

Poplar Grove Boys Basketball: Team Expectations & Rules

Being a member of a team is a great privilege, and an honor. Along with this privilege and honor there are certain expectations that must be met. You as a member of this team are responsible for following these rules and expectations. Failure to abide by these expectations and rules, will result in various consequences, and could lead to dismissal from the team.

1. You are expected to set a good example of behavior both on and off the court. As an athlete, your actions are more closely watched than other students. You are a public representative of our school, its students, teachers, and staff. Do not do anything that would embarrass yourself, your family, your teammates, your coaches or your school.
2. You are expected to exceed the minimum academic requirements that have been established for eligibility to play on this team. Performance in the classroom is directly correlated to performance on the court.
3. You are expected to be at all team functions on time, and properly attired. If an emergency or special situation should arise, you should contact a coach immediately, or ahead of time to discuss the situation.
4. You are expected to be on time, dressed and ready to go for practice. Do not step onto the practice with your shoes untied or other pieces of apparel not ready to go.
5. You are expected to put forth your best effort every time we take the practice or game floor. If you are given criticism by a coach, you will respond in a positive manner. You will not back talk to a coach or try to explain what you were doing, or why you were doing it.***

*** When a player responds in a negative manner to a coach(back-talk, lip service, eye-roll, negative facial gesture) that player is more concerned about being right or showing that it was not their fault. The player should be more concerned with what the coach wants done. Coaches have to react in a split second to make corrections and critiques. There is no time to have a long discussion about what is going on. The player should just give a head nod or say "yes sir" then continue to do the best they can.

6. You are expected to stay away from the use of tobacco products of any kind, alcohol, and illegal substances including steroids and other harmful performance enhancing drug. You are also expected to maintain a proper diet and adequate rest and sleep habits.
7. You are expected to put the good of the team above any individual goals and honors, and to be a positive role model for players younger than you. Younger players are to adhere to the direction of upperclassmen, and to propagate the same for future teams. Hazing or initiations of any kind will not be allowed. Do not engage in horseplay of any kind while involved in a team activity.
8. While we are in our basketball season, it is strongly suggested that you not participate with any other athletic team including basketball, if you participate with any other team of any kind including basketball, you are not to put practices, games or activities with those teams before that of our Poplar Grove school team. Doing so could lead to injury, fatigue and burnout and other stress related injuries. Such participation could lead to dismissal from the Poplar Grove boys basketball team.

9. All other school system rules apply.

Coaches Statement: As head coach of this program, it is my responsibility to make sure that each member of the team lives up to the standards set for this team. In order to fulfill this, I will sometimes have to make decisions that will not be popular with everyone on the team or parents of players. If you have a question or problem concerning something of this nature, you will have an opportunity to be heard at a convenient time outside of games and or practice. Once a decision has been made you will be expected to follow it, remembering that the decision was made with the good of the whole program in mind.

Practice or game dismissal: If you are dismissed from practice or a game, you will stay in the locker room area until conclusion of the practice or game. At this time you will have a meeting with the head coach to discuss your future with this team. If you leave and do not meet with the coaches, you could be dismissed from the team.

Some Thoughts:

How a man plays the game shows something of his character, how he loses shows all of it.

Many of life's failures are people who did not realize how close they were to success when they gave up.

Winning is not a sometime thing, it is an all the time thing. You don't win once in a while, you don't do things right once in a while, you do them right all of the time. Winning is a habit. Win all of the time, not just game time.

When you scored, who passed you the ball?

It is not important who starts the game, but who finishes it.

Things turn out best for the people who make the best of the way things turn out.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."
Michael Jordan

Missing Practice: Practice should not be missed. Our preparation and practice opportunities are actually very limited compared to the amount of time it takes to develop the skills necessary to play basketball and compete with other teams. Missing a practice is not like missing a Math or English class where the work can be made up. Once a practice is missed, it is gone and can never be made up. Something new may have been taught at that practice and now the player who missed is behind. A team-mate competing for a spot may have just had a great practice and now he owns the spot that was being fought for. This philosophy helps to build an overall program and pride in that program. It is always ongoing and becomes more important as players get older. Upperclassmen do not have the right to play just because they are older. They have the responsibility to lead by example and be even more

accountable than the youngest players who are just learning and trying to decide what their goals are. You earn your playing time in practice. Don't miss practice!

A Shooters recipe: Learn to shoot correctly. Then.....

1. Average shooter – rec center shootaround for 1 hour – 3 days per week
2. Decent shooter – Shoot 50 shots from 10 different spots – 3 days per week
3. Good shooter – Shoot 100 shots from 10 different spot- 4 days per week
4. Great shooter – Make 50 shots from 10 different spots – 3 days per week
5. GOATS – Make 100 Shots from 10 different spots – 5 days per week