

Blue Valley Southwest  
High School  
Boys Basketball



Team Handbook

## **Vision Statement**

Our aim is to establish Blue Valley Southwest Basketball as a perennial competitor in the Eastern Kansas League and ultimately to compete for regional and state championships. This will be accomplished through focusing on player and team development and establishment of core values and principles that will be the backbone of our program. We will strive to help our student-athletes become better citizens by making selflessness, focus, responsibility, and work ethic the foundation of everything we do.

## **Philosophy**

I strongly believe that basketball and athletics in general can and should be used as a means to teach life skills. Athletics serve as a miniature model of life in that they provide opportunities for students to learn responsibility, fair play (ethics), cooperation, concern for others, leadership, respect for authority, good citizenship and personal accountability. Additionally, athletics can help us learn the value of a strong work-ethic, perseverance, and self-sacrifice.

Winning is an important goal for our program. The key to winning involves having talented players of high character who play with 100% of their energy and ability EVERY DAY. We will strive to create a culture of effort and commitment with an overall goal to use basketball to help make our players better equipped for success in the real world. Society still values honest individuals who ALWAYS give their best and strive to do so no matter the odds, while exhibiting proper social decorum, discipline, humility, and attention to detail.

Our team philosophy revolves around a focus on the little things that many teams take for granted, thus sabotaging their success. We believe that the little things add up over the course of a practice, a game, a season, and even a lifetime. If we pay attention to the details and strive to be our very best at everything we do, all of these smaller details done well, add up to big picture success. Everything we do as a team has a purpose and plays a fundamental role in our success. Every drill, every scrimmage, every teaching point, and every team activity is done with

a purpose and unified goal of reaching our potential. Wins and losses in the game of basketball often come down to 2 or 3 possessions, or just a few points. A lack of focus or attention to detail at any point in the game can, and often is, the difference between winning and losing. We will not settle for less than our best.

The goal of instilling these core principles in our players is that they will carry these into their lives off the court and make these principles a key aspect of their approach to life. By focusing on teaching and modeling the aforementioned ideals, we believe the Timberwolf coaching staff is providing an excellent learning environment for your son.

## **Core Principles:**

- *Selflessness:* We will play within the team concept and display selflessness and teamwork through precise execution in all aspects of the game, expecting maximum effort from ourselves and our teammates, and developing patience in our play. The team comes first in all decisions and we sacrifice our self-interest for the betterment of the group.
- *Work Ethic:* No team will outwork us. Our goal is to make our opponent work for and earn every point that they get. Nothing comes easy for our opponents. We are relentless in the pursuit of our goal.
- *Responsibility:* We are accountable for our actions and will take responsibility for our actions as a team and as individuals. We will not make excuses and we will not place blame on others. We will focus on the cause rather than dwell on the effect. We are disciplined and make good life choices that reflect positively on ourselves and our school.
- *Attention to Detail:* We will not settle for less than our best effort. Lowered expectations are contagious, but so are raised expectations. We will not allow ourselves to be content with mediocrity. Rather, we will strive for excellence. This will be the expectation of everyone associated with Blue Valley Southwest Basketball.

## **Tryout Procedures**

Prior to your Son participating in tryouts the following forms must be completed and turned into Diane Murdock in the athletic office:

1. Physical Form (signed by a physician)
2. Proof of Insurance Form.
3. Substance Abuse Agreement Form
4. Transportation Consent Form

These forms are available in the Athletic Director's office (Room 601). If you have any questions please contact Diane Murdock at BVSU (913-624-2000). You can also access these forms online at the school district website (go to the Parents and Students link and then the Athletics and Activities link).

## **Player Selection**

Each player will be evaluated in the following areas: fundamental skills, basketball knowledge (demonstrated through play), athleticism, fitness, attitude, coachability, and academic standing.

The goal is to pick the best basketball **team** to represent BVSW. *This might not result in all of the best individual players being selected.*

Each coach will objectively observe every player who participates in tryouts and will assess his various skills. At the conclusion of tryouts the staff will select players for each team. While all coaches participate in the evaluation of players, the ultimate decision regarding team composition is up to Coach Leochner.

**Coach Leochner will discuss your son's team selection but ONLY after 24 hours have elapsed. If teams are posted on Wednesday night then Friday would be the earliest he would be available.**

## **Team Rules and Expectations**

Students who are chosen to represent BVSW in basketball are representatives of our program and school and consequently are expected to adhere to the following rules:

1. Attendance at all practices and games is mandatory. Exceptions include illness that results in a student missing school, school related activities (such as music performance), and family emergencies (funerals, serious family illness, etc.). If a player misses a practice for any reason , he may see less playing time in the next game. This will be determined by his game readiness both physically and mentally. If a player has an unexcused absence, he will face suspension from games and may be permanently removed from the team
2. "Early is on time and on time is late." This applies to practices, games, bus departure, and any other time we meet as a team. "On time" means completely dressed and prepared to start. Lacing up shoes, or not being completely ready to go will result in extra fitness. Chronic tardiness could result in suspension from the team. There is no such thing as "barely late."
3. Players will be expected to wear specific practice gear that must be worn at each practice. Improper practice gear will result in extra fitness opportunities.
4. Players are expected to adhere to all rules at BVSW. If a player receives in-school suspension, he will not be allowed to participate in practice or games on those days.

