LOOGOOTEE LIONS
BOYS BASKETBALL



PLAYER HANDBOOK

TRADITION - TEAMWORK - TOUGHNESS

"Success is the peace of mind which is the direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable of becoming." *John Wooden*

Why do we play the game?

To challenge ourselves to be the best we can be…
on the court, in the classroom, and in the community…
through TEAMWORK, DISCIPLINE, AND SWEAT…
TEAM ABOVE ALL!

Things to think about…

There is no glory in practice, but without practice there is no glory!

What you fail to do in the dim lights of the weight room; in the off-season; and the empty gymnasium at practice will be exposed in the bright lights of the arena on game night.

Don't be too cool to communicate! Cutting down the nets in March is cool!

Be hungry for excellence, not for success. When you pursue excellence, success will follow.

How do you want to be remembered? What do you want your legacy as a Lion to be?

Want to be the guy that everybody else on the team wants in the foxhole with him.

FAITH, FAMILY, and LOOGOOTEE BASKETBALL

Program Mission Statement

Creed of the Lions

I pledge to…

- Be Tough—Mentally, physically, spiritually, and emotionally in all circumstances
- Be the best Teammate I can be
- Understand the Tradition and the importance of representing Loogootee Basketball in every situation
- Choose the difficult right over the easy wrong in any situation
- Always put the WE before the ME
- Accept my role
- Represent the team, school, community, and my family with pride
- On the court—play hard, play smart, and play together

…this is the Lion Way!

Mission Statement

Lions never fail to do everything to prepare…

We understand the old adage that failing to prepare is preparing to fail. We will never hesitate to make sure that we work on our weaknesses in workouts, practices, and on our own. We will put ourselves in optimal condition by maintaining proper health and conditioning practices—always getting bigger, faster, and stronger. Our coaches will never fail to prepare us for our opponents and we will use the edge to our advantage. *We will always be more ready than our opponents!*

Lions know the game…

We know the rules; we know our opponents; we know situational basketball; and we understand our roles on the team, as well as our teammate's roles. *We are students of the game.*

Lions make defense the cornerstone of their development…

We defend with ball pressure from inside-out; we become the aggressors; we realize that defense is the one constant of outstanding teams. *We realize that DEFENSE WINS CHAMPIONSHIPS!!!*

Lions control the critical moments in basketball games…

We recognize those key points in a game where the winning teams take charge of the game; we practice executing clock situations; we will be a team who scores the first and last baskets of each quarter; we will score on possessions following timeouts; we run our set plays to perfection. *We do the little things to become champions!*

Team Rules and Policies

"Discipline yourself so that others do not have to."

All rules in the Loogootee Athletic Code of Conduct will be strictly adhered to. The following rules will also be adhered to by all members of the Loogootee boys basketball team.

CONDUCT

- Choose the difficult right over the easy wrong in all situations.
- Represent the team, coaches, school, your family, and community with integrity
- Be humble and willing to accept criticism from teachers, coaches, and teammates
- All eyes are on you - everything you do tells others something about you and our team

ATTENDANCE, PUNCTUALITY, AND CURFEW

- If you must miss practice you **must tell Coach Thompson** or your coach prior to practice
    - UNEXCUSED ABSENCES
    - First Offense: 2 Miles; Second Offense: 5 Miles; Third Offense: Dismissal from the team
- Players are expected to be ready at the beginning of assigned practice times, meetings, or workouts, no later.
    - Players will run for being late to practice
- **CURFEW**
    - 10PM on weeknights and 11:30PM on weekends (11PM if we have practice or game the following morning/day).
        - Adjustments may be made due to games and/or practices

GRADES

- Any player receiving lower than a C- in any class must attend tutoring sessions with that teacher
    - Any exceptions to this rule must be cleared with Coach Thompson

YOUR ROLE

- Accept your role by putting the TEAM above ME in every situation
    - If you ever have questions about your role see one of the coaches

PRACTICE

- Run and hustle at all times - don't have to be told to hustle from spot to spot or drill to drill
- Do not leave basketballs lying around during practice...rack the balls or put them where the coach has designated
- Take care of your locker and the locker room - both must be in order at all times
- What happens/said in practice stays in practice
- Be coachable

GAMES

- All players are expected to be seated on the bus no later than 5 minutes prior to the departure time or when the coaching staff has designated for you to be there for home games.
- Cell phones are not permitted on the bus during travel to/from games. Coach Dylan Street will be in charge of the "phone bag" that all players much put their phone in prior to getting on the bus
    - Players will get their phone back approximately ten minutes prior to arrival to text/call for pick-up
- Varsity players will wear team issued shirt; game shorts; game socks and team shoes during shoot-around
- All players will either sit on the bench or directly behind the bench...be in the game! This means that while the game is in progress you are sitting directly behind the bench...not in line for concessions. Players should be the only ones seated in this section.
- JV players should go into the varsity locker room during halftime.
- Varsity and JV players are expected to attend all home freshman basketball games
- Play with class and enthusiasm...have fun playing the game of basketball
    - Always have more team touches than our opponents (chest bumps; high-fives; etc.)
- Always run on and off the court (substitutions; quarters; halftime; end of game)
- Be there to pick up a teammate if he is on the floor

- Gather prior to free-throws to communicate with each other
- Never allow anyone watching the game to be able to tell the score by your expressions/conduct
- Draw attention to our team and yourself for positive reasons - NO NEGATIVE GESTURES OR BODY LANGUAGE ARE NEVER QUIET - THEY SCREAM!
- Hand your teammate a towel when you check in for him
- Stand for your teammates when they come out of games and acknowledge their efforts
- Address officials and opposing coaches as Sir; do not argue with officials or talk to other coaches; and always be respectful and hand officials the ball when the whistle is blown
- Focus on the game and nothing in the crowd - play as if there are no fans in the stands
- Focus on the game while on the bus and leave it cleaner than you found it - leave every place we go better than we found it

GROOMING/APPEARANCE

- Do not be told to get a haircut or shave - hair should not hang down over ears
- Players should wear proper practice/game attire and travel gear to/from games

TRAINING/HEALTH

- Players must meet prescribed levels of fitness in order to participate as a member of the team
- Get proper rest and make healthy choices with your diet
    - No soda
    - Eat plenty of good carbs - 70% of diet
    - Eat good proteins - nuts, lean meats, fish, poultry, beans
    - Avoid fatty foods and lots of candy - remember food is fuel
    - Drink fluids early and often - half your body weight in ounces of water every day
    - Replace electrolytes - Gatorade during/following exercise
- Report any/all injuries to coaching staff and trainers immediately - do not hide injuries
    - Make sure you are following progression and rehab programs accordingly
- The use of vapes, tobacco, alcohol, and drugs are strictly forbidden

COMMUNICATION AND BEING A GOOD TEAMMATE

- Treat all teammates and coaches with respect - LEARNED, EARNED, RETURNED!
- If you don’t understand, then ask questions
- Be slow to criticize teammates
- Make eye contact with coaches and teammates
- Inappropriate behavior in the locker room and harassment of teammates will not be tolerated

THE GOLDEN RULES

Be on Time; Be Prepared; Be a Good Teammate; Work Hard; and Handle Success and Failure with Class!

ALWAYS...PLAY SMART, PLAY HARD, AND PLAY TOGETHER!

TEAM

ME