**Flyers Basketball**

**Player-Parent Handbook**

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# Welcome to the Program

Dear Player:

 I want to welcome you to Flyers Basketball Development Program. I am looking forward to the seventh season of Flyers basketball. You will be asked to make sacrifices and give all you possibly can in this program. This means you will practice hard and encourage others to do the same. Hard work translates into success. As your coach, I promise never to quit on you and will do everything in my power to ensure your hard work pays off.

 I cannot guarantee that all of you will be stars on the basketball court, but I know that you can achieve almost anything with the right attitude. We will set goals for ourselves as a team. We will work tremendously hard together as a team to accomplish these team goals.

 Our number one goal is to build a strong tradition with this program. We don’t just want to win, but to win with honor and respect for the game. We will pursue victory with integrity and represent ourselves, our schools, and our communities with nothing but class.

 I want to make basketball enjoyable for you. I want you to understand that it is a privilege to wear the Flyers uniform & to be willing to push yourself to become the best player you can be without ever forgetting about your love of the game and why you play this great game….. because it is FUN!

 Here is a quote from a former NBA coach, Hubie Brown, that I find trustworthy. ***“Teams with athletes that have ability make for many wins, but teams consisting of athletes with dependability make seasons memorable.”*** I believe we have athletes with great potential and ability, but if we can come to depend on one another to give max effort, we can build something special.

I am not looking for five great players but one great team. Your ability to be a good teammate, work hard, and have a positive attitude will significantly improve our chances of success, and your chances of being a part of something special.

Coach Harris

# Flyers Basketball Program Philosophy

Basketball is a tiny part of life but is also a way to learn about life. In basketball, the players and coaches have a duty to the team, program and to oneself. Players and coaches must perform their duty to all aspects of the game. A coach must first be responsible to the team and then the player. Because of our commitment to our program, we must remember that after each game and each season only the team remains. Therefore, our only goal isn’t to win championships, but also to become people and a team of great character. The Flyers’ **philosophy** contains **high expectations** and **standards** for our team. These expectations will be a guide for our players’ and coaches’ conduct on and off the court. If we are to attain our goals of building a strong tradition of Flyers basketball, then all players and coaches must buy into this philosophy.

All players must understand their role as a member of our team. It is because of this, that our veteran players have a critical role on the team. Their experience and knowledge must set a positive example for the younger players in games and practice. Veteran players must realize their conduct and attitude set an example. Veteran players must instill confidence in younger players to help the team excel at all levels of play. By believing in and respecting your teammates and coaches, realizing your collective responsibility, and having pride in your team and organization, the foundations of a successful program can be built.

**Successful teams plan, prepare, and expect to win**! We feel that if we are to be successful, we must be prepared to outwork other teams on both ends of the floor during games. Because of this philosophy, our practices must demand our full attention and effort. Non-productive, lazy practices build a poor work ethic and fundamentally unsound techniques. If poor performance in practice is allowed, it becomes the mode of operation in all things. **We must practice well in order to perform well on the court!** All players must try in practice to prepare to be the best basketball player they can be, on and off the court. Aristotle once said and Shaquille O’Neal repeated an old adage, ***“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”*** We must practice hard each day to build a habit that carries over to games.

# Team Principles

 Put the goals of the TEAM ahead of individual goals.

 Have a great work ethic at all times

 Be on time to all team activities.

 Have pride in the Flyers.

 Respect authority and each other, always be polite.

 Leave places better than how you found them (pick up trash).

# Role of the Coach

* To teach the game of basketball in a positive manner. Correct & encourage.
* To promote a trusting atmosphere.
* To inspire players to reach their potential.
* To communicate with the players and parents.
* To be clear where players stand.
* To treat players and staff with respect.
* To represent the program and communities in a positive manner.

# Role of the Player

* To be a good teammate.
* To be coachable.
* To give 100% effort on the court and in the classroom.
* To play smart and communicate with teammates and coaches.
* To be accountable and responsible.
* To display good sportsmanship at all times.
* To maintain your cool when faced with adversity.
* To represent the program and communities in a positive manner.
* To enjoy the game, have fun!

