Northern

Boys Basketball

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**Team Handbook**

**2023-24 Season**

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**Northern Boys Basketball Program Staff**

* HS Varsity Head Coach, Steve Laudenslager
* HS Varsity Assistant Coach-Joe Lohuis
* JV Head Coach, Pat Hicks
* 9th Grade Head Coach, Andrew Sneeringer
* JH Varsity Head Coach, Bryan Griffie
* JH JV Head Coach, Mike Freese

**Program Philosophy**

Our goal is to create an atmosphere where we take great pride in our work, understand the importance of a positive attitude, self-confidence, good character, knowledge, goal setting, and how these factors apply to life, the classroom, and to athletics. The ultimate objective of our basketball program is to create the type of program the entire student body and community can be proud of, both on and off the court. We expect to build our program with athletes who exhibit good character, self-awareness, self-discipline, and academic achievement. We strive to teach good work habits, leadership skills, teamwork, commitment, and the drive to reach our highest potential.

* **Play Hard/Work Ethic** /**Dedication**

We want players to give 100% effort at all times when on the court to get the most out of their abilities. We cannot reach our potential without putting maximum effort into everything we do

* **Play Smart**

Players must fully understand their roles on the team, where to be at all times, and what to do when you are in the right place. As a general rule, we do not need inventors on the court (players who try to make a spectacular play rather than the simple effective one), we need five players performing their roles, playing together as a team on offense and defense

* **Play Together/Teamwork**

Players must be just as excited for a teammate’s accomplishments as they are with their own. No one should care who gets the credit, because if the team does well we all do well

* **Have Fun**

Basketball is simply a game, it’s supposed to be fun, and we can have fun while we are busy playing hard, playing smart, and playing together

* **Respect/Positive Attitude/Sportsmanship**

This goes for respecting our teammates, coaches, other teams and officials. Having a positive attitude toward everyone and helping each other succeed. Displaying good sportsmanship towards others.

**Program ABCs**

* **Attitude** – **positive** manner, actions, disposition, feelings, with regard to teammates, coaches, your role, and the program…no one person is more important than the team
* **Ability –** the skills, talents, or capacity to physically and mentally perform at a high enough level to play the game of basketball
* **Aptitude** – the mental ability, capacity, or readiness to learn the nuances of the game of basketball
* **Buy-in** – acceptance/agreement to the program philosophy, your role within that team, and contributions required for the team to reach its goals
* **Brotherhood** – the bond and caring for one another that all members of the team/program share while working to achieve a common goal/outcome (players, coaches, managers, ex-players etc.)…win together, lose together, improve together
* **Body Language** - nonverbal movements/gestures that are communicating interest, enthusiasm, and **positive** reactions to what is going on around you
* **Coachability** – the desire and willingness to be coached/instructed by others
* **Commitment** – the attitude of hard work, dedication to prepare or support the team and program goals
* **Communication –** the agreed upon process by which information is exchanged between individuals on the team and in the program…transparency, honesty, respect, and trust

**Practice as You Play**

Simply put…you play the way you practice. We want to practice hard and prepare ourselves, so that when we get to game day, it feels easier than any practice session. We will refuse to beat ourselves, put in the hard work in practice and take the floor confidently knowing we are prepared for anything

**Put Forth a Winning Effort**

A winning effort is more important than the actual outcome. When we look back at a game and know we did the best we possibly could, then we know we made a winning effort. That is all a coach can ask of his players, his assistants, and himself

“There will be **obstacles**.

There will be **doubters**.

There will be **mistakes**.

But with ***Hard Work,***

*there are* ***no limits****”*

**NYCSD Parent Athletic Code of Conduct and Expectations**

You will be provided a copy of the “NYCSD Parent Athletic Code of Conduct and Expectations.” It is expected that parents and guardians of Northern Boys Basketball players will read and adhere to the entire document. Please note that some provisions of the NYCSD Parent Athletic Code of Conduct and Expectations may be supplanted or superseded by this Northern Boys Basketball Team Handbook. ***Parents and/or Guardians need to sign, detach and return to the Head Coach the signature page of the Parent Athletic Code of Conduct and Expectations.***

**NYCSD Student Code of Conduct**

All Northern students are expected to adhere to the NYCSD “Student Code of Conduct” at all times. Of particular importance is “Appendix A – Code of Conduct for Athletics, Extracurricular and Co-Curricular Activities.” A copy of the Appendix will be distributed during a “Code of Conduct” Meeting held shortly after the season begins. Any questions regarding these provisions should be directed to the Head Coach or the Northern Director of Athletics. Please note that some provisions of the NYCSD Code of Student Conduct may be supplanted or superseded by this Northern Boys Basketball Team Handbook.

