

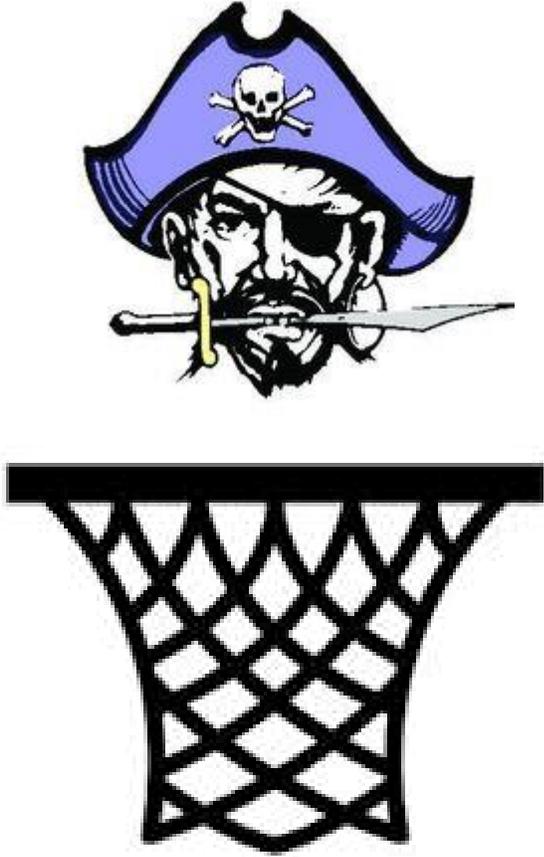
Belton Basketball

Program Handbook



FAMILY

CONTENT



We cannot wait for the journey that is the high school basketball season to begin. Come ready!

Please advise the Basketball Handbook is designed as a supplement to the "Belton Athletics/Activities Handbook"

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01 INTRODUCTION



COACHES

Brady Hammond
Head Coach

Michael Aleto
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@BeltonHoops



/BeltonHoops

Welcome to the Belton Basketball family,

Our Purpose: to create a family atmosphere where we build each other up to be winners in all we do

Our Short-Term Goal: To win the right way

Our Long-Term Goal: To be men of character who are and will be winners at life

Developing a FAMILY ATMOSPHERE and WINNING HABITS are values we BUILD UPON each day

Bringing a WINNING ATTITUDE and WINNING EFFORT are standards we EXPECT each day

The former cannot be developed without the latter!

Priorities

Priorities are a major part of any person's life. We all determine what our own priorities are. My personal priorities are as follows:

- 1) Faith (in whatever you have faith in)
- 2) Family/Close friends
- 3) Academics
- 4) Athletics
- 5) Work/Social Life

Again, your priorities are and always will be your own. As your coaches, we'll respect your faith, your family/close friends, and your academics before basketball. Therefore, if there is ever any MAJOR issue between those aspects of your life and basketball, they'd get priority. Simply let us know of any potential conflicts as soon as possible.

If you ever have any questions, please do not hesitate to contact the appropriate coach. We are always happy to communicate about any concerns or questions you might have.

“Do not worry about how good someone else is, but never cease trying to be the best you can be. You have control over that—not the other.” John Wooden

Hard Truths We Must Embrace

1. Life isn't always fair...

Develop an overcomer's mentality over a victim's mentality

2. We're not perfect the way we are...

Consider criticism, learn from mistakes, & strive to be our best

3. We're entitled to nothing...

Earn everything!

DISCIPLINE POLICY

We cannot be successful if we don't bring a WINNING ATTITUDE and WINNING EFFORT each day. General protocol if a player is not doing so is as follows:

1. *Will be given a warning and a chance to address the issue on his own (unless egregious)*
2. *Will be asked to leave gym, will need to meet with appropriate coach before returning, extra conditioning, parents contacted*
3. *Will be asked to leave gym, will need to meet with appropriate coach before returning, extra conditioning, parents contacted, possible suspension*
4. *Will be asked to leave gym, will need to meet with appropriate coach before returning, extra conditioning, parents contacted, suspension enforced, possibility of dismissal from the team*

*Please advise this is a general protocol; all consequences are ultimately up to the coach's discretion

**The purpose of consequences is to set necessary boundaries that allow us to achieve our goals

***Don't let someone else's actions determine our own

"Who you are as a person is far more important than who you are as a basketball player." John Wooden

03 CONDUCT

HOW WE TREAT...

