

# **HASTINGS**

# **BOYS BASKETBALL**

## **10 COMMITMENTS**

1. Players' job is to be "coachable." Coaches' jobs are to "coach."
2. Intense-focused-work ethic in games, practices, and the classroom.
3. Respect-Responsibility-loyalty to our program/team. Be a great teammate.
4. Education – classroom and student improvement.
5. Personal and social responsibilities – becoming a role model.
6. Unselfish, defensive mentality – intimidate with intensity.
7. Family – honor your mother/father/siblings on a daily basis.
8. Strength & conditioning – get in shape – stay in shape.
9. Commitment to excellence!!
10. The four L's – Listen, Learn, Love, and Laugh.

# RAIDER BASKETBALL

## THE FOUR L'S – “SO YOU WANT TO PLAY BASKETBALL.”

Every person wants to be respected, and to be a success. I decided through my own experience of playing basketball, that players were always trying to figure out “how can I get to play?” “What does the coach want?” “How should I act?” Here are the answers to all of your questions!!!

1. LISTEN – Some experts tell us that over 50% of the spoken word in this country is not received by the person it is directed to. How many times have you had to repeat your words to someone or say something 2 or 3 different ways before the message is received? If you do not train yourselves to listen, you will miss valuable coaching information that you must have in order to improve. **WORK HARD AT LISTENING!!**
2. LEARN – If you make it past the first L – Listen, then you have a chance to perform the next L which is Learn. To be a success, you must improve, and this can only be done by learning. ALL of you are capable of learning great things. ALL of you walk and talk and will drive a car someday, which are difficult things to do. If you want to learn to be better at basketball, you must WANT TO learn. **Seeking knowledge is your job!** The key is realizing the knowledge you need to improve, in this case, comes from your coaches on the court and in the meeting room. Learn how to be a great basketball player for your program.
3. LOVE – This is the most important L! Much of basketball is desire, dedication, and loyalty. You need to feel something, have a strong passion for the game to be great. Do you personally desire to be good at basketball? You need to work at something to be great at it. Do you dedicate yourself to basketball? You need to be committed to everyone on your team and in our program. Are you extremely loyal to the Raider basketball program?
4. LAUGH – Some people work at the other L's, but forget to enjoy themselves. This is your reward L for all your hard effort. You know you have Listened, Learned, and Loved in our program so you can feel good about yourself. Be happy with who you are and the chance to be surrounded by people you truly love you! **ENJOY THE PRIDE OF SELF IMPROVEMENT AND BEING PART OF “THE TEAM.”**

Coach Feikema

## **A RAIDERS' WINNING ATTITUDE**

1. Blame nobody... expect nothing... do something. (no excuses)
2. Compete... play hard! (no excuses)
3. Be on time... pay attention... practice and play hard. (no excuses)
4. Always listen... it is what is being said that is important, not how it is said.
5. Play through referee's calls... you can't control them.
6. Know, accept, and embrace your role on the team. (team comes first)
7. Hustle on and off floor during substitutions.
8. Hustle to timeouts.
9. Always learning – understand concepts & ideas and apply them to game situations.
10. No cussing on the court.
11. No hanging head – stay positive.
12. Never quit on a play! **NEVER!!**
13. No poor body language.
14. Always love – your parents, coaches, teammates, the game.
15. Attitude of gratitude – Say “thank you.”
16. Look people in the eye when communicating.
17. Be a role model off the floor – look the part.
18. Share the basketball, protect the basketball.
19. Loyalty – remember the people that have helped you. (parents, coaches, teachers, etc.)
20. Laugh – enjoy the time spent with teammates and coaches.
21. Take pride in all that you do.
22. Be a great teammate – be unselfish – root for your teammates to do well.

# PRACTICE POINTS FOR PLAYERS

1. On the whistle, stop, stay still, look and listen. (see and hear)
2. Hustle between drills and repetitions. Run to the end lines. Run on and off during water breaks. **Never walk on the wood!**
3. Be enthusiastic and encourage each other. Gain and give strength to / from the group. Get and give energy to the group.
4. Hustle to huddles between drills or practice segments. COMMUNICATE WITH ONE ANOTHER. SHOW ENERGY AND ENTHUSIASM.
5. Every possession, every shot, every free throw is important. Always put yourself in game situations. Be creatures of habit. (GOOD HABITS)
6. Concentrate during free throws. Put energy into making.
7. Play rather than officiate.
8. Listen to your coaches. 99% of the time they are right.
9. Discipline and police yourselves so coaches don't have to. Be responsible for YOUR actions. Who will be the LEADERS?
10. THE GYM SHOULD NOT BE SILENT! If the coach isn't talking, everyone else should be. Encourage, communicate, and help each other. A silent gym is a losing gym.

