



MINNEWASKA LAKER
BOYS' BASKETBALL
TEAM HANDBOOK

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IMPORTANT DETAILS

Opening Week (9-12)

- Monday, November 19, 3:25 – 5:10 practice
- Tuesday, November 20, (*Var/JV Only 6:45 a.m. – 7:45 a.m.* 3:25 – 5:10 practice)
- Wednesday, November 21, 3:25 – 5:00 practice
- Thursday, November 22, **No Practice Thanksgiving**
- Friday, November 23, 8:30 a.m. – 10:30 a.m.
- Saturday, November 24, 8:00 a.m. - Noon Scrimmage @West Central Area (Barrett)
- 5:45 Start times for JV/C for a few non-conference games & BOLD, Benson

Eligibility Information

All paperwork, fees and physicals must be completed before **November 19th**. All fees and forms must be completed online at school website.

(minnewaska.k12.mn.us) **Click on Community Education/Activities.**

Practices

Practices will be early or late. Early practice begins right after school. Late practice will begin at 5:10 p.m. /5:00 on Wednesdays. **During late practice weeks, we will have early practice if the girls have a game on that evening. We will occasionally have morning practices if needed.**

All practice dates are on calendar on our website (www.minnewaskaboyschoops.com)

Thanksgiving Practice

- Thursday, November 22rd, *No Practice*
- Friday, November 23th, *Practice 8:30 am. – 10:30 a.m.*
- Saturday, November 24th, 9:00 a.m. - noon, *9-12 Pre-Season Scrimmage vs. Dawson-Boyd @West Central Area*

Holiday Practice

- Thursday, December 20th, **Game vs. Morris**
- Friday, December 21st, **Practice @Starbuck 3:30-5:00**
- Monday, December 24th, *No Practice*
- Tuesday, December 25th, *No Practice*
- Wednesday, December 26th, **Practice: 2:00 p.m. – 4:00 p.m.**
- Thursday, December 27th, **Practice: 8:00 am – 10:00 am**
- Friday, December 28th, **2:00 JV vs. Hermantown @Marshall High School & 4:00 Varsity vs. Hermantown @Southwest State**
- Saturday, December 29th, *No Practice*
- Monday, December 31, **Varsity Practice 9 a.m. - 10 a.m. (NO JV or C practice)**
- Tuesday, January 1st, *No Practice*

Special Dates

- Thursday, January 3rd, *C-Squad Game vs. Osakis 6:00 (@Minnewaska)*
- Saturday, January 12th, *Game vs. Osakis @Target Center 2:30 (Varsity & JV Only)*

- **Saturday, February 9th, Varsity ONLY vs. Breckenridge at Fargo Civic Center**

PARENTS NIGHT

Thursday, December 13th vs Montevideo

All parents (9-12) will be introduced with their son before the beginning of the varsity game on the main court of the big gym.

General Information

- Gameday dress-Travel Suits
- **5:45 & 6:00** C/JV Starting time for games.
- Pictures (early in season)
- Uniforms & Practice Gear
- **E-mail/Communication (getting away from this and want families to use website)**
- **Boys' Basketball Website (www.minnewaskaboyshoops.com)**
- Minnewaska Boys' Basketball Association/Booster Club

Points of Emphasis

****SPORTSMANSHIP/POOR BODY LANGUAGE****

- ✓ **Academics** (Players must maintain good academic standing)
- ✓ **Citizenship** (Behavior in public is as important as at school)
- ✓ **Team** (includes players, parents, coaches, friends, community)
- ✓ **Uniform** (shorts, socks, shoes, NO wrist / headbands) Take care of your stuff!
- ✓ **Game day dress** (we want our team to look nice)
- ✓ **Strength Training** All players 9-12 players are expected to strength train during the calendar year. During the season, our players will be lifting at least three times per week either before school or before practice. Most importantly, we will be lifting as a team. Typically, the majority of our players will be lifting before school during the season as the weight room is open five days a week beginning at 7:00 a.m. – 8:00 a.m. Players can arrive at a time that works for them before school as long as they lift during that time slot and participate in a solid Laker strength workout. Exceptions to the morning strength workout are players that have a zero hour course or, no transportation in which they will need to lift at an alternate time but only during times of supervision in the weight room.

