



CHICO DRAGONS BASKETBALL HANDBOOK 2019-2020

HEAD COACH: Buddy Adams
ASSISTANT COACH: Brian Myrow
MIDDLE SCHOOL COACH: Billy Brown

Dear Dragon,

I would like to welcome you to the Chico Dragons basketball program. I am looking forward to a successful season. You will make sacrifices and give all you can possibly give to this program. This means you will practice hard and with intensity, while encouraging your teammates to do the same. Hard work translates to success. As your coach, I promise to never quit on you and will do everything in my power to make your hard work pay off.

I cannot guarantee that all of you will be stars on the basketball court, but I do know that with the right attitude you can achieve most anything. We will set goals for ourselves as a team. We will work tremendously hard to achieve these team goals.

The primary goal is to build a strong tradition with this program. We don't just want to win, but to win with honor and respect for the game. We will pursue victory with honor and represent ourselves, our school, and our community with nothing but class.

Basketball is meant to be enjoyable, but we will outwork the opponent. Our work ethic will push you individually, and collectively, to be the best you have ever been. You will understand that it is a privilege, not a right, to wear the name "CHICO" across your chest.

I am not looking for five great players but one great team. Your ability to be a good teammate, to work hard and to have a positive attitude will greatly improve our chances of success, and your chances of being part of something special.

Coach Adams

Dragon Basketball Philosophy

Basketball may be a small part of life, but it has many life lessons to offer. In basketball, the players and the coaches have a duty to each other, their school and their community. A coach must first be responsible to the team and then the player. Because of our commitment to our program, we must remember that after each game and each season only the team remains. Therefore, our goal isn't just to win championships, but also to become people and a team of great character. The Dragon philosophy contains high expectations and standards for our team. These expectations will be a guide for our players' and coaches' conduct on and off the court. If we are to attain our goal of building a strong tradition of Dragon basketball, then all players and coaches must buy into this philosophy.

All players must understand their role as a member of our team. Perhaps the most vital role lies with our veteran players. Their experience and knowledge must set a positive example for the younger players in practices and games. Veteran players must realize their conduct and attitude sets an example. They will be asked to be exemplary in the classroom, the community and on the court. Veteran players must instill confidence in younger players to help them excel at all levels of play. The foundations of a successful program are built by belief in your teammates and coaches. We then unite to be responsible to each other, and with pride in ourselves and program, we can lay the bricks of a successful program.

Successful teams plan, prepare and expect to win. In order to be successful, we must be prepared to outwork our opponents on both ends of the floor during games. Because of this philosophy, our practices will demand our full attention and effort. Non-productive, lazy practices build poor work ethic and fundamentally unsound techniques. If poor quality in practice is allowed, it becomes the quality to be expected in all things. We must practice well in order to perform well on the court. All players must make an effort in practice to prepare to be the best basketball player they can be. As the great Aristotle once said, "We are what we repeatedly do. Excellence, then, is not an act but a habit." We must practice hard each day to build a habit that carries over to games.

Overview of the Dragon Basketball Program

Elementary Program:

- Individual fundamental skills (i.e. ball handling and shooting) will be stressed. Emphasis will be to listen, learn and have fun.

Middle School Program:

- Major emphasis is placed on the development of good basketball skills. Although learning to win is important, skill development and participation are emphasized at this level. The high school coaches will be working closely with the middle school coaches.

Sub-Varsity Program:

- The sub-varsity level continues to build upon the development of individual skills and basketball learned at previous levels. The introduction to upper level basketball concepts, both offensively and defensively (i.e. offensive sets and man-to-man defense) will be made. They will participate in the same break down drills as the Varsity. Junior varsity players will often practice with and be expected to compete against (in some cases) the Varsity players. Although we will try to win as many games as possible, we will emphasize preparation to compete on a varsity level first. Game participation is not a guarantee, but efforts will be made to get all players some playing time. As is true in all levels, players who are playing at the Junior Varsity level may be moved up as deemed appropriate by the coaching staff.