# **TRAVEL POLICIES**

1. Report ahead of scheduled departure time. Please arrive early and be ready to board the bus when it arrives. Our departure must be on time to give us adequate preparation time before games. The bus will leave at the scheduled time. If you are not on it, you will not play that night.
2. Be sure to have all your equipment – check each item as you pack it. Bring your own towel for showers.
3. Dress appropriately for cold weather.
4. No horseplay on the bus.
5. Remain seated while the bus is in motion. No portion of the body is to be extended through an open window. Keep your feet off the seats.
6. Inform your parents/guardians about time of departure, return schedule, and other regulations related to the trip.
7. All members are required to ride school provided transportation to and from all contests unless prior arrangements have been made. Sophomore team members should stay and support the varsity team, just like varsity members are present during the JV and sophomore games. Parents or guardians ONLY may take a student home after a game, and ONLY if proper arrangements have been made beforehand. Parents must communicate with their sons coach in advance of the event to gain permission for you to ride home from an event.

# **PRACTICE**

1. Regular attendance at practice and meetings are mandatory for success; promptness is demanded of all players. Get permission from your coach if you cannot attend. Any absence the coaching staff does not know about in advance will be unexcused, barring extreme circumstances. The first unexcused absence will result in not being able to start the following game. Every unexcused absence following that will result in missing a game. If you show up late for practice, you will run 5 sprints plus 1 sprint for every minute you were late. Being at practice is crucial to our team's success. We cannot expect to reach our full potential if we need to go over things an extra time for people that missed practice. Being late for practice is selfish. It is like saying that your time is more important than everyone else's time. Let's be great teammates and make a habit of being at every practice on time.

# GAME CONDUCT

1. Always think in terms of being a winner.
2. Stay together as a group during the JV game. Varsity players who do not arrive by JV tipoff will sit out the first half of the varsity game.
3. Be courteous to officials. Address them as “Mr. \_\_\_\_\_” if you know their name, or “Sir” if you don’t. The officials judgment will be accepted at all times – you play the game, and let them officiate.
4. No profanity, unsportsmanlike act, etc. will be tolerated.
5. When replaced in a game, don’t come to the bench “crying” about being replaced. Everyone is capable of playing good ball. If you are a “sub” – be the best “sub” possible. Nearly every ball game is won because of the contribution of someone off the bench.
6. If you get a technical foul called on you, you’ll be taken out of the game.
7. Pay attention to what is going on all the time, warming up, sitting on the bench, what play, what defense, your man, who you substitute for.
8. Always respect your opponent and don’t criticize him – so you can play your best for our team.
9. Always maintain your poise, even when the breaks are going against you.
10. During a time out, the entire squad should gather around. Run to and from the bench. If you are on the bench, help get water for the players coming off the floor. Be good teammates!
11. Keep your chin up if you make an error. We all know it was not committed on purpose.
12. If you are on the bench, stay mentally involved in the game, and encourage your teammates. A player who does not get into a game needs to want to win as badly as someone who played 25 minutes. We win and lose together, everyone is important, regardless of their role on the team.

# **DEFENSE – THE NAME OF THE GAME AT HASTINGS**

**“YOU CAN MAKE OUR TEAM ON DEFENSE”**

## **INDIVIDUAL REWARDS OF TOUGH DEFENSE**

1. Self confidence: absolutely essential for success in any field.
2. A reputation for being tough and aggressive in the minds of both your teammates and the opponents. This gives you a definite mental edge.
3. A superbly conditioned body.
4. The thrill of knowing you can stop any man your speed and size.
5. The indescribable joy of playing with four men in a cohesive unit.
6. The most consistent success in the game of basketball.
7. The special esteem that goes with a winning team that plays at both ends.
8. The pure joy of knowing what it is to place spirit above technique.
9. When the whole team is playing strong defense, the reputation developed throughout the area is valuable aid after graduation in any of your contacts.
10. The greatest lesson the game of basketball has to teach is discipline and the total submission of the body to the mind.

## **STOP BALL – HALF COURT DEFENSE**

1. Anticipate – be alert – before you react.
2. Convert to defense – transition – all five players sprint back.
3. Ball pressure – intense!!
4. Early help and recover – you can never help too early – RED LINE.
5. Dead front all low post players – starting point – scouting reports will dictate adjustments
6. No strong side 3's!! Stunt to help and recover.
7. Fill and sink – helpside – sink to the level of the ball – fill to baseline.
8. No blow bys! Keep the ball in front of you.
9. TALK!! Great defensive teams communicate with each other.

It takes ALL FIVE players to have a solid effective defense! POSITION AND STANCE ARE CRUCIAL! Communicate and work as a team, keep the ball out of our house!!

