



Vision Statement

Our goal is to elevate Blue Valley Southwest Basketball to become a perennial competitor in the Eastern Kansas League, consistently vying for regional and state titles. We are committed to achieving this by prioritizing player and team growth, while instilling core values and principles that serve as the cornerstone of our program. Our focus extends beyond the court as we work to mold our student-athletes into exemplary citizens, emphasizing selflessness, focus, responsibility, and a strong work ethic in all aspects of their lives.



Coaching Philosophy

RJ Palmgren - Head Coach

I firmly believe that basketball—and athletics in general—serve as invaluable platforms for teaching essential life skills. Athletics act as a miniature model of life, offering students opportunities to learn responsibility, ethics, cooperation, empathy, leadership, respect for authority, good citizenship, and personal accountability. They also teach the value of hard work, perseverance, and self-sacrifice.

Winning is an important goal for our program. I believe that winning requires mutual trust between players, coaches, and teammates. When this trust is matched with talented players of high character who compete with urgency and intensity, success follows. Our program strives to build a culture of effort and commitment, using basketball as a vehicle to prepare our players for success beyond the court. While we aim to win as much as possible, we are equally committed to fostering strong relationships. A student-athlete's basketball career will eventually end, but the relationships and lessons learned will last a lifetime.

Our core principles are **FAMILY, GRIT, RESPONSIBILITY**, and **FOCUS**. We aim to instill these values so that our players carry them beyond the court and into their daily lives. By teaching and modeling these ideals, we believe our Timberwolf coaching staff provides an environment where young men can grow as athletes, students, and people.

Core Principles



Family

We will play within the team concept and display selflessness and teamwork in all aspects of the game, expecting maximum effort from ourselves and our teammates. Like a family, everyone has a contribution to the team's success. The team comes first in all decisions, and we sacrifice our self-interest for the betterment of the group.



Grit

No team will outwork us. Our goal is to make every opponent earn every point they score—nothing comes easy. We are relentless in the pursuit of our goals and take pride in our effort, toughness, and competitiveness. This grit is not limited to games; it defines how we practice, train, and live. We thrive when things get difficult and embrace every challenge as an opportunity to grow.



Responsibility

We are accountable for our actions—both as individuals and as a team. We do not make excuses or place blame on others. Instead, we focus on the cause rather than dwell on the effect, always seeking ways to improve. We are disciplined in our habits and committed to making choices that reflect positively on ourselves, our teammates, and our school.



Focus

We will not settle for anything less than our best effort. Lowered expectations are contagious, but so are raised ones. We refuse to be content with mediocrity and will stay focused on excellence in everything we do. This commitment to high standards is the expectation for everyone associated with Blue Valley Southwest Basketball.

Tryout Procedure

Tryout dates will be communicated via social media and at the pre-tryout meeting during the school day. Prior to your son participating, he must complete the forms necessary via Bound. The following forms are needed:

- Physical Form
- Proof of Insurance Form
- Substance Abuse Agreement Form
- Transportation Consent Form

These forms need to be completed in Bound. If you have any questions, please contact the athletic office.

Player Selection

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

The goal is to select the best team to represent Blue Valley Southwest. This may not always include all of the best individual players. Each coach will objectively observe every player during tryouts and assess their overall performance in these areas. At the conclusion of tryouts, the coaching staff will select players for each team. While all coaches contribute to player evaluations, the final decision regarding team composition rests with Coach Palmgren.

Coach Palmgren will be available to discuss team placement decisions only after 24 hours have passed. For example, if rosters are posted on Wednesday evening, the earliest opportunity to meet would be Friday.

Rules & Expectations

Team Rules

Students who are chosen to represent BVSU in basketball are representatives of our program and school. Consequently they are expected to adhere to the following rules:

1 RESPECT

Treating teammates, coaches, trainers, officials, and game workers with respect is mandatory. While it is possible to be frustrated during practices and games, respect must always be shown. One of our core principles is “family” and while disagreements or issues may arise, they must be handled respectfully. The team comes first in all decisions, and we sacrifice our self-interest for the betterment of the group. If a player does not respect a member of the team, they will have a meeting with the coaching staff to address the situation. We are a team. We are a pack. We are a family.

2 ATTENDANCE

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 for a practice, that player will miss a minimum of one half of play. If a player misses a game, due to an unexcused absence, they will be suspended for a minimum of one game. Additional time could be missed based on game readiness both physically and mentally. If a student misses multiple days because of an unexcused absence, the player will face suspension and may be permanently removed from the team.

