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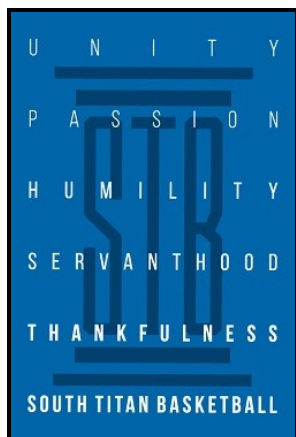
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## Program Pillar | Unity

*"If you want to go fast, go alone. If you want to go far, go together."*

*-African Proverb*



The single, greatest joy in a team sport is losing yourself in the team. The late Jim Valvano, former North Carolina State coach said, "A person really doesn't become whole until he becomes a part of something that's bigger than himself."

One of my favorite must-read books, "The Boys in the Boat" by Daniel James Brown, tells the story of the University of Washington's 1936 eight-oar crew and their epic quest for an Olympic gold in Berlin. The emotional heart of the story lies with one rower, Joe Rantz, a boy of incredible courage. Joe had a hard childhood, and he often had to fight his battles alone. It wasn't until he 'lost himself in his team' did he and his teammates experience just how far they could go together:

### Questions:

- Can you think of a situation where you accomplished more because you were working together with a friend or group?
- What did Joe Rantz finally learn to do?
- How does Mattingly's quote make any sense?

In the last desperate few hundred meters of the race, in the searing pain and bewildering noise of that final furious sprint, there had come a singular moment when Joe realized with startling clarity that there was nothing more he could do to win the race, beyond what he was already doing. Except for one thing. He could finally abandon all doubt, trust absolutely without reservation that he and the boy in front of him and the boys behind him would all do precisely what they needed to do at precisely the instant they needed to do it. He had known in that instant that there could be no hesitation, no shred of indecision. He had had no choice but to throw himself into each stroke as if he were throwing himself off of a cliff into a void, with unquestioned faith that the others would be there to save him.

That is a very powerful passage! We can only achieve true greatness in "concert" with each other, and that's easier said than done. Don Mattingly said, "When I gave up me, I became more." Ponder that one!

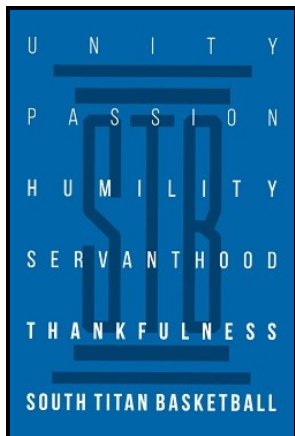
Rewrite/Memorize Pillar Quote>>>

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## Program Pillar | Passion

*"Nothing great was ever achieved without enthusiasm."*

*-Ralph Waldo Emerson*



*I really love that quote by Emerson because it's so true! To truly appreciate what he is saying we need to read it in all of its context:*

*Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your objective. Nothing great was ever achieved without enthusiasm!*

*For most competitors, their passions are formed at an early age from the pure joy they experienced from playing the game. I agree. As the son of a college basketball coach, I was lucky enough to grow up around the game; but never did I feel forced to play. I just remember how exciting it was to be a part of my dad's love for the game. My collective experiences with the sport resonated in me a gritty kind of love that would serve to stand the test of time.*

*Eventually, this passion is what provides the personal motivation and drive to stay the course when the going gets tough. And if you stay in the game long enough those times will arise if they haven't already; but a deep love for what you are doing, and your teammates will always prevail. Fear is the main emotion that undermines confidence, but love endures all things. The questions aside illustrate this very point.*

### **Questions:**

- *Who is someone you admire because of their passion?*
- *Imagine two 60 story skyscrapers, thirty yards separate the two buildings. There's a wooden plank 24" wide that connects the buildings:*
  - ⇒ *Would you walk across the plank for a million dollars?*
  - ⇒ *Would you to save a family member's life?*
  - ⇒ *What's the difference?*

**Rewrite/Memorize Pillar Quote>>>**

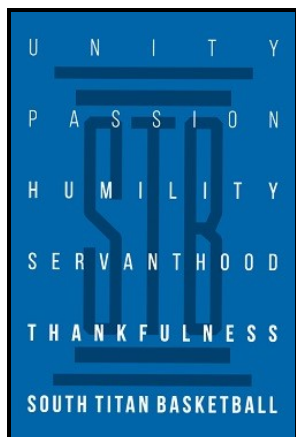
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## Program Pillar | Humility

*"Humility is not thinking less of yourself, but thinking of yourself less."*

*-C.S. Lewis*



Being humble means you know exactly what you have to offer. We will often remind our team after a game we're not as good as we think we are (usually after a win), nor are we as bad as we think (after a loss). We need to know who we are as a team and as individuals. Here within lies the challenge: How do we arrive at this sober judgement? Consider this by Tim Keller, "Humility is so shy. If you begin talking about it, it leaves. To even ask the question, 'Am I humble?' is to not be so."

