

Skyview Storm Boys Basketball



**2018-2019
Player/Parent
Handbook**



Skyview Storm Basketball



Mission Statement

Each person involved with the Skyview High School Boys Basketball program will strive to be the best they can be in all areas of life. As a team, we will push ourselves daily to be better people, better students and better basketball players; in that order.

Why We Coach:

To help lead boys to become men by teaching **Positivity, Accountability, Togetherness, Hard work and Selflessness (PATHS)** through competing in the game of basketball.

Guiding Principle

If we are to accomplish our Mission on the floor, we must have **FAITH**. As a team, we must have faith in ourselves, faith in each other and, on the basketball court, play with FAITH.

Fundamentals - We will strive to play the game of basketball fundamentally. Good teams do all the little things well. We will dedicate ourselves each day to work hard at mastering the basics.

Attitude - Skyview Storm coaches, players, managers, etc will have a positive, proactive, humble attitude. Sportsmanship and fun on the court and with our teammates are our top priority. Our attitude will reflect the hard work we have put in.

Intensity - In science, intensity measures the level of strength. Skyview Storm will be strong on the floor both physically and mentally.

Teamwork - Everybody must work together and trust each other for us to be successful. No one will win a game on their own, it takes a team effort. We will strive to have a unity with our teammates that will be unequaled anywhere.

Hustle - The difference between good and great teams comes up in hustle plays. Offensive rebounds, deflections, charges taken, and diving on the floor are just some of the plays that will make us great.



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Team Philosophy

As coaches in the Skyview Boys Basketball Program, we will give 100% to the team, the same as we ask of our players. Our goal will be to help each member of our program achieve the Mission Statement. We want to make sure that each player gets the most out of themselves on the basketball court, while performing in the classroom and being a good person at all times.

Player evaluation

“Players play. Tough Players win.” - Tom Izzo

Coaches will evaluate players based on many characteristics. We will be evaluating all aspects of our players in relation to our Mission and Guiding Principle. These assessments will be used to help figure out which players will be a part of the program’s teams. We will also use these criteria to determine playing-time during the year.

The Coaching Staff reserves the right to get input from other coaches, teachers, staff and administrators at Skyview High School to assess all student-athletes as people and students. Coaches will also be evaluating the players’ on the court performance. Some (not all) of the things we will be looking for will be:

- **Fundamentals:**
 - o Shooting
 - Ability to shoot the ball with good form, on balance and with good leg lift
 - Demonstrates good shot selection
 - o Passing
 - Ability to complete all types of passes (chest, bounce, etc) on time & on target
 - Ability to pass on the move and to create optimum passing angle
 - o Dribbling
 - Ability to dribble with both hands with eyes up
 - Ability to stop and start while dribbling under control
 - Ability to dribble under pressure without losing control
 - o Defense:
 - Willingness to work hard at all times on defensive end
 - Understanding of correct positioning
 - Can maintain great defensive stance
 - Shows defensive intelligence in individual and team defensive responsibilities
 - o Rebounding
 - Ability to box out and control rebound
 - Willingness to hustle for every rebound/loose ball
 - o Basketball IQ
 - Understanding the game of basketball and making the right plays at the right times.



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- **Attitude**
 - o Positivity
 - o Accountability
 - o Selflessness - Putting team/program before self
 - o Coachability - Being able to take direction and apply it quickly.
 - o Sportsmanship
 - o Encouragement of teammates
 - o Desire
 - o Competitive Fire
 - o Dedication
 - o Poise
 - o Responsible
- **Intensity**
 - o Hard Work - giving it your all physically and mentally
 - o Strength
 - o Speed
 - o Conditioning (desire to condition)
 - o Focus
 - o Quickness, especially laterally
 - o Jumping ability
- **Teamwork**
 - o Togetherness - Communication, Encouragement of Teammates)
 - o Offensive teamwork
 - o Defensive Teamwork
- **Hustle**
 - o Deflections
 - o Rebounding (desire, motor)
 - o Charges taken
 - o Hustle plays (diving on the floor for loose balls)

We will have many players trying out to be a part of the Skyview Boys Basketball Program. After evaluating every players' strengths and weaknesses, the coaching staff will choose team members from the long list of young men. Unfortunately, we don't have the resources to accommodate all of the candidates. As a result, some of the players will not make the team. In fact, some players who've made the team in prior years may not make it this year. This is a difficult time for the players, as well as the coaches.

