

IRONWOOD
BASKETBALL
TEAM HANDBOOK

INTRODUCTION

A basketball handbook is an essential tool for communicating team rules, expectations, and policy to players and parents. Please take the time to read over the handbook. Parents, please sign the statement of understanding that goes with this handbook and have your son return it to me.

To my players and parents, I, as your son's basketball coach, pledge to work hard and do the best I can to improve your son as a basketball player and more importantly as a person. Players, thank you for participating in the basketball program and working hard. Parents, thank you for allowing your son to participate in the program and for your support.

Coach Lewinski

FOOD FOR THOUGHT

DISCIPLINE

The meaning of discipline is NOT punishment but that development of self-control and teamwork which enables people to strive for perfection and accomplish greatness.

Author Unknown

Basketball is the hardest game to play and hardest to coach. Why? It is the ultimate team game founded upon the most individuality that you possibly can have. You need to have players that want to get to be as good as they can be.

Every day, players must want to get better. Then, when you get to be as good as you can be, you have to play with four other players with you. It is not just about you, it is about five players on the court playing together.

Joe Scott, former Basketball Coach

Princeton University

The definition of a coach: "To make your players better."

Coach Bill Green

Indiana High School Basketball

Six State Championships

“The best teams have chemistry. They communicate with each other and **they sacrifice personal glory for the common goal.**”

Dave DeBusshere

New York Knicks

NBA World Champions 1970

“It’s so hard when you have to, and so easy when you want to.”

Author Unknown

“Those who invested the most are the last to surrender.”

Author Unknown

“Extra discipline makes up for a lack of talent and a lack of discipline quickly siphons away extra talent, that’s why it’s frequently the most disciplined rather than the most gifted that rise to the top.”

Author Unknown

“It is not the critic that counts....The credit belongs to the man who is actually in the arena....who strives valiantly who errs and often comes up short again and again....who, at the best, knows in the end the triumph of high achievement, and who at worst , if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat....”

President Theodore Roosevelt

Muhammad Ali used to say, “To be a great champion, you must believe you’re the best. If you’re not, pretend you are.”

From “The Magic of Teamwork” by

Pat Williams

The simplicity of an elegant formula:

10 = C + F + U (Conditioning + Fundamentals + Unity)

Coach John Wooden UCLA Retired

10 National Championships

The definition of **Success**: “Success is piece of mind which is the direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”

Coach John Wooden

YOUR EDUCATION

1. You are at Luther L. Wright K-12 to get an education. I want everyone to receive a diploma. Keep that first in your thoughts, but place basketball second.
2. Do not cut classes and be on time.
3. Do not fall behind and get your work in on time.
4. Have regular study hours and keep them.
5. Arrange with your teachers in advance when you must be absent.
6. Do not expect favors. Do your part.
7. Work for a high grade point average. Do not be satisfied by merely meeting the eligibility requirements.
8. Arrange for tutoring or extra help at the first indication of need.
9. Do your own work.
10. Earn the respect of everyone, especially yourself.

TEAM PRINCIPLES

1. Put the goals of the TEAM ahead of individual goals.
2. Have a great work ethic at all times on the court and in the classroom.
3. Be on time to all team and school activities.
4. Have pride in the Red Devils.
5. Respect authority and each other, always be polite.
6. Leave places better than you found them (pick up trash).

ROLE OF THE COACH

1. Teach the game of basketball in a positive manner. Correct and encourage.
2. Promote a trusting atmosphere.
3. To inspire players to reach their potential.
4. To communicate with the players and parents.
5. To be clear where players stand.
6. To treat players and staff with respect.

7. To represent the program and community in a positive manner.

ROLE OF THE PLAYER

1. Be a good teammate.
2. Be coachable.
3. 100% effort on the court and in the classroom.
4. Play smart and communicate with teammates and coaches.
5. Be accountable and responsible.
6. Display good sportsmanship at all times.
7. Maintain your cool when faced with adversity.
8. Represent the program and communities in a positive manner.
9. Enjoy the game, have fun.