Humility is such an elusive virtue. It's impossible to pursue it as you would resilience, courage or some other character trait. It's like chasing a butterfly. Chase it, and you'll never catch it. Sit still, and it may come to rest on your shoulder. With that said, how do we "sit still"? We turn all of our attention to others.

### Questions:

- Why is humility such an elusive virtue?
- Can you give an example of "false humility"?
- What does applauding your teammates and celebrating their successes have to do with humility?

For example, Crazy Horse was among the greatest leaders and warriors in Native American history. He was entitled to wear all the headdresses and other symbols of successes, but he always chose to wear a single feather. He did not have to tell or show anyone how good he was, they already knew and he was admired and loved by his people. He knew who he was, what he stood for and what he had accomplished, and he didn't have to continually remind people.

Crazy Horse thought of others first and made it a point to pour into the lives of his people. He was the first to applaud his 'teammates'. We also want all of our players to celebrate in the successes of their teammates. We like to say, "Be the first to praise others and the last to brag or draw attention to yourself." This is not always easy to do in a society that glorifies self more than ever, but not impossible. Arrogance is not a Titan trademark, however, thinking of others is.

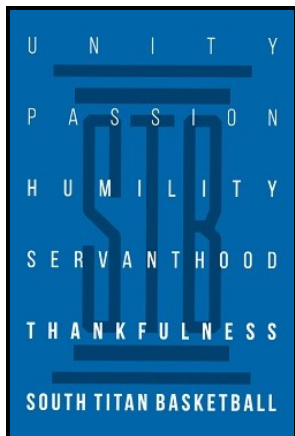
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## Program Pillar | Servanthood

*"Everybody can be great. Because anybody can serve."*

*-Martin Luther King Jr.*



As Dr. King said, everyone can be great. Everyone can be great because we can all serve. "You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve... You only need a heart full of grace," to serve. "A soul generated by love."

Humility, our third pillar, and Servanthood are the "Stockton & Malone" of character traits. They are great teammates and work really well together. Our greatest leaders have always served mankind. Martin Luther King marched for equality and went to jail. Mother Teresa fed the poor and had compassion for the sick. Jesus healed the crippled and washed the feet of his disciples.

### Questions:

- Which teammate of yours would wash your feet or go to jail for you?
- What kind of price tag have you attached to your teammates?
- Name three ways you can serve your teammates in practice or games.

Titan alum, Luke Sellers, got injured in football and was unable to play basketball his senior year. And yet, he still attended every practice and all of our games. Several practices he would sweep the floor without ever being asked to do so. Why is this small act so significant? Simple. It reflects a huge heart! He was putting his love for his team on display by his actions.

Luke was a great teammate. You might say Luke attached a higher price tag to his teammates than to himself. The likelihood that he will do the same for his family, friends and coworkers throughout his lifetime is ridiculously high. Hire Luke Sellers!

Remember, ego serves itself, but humility serves others.

Rewrite/Memorize Pillar Quote>>>

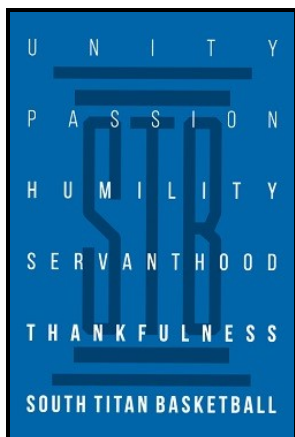
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## Program Pillar | Thankfulness

*“Gratitude begins where my sense of entitlement ends.”*

*-Steven Furtick*



Shaka Smart is the head basketball coach at the University of Texas and he says their number one core value is appreciation. He feels like appreciation is the foundation for anyone that is successful over a long period of time, on or off the court. The ability to recognize the good in someone, something or event is a high level character skill.