Additionally, players are expected to **attend EVERY class and to show up on time**. Failure to do so reflects negatively on our basketball program and potentially could have repercussions. The actions of one project an image on all.

5. Players are expected to make responsible life choices. Consumption of alcohol or the use of tobacco or drugs is prohibited. If a player chooses to ignore this they will face the district guidelines in relation to the offense.

Note: **Other rules could potentially be added if issues arise that need to be further monitored.**

### **Injury protocol:**

When players are injured or hurt their first step is to communicate with our certified athletic trainer. It is the athlete's responsibility to seek assistance.

In most cases we prefer the athlete to see the trainer prior to visiting with a doctor. Once an athlete sees a doctor they will need a note releasing them to participate.

The coaching staff will make no decisions relative to injuries and will always refer athletes to the trainer. Please encourage your son to see the trainer if they are experiencing a health issues that are non-life threatening.

### **Away Games**

Transportation will be provided for all away games. All players are expected to ride to the game and return to school as a team on the school provided transportation. In special cases, players may be allowed to ride home with a parent. This may only happen if the parent communicates a valid reason to the player's coach at least 24 hours in advance.

***Parents must fill out the district transportation form.***

1. Players will wear a shirt, tie, and slacks to all away games unless instructed otherwise.
2. Players will use their school issued bag on game days. This is to save space for travel and to maintain uniformity.
3. Players will be responsible for picking up all cups, tape, and other trash from the both the bench area and locker room following the completion of each game.
4. Players should act in accordance with district policies on bus rides.

**Remember that when we travel to away games WE are representatives of BVSW and not individuals. Our actions should reflect positively on our basketball program and school.**

## Home Games

1. Players should be dressed out completely and ready to begin warm-ups 30 minutes prior to game time if they are playing in the first game of the evening. Players suiting up for later games should be present for the start of the preceding game and will dress out during the 2<sup>nd</sup> quarter of the preceding game in preparation for half-time shoot-around.
  2. Following their games JV and Sophomore team players are expected to watch a minimum of the first half of the varsity contest.
  3. Sophomore players may be asked to film Varsity games on a rotating basis
4. Following the completion of the game players will be responsible for picking up all cups, tape, and trash from both the bench area and locker room.

## Pre-Game Warm-up

1. Players are expected to take the pre-game warm-up seriously. If they have not done so already, each player should use the warm-up as an opportunity to become focused on putting forth their best effort in the game.
2. iPods/ear buds are not allowed during pre-game warm-up.
3. National Anthem: the expectation is that players will stand with hands

behind their back or right hand over their heart during the anthem. There should be absolutely no visiting with a teammate during the anthem.

## Conduct During Games (Home and Away)

Our players are expected to act in ways that reflect positively on themselves, their families, the basketball program, and BVSU. Below are some specific expectations:

1. Players should **never** talk to the opposing coach or argue with the referee.
2. Players should **never** throw a temper tantrum on the court.
3. Players should **never** taunt an opposing player.
4. Players on the bench should be focused on their position and not engaged

in conversations not related to the game. Cell phones are not allowed on the bench and **MUST** be turned off in the locker room prior to the coach beginning the pre-game talk.

5. When a player is replaced during the game with a sub, the player who leaves the field should communicate his defensive assignment to the sub and address each of his teammates with a high five as he arrives at the bench.
6. The players on the bench should provide encouragement to the players in the game and will stand and applaud their teammates when they exit the court upon receiving a sub.

## **Criteria for Lettering**

Earning a BVSU varsity letter is a prestigious honor. In order to earn a letter all of the following criteria must be met:

- Be chosen a member of the varsity basketball team.
- Attend all practices and games.\*
- End the season in good standing with the program (not suspended due to drugs, alcohol, or other disciplinary reasons).
- End the season on the post-season varsity roster
- Return all equipment that was checked out.
- Play in a minimum equivalent of 5 varsity games (cumulative quarters played equaling 5 games)

We believe that EVERY member of the varsity team plays a role in helping our team on a daily basis. Through hard work, commitment and a positive attitude each player contributes to the success of the team. With that in mind we do not have a minimum playing requirement to achieve a varsity letter.

\* Absences due to illness (reported to the coach) and school activities are not counted against players.

\* The coaching staff may make exceptions in extraordinary situations.