

J O R D A N H U B M E N
B A S K E T B A L L



PLAYER AND PARENT
INFORMATION
2017-2018



PARENT/PLAYER MEETING AGENDA 2017-18

1. Welcome and Intro
2. Four Key Parts to a Successful Program
3. Player Expectations
4. Playing Time Criteria
5. Practice Routine
6. Cuts and player selection
7. Attendance Policy
8. Communication
9. Schedules/Calendars
 - * Parents Night
 - * Team Pictures
 - * Special Olympics
 - * Team Dinners
 - * Holiday practices
10. Concussion Protocol
11. Uniform care
12. Equipment
 - Shoes
 - Practice jerseys (issued at player meeting)
 - Game uniforms (issued at end of 1st week)
 - Dark shorts
 - Lock (lock your locker!)
13. Boys Basketball website (schedules, parent and player handbook, etc)
14. Online Clothing store
 - Open Nov 13 until Nov 27
 - Items will be delivered to practice before Christmas
 - Sample items available

The 4 Key Parts for a Successful Basketball Program:

It takes all of the following key players working together as a team.

1. **The Players:** Basketball teaches about being a good team player, dealing with success and failure, goal-setting, and responding to adversity. It develops a strong work ethic, responsibility, and dedication. All these are lessons that are useful in many areas of life. A fundamental purpose is to teach sportsmanship within the game of basketball. Players learn to respect their opponents and appreciate their performance along with that of their teammates. Players are expected to:
 - Show up on time so you and your teammates are ready to perform.
 - Be reliable, have people know they can count on you. That's how you succeed.
 - Trust your coach to take care of the team and your teammates to run the plays correctly.
 - Do your best. We will make mistakes; we will lose some games. Try all the time, and we will get better (winning is getting better and helping those you play with to get better as well).
 - Be polite. Be a gracious winner, a mature loser. That's how you get respect.
 - Take care of your other responsibilities. Do your homework, get a good night's sleep, follow family/school/team rules, and stay healthy.
 - Have fun! There is enjoyment in the sense of satisfaction from working together and improving.
2. **The Parents:** A successful program requires the parent or guardian to be involved in the learning process. Parents must encourage and motivate their children, stressing the values of teamwork and hard work mentioned above.
 - Be positive with your son. Let him know it is a great accomplishment to play his role on the team.
 - Encourage your son to work hard and do his best. Insist that your son is aware of and follows team and school rules.
 - Teach your son to respect your authority and that of his teachers and coaches by not criticizing them in front of him.
 - Encourage your son to talk to his coaches if he has problems understanding his role or how to improve.
 - Insist on your son working to his ability academically and living up to his position as a role model.
 - Help your son keep a good perspective. Help him play without adding pressure to score or get more playing time.
 - Praise your son's improvement and hard work. Ask about what he enjoyed most about the game. Recognize how he made his teammates better through defense, rebounds, assists, and screens. (areas other than "scoring"!!!)
 - Insist on your son's respect for the game of basketball, the officials, and our opponent's players and coaches. Instill in him the importance of sportsmanship.
 - Encourage your son to play the game of basketball for the "love of the game." Winning will take care of itself. Playing time will take care of itself. Post-season awards will take care of themselves.
3. **The Coaches:** Coaches must communicate, teach, model, and reinforce the teamwork, skills, offenses, defenses, and attitudes that lead to a successful program. They must:
 - Model and display the same behavior that is expected of the players.
 - Prepare practice plans to help the team work on improving skills, conditioning and teamwork.
 - Come to every practice and game organized and prepared.
 - Communicate strategies to players for their roles in seeking improvement and victory.
 - Encourage players to improve skills and follow the guidelines in this document.
 - Communicate with players regarding their strengths and weaknesses, as well as strategies to improve.
 - Promote the love of the game and the fun of playing it.
 - Select and teach offenses and defenses that takes advantage of the team's strengths.
 - Choose line-ups based on practice and game experience with the players that are prepared to excel.
 - Help players use basketball to develop life skills. Help them become the best people they can be above and beyond the sport.
4. **The Fans:** The fans should cheer for the good plays of our team and our opponents. They should respect and appreciate the difficult job of the officials and performance of the players. They should celebrate and cheer within the guidelines of good sportsmanship.