***In order to participate in Northern Boys Basketball, each athlete and their parent/guardian must read, understand, sign, detach and return the signature page of Appendix A.***

**NYCSD Social Media Guidelines for Students**

This section – Appendix B – of the NYCSD Student Code of Conduct was recently added. Its purpose is to provide guidance to student-athletes on how to properly and appropriately use social media and electronic communications in a constructive way that reflects positively on you, your family, your school, your team and your community. You will be provided a copy during the “Code of Conduct” Meeting held shortly after the season begins.

***In order to participate on Northern Boys Basketball, each athlete and their parent/guardian must read, understand, sign, detach and return the signature page of Appendix B.***

**Completed NYCSD Physical or Re-cert Packet**

You **MUST** have the appropriate Northern Physical Packet (if you did **not** participate in a fall sport for Northern) or Re-certification (Re-cert) Packet (if you **did** participate in a fall sport for Northern) completed in its entirety and submitted to Northern’s Head Athletic Trainer **A week** **BEFORE our first day of mandatory practice**. **So it is due by November 10, 2023.** Please see the NYCSD website (northernpolarbears.com \_ Athletic Updates \_ Athletic Training) for instructions and contact information for the Head Athletic Trainer. ***You may not participate in any mandatory practices until this requirement has been satisfactorily completed.***

**Player Behavior Standards – General**

Beyond the specific points set forth in the above Codes of Conduct, each Northern basketball player is expected to adhere to the following behavior standards at all times:

* Treat all athletes, coaches, officials, opponents, administrators and fans with respect at all times
* Arrive at all practices and games on time and with proper attire/equipment
* No inappropriate touching or hazing of teammates or managers will be tolerated. This includes public displays of affection
* Demonstrate a positive, cooperative, and team-first attitude
* Put forth your best possible effort in practice and games
* Demonstrate self-discipline and self-respect before, during and after practices and/or competitions
* Enthusiastically support your teammates in a constructive and positive way
* Do not participate in any harmful, “risky” or dangerous activities
* Stand quietly, still and at attention during the playing/singing of the national anthem
* Do not use profanity to express yourself. If you’re not sure if a word is profane, please ask the one of the coaches
* Make good choices regarding your behavior, particularly as it relates to the use of any controlled substances prohibited by law (alcoholic beverages, anabolic steroids, drugs, drug paraphernalia, etc.), tobacco products, social activities (parties, group chats, etc.)
* Abide by the provisions of the Team Handbook, Athletic Code of Conduct and Social Media Guidelines.

***Note*: *If a player does not adhere to these standards, their opportunities to compete in games may be reduced and/or they may be permanently dismissed from the Northern Basketball team.***

**Parent Behavior Standards – General**

* Treat all athletes, coaches, officials, opponents, administrators and fans with respect at all times
* Try your best to be as objective as possible about your child’s athletic ability, competitive attitude, sportsmanship, and ***actual*** skill level
* Enthusiastically ***support the team in a constructive and positive way*** throughout the season, by demonstrating a positive attitude and cheering for all members of the team at all times
* Try not to relive your athletic life through your son in a way that creates pressure. Don’t pressure him because of ***your*** pride
* Encourage your son to be a positive contributor for the team in whatever role they are asked to play by the coaches and let them know you appreciate their efforts and are not disappointed in them no matter what the outcome of the game.
* Keep in mind that children tend to exaggerate, both when praised and when criticized. Temper your reactions when they bring home tales of woe or heroics
* ***Don’t compete with the coach***. You’ll end up either undermining your son’s respect for the coach, putting your son in the middle having to take sides, or alienating your son and making the coach a hero that can do no wrong.
* Don’t force the coaches to think about ***you*** while they are trying to coach your son

**Home-Schooled Players**

It is the policy of the Pennsylvania Interscholastic Athletic Association (PIAA) that public schools within Pennsylvania must provide the opportunity for home-schooled students living within their district to compete in interscholastic sports. Northern York County School District fully supports this policy and works to ensure home-schooled Northern athletes are provided the same opportunities to compete as other students. The Northern Boys Basketball coaching staff considers all members of the team (home-schooled or traditional) to be equals. Every team member has the same opportunity to earn places in lineups and special recognition during, and at the end of, the season. It is expected that all athletes and parents/guardians will openly support this practice.

