

Comet Boys Basketball Coaches

Ryan Garvin - Head Coach - Phone: 651-334-7703

Email: rgarvin@ffhillcrest.org

Donavan Rogness - Head Assistant - Phone: 218-205-1683

Email: donavan@rognesscontracting.com

Andrew Stender - JV Coach - Phone: 218-205-0571

Email: astender@ffhillcrest.org

Sam Nash - Freshmen Coach - Phone: 218-770-5726

Email: sampnash@gmail.com

Rich Iverson - Junior High Coach - Phone: 218-329-5382

Email: iversonrich@gmail.com

Nate Selvig - Junior High Coach - Phone: 612-834-9489

Email: nselvig@yahoo.com

Comet Boys Basketball Mission & Philosophy

MISSION STATEMENT

- 1) The Hillcrest Lutheran Academy boys basketball program is built on putting Christian principles into action. Our highest priority is to build strong moral values, character, academics, and service into our athletes.
- 2) We are dedicated to providing each athlete with the fundamental, mental and physical development training to help them reach his highest possible potential as a basketball player.

Comet Boys Basketball Mission & Philosophy

PROGRAM PHILOSOPHY

That the world would see Christ in us as we compete

“You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” Matthew 5:14-16

That our athletes perceive a godly concept of success

While winning the contest is the object of planning and preparation on the part of both coach and athlete, it must not be the sole measure of success. Exemplifying core Christian values, which are being built into the athlete, must be the ultimate criteria of whether or not we are truly successful.

Comet Boys Basketball Mission & Philosophy

PROGRAM PHILOSOPHY (Continued)

Drilling for skill on a daily basis

Our program structures its training system around the basic fundamental skills of the sport. The fundamentals that hold our entire development system together take many hours of practice and review throughout the course of a season. Stressing the fundamentals also aids in developing our team's discipline and confidence. Constantly working on fundamentals ensures opportunities for our players to improve their skills and achieve their goals in basketball. This approach does not promise championships or medals, but it does promise improvement and growth in all of our athletes.

PILLARS OF THE PROGRAM

Courage: Challenging students to do the right thing rather than the easy thing.

Academics: Developing student-athletes that value learning and academics.

Unity: Expecting and modeling unselfishness, teamwork, humility, and commitment to the team.

Excellence: Encouraging the work ethic and mentality necessary to achieve excellence.

Competitiveness: Learning to compete with passion and sportsmanship.

Schedules

Schedule: <https://www.ffhillcrest.org/calendar>

Little Eight Conference:

<https://www.littleeightconference.org/g5-bin/client.cgi?G5button=13>

Season Schedule:

[https://www.maxpreps.com/high-schools/hillcrest-lutheran-academy-comets-\(fergus-falls,mn\)/basketball/home.htm](https://www.maxpreps.com/high-schools/hillcrest-lutheran-academy-comets-(fergus-falls,mn)/basketball/home.htm)

Must have **Physical and Medical Consent** forms turned into the HLA main office prior to Monday, Nov. 20th

- Anyone turning in forms after that date will miss practice time.
- All forms are required to have crossed the Athletic Director's desk before we are allowed to let you practice.

From the HLA Athletic Trainer:

Inherent Risk: We certainly hope serious injuries do not take place and we try to minimize these risks as much as possible, but the risks are always there.

- If any athlete sees a doctor for an injury they must provide a doctor's note clearing them to return to practice or competition.

Injury Protocol

Notify Trainer Ken Verral or Lake Region rep. when an injury arises

- Justin (or appropriate rep.) will relay all of the important info to the coaches
- When possible, should attend all team functions while injured
- When treatment is necessary, notify Coach Garvin of where you (the student) will be if it interferes with practice time

Concussion - return to play protocol

- Must be cleared by Trainers through concussion testing program
- May not be cleared by a family doctor

Inclement Weather Policy

- If school is cancelled, all practices are cancelled
- If school is a late start, all morning practices are automatically cancelled
- If school is let out as an early release, all after school practices, and often games are cancelled as well

Tryout Dates

1. Monday, Nov. 20th
 - a. All Squads 6:30-830pm
2. Tuesday, Nov. 21st
 - a. All Squads 6:30-8:30pm

On Wednesday morning, teams will be posted announcing roster decisions

Students wishing to discuss their position are free to approach Mr. Garvin with any questions.

