

HLWW Boys Basketball Handbook

Mission Statement

HLWW High School is committed to an interscholastic athletic program based upon excellence, positive student interaction and the promotion of athletics as part of a complete and well-rounded education program.

Philosophy

Our program will seek to continually improve throughout the season, with an understanding that this is only accomplished with hard work and dedication. Success in the game of basketball requires individuals to work together towards a common purpose. We will also seek to improve as people, through giving to back to the school and community.

Coaches

Head Coach- James Carr

Assistant/JV Coach- Andy Hertwig

Assistant/C Team- Steve “Gunner” Gagnon

The 4 pillars of the program

1. Continual Improvement
2. We before Me
3. Respect
4. Competitiveness

Continual Improvement

We must have a growth mindset. Do not let failure at the beginning of a season, practice or game have a negative impact on the next day, play, or game. Learn from it and get better.

Don't let success blind you into thinking you have reached your potential. Always look to improve in all facets of your game.

The greatest players want to be coached and taught the game. Be coachable.

We before Me

Putting the team 1st is paramount in any team sport. To reach our goals, each individual on the team has an integral role to play. Understanding and executing your role on the team is crucial. Whatever that role might be i.e. defensive stopper, shooter, distributor, etc., embrace it, and strive to be the best at it. Embracing your role and dedicating your energy to be a step above in that aspect of the game, will create personal and team success.

Respect

Showing respect is a must. It builds trust with your teammates and coaches. Following team rules and policies, being a good teammate, being positive, playing basketball the right way, being coachable, showing up on time, and always looking to improve are all ways you can show respect.

Competitiveness

We will be competitive while showing sportsmanship every time we step on the basketball court. We may not always be successful, but we will always be giving it 100% effort. This is not just on game days, it includes practices as well. Our practices require players who want to get better, and those who want to win. The practice court is where trust is built. If a teammate or coach can't depend on you or trust you during practice, they can't depend on you during a game.

On Court Behavior

Always give 100% effort while competing with your teammates. Showing respect for your opponents and the officials is a requirement for all players in our program.

Many College Scouts and Recruiters often stop or start recruiting a player based on body Language. A player who is constantly making gestures or comments of displeasure towards officials, coaches or fans, looks immature and uncoachable. These negative gestures will not be tolerated, and consequences in the form of playing time will result.

It needs to be stressed, that being mentally strong, and being able to move on to the next play is extremely important.

“Sports don't build character, they reveal it.” -John Wooden

Off Court Behavior

The way players conduct themselves off the court is very important. When part of our program, you are ambassadors of our team, school and community.

Social Media: Posting negative comments about opponents, teammates, or coaches will not be tolerated. Please refer to our schools athletic handbook if you have additional questions about Social Media.

Hazing will not be tolerated.

Breaking team rules, or conduct viewed as detrimental to the team could result in dismissal from the basketball program

If you violate any of the MSHSL rules, you must let Coach Carr and Scott Berning know immediately. Disciplinary actions will be taken based on the MSHSL regulations. The sooner the school knows about a violation, the sooner the athlete will be able to serve the penalty and return to competition. Athletes with violations will not be eligible for post-season or All Conference honors. A team captain who violates these regulations, will lose their team captain status.

1st Offense: Loss of 2 weeks or 2 games whichever is greater..

2nd Offense: Loss of 3 weeks or 6 games, whichever is greater.

3rd Offense: Loss of 4 weeks or 12 games, whichever is greater.

Academics

As student athletes, your academics is of the highest priority. We will follow all MSHSL and HLWW academic eligibility requirements.

We will periodically be doing grade checks, if you are receiving a D in any class, you will be required to attend that teachers priority day during Laker time and an additional Laker Time session that week. If you are unable to dedicate two days to that class or if you are receiving more than one D, you will be spending 1 hour at our Study Table after school.

Program and Community Involvement

As a program we make sure our players have plenty of opportunities to be positive role models for the youth in our communities. We will be active with the Ronald McDonald House, Laker Buddies, our Youth Basketball Traveling Association, in conjunction with our Middle School

and High School Basketball programs. Players are expected to take advantage of these opportunities.

Playing time concerns

For questions in regards to playing time, we encourage our players to think, “How can I help the team improve?” rather than “Why don’t I play more?” Players, talk with your coaches about what you can do to improve and help the team.

We cannot guarantee playing time for any of the players on the team. Playing time is earned through the 4 pillars listed above. If one of those pillars breaks, playing time will be affected.

Encourage your son to advocate for his own improvement.

If you would like to speak with a Coach, please set up a meeting time via email or phone call. Below are the meeting process rules.

1. Do not speak with a Coach after a game. Wait 24 hours before contacting.
2. Set up a meeting time.
3. Parent, Player and Coach will all be present at the meeting.

Lettering

In order to receive a Varsity Letter:

1. The player has to play in the majority of games, and throughout the year average at least 12 minutes of game play.
2. Zero MSHSL rules or conduct violations.
3. Team rules or conduct violations will be decided by coaches discretion.
4. Volunteered for at least 3 events throughout the season (Youth Tourneys, Ronald McDonald House, Laker Buddies, Holiday Tourney, etc).
5. Any Senior who finishes the season in good standing.

Game and Practice Policies

Game Days

1. For away games this year, we will be in shirt, tie, and dress pants.
 - a. A player who does not adhere to this rule will not be seeing any minutes of game play.
2. During the JV game, Varsity players will sit as a group in the stands behind our team bench.

3. Varsity Players will sit together and be present at the start of all JV games.
4. All Varsity players will ready to go over the game plan 35 minutes prior to the start of the game.
 - a. Uniform on, shoes tied, printed out scouting report in hand.
5. School Attendance on game days will follow the district's current policy.
6. All players are required to ride the bus there and back on away games.
7. The bus will leave on schedule, be on time.
8. Cell phone use on bus trips is prohibited-phones will be collected and stored safely with team equipment for the duration of the trip.

Practice Days

1. Each player must have their practice jersey tucked in.
2. In the case you will be late to practice, you must notify a coach prior to practice.
3. In the case you will miss a practice, you must notify the coaching staff as soon as possible.
4. If a missed practice is unexcused, playing time will be affected greatly.
 - a. Going on Vacation during the season- those missed days are considered unexcused absences.
5. You will be issued a basketball. That basketball is your responsibility for the entire season. You will be charged if it goes missing.
6. We will be using the weight room on practice days. This a requirement for all JV and Varsity players.
7. Being late to practice will result in Laker Reminder during practice.

Communication

Our team will be using the REMIND app for most communication throughout the season. To join our REMIND list, download the app or sign up online at remind.com. Our class code is: f7c2a6.

The HLWW athletic handbook outlines the communication chain of command, adherence to this policy is a requirement.

Thank you,

James Carr

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