PLAYER EXPECTATIONS

- ✓ Always be on time
- ✓ Always play hard
- ✓ Be a positive role model on and off the court
- ✓ Be a *student*-athlete, with *student* coming first
- ✓ Be willing to accept your role
- ✓ Exhibit sportsmanship at all times
- ✓ Treat those around you with respect
- ✓ Find opportunities to show service to others
- ✓ ALWAYS put the team first (Hubmen Basketball FAMILY)



PLAYING TIME CRITERIA

It is a privilege to be a Hubmen basketball player! There are many benefits to being a member of a team, and *every player is important*. To be an effective player, all players should have a strong desire to play. However, this does not mean players are *entitled* to playing time. There will be situations in which the coach decides to give players little or no playing time, while others will play a majority of the game. This is the nature of high school athletics, and the coach's decision will be final.

Players will receive playing time based on the following criteria:

- Talent
- Effectiveness and effort in practice
- Effectiveness and effort in games
- Knowledge of the system
- Physical and mental preparation
- Physical and mental conditioning
- Proper technique
- Attitude
- Following team rules

Every Hubmen player has a role to fulfill on the team, and the team depends on each player to fulfill their role.



PRACTICE ROUTINE

1. BEFORE PRACTICE STARTS:

- Early practices begin at 3:15, late practice times are posted on practice calendar.
- Treat each other well in the locker room - FAMILY
- You are expected to be on the court, dressed for practice, and ready to go BEFORE practice is scheduled to begin. Players who walk into practice late will have “extra” conditioning.
- Practice schedules will be posted before each practice.
- JHS practice jerseys and dark colored shorts are required for each practice.
- BFS/weight room sessions, video sessions, and scouting report sessions are a part of practice and attendance is required. Please be on time.
- Pre-Practice shooting:
 - Partner Shooting: Shoot 10, Rebound 10, Shoot 10....
 - Game situation: Do not stand still, sprint from spot to spot
 - Practice only shots you would take in a game
 - Focus on fundamentals – footwork into shot, proper shot form, good passes

2. DURING PRACTICE:

- Practices are closed to anyone who is not a player, coach, or manager.
- Come to middle of court when buzzer sounds for daily announcements.
- When a coach is talking – stand still, be quiet, and pay attention.
- All conversation during practice should be limited to “basketball talk”.
- When the coach announces a drill, repeat it loudly as a team (encourages communication on the court!)
- Do everything at full speed, practice with game intensity.
- Always recognize the teammate who passed you the ball after you score – even in practice!!
- Don’t take a practice off – others are competing with you for playing time and roster spots.
- Gather around halfcourt circle after practice for final comments – symbolizes team unity.

3. AFTER PRACTICE:

- Help managers by putting basketballs on rack.
- Coaches will always be available to answer questions and address concerns.
- Keep the locker room clean.
- Treat each other well in the locker room - FAMILY
- Take practice jerseys home to be washed frequently!



PLAYER SELECTION AND PLACEMENT

Team placement:

- Our teams in the high school program are divided into A, B, and C teams.
- A Team (Varsity)
 - Roster will consist of the top players in our basketball program *regardless of grade level*.
 - Roster is subject to change during the season. It is possible for players to be moved from lower levels to the A Team during the season, based on their ability and performance.
 - It is also possible for varsity players to be placed on the B team for increased opportunity to play and improve. However, seniors will not be allowed to play on the B team.
- B Team (JV):
 - Roster will consist of the “next-best” players in our program after the varsity has been selected.
 - Roster is subject to change during the season. It is possible for players to be moved from varsity and/or lower levels to the B Team during the season, based on player ability and performance.
- C Team (9th grade):
 - Roster will consist primarily of 9th graders
 - Roster is subject to change during the season. It is possible for players to be moved up from lower levels to the C Team during the season, based on player ability and performance. It is also possible for players to be moved down from B Team to the C Team during the season.

