

Anoka Boys Basketball

Player and Parent Handbook



2017-2018 Season

“TRUE TEAM”

DARE TO BE GREAT

SUSTAINABLE EXCELLENCE

BE A GREAT PERSON



You control:

Your attitude!

Your academics!

Your behavior on and off the court!

How hard you work!

Joy of Competition

Always Compete

You're either competing or your not.

In a relentless pursuit of a competitive edge.

Anoka Basketball Core Values

Humility

Dependability

Maturity

Toughness

The Anoka style of basketball is aggressive, attacking, relentless and Fun. Great Effort, Great Enthusiasm, Great Toughness, Play Smart.

Player Expectations

- ♦ *Follow all MSHSL Anoka-Hennepin School District and Teams rules. This is a must!*
- ♦ *Make a commitment to yourself, your team, your family, your school and your coaches.*
- ♦ *Be respectful to yourself, your team, your family, your school, your managers, your trainers, and your coaches.*
- ♦ *Be a good teammate*
- ♦ *Be a hard worker*
- ♦ *Be positive*
- ♦ *Be polite (“please” and “thank you” go a long way)*
- ♦ *Be responsible*
- ♦ *Be on time*
- ♦ *Be confident*
- ♦ *Be a good listener*
- ♦ *Understand your ROLE on the basketball team*

The 10 Commitments of Tornado Basketball

1. *I Will Be On Time.*
2. *I Will Be In Class And Up Front.*
3. *I Will Study.*
4. *I Will Get Rest.*
5. *I Will Eat Right.*
6. *I Will Avoid Drinking, Drug Use & Smoking.*
7. *I Will Treat Others with Respect.*
8. *I will Take Pride In Our Facilities.*
9. *I Will Be Respectful and Courteous.*
10. *I Will Put The Needs Of My Team Ahead Of My Personal Needs.*

THINGS THAT WILL NOT BE TOLERATED!!

Being Disrespectful To:

Managers

Coaches

Trainers

Teammates

Opponents

Cheerleaders

Teachers

No Complaining About:

Conditioning

Practice

Playing Time

Never to be tolerated

Negative Attitude

Talking back

Inappropriate language

Think of the team before yourself!

Think before you act!

Think of what we CAN do!

Think of what we WILL do!

Academic Eligibility Policy

Players on all grade-level teams will have to meet the following criteria to be considered eligible for competition:

- 1. Meet the requirements set forth by MSHSL association regarding academic eligibility.*
- 2. Meet the requirements set forth by the Anoka-Hennepin School District regarding academic eligibility.*

Alcohol/Drugs; Tobacco; Vandalism of School Property; Violation of Criminal Code:

The Minnesota State High School League states that:

1. A student shall not use, have in possession, buy, sell or give away a beverage containing alcohol (regardless of quantity) or participate in an unlawful event that involves the use of alcohol during the calendar year. "Participate" includes being at a party where alcohol is being consumed.
2. A student shall not consume, have in possession, buy, sell or give away marijuana or any substance defined by laws as a drug, unless specifically prescribed by his doctor for the student's own use, or participate in an unlawful event that involves the use of drugs during the calendar year.
3. A student shall not use, have in possession, buy, sell or give away tobacco during the calendar year
4. Students involved in vandalism of school property or violation of the criminal code may be subject to the same disciplinary action specified for alcohol/drugs.

Note: All of the above bylaws apply to the 12 month calendar year.

Penalties:

Students who violate any of these rules shall be suspended from participation in all Anoka-Hennepin School District No. 11 activities for the time specified herein:

1. **First Violation:** After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic events or two (2) weeks of a season in which the student is a participant, whichever is greater. (No exception is permitted for a student who becomes a participant in a treatment program.)
2. **Second Violation:** After confirmation of the second violation, the student will be removed from the respective squad for the rest of the year!
3. **Accumulative Penalties:** Penalties shall be cumulative beginning with and throughout the student's participation on freshmen, sophomore, junior varsity, and varsity teams.

It is the goal of the Anoka Boys Basketball Program that its athletes will be responsible and make solid decisions both on and off the court!

School Attendance & Citizenship Policy

A. POOR ATTENDANCE

1. **Absence-** A student must attend at least half of a day of school in order to be eligible to play in the contest that night, unless an excuse has been granted, in advance, by the principal. If a student is absent from practice she must contact her coach for it to be an excused absence. If no attempt to contact the coach takes place it will be an unexcused absence.
2. **Truancy-** Any student who is declared truant from a single class period, the student will NOT participate in the next contest. Each class period the student is truant from will result in a one game suspension. This rule is very strict and will be followed by ALL coaches.
3. **Suspension(s)-** Any student who is suspended from school will be disciplined as the school personnel see's fit. A meeting with the student, parent and Head Coach will be held to discuss further disciplinary actions as needed from a team standpoint. (Keep in mind: Disciplinary actions will vary from situation to situation)