Elementary basketball: all players 9 – 12 will be helping with our elementary program. Athletes will be notified in advance of when they help. **All 9 – 12 players will help with Elementary Championship day on Saturday, January 5th.**

Coach / Player / Parent Issues:

1. Encourage player to meet with his coach.
2. If parents want to be involved, they need to call the AD to set up a meeting with the coach. Meeting would be set for a time that works for all parties involved.
3. Social Media, Facebook/Internet/Cell Phones/Texting, Twitter, Instagram, SnapChat, Email (**players be careful**)
4. Team Support (includes players, parents, coaches, friends, community)
5. Newspaper Articles (our coaching staff doesn't write them)
6. Behavior toward officials
7. No discussion will take place with parents about playing time, coaching strategies or other players. This includes after games (heat of the moment), via email, text message, or phone calls at home. Refer to #2 of this section if the need to visit involves any of these topics. Feel free to discuss all other issues in regard to our season.

Trips (during season) Please plan around our holiday schedules as they are outlined.

Riding Bus: *We cannot drop off a student-athlete anywhere except Minnewaska Area High School unless there is a written note from the AD and Parent describing details of where that student-athlete is going to be dropped off. This note must have the AD's signature as well as the parent, and be shown to the bus driver and coach before the student is allowed to leave the bus at one of these non-school sites. Typically, a student athlete must ride home with their parent unless the signed note says otherwise. (They can ride home with a friend's parent, brother, sister, etc., from one of these non-school sites if it has been specified on the note and approved by the activities office) Coaches will also check with the student as they are departing to make sure the person they see picking them up is someone they're familiar with. In cases where players ride home with parents, coaches must be notified and parents must sign team form before leaving the game site. Parents cannot take home other players unless approved through the AD in advance of team departure for contest.*

Uniforms/Practice Gear: Players need to take good care of their gear. On occasion, we will have uniforms or practice gear stolen or not turned in. In this case, it's the responsibility of the player to pay for replacement. We never give uniforms or practice gear to the players to keep! **Also, always wash uniforms in cold water and air dry if possible.**

Games: All C, JV and Varsity players are expected to watch the other teams play on game nights. C & JV players should sit behind the Laker bench for observation and helping with stats. **C squad players will have a schedule for taking stats and video at games home and away.**

PROGRAM

COACHES:

Ted Hill

Jesse Johnson

Darin Johnson

Phil Johnsrud

C Team

Junior Varsity

Assistant Varsity

Head Varsity

TEAM ARRANGEMENT

All teams will be determined by coaching staff evaluation

***Philosophy on moving players up (based on talent or need)**

Varsity: could include players in grades 9 – 12

Junior Varsity: This team could be made up of juniors, sophomores, and freshman and is at coach's discretion. Some JV players may also dress for varsity games.

"C" Team: This team will consist of freshmen and possibly 8th grade.

MINNEWASKA BOYS' BASKETBALL GOALS

Coaching Staff Goals:

1. Maintain a program in grades K – 12 that promotes skill development, positive communication, excitement, and cohesion for all levels.
2. Provide experiences that will allow all players to develop valuable skills necessary for our basketball program, school, and community.
3. Teach our team how to play with desire, determination, and dedication.
4. Give as much one on one contact to players as possible. Continue to work with our basketball players in grades K – 12 during the off-season during camps, clinics, and open gyms.

2018 Team Goals

1. Win all home games.
2. Win the West Central Conference.
3. Win Subsection
4. Win Section **3AA Title**
5. Earn a trip to the State Tournament
6. Involve our 9th – 12th grade staff and players with our youth program as coaches, officials, and supporters.
7. Maintain a strength program during the season and off-season.
8. Provide opportunities for players to improve their skills during off-season

through games, practices, tournaments, and camps.