Cuts and Player Selection

Why do we have cuts?

- We have high numbers of players in our basketball program.
- We simply are unable to maintain those high numbers at the 10th, 11th, and 12th grade levels. It is not possible to find gym space or available games to be able to keep every player. We need to narrow down the numbers to a manageable amount to be able to have productive practices, a manageable player/coach ratio, and a competitive basketball program.

How will we do this?

- The “tryout” period will be during the first three days of practices (November 20, 21, 22)
- Player selection will be handled by the coaching staff only.
- Every player who tries out will be given a fair chance and equal opportunity.
- Player selection will be based on the following criteria:
 - Talent, skill, and athleticism
 - Effectiveness in practice
 - Physical and mental conditioning
 - Proper technique (defensive skills, shooting ability, ball handling, footwork)
 - Attitude and effort
- Players will be personally and privately informed if they are cut after practice on Wednesday, November 22 by the head varsity coach.



ATTENDANCE POLICY

The team depends on *every* player. Therefore, it is the responsibility of each player to attend every team function (and be on time). When you miss a team function, you are either excused or unexcused.

EXCUSED (examples):

- Stayed home from school because of illness
- Went home from school during the day because of illness
- Special circumstance came up, and you cleared it with your coach *beforehand*.
- Note: Doctor/dental appointments should not be made during practice.

UNEXCUSED (examples):

- “Forgot” about the team function
 - Didn’t have a ride
 - “Overslept”
 - Stayed home or went home from school and it was not excused (if you are unexcused from school that day, you are also unexcused from basketball)
 - Special circumstance came up and you did not clear it with a coach beforehand
 - Sent a message with a teammate that you would be absent
- If you are gone from practice (EXCUSED) the day before a game, you are ineligible to start the next game. If you are not normally a starter, playing time will be reduced from what it would normally be.
 - If you are gone from practice (UNEXCUSED), you are ineligible to play at all the next game. You must attend the game and sit with the team.
 - If you are gone from a team function (UNEXCUSED) twice in a season, you will be cut from the team.
 - If you are late to a team function (UNEXCUSED), you will make up for the missed time by running.
 - The coaching staff reserves the right to make decisions based on extenuating circumstances.
 - **PLEASE NOTIFY COACHES DURING THE SCHOOL DAY IF YOU STAYED HOME FROM SCHOOL SICK OR IF YOU WENT HOME FROM SCHOOL SICK DURING THE DAY. THIS WILL HELP US PLAN FOR PRACTICE!!!**

A Team – Matt Urbanek (218) 820-5780 murbanek@isd717.org Send text or email ASAP if you don’t come to school. Come to my classroom and talk to me personally if you go home during the day.

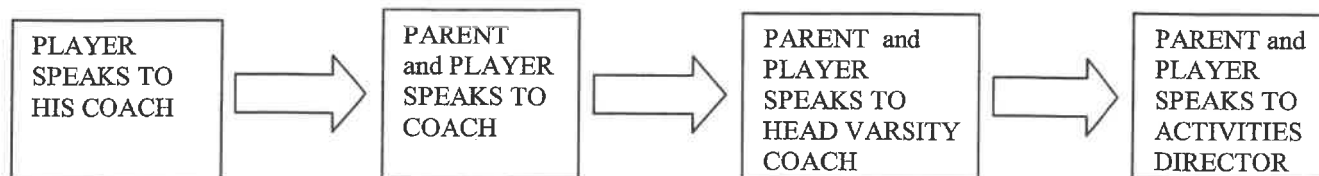
B Team – David Samuelson (612) 747-5006 dsamuelson@priorlake-savage.k12.mn.us
Send email ASAP if you don’t come to school or if you go home during the day. Send a text message if it is later in the school day. It is NOT enough for B team players to tell Coach Urbanek during school.

C Team – Wade Olsen (612) 384-5325 jacob070802@yahoo.com Send text message ASAP if you don’t come to school or if you go home during the day.