Varsity Program:

- At this level, winning basketball games becomes the primary goal of all preparation. The time commitment at this level increases dramatically. Although each player will have a meaningful and significant role on the team, some players' roles may be to help the team through game preparation during practice. Players who wish to play at this level must understand that it is not a right, but, a privilege that must be earned! Playing time is not guaranteed.

Non-Negotiables

The following is a list of items that each athlete is accountable for. These items are simple and expected of EVERY athlete in our basketball program. Failure to uphold these indicates an attitude of either disrespect or laziness. In either case, an athletes playing time will be affected when they fail to meet standards.

1. **Academics come first**
2. **Be early**
3. **Compete in everything**
4. **Listen to your coaches and teammates, not the crowd**
5. **Do not react to the officials, opponents or the crowd**
6. **Make the simple play**
7. **Be the first to the floor for all 50/50 balls**
8. **Run to the bench when substituted for**
9. **Run to time-outs**
10. **Run to the locker room**
11. **No cussing**
12. **Root for your teammates while on the bench**
13. **Be respectful of our managers**
14. **Attitude of gratitude –say “thank you”**
15. **Look people in the eye when communicating**
16. **Be a role model off the floor**
17. **Be humble in victory – gracious in defeat**
18. **Speak highly of your opponents**
19. **Keep the locker room clean**
20. **Out tough people**

Individual Roles

Coach:

1. Teach the game of basketball in a positive manner. Correct and encourage
2. Promote a trusting atmosphere
3. Inspire players to reach their potential
4. Communicate with players and parents
5. To be clear where players stand
6. To treat players and staff with respect
7. To represent the program and community in a positive manner

Player:

1. Be a good teammate
2. Be coachable
3. 100% effort on the court and in the classroom
4. Play smart and communicate with teammates and coaches
5. Be accountable and responsible
6. Display good sportsmanship at all times (No Cursing)
7. Maintain your cool when faced with adversity
8. Represent the program and community in a positive manner
9. Enjoy the game and have fun!

Parent

1. Support your son on and off the court
2. Help maintain your son's academics
3. Promote good training lifestyle. (i.e. sleep, diet, no alcohol, no drugs, no tobacco)
4. Communicate injuries to the coaching staff
5. Be a positive example at games
6. Encourage and support all players on the team as well as the coaching staff
7. Support the style of play of the team. You are not going to change it with your comments, and you will only confuse your son
8. Let the coaching staff do their job. Giving "extra" information may go against what is being taught, and can confuse your son

Attendance

Practice:

- All players will be required to be on time for practices, games, and bus departures. For practices, players must be dressed and on the floor prior to team stretches.
 - **Unexcused:**
 - Any missed practice where the athlete has not first notified Coach Adams is considered unexcused
 - 1st Offense: Suspension for first quarter of next game
 - 2nd Offense: Suspension for first half of next game
 - 3rd Offense: Suspension for one game
 - 4th Offense: Dismissal from team
 - **Excused**
 - Any student with an excused absence during the school day may participate in practice or a game that day.
 - Excused absences will require mandatory conditioning when the student returns. This conditioning is not a punishment, but instead makes up for the missed work in practice
 - 1st Absence: 1st Quarter of Basketball Mile
 - 2nd Absence: 1st Half of Basketball Mile
 - 3rd Absence: 3 Quarters of Basketball Mile
 - 4th Absence: Full Basketball Mile
 - **Tardiness:**
 - 0-10 minutes late: Player runs 1st quarter of basketball mile
 - 11-20 minutes late: Player runs 1st half of basketball mile
 - 20+ minutes late: Same as an unexcused absence

IF YOUR SON IS GOING TO MISS A PRACTICE IT IS HIS RESPONSIBILITY TO CALL IN AND INFORM THE COACHING STAFF. DO NOT CALL THE FRONT OFFICE.

ATTENDANCE, CONT.