Levels of Competition

We will have a Varsity team, a JV Team, and a C Team.

Grade level does not dictate which team a player may be placed by the coaches.

Practice groupings will be determined by gym availability.

3-Halves Rule: Athletes may play in 3 halves of basketball on a given game day.

E.g. A sophomore athlete may play 2 halves of the JV game and 1 half of the varsity game.

Travel Policy

In order to participate in a contest, the athlete is expected to ride the team bus to the activity.

It is preferred that the student ride back to the school on the bus with the team, but arrangements can be made for the student to travel with their parents. Approval must be given by the coach.

Due to our cold temperatures, appropriate winter wear is mandatory. Students will be expected to wear coats, pants, hats and gloves.

Dress Code

- On the road, we will always wear dress clothes unless noted otherwise.
- **On the court, arm/leg sleeves must conform to team colors**
 - **White sleeves we're wearing white jerseys**
 - **red if red**
 - **Can wear black**
 - **MUST ALL WEAR THE SAME COLOR**

Player Expectations

1. You are a representative of
 - a. Christ
 - b. Your family & friends
 - c. Hillcrest Academy
 - d. Fergus Falls
 - i. Everything you do affects others
 - ii. Your actions are *first class*
 1. on the court
 2. off the court
 3. in the classroom

Player Expectations - PILLARS OF THE PROGRAM

Courage: Challenging students to do the right thing rather than the easy thing.

Academics: Developing student-athletes that value learning and academics.

Unity: Expecting and modeling unselfishness, teamwork, humility, and commitment to the team.

Excellence: Encouraging the work ethic and mentality necessary to achieve excellence.

Competitiveness: Learning to compete with passion and sportsmanship.

Player Expectations

2. Follow Hillcrest Handbook rules on

- Alcohol, tobacco, drug use
- Classroom misconduct, low and/or failing grades

3. Social Media

- use it to promote Hillcrest and Comet Basketball.
- Anything negative will be dealt with accordingly.

Player Expectations

4. Be All In

- Be present at every team event, practice, game, film session, lift.
- Missing without prior notification to the head coach will result in progressive discipline.
- If sick, let us know as far in advance as possible.
 - Do not text a friend to tell us.
 - Do not expect Mom or Dad to tell us.
- Unless in the hospital you are able to make a phone call to Coach Garvin.
 - Excused is ok, unexcused is not.

Player Expectations

5. Practice Conflicts

- Communicate practice conflicts as far in advance as possible.
- If at all possible, do not schedule appointments during practice times throughout the season. However, it is assumed that you'll do your best to schedule around *school* - attending school is priority #1 and attending practice is priority #2
- We (your team) greatly appreciate vacations wait until after the season.

Player Expectations

6. School Attendance:

- School attendance is the expectation.
- If school is missed, the player must have a doctor's note.

7. Suspension

- Students who are suspended will not be allowed to practice or compete on the day(s) of suspension.
- All suspension obligations must be completed prior to participation in any practice, competition, performance, or activity.

Player Expectations

Talent gets you a spot on the team...

- Be Coachable
- Be a first-class teammate
- Effort is assumed

Parent Expectations

1. Christian Testimony
2. Respect your son's coaches
 - a. Support our decisions
 - b. Talk positively
3. Respect the Officials
 - a. Show your son how to behave

Communication Protocol with Coaches

Allow your son to self-advocate

- First: communication is athlete to coach
- Second: parent to coach
 - **Come to at least 3 practices**
- Last: parent to Athletic Director

Having a discussion with your son's coach

These items are perfectly ok to talk about:

- Ways to help your son improve in basketball
- Perceived mistreatment/bullying/harassment of your son either by players or coaches.
- Concerns of your son's health and well-being either mentally, physically, or emotionally
 - Speak up right away if these issues occur.