MINNEWASKA BOYS' BASKETBALL
TEAM RULES AND POLICIES

1. Profanity will not be tolerated on or off the court.
2. Attendance and promptness at all practices and games is mandatory unless prior plans have been discussed with coaching staff before the anticipated absence. **Never have a teammate deliver a message to the coach.** If the coach cannot be contacted, let the Activities Director or another coach know the situation.
3. Behavior on and off the court is extremely important. Any negative actions towards teammates, coaches, teachers, administrators, support staff, and officials will not be tolerated.
4. All players must maintain good academic standing to maintain eligibility with the team. The coaching staff will contact teachers throughout the season for academic and behavior problems of players on the Laker team.
5. In cases of injuries and eligibility problems, team members are required to attend practices and games. However, time can be permitted for students to take tests or meet with teachers to improve academic progress.
6. Locker-room behavior should always be conducted in a positive manner. Always maintain your locker area and keep your gear secured. Cost of replacing gear is charged to the student athlete.
7. As a Minnewaska Basketball Player, your conduct and appearance will always be presented in a positive manner. This is applicable at school, practice, games and community.
8. Dress during practice and game days are to be as follows:
***PRACTICE GEAR** will be provided and worn during every practice. This gear includes Minnewaska Basketball jersey, shorts, and team shoe (school colors) white or royal blue socks.
***GAME DAY DRESS** home or away will consist of dress pants, dress jeans, nice shirt or sweater, and some type of dress shoe. Players may also wear travel/Laker gear when specified by the coaching staff.

DISCIPLINE FOR BREAKING TEAM RULES AND POLICIES

OFFENSE

CONSEQUENCE (MINIMUM)

MISBEHAVIOR

1ST TIME: half game suspension
2ND TIME: suspended 1 game
3RD TIME: Dismissed from team

LATE TO PRACTICE

1ST TIME: half game suspension
2ND TIME: suspended 1 game
3RD TIME: Dismissed from team

UNEXCUSED ABSENCE

1ST TIME: Miss 1 game

2nd TIME: Dismissed from team

THE MINNEASKA BOYS' BASKETBALL STAFF RESERVES THE RIGHT TO DEAL WITH TEAM ISSUES AT THEIR DISCRETION IF THE OCCURRENCE IS NOT STATED WITHIN THE RULES.

Minnewaska Boys' Basketball Academic Policy Grades 9 - 12

In an effort to ensure the success of all our players academically, the following policy will be enforced if the circumstances merit. We want to ensure that all of our players make continual efforts to turn in work on time, improve and maintain grades, and show concern for classroom performance, behavior and attendance. Your son may miss practice to complete coursework whenever our coaching staff, teacher or you feel it's necessary. Coaches will be communicating with teaching staff about these rules.

- I. 1st unexcused late/ incomplete assignment, behavior problem, excessive tardiness (teacher's discretion) = **Conditioning consequence.**
- II. 2nd unexcused late assignment, behavior problem, excessive tardiness (teacher's discretion) = **Conditioning consequence & miss ½ of a game.**
- III. 3rd unexcused late assignment, behavioral problem, excessive tardiness (teacher's discretion) = **Conditioning Consequence & miss 1 game.**
- IV. 4th unexcused late assignment, behavioral problem, excessive tardiness (teacher's discretion) = **DISMISSED FROM TEAM**
- V. **ANY PLAYER THAT WAITS UNTIL THE LAST 2 DAYS OF THE SEMESTER TO TURN IN UNEXCUSED LATE WORK WILL MISS 1 GAME.** We want to avoid last minute situations. Players should show concern about their grades throughout the quarter/semester.
- VI. ******It is strongly suggested that players work hard in class and show concern for performance, behavior and attendance.*****