**Eligibility Requirements for the Northern Student-Athlete**

(For emphasis and clarity, this is excerpted from the NYCSD Student Code of Conduct.)

***ELIGIBILITY***

1. A student may not participate or practice for any athletic team or co/extra-curricular activity unless he or she is in school by 9:00am the day of the scheduled contest or practice. On two-hour delay, students must be in school by 9:40 a.m. This rule may be waived by the Athletic Director and/or Principal for extenuating circumstances. If a student leaves school before the end of the school day and does not return to school, he /she must provide a medical excuse in order to be eligible to participate in any contest/ practice.

2. Students must demonstrate academic eligibility in order to participate in interscholastic athletics and co/extra-curricular activities. The student must be passing four and one-third (4.33) credits on a weekly cumulative basis, starting with the beginning of the marking period. If students do not meet this standard they become ineligible for the following week (Monday through Saturday). Students must also be passing four and one-third (4.33) credits at the end of each grading period. If not, they will become ineligible for the first fifteen- (15) school days of the next grading period. The first time a student is ineligible he/she may practice but not compete during the time of ineligibility. For the second and subsequent periods of ineligibility (of that season), students may not practice or compete.

**Success Triangle (Athlete-Parent-Coach)**

There is a banner in the Northern High School Gymnasium that reads, in part, **“Please let the players play, let the coaches coach, let the officials officiate, let the spectators be positive.”**

* We need to respect each other’s role (Athlete – Parent – Coach –Administrator) in order to have a successful outcome to the season and to support the athlete’s participation in the season.
* The Northern Boys Basketball Program will be successful if the athletes, parents/guardians, coaches and school administration work together to make the experience as positive as possible. At this stage in their lives, it is very important and appropriate for parents/guardians and coaches to hold young adults accountable for their actions and allow them to speak for themselves. If an athlete has an issue, question or concern with the program, the ***athlete should first address it directly with a member of the coaching staff***. It’s very important to remember we are working together to insure that student-athletes have the tools they need to function and succeed on their own in the world.
* Parent concerns that ***are not appropriate******for discussion*** and must be left to the discretion of the coach:
* Starting lineups, substitution patterns, playing time
* Game strategy
* Any situation that deals with other student-athletes and not their child
* ***Appropriate*** parent concerns to address with a coach:
* The mental and physical treatment of their athlete
* How their athlete can improve their skills
* Aspects of their athlete’s behavior
* Known schedule conflicts…well in advance, via email
* Confronting a coach immediately before, during or immediately after a game ***will not be tolerated*** and could result in actions being taken by the school district administration

**Communications**

Communications between the coaching staff, players, and parents/guardians is very important. Most team communications will take place via email. ***Parents and athletes should check their email daily to see if anything has been sent from a coach. Weather related updates or last minute changes to schedules that pertain to practices or games will be sent out through Remind. Please sign up for Remind alerts as soon as the season begins.*** As stated above, if an athlete has a concern or question regarding the basketball program, the ***athlete*** should direct those concerns to the Head Coach or member of the coaching staff first.

**Our Support Team**

**Director of Athletics, Guidance Counselors and District Psychologist**

The Northern York County School District provides Guidance Counselors and a School Psychologist for students enrolled in the High School and on the Basketball Team. While your coaches work with each player to try to prepare them physically and mentally to perform at their best in competition, we are not trained counselors or psychologists. If an athlete is struggling emotionally with some aspect of their experience at Northern, they should feel free to speak with a Team Captain, a Coach, our Director of Athletics, a High School Guidance Counselor or the School District Psychologist. Contact information for the Guidance Office and School District Psychologist can be found on the District website - <http://northernpolarbears.com/>

**Safety**

For safety reasons, the PIAA prohibits the wearing of jewelry during all basketball games including during warm ups. Please remove all jewelry before stepping onto the basketball court for a practice or game. It is expected that everyone will take the initiative to remind teammates about removing their jewelry

**Doctor Visits During the Season**

If an athlete sees a medical doctor during the season due to illness or injury (not a routine physical or simple checkup), upon return they must provide a written note from the doctor to the NHS Athletic Trainer that either (1) details any restrictions in the athlete's activities or (2) clears them to participate in normal basketball activities

**Team Captains**

Basketball Team Captains will be selected by the coaching staff, with input from the other basketball team members. This is neither a popularity contest nor a matter of who is the best player on the team. Team Captains will have demonstrated a strong desire to put the team’s needs above their own while seeking excellence in Academics, Athletics and – most importantly – Character.

