



Blaine Boys Basketball



Blaine Boys Basketball 2022-2023

Player/ Parent Handbook

WWW.BLAINEBOYSBASKETBALL.COM

@blaineboyshoops

BLAINE BENGAL BOYS BASKETBALL PLAYER/PARENT HANDBOOK

BLAINE HIGH SCHOOL ATHLETIC DEPARTMENT MISSION STATEMENT

The Blaine High School athletic department, united in its commitment to excellence, exemplifies the following PLUS components:

Performance: Master the attitudes and skills needed to become a champion.

Leadership: We will exercise strong character values.

United: Together Everyone Achieves More. TEAM

Success: The peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you can become.



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"BENGAL PRIDE IS FOREVER"

2022-2023 Bengal Basketball Staff

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- Protect the Team
- No Excuses, No Complaining, No Entitlement
- Enjoy the moment

Other Non Negotiables

- NO JUDGING PLAYING TIME, SHOTS, MINUTES, ROLE
- NO COMPARING AND LABELING
- MOVE ON – NEXT PLAY
- OTHERS BEFORE SELF
- RELENTLESS EFFORT



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Rules and Expectations:

Training rules and discipline expectations are an important part of a successful basketball program. The lessons learned have immediate as well as long lasting value. We expect dedication to our program as exemplified by the behaviors listed below.

Player Expectations

- 1) Be on time.
- 2) School attendance = on time. Players must be in school before 11:00 a.m. in order to practice or play. This policy does not include doctor, dentist or field trip situations. If you miss one hour of school without a note from a doctor you cannot practice or play.
- 3) Focus and give your full attention as soon as you step onto the floor.
- 4) Bring the same intensity to practice every day that you would bring to a game.
- 5) HUSTLE wherever you go in practice.
- 6) Get your make up work for school done before school or right after school on game days...DO NOT MISS PRACTICE TIME unless there is no other possible option.
- 7) If you need to miss a practice contact your coach ahead of time whenever possible.
- 8) No profanity allowed at any time ON OR OFF the floor.
- 9) WE not ME. Do not put your own interest ahead of those of the team.
- 10) Use the locker room in an appropriate manner and clean up after yourselves.
- 11) We recommend you see the trainer on all injuries before you go to a doctor.
Keep coaches informed as to what is going on.
- 12) We are a TEAM and we do things together.
 - i. Sit together during other games.
 - ii. All players will dress properly on game days.
 - iii. We support all the teams in our program.
- 13) Proper equipment will be worn at all practices:
 - i. Practice jersey
 - ii. Navy Shorts
- 14) Communicate with your coaches first. If you have questions...ask your coaches and you will get an honest answer. DO NOT assume things. Coaches would much rather hear from you before hearing from your parents.



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Traveling Rules:

We expect our players on all teams to conduct themselves in a manner that represents an outstanding image of themselves, our program, and our school. This becomes even more evident when we are on the road. Players will wear appropriate clothes when traveling. Torn jeans and ripped sweatshirts are not allowed.

We would encourage everyone to stay for the varsity games, teams can benefit from watching the varsity level games. Any freshman or sophomore player that chooses to stay and watch the varsity game can ride the varsity/JV bus home. Players may leave after games only if they travel with their own parents, have notified their coach, and signed a release form (signed on registration). Varsity and JV players **MUST** ride home on the bus. Riding the bus together after both wins and losses only helps deepen the commitment to the family atmosphere we are trying to build.

Playing Time:

Playing time is something that is earned. It is not the coach's obligation at any level to spread out playing time equally. Coaches will reward ability and hard work with playing time. Players are encouraged to talk to their coach about playing time issues and coaches will be honest. Coaches want to hear from a player before they hear from a parent.

Unexcused Absences:

- 1) One unexcused absence will result in a one game suspension
- 2) Two unexcused absences will result in a two-game suspension
- 3) Three unexcused absences could result in dismissal from the team
 let your coach know ahead of time if you are going to be gone!!
- 4) Family vacations while in season are considered unexcused absences. Every day you miss a practice or a game will result in a one game suspension.

Snow Days

Practice or games will be cancelled if school is closed.

We may have optional shooting sessions on these days.



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Team Academic Policies:

The State High School League requires that students be on pace to graduate in order to be academically eligible for high school athletics. Players will fill out an academic progress report at least a couple times throughout the season. If a student fails to bring back a progress report, they will not be allowed to participate in practice or games until they do. If a student brings back a progress report and it shows them to be failing a class, they will be ineligible for all games until they can provide documentation that they are now passing the class.

Team Philosophy:

Our basketball program has 5 teams. The most important thing is that kids get the opportunity to play basketball regardless of the level. The freshmen A and B teams only have freshmen players. The sophomore team is made up with primarily sophomores, but a freshman player may be eligible to play. The junior varsity team could have freshman, sophomores, and junior players. All JV players will play in their own game prior and then dress for varsity games.

MISSING PRACTICE

Missing practice, whether excused or not excused, hurts the team. For example, if a team has less than 10 players at practice, then team drills that involve 5 on 5 situations or scrimmages are harder to simulate. Whether excused or unexcused, players can expect to see decreased playing time in the game following a missed practice. Any absence should be communicated to the coach ahead of time. Chronic absence may result in sitting out entire games, and team expulsion.

An injured player must be at practice and dressed in practice uniform unless he is excused by the Head Coach.

A player who is in In-School Suspension the day of a game will be held out of that game. A player who is in In-School Suspension on a practice day must attend practice but will not participate. The player will sit out the first half of the upcoming game.