Requesting a meeting with your son's coaches

- Sometimes necessary to meet face to face to solve problems
- If discussing health & well-being of your son, he does not need to be present.
- **In other meeting instances, the default will be that your son will be in on that meeting as well.**

3 items that are NOT ok to discuss with coaches

- Playing time of your son, or anyone on the team.
- Other players
- Coaching Philosophy/Game Strategy

We are all in this together

- We want to see your son have a great season
- Our job in regards to your son:
 - development as a person
 - development as a player
- We are honored to impact your son's life.
- We want *all* of them to be successful on and off the court.

Together... continued

- Not every decision will appear on the surface level to be a positive one for your son.
- When we talk about a negative behavior with your son:
 - ...we do not receive satisfaction.
 - ... it is out of love for your son.
 - ... it is because we love him enough to confront a behavior. If we didn't love him, we wouldn't care enough to help him.

Together... continued

It's about team:

- While you have 1 (or a few) athlete(s) to look out for, we have 20+ athletes to account for
- We love your son. We also need to care about the whole team and the whole program
 - This is what TEAM attitude is all about.

We need coaches, managers, parents and players on the same page

Parent Meeting Survey



<https://forms.gle/r3Jryh4jWbCEqMzF9>

Christmas & New Year Break

- Last day of school calendar year 2022: Friday, December 15th
- Last game of the calendar year: Thursday, December 21st
- Winter Moratorium - Dec. 22nd - 26th
 - Practice December 27th at Hillcrest
- Comet Holiday Classic - December 29th & December 30th
- Take Monday off and practice on Tuesday the 2nd
- School back in session January 3rd
- First game after New Years - Thursday, January 4th

Emphasized Concepts - Culture Wall

Always Composed

Always Engaged

Attack & Counter

Baseline Drive Baseline Drift

Be The Bull Dog

Build A Wall

Butt to Ball

Cheat Over - Back Cut

Cheat Under - Flare to Space

Contain

Disciplined Closeouts

Energy Is Contagious

Everyday Grateful

Eyes To The Rim

Fake A Pass To Make A Pass

Fight For The Front of the Rim

Find Hit Get

First 3 Steps

Fouling Negates Hustle

Frame Up

Front the Cutter

Got 2

Great Defenses Talk

Grit

Help In The Hole

High Hands

Hip To Help

Hit the Head Man|

If In Paint Then Bounce Pass

If they Trail Then Curl

Initiate Contact

Key Free Three

Live Courageously

Make A Window

Move On The Air Time

Never Quit On A Play

No Middle

One More

Paint To Great

Paint Touches

Pass and Do

Pinch on Free Throws

Pressure Release

Pressure the Picked Up

Dribble

Pump Fake To Finish

Reach For The Lights

Reversals

Rim Run

Room Range Rhythm

Screen & Slip

Sprint To Space

Sprint To The Screen

Switch Up

Tag Up

Talk On D

Talking Is Selfless

Tough Twos

Two-Foot Finish

Two-Hand Catch, Two Hand

Pass

Unselfishness Is Unity in

Action

Up The Line In The Line

Value Every Possession

Wall Up

Win Everything Attitude

Win The Foot Fight

Win Your Space

Concepts

Hillcrest Comets Boys Bask...
Video
Reports
Exchanges
Team
Highlights
Recruiting

Video

Current

Deleted

Filter by

Custom Labels

2-3 Zone

Green Light Shooting Drills

Krossover

Shooting Drills

Shooting Drills Green Light

Content Type

Game

Scout

Playlist

Practice

Events

2021-2022

- @ Henning Mar 12
- vs Lake Park Audubon Mar 10
- @ Underwood Mar 04
- vs Clinton-Graceville... Mar 03
- vs Lake Park Audubon Mar 01
- vs Otter Tail Central ... Feb 25
- vs Hancock Feb 24
- @ St. John's Prep Feb 15
- @ Ortonville Feb 14

Total Video Hours: 367.2



Practice

Hilly 30 Shooting

Jul 5, 2022



1 Clip

Playlist

Butt To Ball (Screener)

