



2024-2025 CDH Boys Basketball

Raider Coaching Staff

Varsity Head Coach – Jerry Kline Jr. '93 (Full time at CDH)
jkline@c-dh.org, Cell # (651) 470-6985

Varsity Asst. Coach/General Manager – Tony Yazbeck (Full time at CDH)
tyazbeck@c-dh.org, Cell # (651) 492-1061

Varsity Asst. Coach - Joe Hutchins (Full time at CDH)
jhutchins@c-dh.org, Cell # (651) 315-4081

JV Head Coach/Asst. Varsity - Eric Bronaugh
ebronaugh@hotmail.com, Cell # (612) 490-0107

B-Squad Head Coach – Keith Wilson
kddoubleu@comcast.net, Cell # (612) 961-0491

9th Grade Head Coach - Toby Anderson (Full time at CDH)
tanderson@c-dh.org, Cell # (208) 880-0706

Team Levels - 9th Grade, B-Squad, JV and Varsity

- Practice length/per week (2 hours per day/6 days a week)
- Tryout process and schedule
- 9th grade tryouts begin after school on November 18.
- B Squad/JV/Varsity will begin 30 minutes after 9th Grade on November 18.
- Tryouts will consist of individual and team skills as well as 5 on 5
- Tryouts will conclude on November 20 at that time rosters are determined
- ***Anyone missing current paperwork and physical on file with the AD's office will not be permitted to tryout.***

Team uniforms/fees: (Registration Link - [Winter Sports Registration](#))

- 9th Grade - Cost \$200 for practice/game uniform (must be worn at all times) speed and strength training.
- B Squad - Cost \$325, Game uniforms provided, practice uniforms (must be worn at all practices), speed and strength training
- Varsity/JV - Cost \$325, that fee will include all team issued Nike equipment and speed strength training

Nike Spirit wear and Team Shoe Store

- Team store is located on the Boys Basketball page: [2024-25 CDH Boys Basketball Team Store](#)
- Team Shoe Store (9th and 10th Grade) is located on the Boys Basketball Page: [9th and 10th Grade Shoe Stop](#)
- Online store will be open now - November 6.
- **All players must wear Nike, other apparel such as Adidas and Under Armor are not permitted as terms of our sponsorship, any such action would result in not being able to participate**

Player Expectations

CDH BBB players will be successful in the classroom. Coach Kline requests progress reports every two weeks throughout the season. If a player's name is listed on this report, the coach will meet with the player, determine what action is needed to improve the grade. If grade issues persist, the player may lose the privilege of playing in games/practices until grades improve.

Players will represent themselves and the program with great pride and confidence. It is a privilege to wear the purple and gold uniform to represent CDH. Players will be respectful to the officials, opposing teams, coaches and fans. Raider players will be committed to each other, committed to the team, CDH and its community.

**Communication is very important to the success of this team! We encourage the players to first talk with the coaches with concerns and questions throughout the season. Our coaching staff wants all players to be successful and to have a great experience playing High School basketball!

*If questions/concerns persist after a player has communicated with the coach, then parents are welcome to have a conversation with the coach and their son present. Please keep the 24 hour rule in mind as emotions run high following a game. Also, please remember that you are your son's primary role model in how you respond to a challenge or concern throughout the season.

*Raider players (Levels JV and Varsity) are required to ride the bus home with the team after away Friday night games unless excused prior to the game by a coach. (Tuesday night games 9th /B-Squad) are able to ride home with parents but need to sign out with one of the coaches.

Raider Strength and Conditioning Philosophy

We are committed to providing a strength and conditioning program during the basketball season. This program is structured to improve athletic performance, increase strength, and to help prevent injuries. Lifting days are scheduled on Wed. / Sat. so they won't conflict with games and the boys will have proper rest and recovery.

Boys Basketball - In Sport Priority

Varsity Boys Basketball Players that participate in multiple sports at CDH must consider the sport that is In-Season the priority. By staying focused and only playing the sport that is in season the athlete will lower the risk of injury and fatigue. Also, the athlete will perform at their highest level by staying focused and getting the proper amount of exercise, rest and recovery.

CDH Policies and Procedures

School Attendance:

Players must be in school all day to practice or play in games unless given permission by a school administrator. If a player misses a practice the day before a game, he is allowed to play in the game but will be determined in what role based on the circumstances.

**If you son is feeling ill and stays home from school, please let his coach know he won't be at practice.

School Discipline:

A player can be removed from practice or games. Players must follow CDH rules and follow the state high school rules when dealing with any violations.

Policy on Use of Mood Altering Chemicals

First Violation

Students shall lose eligibility for the next two (2) consecutive games or two (2) weeks, whichever is greater.

Second Violation

The student will lose eligibility for the next six (6) consecutive games or three (3) weeks, whichever is greater.

Third Violation – (This should never come into play!)