COMMUNICATION

- Text messages to players
 - Players will occasionally receive text messages from coaches if there is a weather delay or cancellation regarding how they impact practices/games.
 - Players will occasionally receive text messages from coaches with reminders or schedule changes for team functions.
 - Make sure your coach has your current cell number!
- Emails to parents
 - Parents will occasionally receive emails regarding various events like clothing store deadlines, Parents Night, Varsity Team Dinners, Awards Banquet, etc etc.
 - Make sure your coach has your parent's current email address!
- Player to coach communication
 - Coaches will always make time to communicate with players and answer questions or provide feedback. Please let us know if and when you would like to talk.
 - The best time is usually after practice when we can speak privately in the coaches office area. If you want to speak with Coach Urbanek, it also works well to talk before school.
 - Coaches will also make an appointment with you if necessary to meet your needs. Just let us know.
 - Practice time is generally not a good time for players and coaches to talk about sensitive issues.
- Parent to coach communication
 - Consider the "24 hour rule" when contacting coaches regarding an emotional situation or issue.
 - Coaches will be approachable and willing to speak with parents, especially regarding issues that deal with a player's well-being.
 - Feel free to email if you have concerns, or even if you simply think there is something the coach should be aware of regarding your son. Coaches will also set up a face to face meeting if you wish.
 - Please try to avoid "playing time" as a topic between parents and coaches. This is a subjective area and it is the coach's job to determine playing time at the high school level. Players will need to be involved in any parent – coach conversation regarding playing time.
- Order of contact – please follow the following progression for communication if you have an issue that needs to be resolved.



PRESEASON SCRIMMAGE

Saturday, November 25

St. Peter High School

2121 W Broadway Ave, St Peter, MN

Time	Court 1 (west)	Court 2 (center)	Court 3 (east)
9:00-9:30	Windom v TCU	St Peter v Jordan	Windom JV v Jordan JV
9:35-10:05	Windom JV v TCU JV	Jordan v TCU	Jordan JV v St Peter JV
10:10-10:40	St Peter v TCU	Jordan v Windom	St Peter JV v TCU JV
10:45-11:15	Windom JV v St Peter JV	St Peter v Windom	Jordan JV v TCU JV
	All teams play 3 games		



TEAM DINNERS

Varsity basketball players and parents:

We would like to schedule some “team dinners” a couple times a month during the 2017-18 basketball season. This is a great chance to promote team spirit and team chemistry, and it gives the team a chance to spend time together away from the basketball court. We are looking for a few volunteer parents to help “host” the dinners. Here is what would be involved:

- Players would arrive at your house about 20-30 minutes after practice ends.
- You would provide a meal for about 12-15 hungry young men. 😊 This could be ANYTHING and does not have to be expensive! (examples – sloppy joes or tacos or spaghetti for main meal, along with items like carrot sticks, apples, chips, etc etc etc)
- You would also provide beverages (could be water or Kool-Aid or anything)
- You could partner up with another parent (or group of parents) and divide up the work and food items if you wish!
- Players will typically stay for one to two hours and eat dinner, socialize with each other, watch college basketball, play video games, etc.
- Players will be very polite and will NOT make a mess!

Team Dinner Dates:

- Thurs, Nov 30
- Wed, Dec 20
- Fri, Jan 5
- Thurs, Jan 25
- Thurs, Feb 8
- Thurs, Feb 22
- Wed, March 7

If you (or a group of you) would like to “claim” one of the above dates and host a team dinner...please email Faye Tiedman at ftiedman@comcast.net.

She has agreed to sign parents up and oversee this operation from the parents' end of things.