# **VARSITY LETTERING POLICY**

The Hastings Boys basketball program strives to foster an environment in which each member of the team is considered valuable, and important to the overall success of the team. With that concept in mind, the following is a capsule of the Hastings Boys Basketball lettering policy.

1. Each member of the team who works hard in practice every day and with a positive attitude will be given a varsity letter regardless of varsity playing time on game nights.
2. Potential letter winners must complete the entire season. Any student athlete who leaves the team prior to completion of the season for any reason forfeits the opportunity to earn a varsity letter for that season, as well as any other postseason team awards. A player who cannot complete the season due to a season ending injury will be the exception to this rule if they continue to attend games and support the rest of the team.
3. Since the basketball season overlaps with the Christmas season, we should also note that varsity team members are expected to be present for the holiday Christmas tournament. If a team member has immediate family that is some distance away and that player travels to spend time with that family for Christmas, this will not affect that players lettering status. However, playing time will have to be re-earned upon that players return. If a player's family simply takes a "vacation" that causes missed game time, then the opportunity to letter will be forfeited.

## Hastings Boy's Basketball Social Media Policies

Being a member of the Hastings Boy's Basketball program comes with several responsibilities, some of which are, showing respect for our community, our school, our program, our team, and most importantly respect for yourself, along with presenting ourselves in a respectful manner.

Social media outlets such as, Facebook, Twitter, Instagram, and others are an integral and important part of many people's daily lives. While it may seem that these are private, they are in reality very public. Posts that we present to our friends and social sphere are often posts to our entire community, whether intentional or not. These include administrators, parents, teammates, as well as young members of our community that look to us as mentors.

As a member of Hastings Basketball, you are expected to hold yourself to high standards when in public and when using social media. Be proud of yourself and your team and show yourself and others respect. The following are expectations of Hastings Boy's Basketball when using social media.

- 1) Do not post sexual content. Nothing explicit, suggestive, or objectifying.
- 2) Do not make references to alcohol or drugs. No pictures of alcohol, talking about being drunk or using drugs.
- 3) Do not insult others and do not participate in or instigate challenges or battles. Fight your battles on the court.
- 4) No swearing or use of inappropriate language
- 5) You are responsible for monitoring your account and profile pages. If someone posts something disrespectful or violates above said rules, take it down.
- 6) The above rules apply to retweets, reposting of other peoples messages, and posting of song lyrics, quotes, etc

Failure to adhere to and follow these guidelines can and will affect your membership and placement on the TEAM. Mistakes can happen however consistent mistakes can indicate a lack of commitment to the TEAM. Part of building a TEAM is sacrificing parts of the individual for commitment to the TEAM.

## TO THE ATHLETE:

When you play tonight, play your best. Play your hardest. But most of all... play for the love of the game. You say you will, you say you did, but you're wrong. Encourage, don't discourage. Smile, don't complain. Look ahead, not behind.

When you play tonight, love your teammates. Love the ones that never do well, love the ones that are always the best. Love the person who loses the game for you. Love the person who gets all the cheers and compliments.

When you play tonight remember how blessed you are. You may ache all over, but it will go away. There are people who feel that way their whole lives. And there are people who can't feel. You may get frustrated at seeing a losing score on the scoreboard, but remember you can see. You may want to cry when someone yells at you, but try to say thanks that you can hear. When you feel excited, when you feel hurt, remember these are the gifts given to you that compliment each other, and that makes life the fascinating experience that it is.

When you play tonight, remember there are people watching you. That's a scary thought, but it is important. Be careful how you live, it only takes one incident for people to form an opinion of you. People notice when you hug instead of yell, and whether you win or lose well. Someone who you'll never even meet may come away learning more from your team about life than about the sport.

When you play tonight, be humble. Don't try to be the best, try to help the person next to you be the best. Don't look for glory, you won't find it. It will come when you aren't seeking it. Don't brag, don't flaunt your talents. Quietly work, think, and try to improve. Make yourself perfect before trying to make your teammates perfect.

And this last request... though it comes last, it is most important. HAVE FUN! In competition, it's easy to forget why you started playing sports in the first place. Ten years from now it won't be as easy to remember who won or lost as it will be to remember if you enjoyed playing. You don't know when you'll be able to play again, so go out there and use your abilities, and love every minute of it.

Love losing because it makes you better than winning, and love winning because it is easy to love. Love jumping, running, hitting, throwing, diving, catching, kicking, shooting, and cheering. All over the world tonight there are people lying in bed dreaming to do those things. And when it comes right down to it, that's what matters, you can do those things. It's not whether you win or lose, it's the fact that you are gifted, skilled, and talented, and win or lose, you still will be.

**PLAY HARD, AND LOVE PLAYING!**

**CONCENTRATE,**

**COMMUNICATE,**

**DEDICATE,**

**DOMINATE!!!**

ANY QUESTIONS??