with opposing fans, the best approach is to smile and let your game speak for you.
- Speakers will not be allowed on bus rides. Personal headphones are permitted and encouraged.
- After games during the ride home, stay away from distractions/social media and reflect on the game win or lose.
- Upon arriving at a school, we will wait for each member of the team to get off of the bus and get into a buddy line. The same goes for leaving a school.
- Before we pull off our team duties have to take place and I will check in with each department.

*“We walk together, we warm-up
together, we play together.”*

Communication with fans and parents at games:

There will be no interacting with fans and parents within the 60 minutes prior to game time or during the duration of the game. After the game there will be a brief team meeting, at the conclusion of that, you will be able to meet with your family. If there is an instance where someone has something for you (i.e. medication, gatorade, socks, etc.) **Please talk to me about it, proactively communicate.**

*“If you just communicate you can get by.
But if you communicate skillfully, you can work miracles.”*
-Jim Rohn

Injuries:

Any injured player is to immediately communicate this to coach and depending on the case, your teammates. Whether we are in season or not, I care about you all and want the best for your health. Players are expected to get the appropriate and recommended treatment that is suggested by our athletic training staff.

Injured players are to attend every practice, arrive on time and work out a physical therapy schedule with the head coach/athletic trainer prior to the start of practice (preferably the day before.) Players with injuries are to be completely dressed in practice gear and sneakers and are to be standing on the sideline, engaged in drills and cheering on their teammates. *Any modification to the above paragraph should be a conversation with the head coach prior to the day's practice.*

Your efforts to get healthy are just as important as your everyday work ethic! If a player is injured and the athletic training staff has cleared you for “sporadic/limited/full” participation, we as a coaching staff may at times hold players out until they are 100%. This will be decided on an individual basis, and will be determined by evaluating what is best for the athlete and the team.

*“The greater the challenge,
the greater the joy of overcoming it.” -Steve Kearly*

Academics:

You are all student-athletes – ***in that order***. I understand life can be stressful and overwhelming at times, but I am here for you. Doing well in the classroom will help you all succeed on the court. I expect everyone to maintain above a “C” average, but please proactively communicate with me if you are having any issues or need anything.

Postseason/summers:

Best way to start postseason commitments is to identify which areas need work. I will have post-season meetings to assist with this. Help each other out finding summer league teams or AAU teams, the more you guys play together, the better. Commit to getting/staying in shape and being consistent.

Phones:

*****Should be left in backpacks/locker rooms.*****

If phones become a problem I will collect them and give them back at the conclusion **Vibration/Do not disturb should be on during all practices and games.** If for any reason a player may need access to their phone during practices/games, **please communicate this with me to find a solution.**

Social media:

If you need to **think about it twice** then you probably **shouldn't post it.** When you are in Haddonfield clothing you are representing you, your school, your community, your family, etc. **DO NOT** post a picture of yourself cursing/flipping off the camera while in Haddonfield attire.

Drug, alcohol, smoking, vaping, etc. policy:

ZERO DRUG,ALCOHOL, VAPING POLICY. Student handbook.Vaping is an epidemic. It is **WORSE** than smoking cigarettes. I don't do drugs, drink or vape and I expect you all to do the same in return.

Food/drinks:

Please try to eat and drink healthy around me. I don't want to see you drinking soda during practice or eating candy. I will try to keep snacks in my bag because I know you all are having long days.

Accountability:

NO EXCUSES!!! Take ownership for yourself, this is a part of becoming a young man. Apologize when needed and get to work right after. It is all about what you do after the mistake. Hold yourself and others accountable in a respectful manner.

Celebrations (birthdays, holidays, after scoring points):

Please let me know if you are having a birthday/celebration and plan on bringing in snacks for the team so I can help plan accordingly.

Team players:

I am not appointing captains. Being a leader means knowing when to step up. You have to be a person that listens to their teammates and makes an effort to help. Everything that happens to a player happens to the team. A leader keeps the team together no matter what circumstances, *good or bad*. Always be humble and try to keep others accountable. All while using encouraging words towards each player no matter their role.

Not everyone is a born leader. Role players are every bit as essential to the success of a group as the leader. The last thing you want is a team full of “Type A” personalities who think they can do it all. It just wouldn’t work. What *is* successful is a good mix of personalities. Some being loud leaders, some quiet leaders, some role players and some contributors. ***Everyone has different abilities.***

Work ethic:

Take pride in your work ethic, within every aspect. There is strength in participation. Drill to Drill. Drill to water. ONLY PRODUCTIVE CONVERSATIONS WHILE GETTING WATER. We RUN to get water. We RUN from drill to drill. We RUN on and off the court - especially if we are being subbed in/out of a game. We give it OUR ALL because **WORK ETHIC IS IN YOUR CONTROL.**

Team Duties:

We must work together in order to be efficient and all split responsibilities for our team duties. This will allow us to operate smoothly. **Every single player will have a responsibility** to help in **ALL** duties on **ANY** given day to make sure they are accomplished. Every player will have an assigned “Main Duty.”

Med Bag-
Uniform check-
Sneaker check-
Swag check-
Water-

Coach’s Board-
Coach’s markers/eraser-
Roll call-
Ball cage-
Caboose-

Team creed:

I, _____, fully believe that I can be a positive contributor to the Haddonfield Middle School boys basketball team this season, whether my role is to be the loudest person on the bench, to begin the person that never steps off the court, and everything in between. I will be positive, proactively communicate with my coaches, and accept any role to make this TEAM the BEST that I can possibly be. I understand that my role may change throughout the course of the season, and I am open to taking on the challenges and rewards that being a part of this team will serve me with. I will put aside my own personal wants and desires for personal gain and playing time and be the best TEAMMATE I can be. I have fully reviewed the operations of the program and feel that it is a genuine good fit for my desires as a basketball player and a person. I commit to communicating openly with the coaches throughout the course of the season, as I have questions of feelings regarding my role. I believe in The Standards of Excellence and what it stands for and look forward to the journey ahead of me.

Signature _____

Date _____

Parental creed:

“24/48 hour rule”

The coaching staff requests that any questions/comments/concerns relating to ***practices*** be discussed 24 hours after the conclusion of that particular practice.

The coaching staff requests that any questions/comments/concerns relating to ***games*** be discussed 48 hours after the conclusion of that particular game.

I, _____, fully understand and agree to the “24/48 hour rule” the coaching staff is implementing.

Signature _____

Date _____

Emergency contact information:

Player(s) name: _____

Player(s) school email: _____

Emergency contact **relation to player:** _____

Emergency contact **name:** _____

Emergency contact **phone number:** _____

Emergency contact #2 **relation to player:** _____

Emergency contact #2 **name:** _____

Emergency contact #2 **phone number:** _____

Allergies: _____

Medical conditions: _____