

The logo features a stylized eagle's head in the background, rendered in shades of grey and yellow. Overlaid on the head is the text "GOLDEN EAGLE BASKETBALL" in a bold, black, serif font. Below this, the word "FERGUS" is written in a large, yellow, blocky font with a blue outline. At the bottom, the years "2022 - 2023" are displayed in a bold, black, serif font.

# **GOLDEN EAGLE BASKETBALL FERGUS 2022 – 2023**

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## Five Traits of a Golden Eagle Basketball Player

### 1. Physical Toughness

- We will be in better physical shape than our opponents
- We will commit to the weight room during the season and in the off-season
- We will battle hard for every rebound and sacrifice our bodies on defense
- We will play as hard as we can within the rules of the game
- We will wear our opponents out and finish every game strong

### 2. Mental Toughness

- We will play to win and not to lose
- We will expect perfection mentally every game
- We will take adversity head on and learn from our mistakes
- We will deal with criticism positively and use it to get better
- We will be disciplined in the way we play and the way we behave
- We will finish every game strong expecting to win and will **NEVER GIVE UP!**

### 3. Accountability

- We will accept responsibility for our own actions
- We win as a team and we lose as a team
- We will support each other through the good times and the bad
- We will commit to developing individual skills during the off-season
- We will commit to improving our athleticism in the off-season

### 4. Citizenship

- We will be valuable members of our community
- We will be valuable members of our school
- We will be model representatives of our community when we travel

### 5. Academically Responsible

- We are students first and athletes second
- We will maintain our grades so not to let our teammates down
- We are committed to our academics as much as we are committed to our team

### ***Why Talented Players Fail***

1. *Laziness*
2. *Bad Attitude/Uncoachable*
3. *Listen to the wrong people*
4. *Selfishness*
5. *Think they are better than they are*

### ***Why Players with Average Talent Succeed***

1. *Work with a purpose and goal in mind*
2. *Coachable*
3. *Embrace their role and defend their team*
4. *Play hard for their team*
5. *Value little things that make them better*

# ***Golden Eagle Basketball Philosophy & Policies***

## **Coaching Philosophy**

First and foremost, our staff believes in being teachers of the game, and helping every athlete become a better basketball player. We will expect each athlete to put his best foot forward daily, and to be accepting of what is best for our team. We will require discipline on and off the court and to take on every endeavor in front of you with passion and intensity. We expect every athlete to not only improve their basketball knowledge, but also learn valuable life lessons that can be taught through basketball. We promise to be honest and straightforward and define roles and expectations. The success of the team will be of the utmost importance not the individual. We will motivate and lead to the best of our ability, and promise to give our very best in preparing our team for each practice and each game.

## **Offensive Philosophy**

The ten most important things to remember in our offensive system is:

1. Moving productively
2. Be patient yet aggressive
3. Be unpredictable
4. Use pass fakes – don't let the defense anticipate your passes
5. Use ball fakes – ball fakes translate into free throw attempts
6. Be fundamental in all aspects of your game
7. Work hard to get yourself and your teammates open
8. Always be in a triple threat position
9. Don't waste your dribble
10. Spread the Floor

## **Defensive Philosophy**

1. Communicate - Five guys working as one
2. Stop the ball not the basket
3. No fast break lay-ups
4. No rhythm 3's
5. Pressure the ball
5. Keep the ball out of the paint
6. Anticipate
7. No 2nd chance points
8. Create opportunities for easy baskets
9. Out hustle our opponents
10. Make defending your man personal

## **Lettering Policy & Awards**

- A. Any athlete that participates in 2/3 of the regular season games will letter. Other considerations such as injuries will be taken into consideration when determining whether or not to letter an athlete.
- B. Awards, if given, will be voted on by the players and coaches at the conclusion of the season.

## **Tryouts**

- A. A minimum of 3 practices and no more than 6 practices will be held before cuts are made, and cuts will be made as needed during the tryout process
- B. At most 30 players will be kept in the program, final numbers are up to the discretion of the coaching staff so that we can maximize the development of our players
- C. Skill evaluation will be at the discretion of the entire coaching staff
- D. Looking for kids that fit our system
- E. Work Ethic & Attitude will be evaluated first
- F. We want unselfish athletes that put the team first
- G. Commitment during the off-season will be considered

- H. Tryouts can be extended if the coaching staff feels necessary if athletes have missed due to illness, school related absences, or a longer evaluation period is needed

### **Academic Responsibilities**

Athletes are expected to be passing all classes. Coaches will communicate with teachers and the administration regarding grades. Playing time may be decreased if grades slide, and extra conditioning or study hall during practice are possible remedies. Academic success should be of the highest priority!