JANUARY 2018 - VARSITY / B SQUAD

<p>7</p> <p>B squad games are at 6:00 and Varsity games are at 7:30 unless otherwise noted</p>	<p>1</p> <p>Practice 5:15-7:15</p>	<p>2</p> <p>Glencoe-Silver Lake (H) B squad at JMS 6:00 Varsity at JHS 7:45</p>	<p>3</p> <p>Practice 3:15-4:45 Weight room 4:45-5:45</p>	<p>4</p> <p>@ Minneapolis Roosevelt Bus 2:30, B squad at 5:30 Varsity at 7:00</p>	<p>5</p> <p>Practice at JMS 3:20-5:15 Team Dinner</p>	<p>6</p> <p>St. Peter (H) B squad at 12:30 Varsity at 2:30</p>
<p>14</p>	<p>8</p> <p>Practice 5:15-7:15</p>	<p>9</p> <p>Mayer Lutheran (H)</p>	<p>10</p> <p>Practice 3:15-4:45 Weight room 4:45-5:45</p>	<p>11</p> <p>@ Boomington Kennedy Bus 2:50 B squad at 5:30 Varsity at 7:00</p>	<p>12</p> <p>@ Holy Family Bus 3:00 B squad at 5:30 Varsity at 7:00</p>	<p>13</p>
<p>21</p>	<p>15</p> <p>Dream Classic vs Mpls South-Varsity only (at Mpls Roosevelt HS) Game & Bus time TBA</p>	<p>16</p> <p>Practice 3:15-5:15</p>	<p>17</p> <p>Practice 3:15-4:45 Weight room 4:45-5:45</p>	<p>18</p> <p>Sibley East (H)</p>	<p>19</p> <p>Practice 3:15-5:00</p>	<p>20</p>
<p>28</p>	<p>22</p> <p>Practice at JMS 3:20-5:15</p>	<p>23</p> <p>@ Tri-City United Bus 4:45</p>	<p>24</p> <p>Practice 3:15-4:45 Special Olympics 6-8 pm Bus 5:00</p>	<p>25</p> <p>Practice 3:15-5:00 Team Dinner</p>	<p>26</p> <p>LeSueur-Henderson (H)</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Practice 5:15-7:15</p>	<p>30</p> <p>@ New Ulm Bus 3:50</p>	<p>31</p> <p>Practice 3:15-4:45 Weight room 4:45-5:45</p>			
		<p>Notes:</p> <p>Players should plan to lift twice each week....once with the team after practice each Wednesday, and once before school on another day from 6:30-7:30 am. Players are welcome to lift in the morning as often as they would like.</p>				



FEBRUARY 2018 - VARSITY / B SQUAD

					1 Belle Plaine (H)	2 Practice 3:15-5:00	3
	B squad games are at 6:00 and Varsity games are at 7:30 unless otherwise noted				8 Practice 5:00-6:45 Team Dinner	9 @ Mayer Lutheran Bus 3:30	10
4		5 @ Norwood-Young America Bus 4:35	6 Practice 3:15-5:00	7 Practice 3:15-4:45 Special Olympics 6-8 pm Bus 5:00	15 Worthington (H) Parents Night	16 Practice 3:15-5:00	17
11		12 Medford (H)	13 Practice 3:15-5:15	14 Practice 3:15-4:45 Weight room 4:45-5:45	22 Practice 3:15-5:15 Team Dinner	23 Tri-City United (H) Senior Night	24
18		19 Practice 11:00 am - 1:00 pm	20 @ Sibley East Bus 4:25 pm	21 Practice 3:15-4:45 Weight room 4:45-5:45			
25		26 Practice at JMS 3:20-5:15 Varsity only from this point until the end of the season	27 Practice 3:15-5:15	28 Practice 3:15-5:15 Special Olympics 6-8 pm Bus 5:00			
<p>Notes: Players should plan to lift twice each week....once with the team after practice each Wednesday, and once before school on another day from 6:30-7:30 am. Players are welcome to lift in the morning as often as they would like.</p>							



MARCH 2018 - VARSITY / B SQUAD

					1 Practice at JMS 3:20-5:15	2 Practice 3:15-5:15	3 Practice 10:00-12:00
4	5 Subsection quarterfinal at high seed 7:00 pm	6 Practice 3:15-5:15	7 Practice 3:15-5:15 Weight room 4:45-5:45	8 Subsection semifinal at New Prague HS	9 Practice 3:15-5:15	10 Practice 10:00-12:00	
11	12 Subsection final at MSU-Mankato	13 Practice 3:15-5:15	14 Practice 3:15-5:15 Weight room 4:45-5:45	15 Practice 3:15-5:15	16 Section final at MSU-Mankato	17	
18	19 Practice 3:15-5:15	20 Practice 3:15-5:15	21 State Tournament Quarterfinal at Williams Arena or Target Center	22 Practice 3:15-5:15	23 State Tournament Semifinal at Target Center	24 State Championship Game at Target Center	
25	26	27	28	29	30	31	
<p>Notes: Players should plan to lift twice each week....once with the team after practice each Wednesday, and once before school on another day from 6:30-7:30 am. Players are welcome to lift in the morning as often as they would like.</p>							
<p>© 2016 Vertex42 LLC. Free to Print. Academic Calendar Template by Vertex42.com</p>							