ROLE OF THE PARENT

1. Support your son on and off the court in a positive manner.
2. Help maintain your son's academic performance.
3. Promote a good training lifestyle. I.e. sleep, diet, no alcohol, no drugs, no tobacco.
4. Communicate injuries to the coaching staff. Sometimes players want to hide these so they can play more.
5. Be a positive example at games and any school activity as you represent our program and communities as well.
6. Encourage and support all players on the team as well as the coaching staff.
7. Support the style of play of the team. You are not going to change it with your comments, and you will confuse your son.
8. Let the coaching staff do their job. Giving "extra" information may go against what is being taught, and can confuse your son.
9. Trust the coaches and school district to do what is right for your son as a person and player. As a coach we have the player and entire program in mind when making decisions. We are all on the same side.

SOCIAL MEDIA

All athletes and players are required to always be mindful of what is said and posted on social media sites such as Facebook, Twitter, YouTube, or via email and text.

Any violation of using these social media sites by posting lewd, inappropriate, compromising, illegal or unacceptable pictures and statements will be met with discipline including law enforcement involvement.

BASKETBALL RULES IRONWOOD HIGH SCHOOL

I have one general rule for my basketball teams and several guidelines for players to be aware of. My general rule is: **Don't do anything that is detrimental to yourself.** If it is detrimental to you, it'll be detrimental to our basketball team and Ironwood High School. This rule covers a lot of things. It includes breaking rules in the Athletic Code such as drinking, smoking, chewing, and taking illegal drugs, cheating in academics, breaking laws of society, etc.

Remember every situation is different. If a player misses practice, what was the reason? Does the player play the next night in a game? Does the player not start the game and get in later?

The answer to these questions will be determined by the coach. The coach has to use his discretion. The coach is a leader and leaders have to maintain a certain amount of discretion.

Not every event or situation can be covered in a handbook. Any other incidents that take place during the season will be resolved at the discretion of the coach, athletic director, and principal.

GUIDELINES

1. Absences

- A. Excused Absences - To be determined by the coach.
- B. Unexcused Absences - Conference with coach and player involved with the coach determining how the situation will be handled.

2. Violation of the Athletic Code.

The Coach will follow the Athletic Code and recommendation of the Athletic Director and Principal. (See Athletic Code booklet.)

3. Practice.

You are part of a team. Your teammates and coaches rely on you to attend practice. Whether an absence is excused or unexcused and how the situation will be handled, will be determined by the coach. If a player absolutely must miss practice, the player should discuss the matter with the coach ahead of time whenever possible. If the player should miss a practice due to illness, injury, or a family matter, the player should bring a note signed by his parent explaining the situation to the coach as soon as possible. This does not necessarily excuse the absence, but will assist the coach in making a determination on the situation.

If you are injured or ill and did not leave school, but cannot suit up for practice, you still must attend and observe practice. If you are ill or have an appointment and are leaving school during the day, please inform me so I will know where you are. If you can't find me, leave a note in my mailbox in the principal's office. If you will not be attending school, when your parent calls the office to report your absence, please tell the secretary to drop a note in my mailbox stating you will not be at that day's practice.

Missed practices are recorded for future reference and used to determine the future of the player's status.

Parents, please remember that all practices are closed. The players need this time for concentration and hard work and do not need any distraction or added pressure with you observing them. I appreciate and thank you for your support in this matter. If you have to come into the gym to deliver a quick message to your child you are welcome to, but then let us get back to work.

Players should be dressed, stretched, and ready to start practice at the designated time. We will not stretch as a group. Players will stretch on their own before practice starts. **Pre-exercise stretching has been a topic of many research studies over the years. Many studies have concluded that not only does stretching fail to reduce injury, but may also hurt the athlete's performance. To review studies, please consult the *Clinical Journal of Sports Medicine*, the *American College of Sports Medicine*, or another medical journal. If you want to stretch, that is fine. For our practices, the players should arrive early to complete their flexibility exercises, as we will NOT stretch as a team.**

Be respectful of your teammates and coaches. No name calling, harsh criticism, foul language, or rude comments will be tolerated. Talking while the coach is instructing is disrespectful and will not be tolerated. Violation of this will be dismissal from practice and possible further action will be taken.

