Spring Lake Park Boys Basketball



Introductions/Coaching Staff

Head Varsity: Oliver Major
Assistant Varsity: Chris Lloyd
Assistant Varsity/JV: Neil Stenstrom
B-Squad: Jeremy Neuman
9th Grade (A): Brett Holmberg
9th Grade (B): Trayton Radke

Program Philosophy

To develop student athletes by providing lifelong learning experiences on and off the court pertaining to collaborating as part of a team, leadership in the community and hard work toward achieving common goals.

Player Expectations

- It is a privilege to be a part of the Spring Lake Park basketball family.
- Members of the basketball team are expected to represent the Spring Lake Park community with class and respect at all times.
- Players will hold themselves to a high standard on and off the court and think of the team first when making decisions of their behavior.

Player Expectations (cont'd)

- **Be Respectful** of themselves, teammates, coaching staff, officials, opposing players, and spectators during game play is expected. Players also realize that it just as important to be respectful off of the floor in the community and at school.
- **Be Positive** with themselves and each other in every situation on and off the floor. They realize a positive attitude is contagious and leads to better team play, trust and relationships with their teammates and coaches.

Player Expectations (cont'd)

- **Be Communicators:** Team members are expected to communicate on the court to foster successful team play. They are also expected to communicate any issues or problems during the season with the coaching staff or team leaders. This may include absences, playing time or disagreements.
- **Be a Hard Worker**: Players will give maximum effort to make the team and themselves better on and off the floor. They understand that putting everything into what they do will lead to improvement as a player and person and this in turn will help the team be successful.
- **Be a Student First**: Basketball team members are students first and will do their best to achieve in the classroom and will also be students of the game.

Player Expectations (cont'd)

- More specific rules may be determined by coaches and players and must be followed if agreed upon.
- If any player does not uphold the high standards and team expectations set by players and coaches, there will be appropriate consequences determined by the coaching staff.

Registration

- All players MUST be registered and deemed eligible to play (physical on file, registered, etc.) through the Athletics and Activities office.
- Please see Kelly in Activities Office for registration questions (coaches can not help register - please do not wait until the weekend before with questions)
- Players will not participate in tryouts until on the list.

Team Membership: Varsity/JV

- The best "team" will make up the minimum of 16 and maximum of 20-man Varsity/JV squad (18 on Section Roster) - will practice together
- There will be five tryout sessions for any junior or senior wanting to tryout for the team. Any sophomores or 9th graders trying out will be by invite only determined by the coaching staff. **Nov. 23: 6-7:30 am, 3:15-5:30 pm, Nov. 24: 6-7:30 am, 3:15-5:30 pm, Nov. 25: 1-4 pm**
- We will be looking for individuals who are willing to accept their roles either as starters, subs or practice players for our Varsity and JV teams.
- Underclassmen (no seniors) will make up our junior varsity team.
- After the fifth tryout session every player trying out will be spoken to individually about where they stand.
- If numbers exceed 20 for the Varsity/JV tryouts, those seniors who do not make the top 10 on the varsity team and those juniors who do not make the next 10 will be cut from the program.
- If the football season runs into basketball season, the football players will be allowed to tryout after their season concludes.

Team Membership: B-Squad

- The B-squad will made up of sophomores that are not on the JV/Varsity.
- If there are more than 12 players trying out, the coaching staff will determine the number of players who make the team and hold tryouts to form the team based on results after no more than 3 practices.
- Tryouts: Monday, November 23-Wednesday, November 25, 5:30-7:00
- Most practices held at SLPHS, (5:30-7:00 or 5:00-7:00)

Team Membership: 9th Grade

- Tryouts will be held on November 23th-November 25th, 3:15-5:30.
- Tryouts will consist of 3 practices with the top 20 players as determined by the coaching staff making the team.
- Each player will be notified at the end of the 3rd tryout practice and the coaching staff will be available to answer any questions.
- The A and B split will be determined by the 9th grade coaches during early season practices and are flexible.
- Coaches may stagger after school times of practice for best utilization of gym space.
- Playing time: players will get into the game, no guarantee on minutes played.

Communication

- The coaches will be available to players any time they want to set up a personal conference outside of practice.
- Any meeting with coaches must be pre-arranged and preferred communication are phone calls or e-mails for any contact with parents. **Playing time or game strategy will not be discussed with parents**.
- Contact with the coaches can be made by leaving a message with the high school athletic office at 763-600-5149 or contact deemed appropriate by the coach (e-mail, etc.).
- Coaches will not be available to parents for communication on game days.
- Please be positive towards our team and officials on game day and refrain from “coaching” or negativity towards officials from the bleachers.

Lettering Criteria

Varsity Lettering Criteria: Varsity players who are in good team standing at the end of the season and have played at least eleven varsity halves, will earn a letter.

Attendance

- All district and high school procedures will be followed regarding practice and games.
- We expect that our players can make it to every practice and every game.
- Unexcused absences will not be tolerated. Excused absences are those absences due to illness, injury and/or family emergency or any absence pre-arranged and communicated with the coach.
- Absences during the first week of tryouts, either excused or unexcused, will hurt the player's chances of being selected for the team.
- Football players will be allowed to tryout late if the football season runs into the basketball season. Injured players will be allowed to tryout late when they are determined able to play by the high school trainer.
- Penalties for unexcused absences will be determined by the coaching staff. If a player has 3 unexcused absences, he will be dismissed from the team.
- Any varsity player leaving the team and missing practices or games for a spring break vacation while the team is still playing in the region or state tournament will be dismissed from the team and will not be awarded a letter.

Volunteering/Fundraising

- Players may be asked to volunteer their time for fundraising or work in the community with younger kids.
    - Some of these opportunities include: working at youth tournaments (usually scoreboard) to raise money for the program, Learning Ventures volunteering (once per month for JV/V), working at the end of year tournament selling apparel other other duties, other various fundraising throughout the year (shoveling mulch at 3M Open, youth clinics, attending a traveling team practice, etc.)

Variance from State High School League Rules

- All Minnesota State High School League and Spring Lake Park High School Rules should also be followed.
- There is no variance from these rules.

Rebounders Booster Club

- Responsible for raising funds to help enhance player experience.
- Post Game Parties, Apparel, Carbo Loads, St. Cloud trip (JV/V) Banners in gym, End of Year Banquet, and other various program needs.
- What can you do?
    - Volunteer for tournament in March - this is our biggest fundraiser by far and we need help with gate/concessions
    - Jamboree gate/concessions
    - Host a post game party or carbo load (once a month/reimbursed)
    - Let the Rebounders know if you have ideas for get togethers, connections to local businesses to host the team or sponsor or any other ways that we can help to enhance the player experience
- New Members Needed!
- Jamboree Volunteer:



Upcoming:

Boys Basketball Website

November Calendar

December Calendar

Players must be registered through the activities office in order to tryout!

Twitter: @SLPbasketball

Instagram: slp.basketball

Questions?

Email: omajor@district16.org