# Role of the Parent

* To support your athlete on and off the court in a positive manner.
* To help maintain your players’ efforts
* To promote a good training lifestyle. (i.e., sleep, eating habits)
* To communicate injuries to the coaching staff. Sometimes players want to hide these so they can play more.
* To be a positive example at games and any flyers activity as you represent our program and community.
* To encourage and support all players on the team as well as the coaching staff.
* To support the style of play of the team. You are not going to change it with your comments, and you will confuse your athlete.
* To let the coaching staff, do their job. Giving “extra” information may go against what is being taught and can confuse your athlete.
* To trust the coaches and organization to do what is right for your athlete as a person and player. As a coach, we have the player and entire program in mind when making decisions. We are all on the same side.

#  Practice Expectations:

* Be on time and work on YOUR game before practice starts.
* Be prepared (mentally and physically)
* Be coachable with a good attitude
* Make yourself and team better by pushing yourself and your teammates

# Game Expectations:

* Be prepared (mentally and physically)
* Dress Properly
* Attendance at school must align with student handbooks.
* Conduct yourself in a professional manner- you represent yourself, the program, and your parents. Any other type of behavior will not be tolerated.

**“I have failed over and over again, and that is why I succeed.” --Michael Jordan**

# Being a Flyer is about…

* Displaying good sportsmanship on and off the court.
* Respecting other teams, other players, other coaches, and other schools, while rooting for the Flyers.
* Being a national championship contender every year.
* Doing things, the right way, even if it’s not popular.
* Integrity and hard work.

# Team Rules

* Each athlete must have the following before participating in any practice or game:
* Current physical form
* Program contract signed by player and parent (by 1st game)
* Appropriate practice gear (reversible uniform) provided but is the responsibility of the players to bring to each practice.

**$20 to replace lost or damaged practice gear**

* Code of Conduct:
* We will take responsibility for all our actions, their consequences, and our own physical and mental preparation. Excuses are usually failure to take responsibility.
* Practice-Game Attendance:
* All players will be required to be on time for practices and games. For practices, players must be dressed and, on the floor when practice is to begin.

* Unexcused:
	+ Any missed game or practice that is not excused prior to the game or practice is considered unexcused.
		- 1st Offense – Sit out one half of a game
		- 2nd Offense – Sit out one game
		- 3rd Offense – Sit out 2 games
		- 4th Offense - Removed from team
* Tardies:
	+ - The following rules will be applied if an athlete is late for practice and is not excused:
			* 0-10 minutes late – Player will run one 16 in 1 minute after practice
			* 11-20 minutes late – Player will run one 22 in 2 minutes after practice
			* 20+ minutes late – Same as an unexcused absence – sit half of next game

* Dress Code:
* Shoes:
	+ - I will not mandate team shoes, but game shoes are expected to be in team colors of Black, White, and Carolina Blue.
* Practice attire:
	+ - All players will be required to wear their practice reversible to each practice.

* Practice Duration:
* Practices should not exceed two hours in length. The players have many other commitments, and we will take those commitments into consideration when scheduling practices.
* Social Media:
* All athletes and players are required to always be mindful of what is said and posted on social media sites such as Facebook, Twitter, snap chat, YouTube, or via email and text.
* Any violation of using these social media sites by posting lewd, inappropriate, compromising, illegal or unacceptable pictures and statements will be met with suspension.
* Parent-Coach Communication Rules
* I have three rules for running my program in regard to parent / coach communication.

1. There is a 24 hour cool down period after games until I will meet with parents about something that happened. This meeting never takes place in the gym after the game.

2. We will never talk about playing time, period. That decision is a coaching staff decision and is not up for discussion. If you ask, what can my son do to “earn” more playing time, I can answer that question.

3. I will never talk about another player on the team with parents. You would not like me talking about your athlete to other parents and I won’t do that to them either.

**Not every event can be covered in a handbook. Any other incidents that take place during the season will be resolved at the discretion of Coach Harris and Coach Manley.**

# Player-Parent-Coach Contract

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, want to play basketball for Flyers this season. In exchange for the privilege of being on the team, I promise to do the following:**

1. **Adhere to all of the training rules listed in the player and school activities handbook.**
2. **Commit to pursuing victory with honor by demonstrating high standards of ethics and sportsmanship.**
3. **Accept and understand the seriousness of my responsibility, and the privilege of representing myself, my team, my school, and my community with honor.**
4. **Learn the rules of the game.**
5. **Respect the integrity and judgment of the game officials.**
6. **Help my teammates learn our system.**
7. **Do the best that I can.**
8. **Treat others the way I want to be treated.**
9. **Win with humility; lose with grace.**
10. **Represent the Flyers organization and the program in a positive light.**

