

# Niwot Boys Basketball

2017-2018 Parent/Player Handbook

[www.niwotbasketball.com](http://www.niwotbasketball.com)

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**Varsity Head Coach:** Eric Hejl - [hejl\\_eric@svvdsd.org](mailto:hejl_eric@svvdsd.org)

**Varsity Assistant:** Charles Trowbridge

**Jr. Varsity Head Coach:** Jordan Lanemiller

**C-Team Coach:** Joe Kear

**D-Team Coach:** Walker Bounds

**Program Assistants:** Shaun Kennedy & Mike Gossett

## **St. Vrain School District Mission Statement**

**“To establish educational based athletic programs, where athletes are present, engaged, connected and provided opportunities for not only academic success but opportunities for moral, emotional, and civic growth.”**

***“Not only is there more to life than basketball, there is a lot more to basketball than basketball.” - Phil Jackson***

## **NIWOT BOYS BASKETBALL**

### **Head Coach's Philosophy:**

**“Basketball is an amazing game! In my opinion it’s the best team sport there is. But in order for it to be that, you must actually become a TEAM. It is a process that requires toughness (both physical and mental), selflessness, sacrifice, positive communication, & good decision making both on and off the court. Plus, all of these things must be done with, as John Wooden would say, ‘Industriousness and Enthusiasm.’**

**Through this process we will strive to become a team that plays for each other rather than a group of guys who simply wear the same color jersey. We want to be able to play “pressure basketball” on both ends of the court. A team that is willing to make the extra pass, dive on the floor, take a charge and shout encouragement from the bench. Not for ourselves, but for the benefit of the team.”**

**-Coach Hejl**

### **Niwot Cougars Program Expectations**

#### **Normal Expectations**

1. Be coachable. Take constructive criticism as well as praise and use it to improve.
2. Be a great teammate. No one player is bigger than the team.
3. Be an all-star at your role.
4. Delight in the success of others.
5. Be on time whenever time is involved.
6. Be a good student in all subjects. Not just basketball.
7. Keep emotions under control without losing fight or aggressiveness.
8. Be courteous. Please, thank you and holding doors goes a long way
9. Pick up trash. Don't litter!
10. Be thoughtful and respectful of those around you. Especially women.

#### **Strive for...**

1. Mental toughness → KEEP HAMMERING
2. Patience → TRUST the PROCESS
3. Constant Improvement → 1% BETTER
4. Accountability → Acknowledge and learn from your mistakes
5. Situational Awareness → See what's happening before it happens

**“Complacency is the forerunner of mediocrity. You can never work too hard on attitudes, effort, or technique.” - Don Meyer**

### **Academic Eligibility-**

Players will be held to all St Vrain policies in regard to game eligibility. However, we will be holding our athletes to a higher standard. Throughout the season, any player who has a “D” or “F” on the weekly grade check will be subject to extra conditioning until the grade is raised. We will also do what we can to provide the necessary resources to make sure the student athlete is getting the proper academic support.

### **Attendance-**

Within our program, we believe availability is an ability. Players are expected to attend all mandatory practices and games. Excused absences may include; Dr’s appointments, school events, or perhaps jury duty ;) Players are STRONGLY encouraged to also attend any team events such as team dinners, fundraising, and volunteer commitments.

We do understand that many families travel during the holiday season. Please recognize that these absences may affect the ability of the coach to use a player in certain situations due to lack of preparation and conditioning. This goes hand-in-hand with our “TEAM FIRST” philosophy.

### **Parent/Coach Communication & Expectations-**

One of our main goals on the court is communication. This also must be made a priority for coaches when it comes to communicating pertinent information to parents. Game & bus schedules, practice times, team dinners, fundraising, volunteering, injury reporting/care, and any potential conflicts are all items that we hope to maintain clear communication on. Much of this information can be found on our website:

[www.niwotbasketball.com](http://www.niwotbasketball.com) or you can always email any member of the coaching staff with any questions or concerns.

In the event that you would like to hold a meeting with a member of the coaching staff, we ask that you please give the coach 24 hour notice. We also ask refrain from calling or emailing the night of a game. In regards to basketball related issues, most specifically playing time, we ask that you allow your child to communicate his concerns directly with the coach. This also falls in accordance with the recommendations made in the SVVSD Athletic handbook. (Sec. 5.1)

***“You have to expect things of yourself before you can do them.” -Michael Jordan***

**Varsity Letter Requirements:**

- 1) Play in ½ of the quarters of regular season varsity games
- 2) Be a part of the State Tournament roster
- 3) Coaches discretion for unique circumstances such as injury to key player.

**Managing Conflict-**

If a conflict arises, please adhere to the following “chain of command” procedures as recommended by SVVSD....

Step 1: Student/Athlete and Coaches

Step 2: Student/Athlete and Parent(s) and Coaches

Step 3: Student/Athlete and Parent(s) and Coaches and Athletic Director

Step 4: Student/Athlete and Parent(s) and Coaches and Athletic Director and Principal

Step 5: Student, Parent, and District Athletic Director

**Expectations for Parents:**

→ Model good sportsmanship at all competitions by how you interact with other parents, athletes, coaches and officials.

→ Encourage and allow your child to talk to the coach if he has an issue with the them or any other issue within the team

→ Do not criticize your child’s coach in front of your child.

→ Do not give technical or strategic instructions to your child or other students during competition.’

→ Provide total and unconditional love and support for your child regardless of how he performs.