DECEMBER 2017 - C TEAM

	C Team games and practices are held at River Valley gym unless otherwise noted						1 Maranatha Christian (H) 6:00	2
3	4 Weights 6:30-7:30 Practice 5:00-6:45 Film 3:15-4:30	5 Weights 6:30-7:30 Practice 3:20-5:00	6 Weights 6:30-7:30 Practice 3:20-4:45	7 Weights 6:30-7:30 Practice 3:20-5:00 Weight Checkpoint	8 Practice 3:20-5:00	9 @ Providence Academy Bus at 2:40, Game at 4:15		
10	11 Weights 6:30-7:30 Practice 3:20-5:00 (Practice w/Coach Malashen)	12 @ LeSueur-Henderson Bus at 3:15, Game at 4:30	13 Weights 6:30-7:30 Practice 3:20-4:45 Film 5:00-6:15	14 @ Belle Plaine Bus at 5:00, Game at 6:00	15 Practice 5:00-6:45 Film 3:20-4:40	16 SW Christian (H) 11:30 am at JORDAN HIGH SCHOOL		
17	18 Weights 6:30-7:30 Practice 3:20-5:00 at CERC Court #3 Film 5:15-6:30	19 Waconia (H) 6:00 pm at JORDAN MIDDLE SCHOOL	20 Weights 6:30-7:30 Practice 3:20-4:45 Film 5:00-6:15	21 Norwood-Young America (H) 6:00 pm at JORDAN MIDDLE SCHOOL	22 No Practice	23		
24	25 Christmas Day No Practice	26 No Practice	27 Practice at JHS 3:20-4:45 Film 5:00-6:15	28 Practice at JHS 3:20-5:00	29 No Practice-Varsity Game	30		
31		Notes: Practice Attendance 12-27 and 12-28 is preferred, but not mandatory if Parent has discussed with Coach. With Advanced notice, there will be no consequences for missed practices on those two dates.						



JANUARY 2018 - C TEAM

<p>1</p> <p>C Team games and practices are held at River Valley EYM unless otherwise noted</p>	<p>1</p> <p>Practice 5:00-6:45</p>	<p>2</p> <p>Glencoe-Silver Lake (H) 6:00</p>	<p>3</p> <p>Weights 6:30-7:30 Practice 3:20-4:45 Film 5:00-6:15</p>	<p>4</p> <p>@ Minneapolis Roosevelt Bus at 2:30, Game at 4:00 Film 3:30-4:45</p>	<p>5</p> <p>Weights 6:30-7:30 Practice 5:15-6:45 Film 3:30-4:45</p>	<p>6</p> <p>Howard Lake Tournament Bus and Game times To Be Announced</p>
<p>7</p>	<p>8</p> <p>Weights 6:30-7:30 Practice 5:00-6:45 Academic Progress Report Handout</p>	<p>9</p> <p>Mayer Lutheran (H) 6:00</p>	<p>10</p> <p>Weights 6:30-7:30 Practice 3:20-4:45 Academic Progress Report Due</p>	<p>11</p> <p>@ Boomington Kennedy Bus at 2:50, Game at 4:15</p>	<p>12</p> <p>@ Holy Family Bus at 3:00, Game at 4:15</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Weights 6:30-7:30 Practice 5:00-6:45 Film 3:20-4:40</p>	<p>16</p> <p>Weights 6:30-7:30 Practice 3:20-5:00 Weight Checkpoint</p>	<p>17</p> <p>Weights 6:30-7:30 Practice 3:20-4:45</p>	<p>18</p> <p>Sibley East (H) 6:00</p>	<p>19</p> <p>Weights 6:30-7:30 Practice 3:20-5:00 Film 5:15-6:30</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Weights 6:30-7:30 Practice 5:00-6:45</p>	<p>23</p> <p>@ Tri-City United Bus at 4:45, Game at 6:00</p>	<p>24</p> <p>Weights 6:30-7:30 Practice 3:20-4:45 Film 5:00-6:15</p>	<p>25</p> <p>Weights 6:30-7:30 Practice 3:20-5:00</p>	<p>26</p> <p>LeSueur-Henderson (H) 6:00</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Weights 6:30-7:30 Practice 5:00-6:45 Film 3:15-4:40</p>	<p>30</p> <p>@ New Ulm Bus at 3:50, Game at 6:00</p>	<p>31</p> <p>Weights 6:30-7:30 Practice 3:20-4:45 Film 5:00-6:15</p>			
		<p>Notes:</p> <p>January 16th Weight Checkpoint for period 12-07 thru 1-15 All Post-Practice Film Sessions Players welcome to bring Food/Drink Academic Progress Report Due Jan 10th © 2016 Vertex42 LLC. Free to Print.</p>				