Remember, when the coach blows his whistle or starts speaking, everyone stops and listens, basketballs are held.

Players are required to stand throughout practice unless sick or injured. **6**

Come prepared and ready to practice. Your coaches will show up every day with a practice plan and ready to teach, and we expect our players to come and give 100%. There will be a lot of new things to go over especially early in the season, and the only way we as team will benefit is to have committed, hardworking individuals showing up, willing and ready to participate.

In practice we will go hard as possible. You are required to be warmed up prior to starting our first activity in practice.

Players are expected to report to practice wearing their practice jerseys.

5. Playing Time.

Playing time of team members is a problem for some parents and players. Remember every player has an equally important role on our team, but is not measured in playing time.

I as a coach will give my best effort in following responsibilities a coach has to his team. I do not promise who will be a starting player or that player will get "x" amount of playing time. I do promise to be honest and fair and that player will be rewarded on his performance.

I'll try to be fair in everything I do, but the players won't be "equal" with regard to on-the-court-playing time. If everyone is given equal playing time, it wouldn't be fair to the team as whole. That is because the team may be more effective if one player plays 32 minutes and another plays 5 minutes. It also wouldn't be fair to individual members of the team. If, through hard work and positive performance, player "A" demonstrates he deserves 32 minutes of playing time, he should get 32 minutes of playing time. People who deserve to do more should do more.

On the varsity level we play to win. Playing time should only be discussed between player and coach. Parents should not discuss playing time with a coach or school administrator. If a player is not content with his playing time, he should approach the coach and set up a meeting to discuss his role on the team. If a coach feels that playing time has distracted a player to the point that it is disruptive to the team, the coach will set up a meeting with the player and athletic director to discuss the player's future with our program.

6. Parent-Coach Communication Rules.

- (A). There is a 24 hour cool down period after games until I will meet with parents about something that happened. This meeting never takes place in the gym after the game.
- (B). We will never talk about playing time, period. That decision is a coaching staff decision and is not up for discussion. If you ask, what can my son do to “earn” more playing time, I can answer that question
- (C). I will never talk about another player on the team with parents. You would not like me talking about your son to other parents and I won't do that to them either.

7. Game Day.

Attendance.

In order to play on the day of a scheduled game, the player must be in school for at least periods 4-7. If a player is ill and misses the whole day, he will not be eligible to play in that night's game.

Grooming and Dress.

All Ironwood basketball players shall dress and be groomed appropriately for school and games. Hair should be in a style that does not cause a distraction and draws attention to one self. If this means bizarre styles and odd colors from the original color, mow hawks, tails, and braids, these will be discouraged because we are not individuals looking to use the team to make individual fashion statements. The same can be said with earrings and jewelry. They are against the rules for games and against my rules in practice.

Baseball caps and stocking caps are removed when we enter our gym or a visiting team's gym.

On game days, we (coaches and players) determine what is going to be worn. Dress shirts and ties and appropriate pants may or may not be worn.

We are part of a team and represent Ironwood High School so we want to look and act like a team and program. We are not individuals looking to use the team to make individual fashion statements and draw attention to ourselves.

It is vital to sacrifice our individual goals in favor of team goals. Every time we walk into another school or gym, we make a statement – WE ARE A TEAM!

8

Arrival for games.

Away games – players should arrive 15 minutes before the bus departs, or when they are dismissed from class to leave.

Home games – Varsity players are required to be in the gym at the start of the junior varsity game. Players sit together with their teammates on our side of the bleachers and support the junior varsity playing before them.

8. Maintenance.

Players are to keep their locker room and gym clean. Do not leave water bottles, used tape, scraps of paper, etc., lying around. Leave nothing on the floor and put your gear in your locked locker.

Keep your practice gear and game uniforms, laundered frequently. When you do launder your gear, don't forget to bring it back to school so you can be properly attired for practice and games.

9. Travel on the bus to and from the game:

On the way to the game talking should be kept at an absolute minimum. There is no shouting or loud laughter. Players should be preparing mentally for the upcoming game. The upcoming game should be our main thoughts. The bus ride is a sacred part of high school basketball. Players may have radios, ipods, ipads, etc., but these devices must have head phones.