*brainstormed by players

TEAMMATES

Treat with Respect & Kindness	Be Accountable	Motivate
Build Each Other Up	Keep Each Other Out of Trouble	High Standards
Help Each Other In and Out of Gym	Be Competitive	No Fighting/Tiffin'

OPPONENTS

Be Competitive	Good Sportsmanship	Respect
Don't Stoop Down to Nonsense		Defeat on Court!

COACHES

Respect & Obey	Listen Closely	Productively Communicate	Give Feedback
Be Coachable		Rotate!	Handle Disagreements the Right Way

OFFICIALS

Treat with Respect	Raise Hand on Obvious Fouls	Respect the call (good or bad)
Ignore/Overcome Bad Calls	Get on Their Good Side	

FANS

Respect	Ignore Negativity	Promote Positivity	Thanks for Coming
Feed off Energy	Support them so they'll support us		Win!

MEDIA

No party/drug references	No smack talking	Avoid drama	Encourage fans
Make Belton/team proud	Ignore negative social media		Delete posts if needed

04

PLAYER ROLES

PLAYER ROLE:

The specific job or duty a player is expected to perform based on that individual's talents, abilities, and needs of the team

In order for our team to be successful, it is essential each player learns and embraces his role.

Some common roles include:

- Big minute player: may play most or all of the game (most likely starts)
- Rotational player: may play a significant amount but is rotated in for throughout game (may start or come off bench)
- Support player: may play little or none of the game (most likely comes off bench)

Part of choosing to participate in a team sport means working with others to do whatever it takes to help the team —whether that means playing big minutes or being more of a support player. Obviously, it's everyone's hope and preference to be the big-minute guy, but it isn't possible or practical for everyone to fulfill that role.

All roles are important and we need each role filled at a high level for us to be successful. Roles can change (either up or down) but the goal must always remain the same: do whatever it takes to win.

Coaches have the tough job of constantly evaluating and deciding upon which players best fulfill what role. A player's role is primarily determined by his:

1. Chemistry within the Rotation
2. Productivity
3. Commitment Level

It is okay to disagree but don't let your disagreement hinder your commitment, trust, and/or contributions to the team!

Lettering policy: All players who finish the season and dress for varsity during postseason play will have earned a varsity letter

The following **TEAM awards** are based on player/coaches' votes as well as stats:

- Commitment Award
- Hammer Award
- Hustle Award
- Practice Award
- Teammate Award

05

INDIVIDUAL RECOGNITIONS

06

PHYSICAL HEALTH

HYDRATION/REST

As a rule of thumb, you should drink half your body weight in ounces of water per day (about 10-12 glasses). Teenage athletes should also get 8-9 hours of sleep at night for proper recovery.

DRUGS/ALCOHOL

Be smart and responsible with what you are putting in your body and what activities you are participating in. Mind the "5 minute rule" when at an inappropriate location.

SODA/ENERGY DRINKS

Soda/energy drinks contain caffeine, stimulants, and high amounts of sugar which can be detrimental to physical fitness and immune health. There are no positive effects of these drinks that outweigh the potential harm they do.

NUTRITION

Do not limit your calorie intake during season (a.k.a. dieting). Fuel from food helps the body rebuild and recover after exercise. Athletes who focus on carbohydrates and proteins have been shown to recover faster from training

All players are expected to ride the bus to and from away games as a team

Exception: If a player requests to ride with his parents from a game for a family reason, he must request permission **BEFOREHAND**. If a player receives permission, he must sign out before leaving the facility

07

TRANSPORTATION

08

OUR PHILOSOPHY

“Leadership is not about being in the spotlight but about shining the spotlight on others.”