Tarheel legend, Coach Dean Smith, insisted his players point to the teammate who passed them the ball after they scored. We encourage the same of our players and these “small” gestures mean a lot to the culture of our program. With that said, let me “point” to my staff. I recognize I would be absolutely nothing without my staff who serve so unselfishly alongside me.

### Questions:

- What does the word “entitlement” mean?
- How do we raise our levels of appreciation?
- Are you in the habit of pointing to a teammate after a good pass?
- How do you respond to adversity?
- Are you trained to see the “silver-lining”?

A majority of us have learned to be thankful for the obvious. Those aforementioned examples certainly demonstrate thankfulness, but let’s take this virtue to the highest level: How do you respond to adversity? True wisdom comes from being thankful for the hard things in life.

Even in really bad situations, there are great things that can come out them. When you look at things from this perspective, an “attitude of gratitude”, you realize that anything that happens today is in your best interest. It’s an opportunity to learn and grow.

Our focus must shift from “what has happened” to “how we respond.” We dive deeper into this when we address Urban Meyer’s E+R=O Above the Line training later in this handbook.

**Rewrite/Memorize Pillar Quote>>>**

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## ACE Factor | Attitude

*"We have a choice of which mental approach to take every day and every play. The greatest characteristic we can have is a positive attitude."*

*~Coach Jay Wright*

### **Attitude Defined: "a settled way of thinking"**

I am sure you have heard a coach say, "He has a bad attitude." So what is a good attitude? Most of us find it easy to have a good attitude when everything is going our way, but what happens when the circumstances change for the worse? It's a known fact you will face adversity at least three times this season. What will be your attitude when you do not get in the game, when the official makes a poor call, when you can hardly walk you are so run down, or when you are receiving hard instruction? You must stay committed beyond circumstance!

A good attitude is putting the team first, doing your best at all times, trusting your coaches' decisions, respecting your teammates, reaching down and going a little bit harder, having a coachable spirit, accepting hard instruction and not blaming someone else. Are you prepared to have such an attitude? David did...

Goliath, the nine-foot 400-lb. giant, challenged the soldiers of Israel. David, a 17-year-old shepherd, demanded to know why they were not accepting his challenge. They explained to David that Goliath would destroy them, but David didn't buy the lie. He fought the giant and won. He did not allow the conditions to control his attitude; his attitude controlled the conditions.

I hope you can step onto the basketball court with the same attitude David had when he stepped onto the battlefield with Goliath. Be aggressive and look forward to challenges. Put on display quiet confidence and trust your preparation. Stay positive and do not let your mistakes handle you; rather, you handle your mistakes.

ATTITUDE  
CONCENTRATION.  
EFFORT.

### **10-90 Attitude**

*The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a team. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it.*

*By Chuck Swindoll*

## ACE Factor | Concentration

*"The measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."*

*~Martin Luther King*

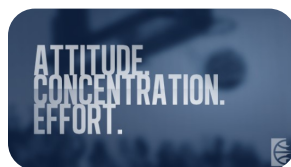
### **Concentration Defined: "the focus of one's attention"**

Basketball is a lot like life. Our circumstances can change on us in a millisecond. These changes can distract us. Dan Rockwell says, "The power of focus is the power to ignore." Let's imagine you are at the Old Market riding in a carriage. Despite all of the traffic and noise that is going on around, your horse manages to stay the course and not get distracted. But how? Then you notice the blinders your horse is wearing. These blinders minimize 90% of the possible distractions and allow your horse to keep his eyes on the road.

We need to adopt this same concept when we compete and do life. A simple question to ask yourself after each event is, "What's Important Now?" A WIN-ning mindset eliminates what we cannot control and frees us up to concentrate on what we can. Basketball players compete best when they focus on the task of the moment. Not the play that just happened, nor the end result. They play through their mistakes and adversity.

RALF is an acronym we emphasize after a mistake is made. It stands for Recognize the mistake, Admit the mistake, Learn from the mistake, and Forget (flush the mistake and move on). When we fail to keep in check our frustrations, anger or fear it is detrimental to our focus and contagious to everybody around. Let's RALF our mistakes, play present and WIN the day!