Food is allowed but be smart with what you eat before a game. All food should be off the bus floor and bus seats..

Do not have your parents write you a note getting out of school a half hour before the bus departs to go and get food. This is not allowed. Get your food the night before or have your parents get your food and bring it to you before bus departure. The office is not going to let you out for that situation.

On the bus on the way home there is no talking after a varsity loss. This is not punishment. We do this for two reasons:

1. It allows us quiet time to think of how we might have done things differently to turn a loss into a victory.
2. It reminds us that we don't take losing lightly because we work too hard

to accept losing.

All players are responsible for making up work if you miss classes in the afternoon

9

Players and parents should discuss arrival time of the bus at Luther L. Wright so they can be in the parking lot when the bus arrives. Players should call their parents on their cell phones as the bus nears Ironwood. It is rude when the team returns and parents are not in the lot ready to pick up their son.

10. Bench Rules.

Players on the bench during the game must be attentive and aware of the situation on the floor. You should be especially attentive to your teammate that you may be going in for and who he is guarding. You must have your head in the game so you are ready to play.

During full time outs, the 5 players in the game at the time will sit on the bench with the remainder of the team standing in a huddle around the coach, paying attention, listening and learning.

When a player comes out of the game, he is to sit next to the coach for instruction and/or encouragement, after acknowledging his teammates on the bench with a fist bump.

Never criticize a teammate.

Players on the bench must be the loudest and most positive fans.

JV players will support the varsity during the varsity game.

11. Suggested Curfew.

So Ironwood players can be rested and healthy, a parental curfew is suggested but not required. Example Sunday night through Thursday night 10:00 P.M. Friday and Saturday 12:00 A.M. or earlier.

12. Team Attitude.

Players are expected to support their teammates and coaches at all times. If a player fails in this regard, that player will have a conference with the coach and appropriate action will be taken. A player may either commit this offense verbally with an action, or with negative body language. An example would be a player not shaking hands with an opponent after the game is over.

All players are to respect our managers, staff people, cheerleaders, and fans.

After practices and games, dress appropriately for the weather.

13. An Ironwood Basketball Player.

An Ironwood basketball player will represent himself, our school, the basketball program, and community with the highest level of respect, dignity, and pride. An Ironwood basketball player is expected to act first class, on and off the floor, at all times because he is a reflection of the entire program. The Ironwood basketball program will be committed to being a class act and continue to strive for excellence.

Remember: No individual player is bigger than the team.

14. Ironwood Varsity Basketball Letter Criteria.

Make the varsity team.

Finish the season in good standing.

Followed the training rules and the standards set in the Athletic Code*

If a player is injured during the season and can no longer play, they are expected to come to practices and games to help the team out.

If a player is brought up from the junior varsity team during the regular season, they could receive a varsity letter depending on what part of the season they were moved up and on the coach's discretion.

If a player is brought up to the varsity team for the post season tournament, they will NOT receive a varsity letter. For the most part they are brought up for the experience.

All varsity managers will receive a varsity letter as long as they follow the same rules as the players and attend all games to take statistics, film, or take the scorebook.

***If a player is suspended for rules violations, serves his suspension, and comes back to the team, the player will receive a varsity letter. If the rules violation occurs at the end of the season which causes the player to miss the rest of the season, his status on lettering will be determined by the coach. The policy on lettering says the player must finish the season in good standing.**

ANY RULES VIOLATIONS/SUSPENSIONS ANYTIME DURING THE SEASON WILL CAUSE THE ATHLETE TO FORFEIT ALL POST-SEASON AWARDS SUCH AS: ALL CONFERENCE, ALL-U.P., KRAMER AWARD, LEWINSKI SCHOLARSHIP, ETC. (SEE THE ATHLETIC CODE.)

GUIDELINES FOR PARENTAL CONDUCT

PART 2

1. Please don't shout advice to your player during the game. Shout encouragement? You bet. A steady stream of technique suggestions has no value. Your insightful tips may conflict with the coach's instruction.