Mike Krzyzewski

OFFENSE

- Transition—attack when we can
- Motion Offense—player/ball movement
- Inside→Out
- Work for a GREAT Shot, Settle for a GOOD shot
- Run Sets Only as Needed

DEFENSE

- Man Defense
- Contain Penetration
- Great Helpside
- No Layups
- Charges Emphasized
- Gambling Discouraged
- Contest ALL Shots
- Utilize Zone as Needed

ZONE OFFENSE

- Inside→Out
- Ball Fakes (use eyes)
- Be Ready to Shoot
- Crash Boards
- Flash Weak Spots of Zone (gaps, corners, high post)

PRESSING

- No Layups—only press as needed
- May press more depending on our team, our opponent, and/or the situation
- We want the offense to EARN every shot

SUBSTITUTIONS

- First Priority: we want to win as many games as possible
- Second Priority: we want everyone to play as much as possible
 - Players earn playing time; coaches only evaluate
 - Some players are going to play more than others
 - Respectfully communicate at all times

It is the purpose of our program to help your son be his best inside and outside of the gym. We understand this is likely a goal you have as a parent as well, so we want to partner with you in pursuing this end.

When communicating with us please:

- Express any concerns you may have—especially if they are concerns we may not be aware of
- Use calm and respectful language—it is never our intention to offend you or your son
- Avoid contacting us when heated or overtly upset (especially before, during, or after a game)
- Understand if we have a disagreement, coaches have to make tough decisions with the team in mind before any individual. We make those decisions as thoroughly and objectively as possible. If we do make a mistake, we appreciate your patience

When we communicate with you:

- We will be respectful and honest
- Understand we are reaching out in hopes of helping your son and/or the team
- If we do contact you about a concern, it does not mean we think your son is a bad kid or that you are a bad parent. We all make mistakes and we want to partner with you in helping your son grow

When communicating with your son:

- Being a high school athlete is not easy, stay positive and supportive with your son through the ups and the downs. Your presence at his activities is something he will always remember
- Having a positive team culture is a huge part of being a successful basketball team. Please keep this in mind when talking about our team with your son and in the community

Meetings

- If you would like to meet with us to discuss a concern, we will be happy to meet with you
- Contact the coach or school to set up an appropriate appointment
- If you are not satisfied with our meeting, another appointment can be made with additional school personnel (additional coaches, principals, etc.)

Selections

The worst part of being a coach is telling kids they did not make the team. If your son is not selected, be assured he was heavily considered and his efforts are respected and appreciated. If he still would like to be a part of our program, he may apply to be a student coach or manager. These positions are of great importance to our program and provide students with an interest in basketball the opportunity to earn a letter and be a part of the team.

Playing Time

We understand every parent wants to see their son play as much as possible. As coaches, we want to reward each player for their hard work with as much playing time as we can, but our first priority is doing what we feel gives us the best chance to win as a team. Please understand our decisions are never personal but are always thoughtout extensively with a specific purpose in mind. If your son wishes to increase his playing time, he needs to show us why in practices and games!

Again, we are very excited that your son and the rest of your family are going to be a part of our program this year. We encourage you to be involved in the most active and positive way possible! We as coaches are very grateful for all you do for our program and for your son. Let us know if you have any questions or concerns about anything. We are always willing to listen and help however we can!

GET INVOLVED!

The following are ways you as parents can become involved with our program. None of the ideas are mandatory or expected, but we would much appreciate it if you could do as much as possible!

Booster Club

If you are interested in helping support our program financially, please consider joining our Booster Club. Having parents be active and involved in this program is a huge asset for our kids. There will be times the Booster Club will need us to manage some concession stands this year. We appreciate everyone's willingness to help!

Snacks/Drinks

On road games, we could have different parents create snack packs for our players to eat/drink before or after games on the bus. For example, brown bags with a sandwich, apple, granola bar, Gatorade, etc.