This includes being:

* **A Good Student**…one who consistently maintains their academic eligibility
* **Committed**....excellent attendance record and being ready before practice/game starts
* **Passionate/Enthusiastic**…about basketball and being around their teammates
* **Positive**....always uplifting, quick to compliment others and motivate their teammates
* **Team Oriented (Selfless)**…willing to put the needs of the **team** ahead of their own
* **Trustworthy**…supportive of the coaching staff, handles sensitive information properly
* **Knowledgeable**…about the latest rules and team game plan for the season
* **Organized**…aware of the details of the season schedule and any updates at all times
* **Honest**…completely truthful with themselves and others at all times
* **A Good Listener**…completely focused on what is being said by others, particularly coaches
* **Respectful**…of the differences in others…treating everyone with respect
* **Helpful**...extending a helping hand…always looking for ways to help others on the team
* **Mature**…making good choices...a role model for others
* **Responsible**…when given an assignment, carrying it out without being reminded
* **A Hard Worker**…focused, completes all activities, competes 100% at all times

**Goal Setting – Team Goals and Individual Goals**

Goal setting is an integral part of athletics. We will meet as a team and establish Team Goals to which we aspire and that we hope to achieve ***together*** this season. In addition, the coaching staff will work to help each player establish and maintain short-term, measurable personal performance goals that are a challenge, yet reasonable. We will also be working to set longer term individual goals (by the end of this season, by graduation, etc.) that we hope to achieve as a result of our being successful with our short term individual goals

**Practice Attendance Requirements**

**Practices** – Players ***MUST*** be in the gym, all gear on, and ready to practice at the designated practice start time. If they are late for practice for an unexcused reason, they will expected to adhere to the team rules regarding unexcused tardiness.

A player must address a planned upcoming absence from practice with the Head Coach ***BEFORE*** the scheduled practice and ***document it via email***. Please note that NHS practice attendance and absences/tardiness are a consideration in playing time and starting lineups for games

* ***Excused Absences*** from practice include:
* A legal school absence during the day of participation...illness, college visit, etc.
* Receiving academic help from a teacher or counseling during practice...arrive as soon as possible afterwards with an ***official*** Northern High School PASS or note signed by a teacher or guidance counselor
* A previously scheduled and documented family trip/vacation away from home
* Necessary doctors’ appointments...please try to schedule around practice times
* Family emergencies...sudden illness, car accident/breakdown, death in the family
* Attended a full day of school, but went home sick at the end of the day…please ask a teammate to tell a coach
* Prescheduled school sponsored activities (i.e. DECA, FBLA, Jazz Band, orchestra, school play, field trip, Model UN, school musical activities, etc.)

***Unexcused absences*** are when you miss part, or all, of a practice or game for any reason not listed above or don’t notify the Head Coach via email of an upcoming planned Excused Absence well before the practice takes place.

* ***Unexcused absences*** from practice include:
* I was working at my job
* I was attending a party with friends or relatives
* I overslept
* My parents were late in getting me to practice
* My friends/relatives were visiting with us over the holidays and I chose to spend the day with them at my house
* I had NHS detention or suspension
* I couldn’t arrange for a ride to the gym with a neighbor, relative or teammate
* I arrived late or left practice early for an unexcused reason

***Recognizing you have other interests, during the upcoming season you are allowed a total of two unexcused absences from basketball practice. If you exceed two unexcused absences, your opportunity to compete will be limited and you may be dismissed from the program.***

***Practice, See the Athletic Trainer, or Go Home***

Every player is expected to get in the gym and practice at the scheduled practice start time. If, for some reason, a player is not able get in the gym right away or, if during practice, they’re unable to continue with practice, they need to immediately explain to a coach what the problem is they are experiencing.

The coach will determine if they need to

* Get back on the floor and start/resume practice,
* See an Athletic Trainer or
* Go home

**Practice Expectations**

In order that every player is able to get the most out of each practice everyone must follow these expectations…

* Be on time and ready to go
* Know where you are supposed to be and what you are doing in each drill during the practice
* Sprint to the next station or huddle so we do not waste time in practice
* Use the water breaks to hydrate and get quick rest
* Stop on the whistle and listen for instructions
* **DO NOT** run through the middle of a drill
* Be respectful to coaches and teammates when giving feedback or discussing situations
* Excessive or hard fouls will not be tolerated at any time in practice
* Excessive profanity or unwarranted angry outburst are unacceptable in practice
* Listen and keep focus when a coach is talking to the group. **DO NOT** talk to your peers or look away when a coach is speaking. Focus on what the coach is telling you or asking of you
* ***Work Hard*** to make yourself and your teammates better…practice is meant to challenge you, develop/improve.