2. Please don't harass the referees. Parents that loudly harass the referees are embarrassing their son, and the team.

When a parent makes a spectacle of him/herself at a game, the player is embarrassed. If the referee is being reamed by a parent for a bad call (by definition a bad call is any decision made against the parent's child.), what does the player learn? He learns that the mistake wasn't his fault. It was the result of poor officiating. This is a bad habit to get into.

Do not encourage your child to place the blame for their failures upon others. One of the benefits of playing sports is learning to accept responsibility instead of making excuses.

Sometimes a call is hard to take for whatever reason. Such times are tests of emotional control. If a player can learn to bite his lip and move on, a parent can learn to sit quietly for a moment and let the emotion pass. Learning to cope with disappointment is valuable life skill.

3. Don't blame the coach for your son's problems or lack of playing time. Your son's struggles to succeed are your son's problems. Let your son work through them without your interference. A player has every right to ask a coach what needs to be done to earn more playing time. But a parent stepping in to demand playing time is another thing altogether.

4. Please don't talk bad about the coach in front of your son. The worst thing a parent can do is take pot shots at the coach, criticizing decisions, and complaining about his leadership. Support the coach and stand behind his decisions.

5. Please don't razz the other team's players. The other team's players should be considered off limits. Yelling at or deriding someone else's child is a shameful practice

for an adult at a sporting event. Parents who intend to disrupt, distract, or upset players exhibit the worst of poor sportsmanship.

As a parent be involved in a positive way. Attend your son's games as often as you can. Cheer for all the players on the team. Help with fundraising. Assist with logistics. If you are not sure how to help, ask the coach. **12**

6. There are probably hundreds of ways to be a good team member and a good parent at the same time. When the larger definition of team is working well, the experience can be wonderful for everyone involved. People who see our program in action will want to be a part of it. Parents looking ahead to when their child will be old enough to participate will want to fit in and help. The kind of teamwork perpetuates itself. Once it gets momentum, it can be quite a force. It just takes parents who care.

Motivating Yourself

Our reaction to failed attempts at success often determines whether our ultimate goal will ever be reached. Henry Ford once said "Failure is only the opportunity to begin again more intelligently." Consider the following story the next time you fail.

It was late afternoon and a skinny young man was dashing down the steps at his school to check out the bulletin board by the gym. His heart was pounding as he saw the list that was tacked to the board. This list would tell him if his dream of making the high school basketball team would be realized. He read the list again and again, each time with the same result – his name was not there. He had failed. That day, the moment, would change his life.

For the next year, regardless of the weather, he practiced 4-6 hours every day. There were many nights that he was all alone under the moonlight, practicing every move, every shot that he needed to make next year's team.

The ending is a happy one .He did make the team – and Michael Jordan on the heels of failure, went on to become the greatest basketball player of all time.

"Those who dare to fail miserably can achieve greatly." – Robert F. Kennedy

DON'T BE AFRAID TO FAIL.

In closing, I am open to discuss any concerns you might have with your son regarding academics, health, or other concerns for his well-being. If there is any matter that may be affecting his performance that we should know about, please let us know.

I am not open to discussing playing time or my choice of coaching strategy.

Thank you for reading the above information and support of your son and our program as they play the greatest sport ever invented.

Respectfully yours,

Coach Lewinski Phone: 1-906-364-5966 Coach Schmandt: 1-906-285-3532 **13**

Table of Contents

Introduction	Page 1
Food for Thought	Page 1 – 2
Your Education	Page 3
Team Principles.....	Page 3
Role of the Coach	Page 3
Role of the Player.....	Page 4
Role of the Parent.....	Page 4
Social Media.....	Page 5
Basketball Rules	Page 5
Practice	Page 6
Playing Time.....	Page 7
Parent – Coach Communication.....	Page 8
Game Day	Page 8
Maintenance	Page 9
Travel	Page 9
Bench Rules.....	Page 10
Suggested Curfew.....	Page 10
Team Attitude.....	Page 10
An Ironwood Basketball Player.....	Page 11

Letter Criteria.....Page 11

Parental Conduct Part 2Page 12

Motivating Yourself.....Page 13

I/We have read the basketball team handbook and understand the rules and policy of the Ironwood high school boys' basketball program.

(Parent signature)

(Date)

(Player signature)

(Date)