Please know that there've been no "deals" made. We have not promised any player they would make the team. We provide equal opportunity to every Skyview student. Who makes the team is based on what is shown at the tryout and from information gathered from the Skyview Staff. When creating the teams, it does not matter who the player is, who their parents are, etc. it is about putting together the best team for the community at Skyview High School.



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Playing Time

Coaches will be constantly evaluating student-athletes on the teams to determine playing time. As the Skyview Coaching Staff, our job is to make sure that evaluate the players and make decisions based on:

- 1) What is best for the whole program.
- 2) What is best for the individual team.
- 3) What is best for the individual player.

Playing time decisions are always difficult for coaches. We will be open to discuss, with both the student-athlete and their parents, the decisions that are made in regards to playing time. If the player or their parents would like to talk to the coach about playing time, we will provide an opportunity to have those conversations. Please see below for [Parent/Coach Meeting Rules and Expectations](#). We reserve the right to consult with the whole coaching staff before any parent-coach meeting.

Team Expectations

Players must remember that playing for the Skyview Storm Basketball Program is a privilege, not a right. Each team member is representing himself, his teammates, coaches and the school at all times. With the responsibility of being part of the Skyview Storm, there are expectations that each student-athlete must meet. We hope that all players will be respectful and meet the program's expectations. If the player does not, the coach will enforce consequences, which can be extra conditioning, missing playing time or meeting with the Head Coach. If the expectations are still not being met, the Head Coach can suspend or remove the player from the team.

1. **Be good representatives of Skyview Storm Boys Basketball at all times**
 - a. Players will be respectful to all fellow students at Skyview High School.
 - b. Players will be respectful of others property, including school grounds at opposing schools.
2. **Attend, and be on time to, all practices and games**
 - a. Players are expected to contact coaches ahead of time if they will be late, or cannot attend a practice or game.
 - b. Pre-arranged tardiness or absence for class reasons can be taken into account by coach.
 - c. Being on time to practice means having your practice jersey on and tucked in, equipment on, shoes tied and on the floor at the start of practice, unless otherwise designated by the coach.
3. **Be as focused in the classroom, as on the floor**
 - a. All players will be responsible to be academically eligible as based on the Skyview High School guidelines. If a player is not academically eligible at the beginning of the season, they may not make a team. If a player is on the team and ruled academically ineligible, the player will not be allowed to participate in games. The coaching staff will work with the student to help them to get eligible again. Please refer to the Skyview High School Athletics and Activities Handbook for more information.
 - b. Players are expected to attend all classes. If skipping class becomes an issue, there will be consequences. Please refer to the Skyview High School Athletics and Activities Handbook for more information.



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4. **Players will be good sports on the playing floor**
 - a. Skyview Storm will be expected to show all players (teammates and opposing), managers, referees, coaches and spectators with respect.
 - b. Players are expected to listen respectfully to ALL coaches in the program. Each coach is here to help all the student-athletes, not just the ones on their team.
 - c. Technical fouls are not acceptable by any player. It is the coaches' job to talk to the referees.
 - d. If sportsmanship becomes an issue, the student-athlete must meet with the head coach to discuss the future with the team.
5. **Communication is important to the success of the team**
 - a. Skyview Storm will communicate on and off the floor in a respectful way to coaches, players, parents, teachers, referees, etc.
 - b. We will work to communicate on the floor at all times in order to make our teammates better.
 - c. As a Storm, we will refrain from using any stereotypical derogatory terminology.
6. **Use of Alcohol or Drugs will not be tolerated**
 - a. The Skyview Boys Basketball program has a zero tolerance policy for alcohol or drug use.
 - b. Our program will follow the Vancouver Public School rules for violating the Alcohol/Drug policy. If the player is found to have used alcohol/drugs, the player will be suspended for 50% of games for the first offense and 100% of games for the second offense. If the player is found to have used tobacco, the player will be suspended 25% of games for first offense and 50% of games for the second offense.
7. **Hazing of any sort will not be tolerated**
 - a. The Skyview Boys Basketball Team has a zero tolerance policy for instances of hazing. This includes all types of hazing, including physical brutality, excessive physical activity, intimidating, humiliating, ostracizing, or consuming of food, liquid or other harmful substances.
 - b. If a coach finds out about a player hazing other teammates, the player will be immediately suspended from the team. It will be up to the coaching staff to determine the length of the suspension on a case by case basis. However, the penalty can include being dismissed from the team.
8. **Skiing and Snowboarding are not acceptable during the season**
 - a. These activities are dangerous and often times end in injury. Getting injured while doing personal activities hinders your individual development and hurts the team.