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CHEMICAL USE:

Because chemical and alcohol use can be so harmful to our students, the issue will be taken very seriously. It is important that young people receive clear and consistent messages from school and from parents that illegal drug use and underage drinking are inappropriate, unacceptable and illegal. Purchase or possession of alcohol by a person under age 21 is illegal. Possession or sale of street drugs or controlled substances, including drugs prescribed by another person, is illegal. It is also illegal for property owners to allow minors to consume alcohol or other drugs on or in his/her property.

Some of the places where illegal chemical use, including drinking, takes place are in parties at homes, in fields and parks, and in vehicles and limousines on the way to and from social events. Many Blaine students who do not drink or smoke marijuana refrain from participating in social activities because they do not want to face peer pressure to use. Both groups of students are suffering.

Here are some things to consider as your family faces these issues. Please talk to your sons about:

Parties and Underage Drinking

There are usually two essential ingredients in the recipe for a party disaster: alcohol and absent parents. Parties at home are a natural way for young men and women to socialize and have fun together. Without planning and supervision, however, parties can lead to disaster. Homes can be damaged, sometimes severely. Young people can become dangerously ill or injured. Police are sometimes needed to restore order. Parents are ultimately responsible for injuries or damages resulting from a party in their home.

Winter and Spring Breaks

All teams in the basketball program will be playing during winter break. Varsity/JV will often times be playing during winter and spring breaks. If players elect to not participate and miss practice it will be viewed as an unexcused absence and fall under the 3 unexcused absence rule.

MSHSL POLICY: Minnesota State High School League Policy will be enforced at all times during the season and during the off-season. Policies are included in the State High School League brochure. A player who is serving a penalty practices with the team but does not participate in any games until the penalty time is over.

BECAUSE WE TAKE CHEMICAL AND MSHSL POLICY VIOLATIONS SO SERIOUSLY AND BECAUSE WE VALUE INTEGRITY AND LOOK TO BUILD CHARACTER AS A RULE WE MAY LENGTHEN ANY PENALTY GIVEN TO A PLAYER FROM THE MSHSL OR THE SCHOOL.



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SCHOOL ATTENDANCE:

Players must be in school before 11:00 a.m. in order to practice or play. This policy does not pertain to doctor, dentist, or field trip situations.

INJURY PROCEDURE:

If an injury occurs during practice or during a game, a coach will try to contact you. If it is an emergency and we cannot contact you, we will get your son to a doctor if you consent. A trainer is present at games. The trainer will treat non-emergency situations. If a problem surfaces after hours you can call the Institute for Athletic Medicine Athletic Injury Hotline at 612-920-8850 to speak to an on call trainer. Our trainer, Eric Risberg, is another resource. He can be contacted at 507-456-7220 or ericrisberg@tcomn.com. Leave him a message and he will get back to you at his convenience.

THEFT:

A player who steals from another basketball player will be dismissed from the team for the remainder of the season.

EQUIPMENT POLICY:

Your son is responsible for the equipment issued to him. Players must pay for any unreturned or damaged equipment.

UNIFORM CARE:

1. If possible, clean immediately after wearing or soak in cold water overnight.
2. Avoid excessive heat while washing and drying.
3. Please mend snags and rips after cleaning.
4. Use regular detergent.
5. No bleach!!!

SOCIAL MEDIA

As you begin participation in another athletic season, the Athletic Department of Blaine High School and our coaching staff want to make sure you are aware of the revised social networking guidelines. The Blaine High School Basketball Program recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Blaine High School Basketball Program is a privilege. As a student-athlete, you represent Blaine High School and Anoka-Hennepin Public Schools and the communities that surround Blaine High School and you are expected to portray yourself, your team, and the School District in a positive manner at all times.



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Below you will find the new social networking guidelines which provide the following guidelines for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Blaine High School Basketball Program, Blaine High School and Anoka-Hennepin Public Schools will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm my teammates or coaches; other Blaine High School Basketball student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

Varsity Lettering :

A player can earn a varsity letter one of the following ways:

A letter will be awarded if a varsity player has perfect attendance throughout the season.

A letter will be awarded to every player who is a member of a state tournament team.

A letter will be awarded to a player who has seen action in 12 varsity games.

A letter will be awarded to a player who is deemed deserving by the coaching staff and athletic director but did not meet the above criteria due to extraordinary circumstances.

A player must finish the season in good standing with the coaching staff. Final decisions on letters are up to coaches' discretion



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Parent Conduct:

Parents are a very important part of the Bengal Boys Basketball program. Please be supportive and encouraging of your son, his teammates, the coaches, the referees, and the opposing players. There are 4 roles at every game: player, coach, referee, and fan. A person can only take on one role at a time. Your positive and supportive actions towards your son and his team are crucial to the success of the program, regardless of wins and losses.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players. **PLEASE ENCOURAGE YOUR SON TO FOLLOW HIS COACH'S INSTRUCTIONS AND LEAVE THE COACHING TO THE COACH.** Parents need to align themselves with the coach in teaching their son how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young men about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser.

Parent Meetings:

Coaches will only meet with a parent during the season under the following conditions:

- 1) The player must be present
- 2) The meeting maintains a respectful tone
- 3) Only the player of that parent will be discussed

UNDER NO CIRCUMSTANCES is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The above procedure must be followed in dealing with any situation that may arise. The administration of Blaine Boys Basketball will **NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED** by parents or fellow teammates. If you or your son refuse to follow the guidelines set forth, you will be asked to leave the program.

Our number one rule for our players at all times is: **Don't Let Your Teammates Down.** A player or spectator may be asked to leave the premises if they become disrespectful to other players, coaches, or officials. Please be careful and respectful.

It is inappropriate, unethical, and against high school league rules for us to talk to you about anyone other than your son. Please do not put a coach in a difficult situation by talking to them about other basketball player.