B. GOOD CITIZENSHIP

1. School Discipline Referral- Any student referred to the office for school rule violations may be denied the privilege of participation in all extracurricular activities for a period determined by the principal. This eligibility suspension will not exceed one (1) year.
2. School Law Enforcement Referral- Any student referred to law enforcement authorities by school officials for school rule violations may be denied privilege of participation in all extracurricular activities for a period determined by the principal. This eligibility suspension will not exceed one (1) school year.
3. Arrest- Any student who is arrested for a felony or gross misdemeanor during school hours, school functions, and on the way to or from participating in a school event may be denied the privilege of participation in all extracurricular activities for a period determined by the principal. This eligibility suspension will not exceed one (1) year.

C. SCHOOL ATTENDANCE REQUIREMENTS

1. A student must be in school half day in order to participate in an activity that day. Which means in school by 10:50 or not to leave until 10:50 a.m. An exception would be made if the student had an approved medical appointment; in which case the student must present a signed statement from the doctor regarding the absence to the attendance secretary.
2. If a student is absent the last school day of the week, and the competition is on a non-school day, the student must bring to the coach a signed statement from the parent stating that reason of the absence and the Coach will have the final say in whether or not that player will suit up for the game
3. A student who has been injured and has had medical treatment cannot participate again until the date indicated by the student's doctor.
4. Any athlete suffering from concussion symptoms will NOT be able to participate until the proper medical documentation has been turned into the Head Coach and the school Trainer. NO EXCEPTIONS.

Team Rules

INTRODUCTION

It is an honor and privilege to represent Anoka High School. When you are a member of one of the basketball teams, you are representing your school, your community and your student body in that sport. Strong efforts must be made at all times to act accordingly at practice, games, in school and especially while out in the community.

All players are required to follow the team rules outlined below. Knowledge of the rules is mandatory, as ignorance is no excuse. Failure to follow them will result in suspension from the team. A serious infraction could result in permanent removal.

PHILOSOPHY

A great tradition is not built overnight. It takes the hard work of many people over many years. Many records have been set by individuals and teams, and further distinction has been earned through section and state competition.

Members of the boys basketball team have a definite responsibility to contribute to that tradition for their school, thereby gaining personal satisfaction.

The role in contributing to a tradition, which brings honor to students, school, and community, is worthy of the best efforts of all concerned. I pledge to you that I will put in the necessary resources to produce successful basketball teams. It is my hope and my plan that you take the necessary steps and put forth the necessary effort to join me on this journey.

PURPOSE

Participation in athletics is a privilege, not a right. The athlete must earn this privilege through dedication, desire, and discipline. Without the pursuit of those, the athlete can in no way do justice to himself or the school. The athlete must discipline himself to be a good citizen and student in order to achieve athletic excellence. The faculty of Anoka High School believes that the tradition of winning is established and maintained upon these principles. In order for a determined course of action for the pursuit of athletic achievement and the character training of young persons, the following "Athletic Policies" must be understood and agreed to between the school, the student athlete, and parents.

CODE OF ETHICS

The coaching staff believes that it is the duty of everyone

concerned with school athletics to:

- A. Stress the values derived from fair play.
- B. Show respect for the integrity and judgment calls of officials.
- C. Recognize that the purpose of athletics is to promote the physical, moral, mental, social and emotional well-being of the individual participants.
- D. Become familiar with the rules of the game and the school's standards for eligibility.
- E. View an athletic contest in perspective; it is a game rather than a "do or die" situation.
- F. Stress the highest ideals of ethical conduct, sportsmanship, and fair play.
- G. Show courtesy and respect to all visiting teams and officials.
- H. Encourage the development of leadership, initiative, and good judgment in all team members.

- A. Absolutely no initiations/hazings during practices.
- B. Practice is essential for success. You will always do your best and attend every practice.
- C. Each player is expected to be on time for practice.
- D. Basketball is a commitment and it is recommended that all vacations, employment, etc. be scheduled with that commitment in mind.
- E. The only excuse for missing practice or games is absence from school. If you are absent from school it is your responsibility to contact your coach yourself.
 - i. If you miss practice due to an excused absence (i.e. you are sick and call) keep in mind you will be missing out on a lot of information and will need to put extra time in to get caught up to the team. This could include learning plays, drills and conditioning
- F. If you are absent from school, you cannot practice or play in a game on that date.
- G. If a player misses the practice on the day before a game, the player will not play in the first half of the game the next day unless okayed by the coach before the missed practice starts. This is a difficult rule to keep track of, so please contact your HEAD coach of YOUR team and communicate this absence with them.