Each coach will meet with all the members of his team to help determine other rules/expectations and the consequences for them on their own teams that are not outlined above. At any time, if the coaching staff feels that the actions by players are blatantly disrespectful, they can decide to skip to higher consequences. Again, the coaching staff is open to talk to any player or parent about the decisions made about the student-athlete.



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Parent Meeting Expectations

We encourage the boys to interact with their coaches if they are having issues with team rules/expectations, their playing time or their role on the team. This is a great life lesson and as former players, we have had to have those tough conversations ourselves. However, the coaches in the Skyview Storm Basketball Program are open to have conversations with parents about their son's role on the team, playing time, etc. We will not have meetings, however, about other players or offensive/defensive strategies. If you are interested in having a meeting with the coaches, there are a few rules/expectations:

- 1) We will not have a parent meeting until the player has met with the coach(es) about the same issue. If the parent/player feel they need more clarification, then a parent meeting is appropriate.
- 2) The Coaching Staff will not discuss playing time or player's roles on a game day/night. Before the game, coaches should be focused on the game and bringing out the best of our boys. After the game, the coaches will not have had enough time to process the game or review the game film to talk about individual players.
- 3) These meetings will not happen over the phone. We much prefer to talk to parents face to face.
- 4) When a parent wants to have a conversation, the entire coaching staff will have the right to be at the meeting. All the coaches will be working with your son day in and day out. We want to make sure the conversation is had with everyone that is working with him.
- 5) Jeremy Tortora, Athletic Director at Skyview High School, will attend all meetings about playing time/player roles, if possible. His job is to help facilitate the conversation and make sure both sides are heard from.

Practices

Practice is the core to our success for our program. In practice, we will work on our FAITH and help to translate those lessons to success in the games. During the season, we will practice 5-6 times per week, including Saturdays, Holidays and during breaks. It is important that players attend all practices. There are a few acceptable reasons to miss practices:

- 1) Academic Obligations - Academics comes first. Therefore, if a player must miss practice for an academic reason, that is allowable. We ask that they player exhaust all other options before missing practice.
- 2) Religious Obligations - We are supportive of our players' religious beliefs. If there is a reason that a player can't make a practice because of a religious obligation, we will understand that reason.
- 3) Illness/Injury - It is important to have good health. If you must miss to take care of your body, please do. Especially, if you are sick, as we don't want you to pass the sickness to your teammates.

If a player is going to miss practice, it is their responsibility to tell the coach directly (in person, text or phone call) at least 30 minutes before practice. Missing practice can hurt the team and hurts the individual player. If a player misses a practice for this one of these reasons, the first time there will be no individual repercussion. However, missing multiple practices will result in missing playing time for



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the individual player. If a player misses practice for a different reason than listed above, it will result in missing playing time for the individual player.

Closed Practice Policy

In order for the staff to build trust with the players, our practices are closed to outside parties (including parents), unless authorized by the coaching staff. Our staff considers ourselves teachers and as such, we believe the court is our classroom to teach the players the game and about life. Having distractions sitting courtside does not allow the players to have the focus on the teachers/life lessons. Outside parties will only be allowed in the gym if invited by the coaches.