### **Parents Role**

- A. Support your child
- B. Support the team
- C. Support the coaches
- D. Don't coach from the bleachers
- E. Encourage your child to communicate concerns directly to the coaches
- F. Schedule an appointment to talk to a coach
- G. Be part of a large support staff that makes this an enjoyable experience for all

### ***Non-Negotiables – determine playing time and will not be tolerated***

- 1. Poor Attitude – on the court and off, body language, practice and games
- 2. Selfish Play – poor shot selection, forced shots, not being a good teammate
- 3. Unwillingness to play team defense – failure to communicate, take a charge, max effort
- 4. Carelessness with the ball – unforced turnovers, live ball turnovers, liability with the ball
- 5. Uncoachability

### ***Expectations of our Athletes***

- 1. Accept your role and do it to the best of your abilities
- 2. Be on time each day
- 3. Be committed to coming to practice each day – poor excuses won't be tolerated – plan to be here over Thanksgiving and Christmas Break!
- 4. Be a great teammate
- 5. Be willing to accept criticism and praise to make you the best player you can be
- 6. Bring your best effort daily – don't have a bad practice
- 7. Be studious – don't let your grades affect our team
- 8. Be smart on social media – it's not a place to express frustrations or degrade teammates, coaches, or opponents
- 9. Be a valuable member of our school and community
- 10. Follow the rules of Fergus High School and our team
- 11. Leave the locker room clean each day
- 12. Communicate - If you have an issue please come talk to a coach! Get to know your teammates! Spend less time on your phone and more time forming relationships with your team.
- 13. Be loyal to your coaches and team – dissension will lead to our demise
- 14. Thank those that help you – Janitors, bus drivers, parents, classmates, etc.
- 15. Have Fun – you get one opportunity to play high school basketball no matter how hard you are pushed or the bumps you encounter in the road enjoy every second of it as the opportunity will soon be gone

## ***10 Keys to Winning a State Championship***

### 1. ***Get There Together***

“Practice to be the best” - everything we do at practice is geared towards getting another opportunity

Be a great teammate, put the team above yourself, and play for and love each other

### 2. ***When we get there it's not a big deal***

We have now been there before, now expect to win it and the big deal will be raising the gold trophy

### 3. ***Do what we did to get there last year***

Continued faith in our system

Ordinary players making ordinary plays = extraordinary players

On **GREAT** teams all the players do the little things (take a charge, get on the floor, lockdown on d)

### 4. ***Be Aggressive***

Play to win not to lose and play our game no matter the opponent

Box out no second chance points

Turn defense into offense

### 5. ***Rest***

Intense practices that we can cut back as the year goes on

Take care of yourself each day

### 6. ***Don't Allow Any Easy Baskets***

Make our opponents work for every shot

### 7. ***Generate Easy Baskets***

Get out in transition

Crash the offensive boards

Get to the line

Attack their best player on d

### 8. ***Make Free Throws***

Shoot 70% or better as a team

### 9. ***Finish***

Make every lay-up

Put teams away at the line & play clean to the finish

### 10. ***Work harder than our opponents***

“Those who work the hardest are the last to surrender”

## ***Golden Eagle Basketball Team Rules***

1. Never do anything that might bring discredit to yourself, teammates, coaches, or community.
2. Abide by the policies of Fergus High School.
3. Be on Time! When practice starts you must be ready to go. That means you have your shoes and practice gear on and are out on the court ready to begin. Lateness will not be tolerated! This includes games if you aren't on the bus on time we will leave you home.
4. Missed Practices – If you miss practice someone else is playing in your spot. School related absences and family emergencies will not be held against you, but if you are not at practice for any other reason you will have to earn your spot back. Extra conditioning and decreased playing time will occur for unexcused absences.
5. Rest is imperative to our success! Be home early the nights before games and don't be out after midnight.
6. When the whistle blows stop what you are doing and have your eyes on the coach and be an active listener. **HUSTLE & BE COACHABLE!** Always have a positive attitude. Support your teammates and coaches and put the best interests of the team first.
7. Do not use social media (Facebook, Twitter, Texts, etc.) to degrade our opponents, teammates, coaches, or school. Only positive messages will be tolerated.
8. Cell phones are to be used appropriately and will not be tolerated in the locker room. During games please watch and support the teams that are playing, and stay off your phone. If phone use becomes a distraction, then the use of them may become limited by the coaching staff.
9. In the event of an injury please notify one of the coaches as soon as the injury occurs to you can be evaluated and an injury report completed. In case of an emergency that requires immediate medical attention, a coach will remain with you until your parent or guardian arrives.
10. On game days, home and away, you will wear dress slacks or khaki pants and a collared shirt or sweater. No jeans or t-shirts will be allowed! If the entire team is in agreement travel outfits may be purchased for the upcoming season to wear on road trips. You are expected to be well groomed and not wear any extra accessories that draw to attention to yourself
11. Communicate directly with coaches. If you have questions or a problem the best course of action is for you to talk directly to the coach not your parents.

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I \_\_\_\_\_ have read the team rules and agree to follow these rules and the rules of Fergus High School. I also acknowledge that I have received and read the handbook for the 2022-23 basketball season.

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_