Games:

- The culmination of hard work in practice is the privilege of competing in games. The goal of our program is working towards success in games, and in order for the team to have the best opportunity to succeed, all players need to be at games.
- Missing games not only hurts the individual athlete, but it also collectively hurts the team. Athletes should make every attempt to be present at games.
- If an athlete is going to be absent for a game, there will be consequences. In the event that an athlete misses a game and doesn't contact Coach Adams, the athlete have additional conditioning at the next practice. In addition, they will be suspended for the next game.
- If an emergency arises, and an athlete must miss, please make every attempt to notify Coach Adams. Death in the family, sudden illness or other events will be handled at Coach Adams' discretion, but contacting the coaching staff goes a long way.
- Athletes will be expected to attend games and practices over both the Thanksgiving and Christmas breaks. Because this policy may be new this year, parents and athletes are encouraged to contact Coach Adams if they have a previously planned trip for this season. Each situation will be handled at the discretion of Coach Adams.
- NOTE: If an athlete has been diagnosed with having a contagious illness, they are **STRONGLY ENCOURAGED** to stay at home as advised by a doctor. Athletes who contract the flu or other viruses will have conditioning to make up for any missed practices or games, but will not be suspended as long as they provide a doctor's note.

Contact Information for Coach Adams:

Basketball Office: (940) 644-5783 Ext. 4501

Classroom Phone: (940) 644-5783 Ext. 4200

*** Athletes may also use the Remind 101 message app to notify Coach Adams***

TEAM PROCEDURES

Practice:

- Athletes are expected to be dressed and on the court prior to the team stretching. On school days, the standard start time will vary but athletes will be aware of the expected start time each day.
- On holidays, athletes will be given a report time. They are to be in the building by the set report time.
- Practice times will be listed on a calendar that will be dispersed to athletes. They will be given two copies; one for themselves and one to take home.
- Athletes will have an assigned jersey and shorts. This is the required uniform any time we are in the gym or weight room.

Traveling To/From Games:

- Athletes are expected to travel with the team at all times. Extenuating circumstances may arise. In the event that an athlete may need to travel apart from the team, Coach Adams must be notified by the parent/guardian. Upon consultation with the Athletic Director, Coach Adams will ultimately make a decision on the situation.
- Members of the Dragon basketball program will travel in the same attire. Travel shirts have been purchased and are required to be worn when the team is on the road. Athletes will wear a pair of jeans with the team shirt and close-toed shoes for road games.
- In the event of cold weather, athletes may bring a hoodie to wear on the bus. Once in the gym, all athletes will be wearing their travel shirt and jeans. We will look, think and act like ONE team.
- Athletes who have earned a letter jacket may wear that while traveling. They will still be expected to have their travel shirt on underneath, as well as wear jeans for the trip.
- Players may have their phones on the bus trip. They may listen to music, provided they have headphones. Once the team has arrived to their destination, cell phones will be collected by the coaching staff. Players will receive them back once they load the bus to return home.

TEAM PROCEDURES, CONT.

Game Day Routine:

- Varsity players will eat breakfast and a pre-game meal as a team for all home games. The breakfast will serve as period of bonding and an opportunity to continue to reinforce ideas from the athletic program's character development.
- The pre-game meal is designed to be a nutritious meal that will provide the proper fuel for the body on a game day. Often, athletes will put the wrong food into their body prior to a game and it has an adverse effect. This meal is designed to prevent that. Athletes are expected to eat the meal and avoid additional food prior to game time.
- The team breakfast and pre-game meal are mandatory for all varsity players. Not attending is equal to skipping a practice, and will lead to disciplinary action. Players missing team meals will face discipline that could include: Additional conditioning at the next practice and/or suspension for a portion of the upcoming game.
- Note to parents: Please do not bring additional food to your athlete following our pre-game meal. The meal is being provided by our Culinary students, under the supervision of their instructor (Mrs. Anderson). The menu is designed to provide a filling, nutritional meal three hours prior to game time. If your athlete has any type of nutritional allergies, please contact Coach Adams.
- Following the completion of the pre-game meal, varsity players will return to their locker room for a period of relaxation, before coming out to support the junior varsity team. While watching the JV, varsity players are expected to sit together behind the bench and encourage their younger teammates.
- Sub-varsity players will need to provide their own breakfast and pre-game meals. Because the junior varsity often plays at 5 pm, it is best for students to pack a meal or have it delivered towards the end of the day. The coaching staff will allow the junior varsity to eat during the athletic period on game day.
- When bringing food for a sub-varsity player, please keep in mind that the best pre-game meals don't sit heavy on the stomach. Things to avoid would be fried foods, spicy food or any greasy items.