Injuries

The health of our players is very important to us and we want to make sure our players are healthy while participating. If a player is injured to the point where they need to see a doctor, the coaches will need to see a note from the doctor clearing the player to play. If we don't receive a note, the player will not be able to participate in games or practices.

- **Concussions** - The Coaching Staff will follow the rules set forth by the state (Lystedt Law) and the school district. All players will be preemptively tested with the ImPACT test before the season starts to establish a healthy baseline. Any player who has been ruled to have a concussion will need to see the training staff at the Rebound Clinic (www.reboundmd.com) free of charge. They have a 6 step process to help the player return to the floor in a timely, safe manner. Copies of the Concussion Management Model will be provided upon request.

Game Days

In our program, we will strive to be one of the most unified and classiest programs around. One way we can show people in our community, and in other communities, that we are a team is to look the same on game days. On ALL Game Days(unless otherwise told by coaching staff):

- 1) Players will wear a dress shirt, dress pants, tie and dress shoes to school (unless otherwise specified by the coaches).
- 2) Players will be allowed to wear Skyview Basketball outerwear (Zip up Fleece, jacket ect) or sweaters/jackets over the shirt, so long as they do not cover the tie.
- 3) Shirts must be tucked in, and ties must be tied tight at all times in school, with the exception of classes that require a different dress code (PE).
- 4) Coaches will wear a dress shirt, dress pants, tie and dress shoes to all games.

Traveling to Road Games

For all road games, players on the Freshmen and JV teams will take a bus to the opposing team's gym. Depending on the game, varsity players may have the option to get themselves to the games at a set time. On road games inside of Clark County, players on all teams are responsible for getting their own ride back from the opposing team's gym, because there is no bus service back to SHS. All players will be required to sign out when leaving from a road game. For road games, outside of Clark County, all players are required to ride the bus to and from games. Players may ask to ride home from an away game outside Clark County with a parent/family member, however, all decisions are made at Coach



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Gruhler's discretion. If a player would like to ride home with a family member from a road game with bus service, he should ask Coach Gruhler at least one day before the game.

Player Game Standards

- Go through pre-game warm-ups hard. It is our time to get our bodies warm and our minds focused. Focus on the fundamentals and get prepared to compete.
- Show support and enthusiasm for those players who are in the game. Be supportive of your teammates and let them know you are behind them while on the bench. You can also communicate game action from the bench.
- Sprint to the bench during timeouts. Our time is limited and it sends a message to our opponents.
- Surround the coaching staff during timeouts. Players in the game should be seated during full timeouts. During 30-second timeouts, we will stand on the court, as a team. Each player should listen to the coaches and watch what the coaches are diagramming.
- Hand the ball to the officials after a call. It shows class and the referees appreciate it.
- Communicate with the teammate who is substituting for you. Let them know what defense we are in, what position you are playing and who you are defending.
- Check in with the coach when you exit the game. Sit close to the coaches. Players on the bench should slide down so that newly exited players can sit next to the coach(es).
- Drink out of your own water bottles and do not share your bottle with teammates. Health is important and we need to limit the ways that share germs.
- Keep a straight face and show class. Don't whine or complain to the officials. Be mentally tough at all times. Don't let the crowd, or opposing players take us away from what we want to do.
- Always shake hands with all opposing players and coaches after each game.

Skyview Storm Defensive Philosophy

"Play hard, play smart, play together" - John Wooden

The Skyview Storm will be known as a strong defensive team. Defense is as much about desire, hustle and attitude, as it is about the physical fundamentals. Individually, and as a team, we will be focused on ball pressure the other team and forcing them to do things they are not comfortable doing. We will do that with a variety of defenses, starting with the fundamentals of a half court man defense and adding other defenses as needed. We will look to switch defenses, as needed, throughout the game to make sure the offense doesn't get into a rhythm. No matter what defense we run, there are a few principles that must be followed in order for our team to be successful on the defensive end.