Team Dinners

Team dinners are a good way to improve team chemistry and cohesiveness. If you would ever like to host a team dinner, let a coach know and we'll assist with getting it coordinated!

Team Banquet

At the end of the season, our team holds a team banquet to honor players for their accomplishments over the season. Parents are encouraged to participate through decorating, sharing pictures, or possibly bringing in food items (potluck style).

Youth Teams

If you have a younger child who plays on a youth team, tell their coach to contact the program about having them get a "Backcourt Pass" to one of our home games this season. Their team will get in free, see the pregame routine, and sit right behind the bench during the entirety of the game.

Youth Tournament

Our program will be hosting a Youth Tournament during the season as our primary fundraiser. We will need parent and player volunteers to assist with the gate as well as the concession stands on this weekend. Your assistance is MUCH appreciated!

Team Travel Gear

Our team will be purchasing travel gear this year to wear as a team. We will be using the money we gain from our fundraising efforts to help lower (or eliminate!) the costs.

Online Flash Store

There will be an online team store our players, parents, and fans will be able to access to purchase quality Belton Basketball apparel at a discounted rate with a portion of the sales coming back to our program. The store will only be open during a certain window of time. More information to come!

Washing Tips

Please help your student take care of our team attire by adhering to the following:

- Use cold water and do not wash white and colored garments together
- Please hang dry our garments. If you must machine dry, dryer should be set on lowest setting
- Launder uniforms immediately after they have been used.

Transportation Policy

Our team will travel to and from games as a team using the transportation provided by the school. If there is a specific reason you need to sign your player out after a game, you will need to discuss this with the coach PRIOR to the game and sign the sign-out sheet. However, we do expect all players to travel with the team unless there is an unusual circumstance. When picking up your son, please try to be punctual as a courtesy to our coaches.

Please sign below agreeing to the Basketball Program Handbook:

***Form must be signed in order to participate in any official competition**

PLAYER INFORMATION

Please Check one of the following:

- My phone number is already in the Remind Text System**
- My phone number is NOT in the Remind Text System and is _____**

Please Check one of the following:

- My school email is already in the Basketball Email Group**
- My school email is NOT in the Basketball Email Group and needs to be added
(please be sure to consistently check your school email!)**

Printed Name: _____ **Signature: X** _____

Height _____ **Shirt Size** _____ **Pant Size** _____

PARENTAL INFORMATION:

Please Check one of the following:

- My/Our phone number(s) is/are already in the Remind Text System**
- My/Our phone number(s) is/are NOT in the Remind Text System and is/are:
_____**

Please Check one of the following:

- My/our email(s) is/are already in the Basketball Email Group**
- My/our email(s) is/are NOT in the Basketball Email Group and is/are:
_____**

Printed Name: _____ **Signature: X** _____

Printed Name: _____ **Signature: X** _____

Belton Basketball Travel Permission Form



I, _____, give my student, _____, permission to ride with another parent, player, or a coach to any basketball-related activity including but not limited to the following:

- Practices
- Overnight Varsity Tournament in Carthage, MO (coaches driving only—Carthage, MO)
- Youth Clinic at City Union Mission (Downtown Kansas City)
- University of Missouri Basketball game (coaches or parents driving only—Columbia, MO)

If you would rather your son ride with just coach and/or parent volunteer please notify below. Thank you!

Son's Name: _____

Parent's Name: _____

Parent's Cell: _____

Parent's Signature: _____

Date_____

*By signing this form, I understand that when the student listed herein leaves a school event with another student or parent/legal guardian, the student listed herein will not be in the custody and control of the Belton School District and I waive the right to pursue any and all claims against the District, its agents, employees, Board of Education members, insurers, and others acting on the District's behalf of and from any and all claims, demands, causes of action and/or legal liabilities for injury, property damage, injuries or other harm to Student after he/she leaves a school event with a parent/legal guardian as indicated on this travel waiver.