“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.”

Rules & Expectations

3 COMMUNICATION

Communication regarding absences, illness, etc. is extremely important throughout the season. All communication should come from the player first and parents can follow up if needed. Each team will have a Band set up for coaches to communicate with players. Failure to communicate can result in punishments including: extra conditioning and missing game time.

4 TEAM APPAREL

Players will be expected to follow the following uniform code throughout the season:

PRACTICES

Specific practice gear that must be worn at each practice. Improper practice gear will result in extra fitness opportunities. Practice gear includes: team issued reversible jersey and black shorts. Players can wear any colored basketball shoes at practice.

GAME DAY

All players will wear their team issued game day polos for all HOME games. Coaches will inform players as to what they will be wearing for AWAY game days. We should look like professional and coordinated.

GAME SHOES

Players are allowed to wear shoes of their choosing. They can be any brand, style, or color. Our jerseys are Nike. Also, undershirts worn during the season must be WHITE for home games and BLACK for away games. There are a couple of options in the team store for purchase.

5 LIFE CHOICES

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.

Rules & Expectations

- 6** Social media accounts need to be used promote positivity, celebrate success, compliment others, and better our culture and character.

Avoid posting, commenting, sharing, tagging, or promoting anything that:

- Pertains to alcohol, drugs, sex, or illegal activity.
- Relates to anything with profanity, hate, racism, or a personal attack on others.
- Relates to anything negative directed at our school, student-athletes, coaches/staff, or community.
- Relates to anything negative directed at other schools, student-athletes, coaches/staff, or communities.

There is zero tolerance for any created, moderated, and/or used social media accounts pertaining to the program (e.g. Barstool or parody accounts). The only social media account representing our program is @BVSW_Hoops (X) and @bvswboysbasketball (Instagram)

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. 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.

Rules & Expectations

Academics

Playing in the Southwest basketball program is a privilege. Meeting the following academic expectations is required for a student athlete to participate:

We expect our student athletes to maintain their academic studies and act appropriately in the classroom. You are required by KSHSAA to pass at least 5 classes each semester to remain eligible for participation. All student athletes must be actively enrolled in a minimum of 5 classes to be eligible to compete as well. Our coaching staff will be willing to assist an athlete with any problems they may experience with their academics.

Student athletes are expected to:

- Be on time to class
- Treat all faculty and classmates with respect
- Do not miss class unless it is unavoidable
- Grades will be checked on a weekly basis. If a student has a D or F, it will be communicated to that player's coach. **The athlete will miss practice time and game time until the grade has improved.**
- While winning basketball games is important, obtaining an education is the most important part of your high school journey.

Game Day Expectations

Away Games

Transportation will be provided for all away games outside of the district. For BV games, parents will need to provide transportation. When transportation is provided, 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 and has a reasonable reason as to why their player is not riding with the team.** Parents must fill out the district transportation form.

- Players will wear travel gear OR whatever attire was communicated to them by their coaches.
- Players will use their team issued bag on game days. This is to save space for travel and to maintain uniformity.
- Players will be responsible for picking up all cups, tape, and other trash from both the bench area and locker room following the completion of each game.
- Players should act in accordance with district policies on bus rides.

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

Home Games

- 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 2nd quarter of the preceding game in preparation for half-time shoot-around.
- Following their games JV and Sophomore team players are expected to watch a minimum of the first half of the varsity contest. Freshman A players should stay to watch the first half of the B game.
- 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.

Game Day Expectations Cont.

Conduct During Games

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:

- Players should never talk to the opposing coach or argue with the referee.
- Players should never throw a temper tantrum on the court.
- Players should never taunt an opposing player.
- 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 pregame talk.
- 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.
- 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.

Contacting Coach

We believe that communication is a vital part of success of not just our program, but also in life. Additionally, the majority of concerns and questions can be resolved between the player and the coaching staff. However, if parents would like additional information or feedback, make sure that the following steps are taken.

Step 1: Student athlete talks with coach(es).

Step 2: Parent(s) and student athlete talk with coach(es).

Step 3: Parent(s) and student athlete, talk with administration and coach(es).

Student-athletes are accountable for communicating with their coach directly for the following matters:

- Absences/late.
- Concerns of playing time (24-Hour Rule).
- Questions about roles on a team (24-Hour Rule).
- Illness, injury, mental health, academic concerns.



Criteria For Lettering

Earning a BVSW 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.
- End the season on the postseason varsity roster.
- Return all equipment that was checked out.

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.***