During Games:

- **Players will limit in-game communication to only their teammates and coaches. Players will not discuss calls with officials and should never be communicating with spectators. In addition, it is advised that players should avoid talking to the opponent during games.**
- **Any athlete who receives a technical foul will be reprimanded and possibly removed for the remainder of the game. Disciplinary action will include one full basketball mile to be run before the next game. If the mile is not completed, the athlete will not play in that game.**
- **Uniform policies state that athletes must wear undershirts that are in the same color as their jersey. Because of this rules policy, the basketball program has ordered matching compression shirts for each varsity player. Each player will wear this shirt under their uniform.**
- **Athletes at all levels will not be allowed to wear any type of arm sleeve or long compression shorts. Compression shorts worn are not to go past the bottom of the knee cap. In addition, to these uniform policies, any type of headwear or jewelry is forbidden during games.**
- **Any basketball shoe purchased needs to be either black, white, grey or athletic yellow. Shoes that include colors not on this list will not be allowed for games. In addition, socks must be either black or white, preferably to match the uniform color. Varsity players will be provided with game socks.**
- **All pieces of the uniform and travel gear is property of Chico ISD, and as such, players will return everything they have been issued at the conclusion of game play each day. Any school-issued item not returned at the end of the day may result in disciplinary action for the athlete.**

DISCIPLINE AND RULES VIOLATIONS

In-Class Issues, Office Referrals and Grades:

- **Being a part of the Dragon basketball program is a privilege, and should be treated as such by the individual player. Athletes will be held to a higher standard and a higher level of accountability than students outside of our program.**
- **The coaching staff expects that players will be leaders in their respective classes. Athletes should stand out for positive reasons, such as strong work ethic, positive demeanor and mature behavior.**
- **If a teacher takes the time to email a coach about an in-class issue, it will be addressed with the athlete and there will be consequences for the behavior that was reported to the coaches. Consequences may include, but are not limited to, sprints, towel pushes or other conditioning activities.**
- **If behavior issues become a chronic issue involving multiple incidents in one class or incidents in more than one class, the athlete may be suspended for the upcoming game.**
- **Any student issued an office referral will have mandatory consequences that will include conditioning, and could also include a game suspension.**
- **Any student who is placed in ISS will have one mandatory basketball mile for each day they are in ISS. If a student is in for two days, they will have two basketball miles. All miles must be completed prior to playing in a game.**
- **Grades take precedent over basketball success. Athletes must learn to balance their athletic commitments with their academic responsibilities. Periodic grade checks will be handled by the coaches.**
- **In situations where an athlete is failing, they will be held responsible to attend tutorials in addition to those mandated by the school on Friday afternoon. Players should account for the practice schedule when making plans to attend tutoring. If practice is in the afternoon, they should plan to attend tutorials in the morning.**

DISCIPLINE AND RULES VIOLATIONS, CONT.

Practice and In-Game Situations:

- Practices are designed to push the athletes. They are structured to be intense during drills and scrimmage time so that athletes are conditioning while they practice, as opposed to lining up at the end and running. As such, players will be pushed to give their maximal effort during all components of practice.
- If at any time an athlete disrupts practice, it could lead to a brief conditioning reminder to refocus the group. If an individual athlete is disrespectful to a coach that will be addressed on an individual basis.
- Athletes who display multiple instances of disrespect will receive consequences for their behavior that may include: Towel pushes, basketball miles, removal from practice and in extreme cases, suspension from future games.
- During games, athletes should be mindful that strategy and playing time decisions are left up solely to the coaching staff. Conversations about strategy or playing time will not take place on the floor during games. These questions are best asked one-on-one outside of games.
- Players who disrespect a coach, opponent, game official or spectator will face disciplinary action. This action could include removal from the game, if necessary, and will also include some form of additional conditioning at the next practice.
- A player receiving a technical foul is both unnecessary and extremely detrimental to the team. Players should refrain from talking to officials or opponents at all times. In addition, any type of excessive or intentional act that draws a technical or flagrant foul is unacceptable.
- Players who receive a flagrant foul will receive disciplinary action that could include: Removal from the game, Basketball Mile(s) to be run at next practice and possible future suspension. All players who receive a technical foul will run ONE basketball mile at the following practice.
- If player disrespect becomes a continuous or frequent action, the athlete will be called into a meeting with Coach Adams, Coach Miller and the parent/guardian. If necessary, behavior guidelines may be established. If behavior does not improve, the player may be removed from the basketball program at the discretion of Coach Adams.

IMPORTANT:

NOT EVERY EVENT CAN BE COVERED IN A HANDBOOK. ANY OTHER INCIDENTS THAT TAKE PLACE DURING THE SEASON WILL BE RESOLVED AT THE DISCRETION OF COACH ADAMS IN COLLABORATION WITH SCHOOL ADMINISTRATION.

NOTE TO PARENTS AND PLAYERS

We know that being a part of this program will require sacrifices, adjustments, and extraordinary commitment on the part of players, their families, and the coaches. However, we are working to achieve an extraordinary team success which demands extraordinary effort on all of parts. In return, we have an opportunity to create positive experience that could affect our lives forever.

The players will be constantly evaluated on their demonstration of coach-ability, hustle, mental and physical toughness, loyalty to team, unselfishness, and their desire to improve. Our goal is to field a team of players that consistently demand more of themselves, than is demanded by the coaches.

In every game situation, our team will play to win. Game substitutions will be made with that solely in mind. However, there will be situations where a player may be pulled from the game, despite their ability to contribute.

The members of this team are expected to work harder and with more discipline, hustle, enthusiasm, teamwork, and dedication than any other team in this state. This is not a goal, this is an expectation.

PARENT-COACH COMMUNICATION RULES

1. There is a 24-hour cool down period after games until I will meet with parents about something that happened. This meeting will never take place in the gym after the game.
2. We will never talk about playing time. That decision is a coaching staff decision and is not up for discussion.
3. I will never talk about another player on the team with parents. You would not appreciate me talking about your son to other parents, so I will not do that to another team member.

Player-Parent-Coach Contract

I, _____, want to play basketball for the Dragons this season. In exchange for the privilege of being on the team, I promise to do the following:

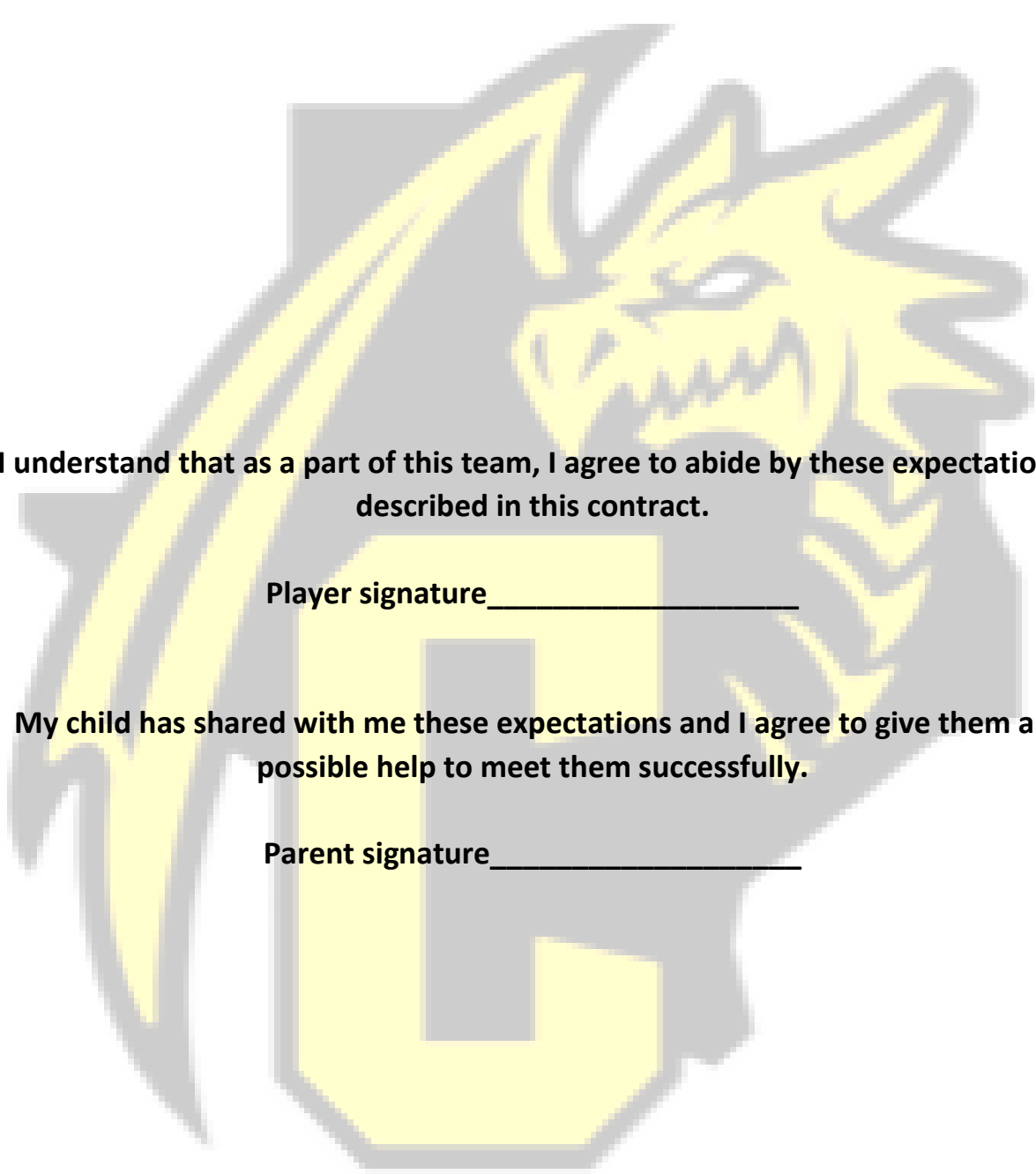
1. Adhere to all of the training rules listed in the player and school handbook.
2. Commit myself to pursuing victory with honor by demonstrating high standards of ethics and sportsmanship.
3. Accept and understand the seriousness of my responsibility, and the privilege of representing myself, my team, my school and my community with honor.
4. Learn the rules of the game.
5. Respect the integrity and judgment of the game officials.
6. Do what is right.
7. Do the best that I can.
8. Treat others the way I want to be treated.
9. Win with humility; lose with grace.
10. Represent my school and program in a positive light.

As a parent of the above named player, I realize that I am part of the team and promise to do the following:

1. Influence my child to abide by the contract they have signed.
2. Report any failure by the athletes to live up to the contract they have signed.
3. Be an example of good sportsmanship at all team events.
4. Represent myself, the team, the school, and the community with honor.

We, the coaches, promise to do the following:

1. Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards.
2. Respect the integrity and personality of the individual athletes.
3. Abide by and teach the rules of the game.
4. Describe and define respectful and disrespectful behavior.
5. Respect the integrity and judgment of the game officials.
6. Display modest in victory and graciousness in defeat.
7. Make sportsmanship a priority.



I understand that as a part of this team, I agree to abide by these expectations described in this contract.

Player signature_____

My child has shared with me these expectations and I agree to give them all possible help to meet them successfully.

Parent signature_____