***By following these rules, you will make your practice experience, and that of your teammates and coaches, a positive one. If you are repeatedly unable to follow these rules, you may be asked to leave practice or the program.***

**Practice – School Delays, Early Dismissals and Closings**

* ***School Delay*** – afternoon and evening practices will take place as scheduled when there is a “two hour delay” to the start of school
* ***Early Dismissal*** – if, during the school day, it is announced that Northern York Schools will be dismissing early, all afternoon practices are canceled that day, unless you hear otherwise from the Head Coach
* ***School Closure –*** if Northern York Schools announce they are “Closed”, all afternoon basketball practices are canceled that day

***There may be unique circumstances wherein we are able to practice on a snow day. If this is the case, the Head Coach will communicate that fact via email or Remind***

**Games – Schedule**

For a full season game schedule, it is on my website. [Basketball - Boys / Basketball - Boys (northernpolarbears.com)](https://www.northernpolarbears.com/domain/1235). If you have any questions, please contact the Head Coach.

**Game Attendance Requirements**

All players must arrive for each game (home or away) by the designated time. Failure to arrive on time will be considered an unexcused late arrival and will be subject to the consequences set by the coaching staff, captain and team rules.

* Home Games – all Varsity players are expected to arrive to home games in required game day attire, seated in the stands together behind our team bench by 5:25 pm for 5:30 pm JV game tip. All JV players are expected to be dressed and ready to play 1/2 hour before tip-off for pre-game routine
* Away Games – all players are expected to be at the departure site at least 15 minutes before the designated departure time. For example: if the bus leaves at 4:00 pm, all players must be in required away game attire, bags packed, and ready to load the bus by 3:45 pm

***NOTE… Missing a scheduled Northern High School Basketball game for any unexcused reason is unacceptable. An athlete who misses a high school basketball game for an unexcused reason will use up all of their allowed unexcused absences and the coaching staff may limit their opportunity to compete in the next high school basketball game or they may be dismissed from the program***

**Games – Playing Time Considerations**

The coaching staff will decide the starting lineup and playing time rotation for games with many different factors in mind:

* First, the needs of the team based on the game plan for that game
* Athlete attendance, attitude, and effort at practices
* Recent individual athlete performance in practices and games
* Recent health status of each athlete
* Season goals – team and individual
* Strengths and weaknesses of our competition
* Each athlete’s adherence to proper Behavior Standards and the NYCSD Codes of Conduct

***Please do not question the lineup or playing time for a game immediately before or after the contest. Wait a day or two, reflect upon all of the above considerations, and then, if you still have a question or concern, the athlete should address it with the Head Coach***

**Games – Post Season Championships**

There are three levels of post-season championship basketball championships

* Mid Penn Conference Championships
* District III Championships
* PIAA State Championships

Each championship tournament has a different set of criteria for qualification. Please see a coach for details.

**Games (Away) – Attire**

Players represent Northern High School, our program, their families and their community every time we compete. They are expected to dress according to the established team dress code for away games. This will be determined and expressed to the team, by the coaches.

**Games (Away) – Transportation Home**

It is expected and we strongly encourage each player to return home on the team bus from our away games. However, if you must ride home from an away game with your parent or guardian, you must communicate in **writing** (**there is a form on my website) 1Day before the game to the Athletic Director.** **The note must come from your parent/guardian and be approved by the Head Coach.**  ***A player may not ride home from an away meet with someone else’s parents/guardians unless approved well in advance***

**Games (Away) – Picking Up Athletes at School Afterwards**

Parents…please plan to be parked and waiting in the school parking lot when the bus arrives back at NHS, so that the athletes, and coaching staff, do not have to wait for you to arrive. Athletes will be reminded to text you when the bus is 15 minutes away from the school on the return trip home

**Letter of Understanding**

This letter will serve as an agreement of understanding between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the Boys Basketball coaching staff at Northern York School District.

To allow for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the Northern Boys Basketball Team to have the most productive year possible, the following parameters are agreed to by the Northern Boys Basketball coaching staff, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and his parents:

All questions about playing time, role on the team, and the way the coach wants \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to play will be handled directly between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the Head Coach first. The family may meet with the coach after \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has met with the Head Coach.

The family agrees to give positive support to the team and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ regardless of how the team and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are playing.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will attend all team functions.

The family agrees to say absolutely nothing negative in the stands about any player or coach, to have no communication with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during the course of the game, and to not say anything negative about the program.

Player Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_