Jul 4, 2022



1 Clip

Playlist

If They Cheat Under, Flare to Space

Jul 4, 2022



1 Clip

Playlist

Front The Cutter

Jul 4, 2022



6 Clips

Playlist

Build A Wall

Jul 4, 2022



1 Clip

Playlist

Nash Dribble

Jul 4, 2022



1 Clip

Playlist

Screen and slip

Jul 4, 2022



4 Clips

Playlist

First 3 Steps

Jul 4, 2022



3 Clips

Playlist

Wall Up

Jul 4, 2022



11 Clips

Playlist

Finishing School

Jul 3, 2022



5 Clips

Playlist

Sprint to Big Advantage

Jul 3, 2022



9 Clips

Playlist

Rim Run

Jul 3, 2022



6 Clips

Playlist

Outside Pivot and Fire

Jul 3, 2022



1 Clip

Playlist

Sprint to Space

Jul 3, 2022



4 Clips

Playlist

Help In The Hole

Jul 3, 2022

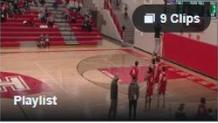


2 Clips

Playlist

Got 2

Jul 3, 2022

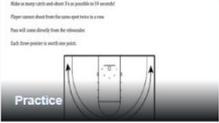


9 Clips

Playlist

Hip To Help

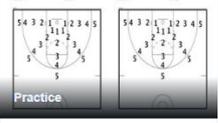
Jul 3, 2022



Practice

59 Second Shooting Drill

Jul 3, 2022