**As a parent of the above-named player, I realize that I am part of the team and promise to do the following:**

1. **Influence my child to abide by the contract they have signed.**
2. **Report any failure by the athletes to live up to the contract they have signed.**
3. **Be an example of good sportsmanship at all team events.**
4. **Represent me, the team, Flyers, and the community with honor.**

**We, the coaches, promise to do the following:**

1. **Exemplify the highest moral character, behavior, and leadership, adhering to strong ethical and integrity standards.**
2. **Respect the integrity and personality of the individual athletes.**
3. **Abide by and teach the rules of the game.**
4. **Describe and define respectful and disrespectful behavior.**
5. **Display modesty in victory and graciousness in defeat.**
6. **Make sportsmanship a priority.**
7. **Motivate and inspire each student to give and be their best.**

 **We know that being a part of this basketball program will require sacrifices, adjustments, and extraordinary commitment on the part of the players, their families, and the coaches. However, we are working to achieve an extraordinary team success that demands extraordinary effort on all of our parts. In return, we have an opportunity to create a positive experience that could affect our lives forever.**

 **The players will be constantly evaluated on their demonstration of coachability, hustle, mental and physical toughness, loyalty to the team, unselfishness, and their desire to improve. Our goal is to field a team of players that consistently demand more of themselves than is demanded by the coaching staff.**

 **In every game situation, our team will play to win. Game substitutions will be made with that solely in mind. However, there will be situations where a player may be pulled from the game, despite their ability to contribute.**

 **The members of this team are expected to work harder and with more discipline, hustle, enthusiasm, teamwork, and dedication than any other team in this state. This is not a goal; this is an expectation.**

 **I understand that as a part of this team, I agree to abide by the expectations described in this contract.**

 **Player signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **My child has shared with me these expectations and I agree to give them all possible help to meet them successfully.**

 **Parent signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **As head coach of this program, I agree to abide by the expectations listed on this contract.**

 **Coach Harris \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Coach Manley \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# “JUST ME”

*From the time I was little, I knew I was great*

*'Cause the people would tell me, "You'll make it ---just wait."*

*But they never did tell me how great I would be if I ever played someone who was greater than me.*

*When I'm in the back yard, I'm king with the ball. To swish all those baskets is no sweat at all.*

*But all of a sudden there's a man in my face who doesn't seem to realize that I'm king of this place.*

*So the pressure gets to me; I rush with the ball.*

*My passes to teammates could go through the wall.*

*My jumpers not falling, my dribbles not sure.*

*My hand is not steady, my eye is not pure.*

*The fault is my teammates --- they don't understand.*

*The fault is my coach --- what a terrible plan.*

*The fault is the call by that blind referee.*

*But the fault is not mine; I'm the greatest, you see.*

*Then finally it hit me when I started to see that the face in the mirror looked exactly like me.*

*It wasn't my teammates who were dropping the ball, and it wasn't my coach shooting bricks at the wall.*

*That face in the mirror that was always so great had some room for improvement instead of just hate.*

*So I stopped blaming others and I started to grow.*

*My play got much better and it started to show.*

*And all of my teammates didn't seem quite so bad. I learned to depend on the good friends I had.*

*Now I like myself better since I started to see that I was lousy being great --- I'm much better being me.*

***‘All you can do is all you can do, and all you can do is enough, If you do all you can do”***

# Motivating Yourself

**Our reaction to failed attempts at success often determines whether our ultimate goal will ever be reached. Henry Ford once said, “Failure is only the opportunity to begin again more intelligently.” Consider the following story the next time you fail.**

**It was late afternoon and a skinny young man was dashing down the steps at his school to check out the bulletin board by the gym. His heart was pounding as he saw the list that was tacked to the board. This list would tell him if his dream of making the high school basketball team wouldn’t be realized. He read the list again and again, each time with the same result – his name was not there. He had failed. That day, the moment, would change his life.**

**For the next year, regardless of the weather, he practiced 4-6 hours every day. There were many nights that he was all alone under the moonlight, practicing every move, every shot that he needed to make next year’s team.**

**The ending is a happy one. He did make the team – and Michael Jordan, on the heels of failure, went on to become the greatest basketball player of all time.**

***“Those who dare to fail miserably can achieve greatly.”***

- **Robert F. Kennedy**

**Don’t be**

**AFRAID**

**To Fail!**

# Coaches Contact Information

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