ATTENDANCE

All team members of boys basketball will attend all scheduled practices and

meetings. No practices can be missed. If circumstances arise whereby the student cannot attend a practice or meeting, the coach must be notified prior to the practice or meeting missed by personal contact, phone call, or written statement from the parent or guardian. Any athlete who cuts practice, fails to appear for a game, fails to make scheduled team or individual meetings, or fails to attend school on game day or practice days may not be allowed to suit up for any game or games for a period determined by the Coach and Activities Director.

SQUAD SELECTION

- A. Cuts are at the discretion of the coaching staff. A major role in this decision process is considering first: what is in the best interest of the team; second: what is in the best interest of the school/program; third: what is best for the individual. Specific areas such as speed, physical condition, knowledge of the game, technical skill, aggressiveness, determination, ability to fit into the team, coachability and dedication are also factored into this process. ** If you were on the team last year at any level, does **NOT** automatically qualify you to make a team the next year**

- B. Age and Grade are irrelevant. It is our goal as a coaching staff to put the best team on the floor regardless of age. Keep in mind there is room for movement in ALL levels starting in tryouts & progressing throughout the season.

Students in grade 9-12 are eligible for high school basketball. Students in grade 7-8 are eligible for 9th grade if we need to fill a team.

- C. Movement to the next level is not possible until the player performs above expectation at her current level. The coach will inform the varsity coach of the potential in that player, resulting in a possible move up to the next appropriate level of play. Hard work, dedication, defense, desire and the ability to discipline yourself will help you improve yourself and reach the the next level.

- D. It is possible that some players may play both JV and Varsity at the same time This may be expected from a lot of our players regardless of their age/grade.

- E. If you quit the team, it is your responsibility to notify the coaching staff immediately.

PLAYING TIME DURING GAMES

No one is guaranteed playing time in any game. Playing in a game is a privilege that is earned through attendance, hard work and conduct at practice. It is possible that a player may not get into a game even if they have been at every practice.

Every effort will be made (but no guarantee's) by the coach at the B-Squad level for every player to participate in **at least part of one half of each game**. At the freshman level, the coaches will make every effort for everyone to play in **part of both halves of each game**. There is **NO equal playing time** in the high school level.

***Players on JV and Varsity will not be guaranteed any playing time.**

LETTERING

All of the following criteria is used to determine the awarding of a letter to a player in basketball. The player must:

- A. Display a positive competitive attitude in practice and on the court.
- B. Be good school citizens and making satisfactory academic progress.
- C. Adhere to the rules of the MSHSL and District #11 policies.
- D. Participate in an average of one half at the JV/Varsity level over the course of the season.
- E. Be in good standing with the school, the administrators and the coaching staff.
- f. Managers will have the opportunity to letter.

NOTE: The final decision of whether a player letters or not, even after weighing the above criteria, is up to the discretion of the varsity coaching staff.

SOCIAL MEDIA

Any Social Media Post from athletes that is determined detrimental to the basketball program by the our coaching staff, and administration may bring disciplinary action.

TRANSPORTATION TO AWAY GAMES

All players must ride the team bus to every away game and also return on the bus with the team. If a player misses the bus, they are still expected to find transportation to the game.

PARENT/ATHLETE/COACH COMMUNICATION

The Anoka Boys Basketball Coaching staff has been selected by the Head Coach along with input from the Activities Director. It is my belief that the individuals placed in these positions are qualified and will promote the success of their athletes both on and off the court. Therefore, below are guidelines that athletes and parents are advised to follow when wanting to communicate with coaches.

- 1. Do not discuss playing time with a coach during or immediately following a game. Please follow Anoka rule #1- 24 hours before contacting a coach. When contact is made, please be aware that playing time will NOT be discussed.*
- 2. If there are any issues that develop over the course of the season, it is important that the athlete be the first to bring it up; he should do so with his respective coach. If that athlete feels the issue was not handled, then he should discuss the matter with the head coach. If the parent feels nothing was achieved, then he shall contact the head coach to discuss the matter. Failure to follow this procedure may delay progress with the matter.*
- 3. It is important for the unity and morale of the team that all matters between coach and athlete or coach and parent be discussed in a polite and respectful manner. After a game is not the time to discuss a matter with the coach.*

4. *It is the coach's desire to strengthen the work parents have started, by fostering an environment that challenges these young men to become top-notch individuals both on and off the court.*

Tornado Coaching Staff

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Anoka Player and Parent Handbook

NOTES:

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***As a member of the Anoka Boys Basketball Program, I,
_____, will adhere to the information in this booklet. I
have read it and understand its implications.***

Player's Signature

Date

Parent/Guardian Signature

Date

Tim Sparstad, Varsity Assistant

Date

Jeff Wall, Varsity Coach

Date

Scott Boline Varsity Assistant

Date

Date _____

Team _____

Parent Permission Sheet for Team Communication

Name: _____

Grade: _____

Parent Names: _____

Player Name: _____

Parent cell phone: _____

Player cell Phone: _____

Parent email address: _____

Parent permission for texting grouping

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