The student shall lose eligibility for the next twelve (12) consecutive games or four (4) weeks of the season, whichever is greater.

Captains

With any violation after being named a captain or during the season, the position of captain will be immediately forfeited.

Practice Policies

A player must be at practice unless he is sick and not in school or is excused by the Head coach. (missing practice due to being sick needs to be communicated to the coaching staff)

A player must attend all classes in order to practice or to participate in a game unless given permission by a school administrator.

An injured player must be at practice and dressed in practice uniform unless the Head coach excuses him.

Game Week

A well-balanced diet and plenty of rest and water are essential. The meal consumed the night before the game is very important.

Pre-game: A good pre-game meal should consist of carbohydrates and protein and should be consumed 1-3 hours before game time. Avoid large amounts of protein and sugar as they are hard to digest.

Equipment Policy Each Player is responsible for the practice and game uniforms they are issued. Players/families must pay for any unreturned or damaged uniforms (beyond normal wear and tear.)

Boys Basketball Lettering Policy

In order to be awarded a varsity basketball letter, a player must be in good academic standing throughout the season, attend practices and games, and meet one of the following criteria:

- Play in at least 13 halves of Varsity basketball games.
- Is a Senior and has participated in the CDH Boys Basketball program for at least two seasons.
- Has not missed any practices, games, strength training sessions or team activities.

- Is a member of the official Varsity roster, which qualifies for the state tournament.
- By Head Coach discretion for a significant contribution to the team.
- A team manager must have managed for at least 15 games or met one of the exceptions above.

The 10 Commandments of Basketball

1. Be positive with your son; let him know he is accomplishing something by simply being part of the team. Don't put him down.

2. Don't offer excuses for him if she is not playing. There is usually a reason for it. Encourage him to work hard and do his best.

3. Don't put down his coaches. Remember the coach represents the "boss", the "authority", the "parent", the "teacher", the "law", etc. If you constantly bad-mouth your son's coaches, how can you expect the youngster to respect and play for them?

4. Whether he is a first stringer or a seventh stringer, players must follow rules pertaining to promptness and school. Basketball is a very demanding sport and coaches must concern themselves with a player's off-the-field activities in order to get the maximum physical and mental performance out of their players.

5. Insist on good grades. Check the number of hours your son spends on homework. It is the duty of the parents to see that their son is working in the classroom. No matter how good a player is, if he doesn't have good grades, he doesn't get into college. Eliminate use of the car, phone calls, television etc. that cut into study time.

6. Don't criticize other players because you dislike their parents. Don't try to live your life vicariously through your son. Basketball is a youngsters' game; let them play it. Don't show animosity or jealousy to any of your son's teammates because they score more, play more, or even get good press. This type of envy rubs off on your son and it can devastate a team. Who cares who scores or plays the most as long as everyone does their job to the fullest?

7. Don't be a know-it-all. The coaches work with the players year-round and they know what each kid can, and cannot do. As a fan, you are entitled to scream your head off in a positive manner, but please don't become belligerent and arrogant toward players or officials. They are amateurs. Coaches know their talent. Respect that.

8. Insist on your son's respect for team rules, school rules, game officials and sportsmanship. Don't let him make fools out of his family, school, and team by some uncalled-for gesture or incident that brings him shame. Self-respect begins with self-control.

9. Encourage your son to improve her self-image by believing in himself. Don't compare and contrast your son with family members who played previously. Every youngster is different. Don't add pressure by expecting him to live up to an older sibling's individual accomplishments.

10. Encourage your son to play for the love of the game, not for a scholarship. This alleviates a lot of the pressure on the youngster. Scholarships are in the hands of college recruiters.

Bellarmino doesn't give them. Many talented players fizzle because the pressure on them to get a scholarship causes them to become selfish. Insist on unselfishness. Good things usually happen to the unselfish, hardworking athlete.

Social Media

Players and Parents - please be positive with what is being posted on all social media this season!

Negative posts will not be tolerated. Remember all posts regarding CDH Boys Basketball have a direct reflection on our program and culture.

Parents – I encourage you to put your cell phones away during games. Enjoy the game, and encourage your son and his team throughout the season!

IMPACT TESTING (9TH GRADE - VARSITY) MANDATORY

- **How to take the IMPACT test at home using a computer with a mouse:**
- Go to CDHraiders.org
- Resource Tab
- Sports Medicine Tab
- Start Impact Test
 - Enter code: **FGM8UEFGS7**
 - Validate
 - Select Organization (Cretin-Derham Hall)
 - Launch Baseline Test
 - **Enter Additional Demographics** (do not skip)
 - Test will take approximately 30 minutes
 - There is no pass or fail, it shows how you remember, react and associate tasks. We use this information to compare scores to an established baseline in the event of a head injury.
 - Or visit: <https://impacttestonline.com/testing> and enter the **FGM8UEFGS7** code.
 - There is a Return-to-Play process mandated for return to sports.