Practice

Allen Ladder Shooting Drill



Practice

Beale Pressure Shooting



Practice

Steph Curry Green Light



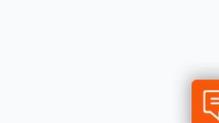
Practice

Plus/Minus 66 Shooting



Practice

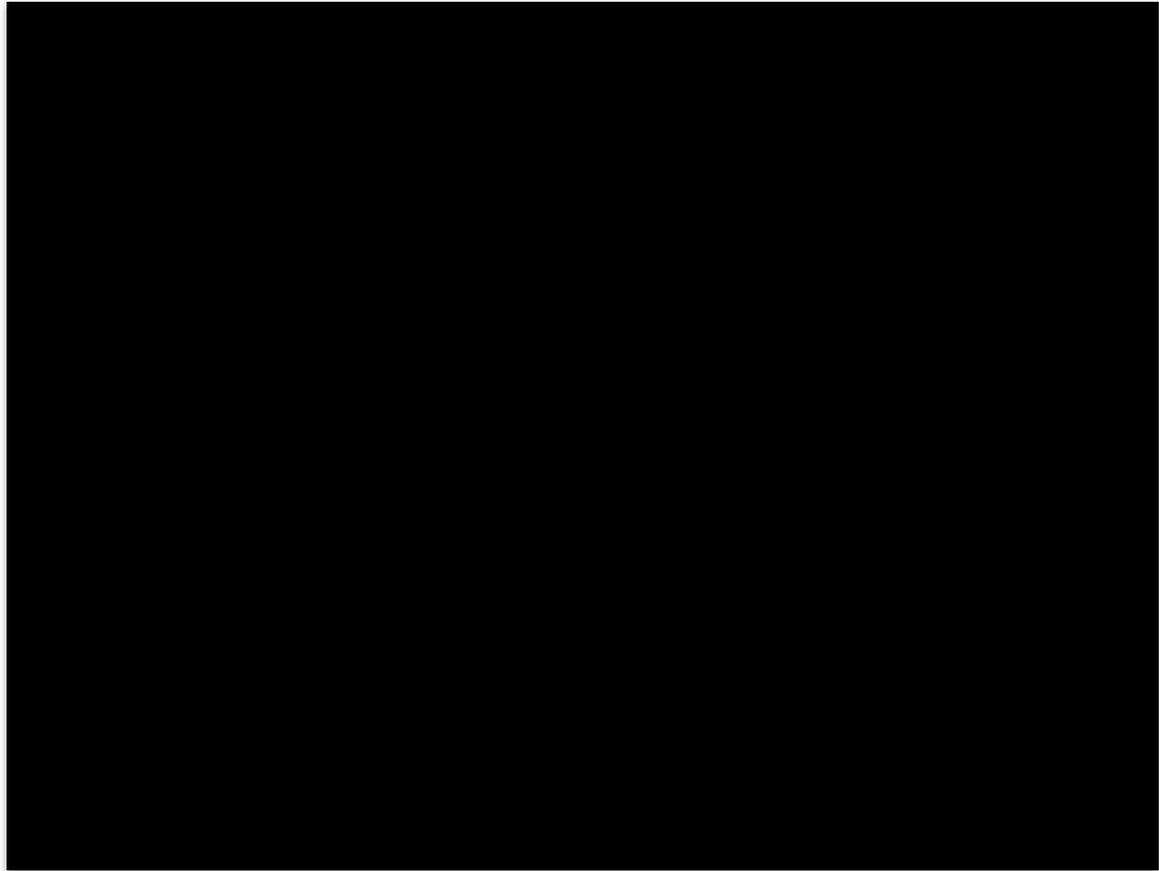
Inside Out Bam Shooting



Practice

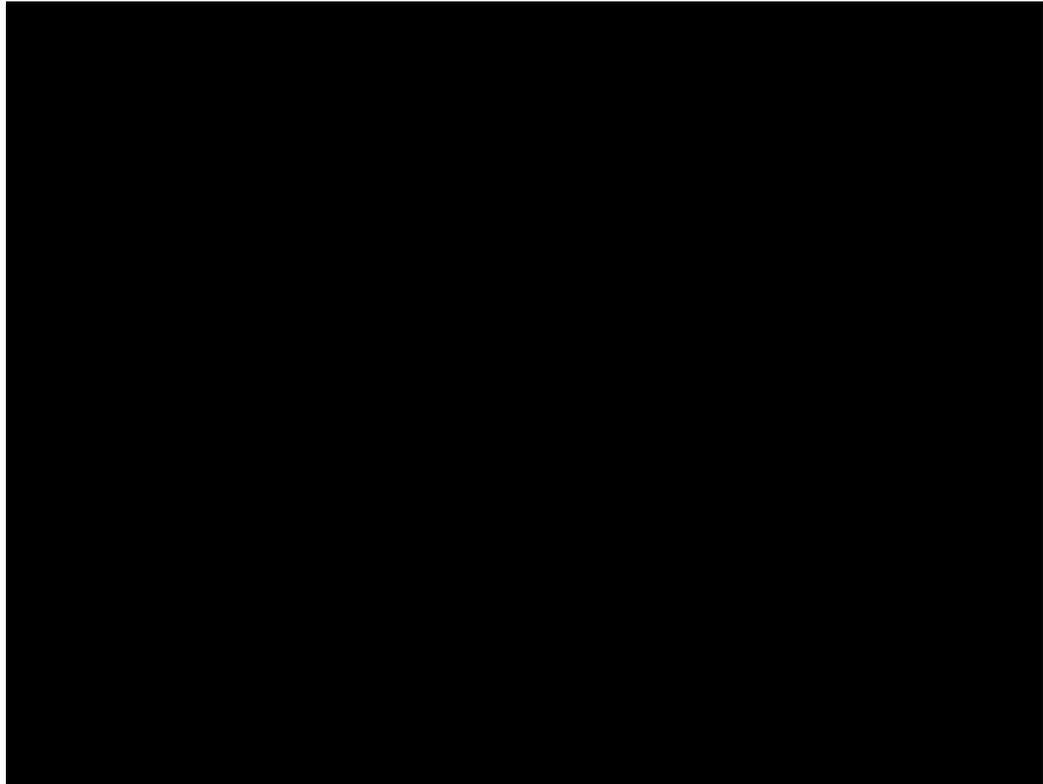
Concepts

- Two-Foot Finish:
- "Winning teams shoot successful layups 9% more than losing teams."
- Winning Teams = 53.37%
- Losing Teams = 44.31%



Concepts

- Rim Run:



Team Identity

- Transition Defense
- Full Court Defense
- Transition Offense
- Half Court Defense
- Half Court Offense
- Special Teams

1. Body Blow to Knock Out
2. Paint To Great
3. Value Every Possession

Additional Plans

- Comet Buddies - Schedule Online & Player Participation
- Green Light License
- Additional Intra-Program Competitions
- Comet Holiday Classic - December 29 & 30
- Senior Night - Friday, February 9th vs Parkers Prairie