Defensive Principles

- Defense is a team effort
 - o Whether your man scores, or your teammate's man scores, it counts the same against the team. We must work hard together to stop them from scoring.
- Constant communication
 - o Defense is best played when all 5 men are talking to each other. We must have FAITH that we all have each other's backs to play great defense.



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- Pressure the ball
 - o If we make the ball handler uncomfortable, he will tend to do things he is not used to doing. This will make our defense better.
- Stop dribble penetration
 - o Nothing hurts a defense more than penetration. Individually, we must have accountability to stop the ball, but even more important is that we must be ready to help as a team.
- Help and recover
 - o If one man does get beat, we must have guys flying around to help stop penetration, then recover back to their defensive assignment.

Offensive Philosophy

“Push it, then patience” - Keith Cooper

Skyview Storm basketball will look to play an up-tempo style of basketball. We want to make the opposing team play at our pace, as we will be in better condition and will out execute them down the stretch. Each player is important to the execution of a successful offensive play. Players are expected to play as hard as possible, using smart basketball and to work together with their teammates to get the best shot possible.

There are two phases of the offense:

- Push It
 - o We will attack the defense as soon as we get the ball, whether from a rebound or if we are taking the ball out from under the hoop. We are looking to get a great shot every trip down, preferably at the rim.
 - o If from a rebound, we will be looking to push a primary fast break. A Primary break is a fast break in which we have a numbers advantage (2-on-1, 3-on-2, 4-on-3).
 - In a primary fast break, we are looking for a lay-in or short shot.
 - o If we take it out from under the hoop, we will be looking to push the tempo with a secondary break.
 - In a secondary break, each player will have a designated lane to run to try to take advantage of an early offense opportunity.
 - We will run basic sets out of our secondary break, which will be a series of quick hitters, to try to score early.
 - Each option in the break will be reviewed each year, and possibly with each team, based on personnel to make sure we are putting our players in the best situations to succeed.
- Patience
 - o If we don't get a score out of our early offense and secondary break, then our goal will be to get a good look out of our offense. We need to have patience, as a team, to get a good shot.
 - o There are 2 ways we will get those good shots:



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- Motion offense - We will have a basic motion offense. This motion will change and evolve based on the personnel on the team.
- Offensive Sets - We will have a series of plays designed to get certain shots in certain situations. These sets will be from different formations, but will utilize all players, as each set has multiple options.

Lettering Criteria

The goal of all our Skyview Storm basketball players should be to make the Varsity team. Being a member of the Varsity team has its perks, but it also comes with it some responsibilities as well. These perks and responsibilities will be communicated to the players throughout the year. When a player is a part of the Varsity team, they are awarded a Varsity Letter.

In order to earn a Varsity Letter, a player must:

- 1) Practice on the Varsity team for 100% of the practices throughout the year.
- 2) If they floated from JV or join the Varsity team mid year, they must play in at least 10 quarters of Varsity play.

Captains/Awards

For each team, the players will be selecting their captains and voting for end of the year awards. Each coach will be responsible for collecting the information. For captains, the selection will be made at the end of the first week of practice. Each player will vote for two players they would like to lead them. Captain's responsibilities include (but aren't limited to): leading daily stretches, talking to the referees before/during the game, etc.

At the end of the year, the players and coaches will award player who have exemplified Storm Basketball. Each player and coach will have a vote to determine the winners. We will do so in the following categories:

- 1) Most Valuable Player
- 2) Mr. Hustle
- 3) Most Inspirational
- 4) Most Improved
- 5) Coaches Award



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Boys Basketball Player/Parent Contract

I have read and understand the Mission, Principles, Expectations, Philosophies and Standards of the Skyview High School Boys Basketball Program. I have shared this document with my parents/guardians and discussed the privilege and responsibilities of being a part of the Skyview Storm.

I understand that failure to live up to the Mission, Principles, Expectations, Rules, Philosophies and Standards can result in suspension or expulsion from the Skyview Storm Boys Basketball Program.

Player Name (please print): _____

Player Signature: _____

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____