Minnesota State High School League

IMPLEMENTATION OF NFHS PLAYING RULES RELATED TO CONCUSSION AND CONCUSSED ATHLETES

In its various sports playing rules, the National Federation of State High School Associations (NFHS) has implemented a standard rule in all sports dealing with concussions in student-athletes. The basic rule in all sports (which may be worded slightly different in each rule book) states that:

"Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

The MSHSL Sports Medicine Advisory Committee highly recommends that every student-athlete and parent should successfully complete the Heads Up: Concussion in high School Sports course. The course can be accessed at: www.cdc.gov/concussion

The role of contest officials in administering the rule

- Officials are to review and know the signs and symptoms of a concussion and immediately remove any athlete who displays the following signs or symptoms from the contest.
 - Headache
 - Fogginess
 - Difficulty concentrating
 - Easily confused
 - Slowed thought processes
 - Difficulty with memory
 - Nausea
 - Lack of energy, tiredness
 - Dizziness, poor balance
 - Blurred vision
 - Sensitive to light and sounds
 - Mood changes – irritable, anxious or tearful

Only an Appropriate Health Care Professional can decide if an athlete has been concussed (has had a concussion)

- An Appropriate Health Care Professional is empowered to make on site determination that an athlete has received concussion. An Appropriate Health Care Professional (AHCP) is defined as a medical professional functioning within the levels of their medical education, medical training, and medical licensure.
- If the Appropriate Health Care Professional has determined that an athlete has been concussed, that decision is final and the athlete must be removed from all competition for the remainder of that day.
- If the event continues over multiple days, the designated event AHCP has ultimate authority regarding any return to play decision during the event.

Procedure to follow if an official has removed an athlete and the AHCP has determined the athlete does not have a concussion

- If it is confirmed by the school's designated AHCP that the athlete was removed from competition but did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play, and the athlete may reenter competition pursuant to the contest rules.

Procedure regarding an authorization to return to practice/competition in the sport

- Once a concussion has been diagnosed by an AHCP, only an AHCP can authorize a subsequent return to play.
 - a) The clearance must be in writing;
 - b) The clearance may not be on the same date on which the athlete was removed from play; and
 - c) The form must be kept on file in the school's athletic office.
 - d) A parent cannot authorize the return to play for his or her child, even if the parent is also an AHCP.
- The school administration shall notify the coach regarding the concussed athlete's permission to return to play.

Fundamental reminder about this rule

- It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that players are allowed to compete in practice or contests only if they are physically capable of doing so.

WHEN IN DOUBT...SIT THEM OUT

MSHSL Tournament Series

- In cases where an assigned MSHSL tournament physician is present, his or her decision regarding an athlete's ability to return to competition shall not be overruled by any other AHCP.

NFHS suggested Concussion Management Guidelines for Health Care Professionals if the athlete has been concussed on the day of competition

1. No athlete should Return to Play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an AHCP that day.
3. Any athlete with a concussion should be medically cleared by an AHCP prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.

Acute Injury

When a player shows any symptoms or signs of a concussion, the following should be applied.

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be medically evaluated after the injury.
4. Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

Return to play protocol

Return-to-play decisions are complex. An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if he/she continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

The return to play after a concussion follows a stepwise process:

1. No activity, complete rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training after medical clearance.
6. Game play.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the person's medical training and scope of practice.

Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

For more information please refer to the references listed below and www.concussionsafety.com.

Signs Observed By Coaching Staff

Appears dazed and stunned
Is confused about assignment or position
Forgets sports plays
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can't recall events prior to hit or fall
Can't recall events after hit or fall

Symptoms Reported By Athlete

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Does not "feel right"

REV. 9-12-11

ATTENTION! ATTENTION! ATTENTION! ATTENTION!

NIKE TEAM APPAREL WASH & CARE INSTRUCTIONS

- 1. INSTRUCTIONS ARE PERMANENTLY AFFIXED TO THE INSIDE OF EACH GARMENT.** Follow the recommended care at labeled in each garment. The special fibers used to achieve performance characteristics in some of Nike Team Uniform and fundamental garments require **COLD WATER WASH** to avoid colorfastness issues.
- 2. SOME GARMENTS REQUIRE WASHING BEFORE WEARING.** See care instructions in each garment for specific recommended care.
- 3. DO NOT DRY CLEAN OR PRESS GARMENTS.** Dry cleaning and ironing can discolor athletic uniform fabrics and can damage imprinting.
- 4. UNIFORMS SHOULD BE LAUNDERED IMMEDIATELY AFTER THEY HAVE BEEN WORN.** Do not allow to lay on itself when wet.
- 5. FASTEN HOOK & LOOP TAPES:** (i.e. velcro or similar) to avoid snagging garments in the wash.
- 6. REMOVE BELTS & PADS FROM GARMENT BEFORE LAUNDERING** (if applicable/ appropriate). Launder belts & pads separately from garments.
- 7. DO NOT SOAK NYLON OR SPANDEX GARMENTS.**
- 8. WASH WHITE GARMENTS SEPARATELY FROM COLORED GARMENTS.**
- 9. DO NOT OVERLOAD MACHINE.** Make sure water level in machine is higher than garment level.
- 10. USE MILD DETERGENT.** Detergent with pH under 10 as recommended for athletic uniforms.
- 11. REMOVE GARMENTS FROM MACHINE IMMEDIATELY AFTER WASHING.** This will help avoid color bleeding particularly on color blocked garments.
- 12. DO NOT USE CHLORINE BLEACH.**
- 13. DO NOT USE FABRIC SOFTENERS.** Fabric softeners deteriorate garments with spandex, and they also restrict the effectiveness of Dri-FIT technology.
- 14. LINE DRY TECHNICAL FABRICS.**
- 15. BE SURE GARMENTS ARE COMPLETELY DRY BEFORE STORING.** Store in cool, dry place, away from direct sunlight & fluorescent light to prevent mildew or yellowing.

**COMMUNICATE THE ABOVE CARE INSTRUCTIONS TO ALL OUTSIDE PARTIES THAT
HANDLE OR LAUNDER YOUR UNIFORMS.**

ATTENTION! ATTENTION! ATTENTION! ATTENTION!

JORDAN BASKETBALL CLOTHING STORE

- Will be open November 13-27
- Items will be delivered before Christmas
- Clothing store link can be found at our boys basketball page on the school website or at www.jordanhoops.com
- Sample items are available in Coach urbanek's classroom

HUBMEN BASKETBALL

SIGNATURES

We have read and understand these policies and expectations Hubmen Basketball.

Player Name (please print) _____

Player Signature _____

Player Cell Number _____
(if Coach Urbanek doesn't already have it)

Player email address _____
(to grant you access to Hudl online game videos)

Parent/Guardian Name (please print) _____

Parent/Guardian Signature _____

Parent/Guardian Phone Number _____

Parent/Guardian Email: _____