Coach Lombardi said, "Fatigue makes cowards of us all." Obviously this is true physically, but more so mentally. Learning to train and play when you are "uncomfortable" is another very important discipline of concentration. Playing through some pain (not an injury) and embracing discomfort must become your new normal. There is no way around it. Winning hurts! Make it your quest to being comfortable at being uncomfortable.



### *'Next Play' by Jay Bilas & Coach K*

*Bilas said, "If we just reacted to the mistake by throwing up our hands, shaking our heads or cursing our failure, we would be making a bigger error—one of omission."*

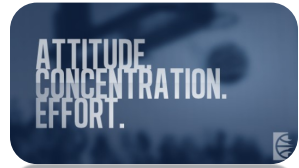
*"By moving on to the next play, concentrating and trying to move to the next thing, you have a better chance to be your best at that moment," Krzyzewski said. "You have to be tough enough to move on, whether the last play was good or crappy. It takes real mental toughness."*



## ACE Factor | Effort

*"There is no substitute for very hard work."*

*~Coach John Wooden*



### **Effort Defined: "working energetically and devotedly"**

There are many synonyms for effort such as hard work, grit and grind. I've always been a fan of John Wooden's term "industriousness". Not a word we throw around that much anymore, but what I like about it is how he breaks it down: "Careful planning and very hard work." I love that, "very" hard work. Most of us get that, but what about the "careful planning"? Similar to the two part definition of "grit" being "perseverance and passion", "careful planning and hard work" go hand in hand to make all of the difference. We like to say, "Have a plan." When you show up to put in work do yourself a favor and have a plan to follow. Work smarter and harder!

Grantland Rice, a sportswriter and poet, understood this fundamental characteristic of achievement. He described it in his poem *How To Be a Champion*:

You wonder how they do it, You look to see the knack. You watch the foot in action, Or the shoulder of the back. But when you spot the answer, Where the higher glimmers lurk, You'll find in moving higher, Up the laurel-covered spire, That most of it is practice, And the rest of it is work.

Great effort must also be sustained over time. This reminds me of the "pump story" I experienced as a teenager. Every now and then I would play golf north of Kearney, Nebraska. The course was hot, dry and barren. I would get really thirsty and by the 15th hole or so there was this old pump. Each outing I would try to pump it several times, but always in vain, or so I thought. One day my dad joined me and when we got to the pump I told him not to bother since it didn't work. He smiled and told me to start pumping. I said, "But dad..." He gestured for me to be quiet and just keep pumping. Eventually, after many several pumps, water started to flow...and flow it did! It was pouring out like Niagara Falls. Thanks to the encouragement of my father I learned a valuable lesson that day, "Success equals effort over time." Staying power has a lot to say about who we are as a result of what we've done.

### **Effort and Success**

*In the battle of life it is not the critics who count; not the man who points out how the strong man stumbled, or where the doer of a deed could have done better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errors and comes short again and again because there is no effort without error and shortcoming; who does actually strive to do the deeds; who knows the great enthusiasms, the great devotion, spends himself in a worthy cause; who at best knows in the end the triumph of high achievement; and who at worst if he fails, at least fails daring greatly, so that his place shall never be with those cold and timid souls who have tasted neither victory or defeat.*

*By Theodore Roosevelt*

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# Above the Line Behavior



*"Too many people waste their technical ability because their personal behavior is on auto-pilot."*  
~Brian Knight

The performance of a team rises and falls on behavior. Our behavior is either intentional (Above the Line) or impulsive (Below the Line).

## **Above the Line Behavior**

- Purposeful
- Intentional
- Skillful
- It takes tremendous mental toughness to consistently stay Above the Line!

## **Below the Line Behavior**

- This is our 'default' mode (Human Nature)
- Impulsive
- On autopilot
- Resistant

## **'BCD' Behavior**

- Blame others
- Complain about circumstances
- Defend yourself

## **Above the Line is what we strive to be!**

- It can't be situational.
- It must be a conscious decision.
- It's as simple as controlling our own thoughts and behavior.

## **Examples of B-C-D Behavior:**

- ⇒ "No way could they have scored if the help defense had supported me the way he was supposed to."
- ⇒ "Coach has no clue what I can do. I've got to get out of here and go where I am appreciated."
- ⇒ "It's not my fault we don't have the talent we need to be competitive. My teammates just aren't very good."
- ⇒ "If I had a point guard who would pass me the ball, I'd be the best post player in the Metro."

## **Self-Reflection Questions:**

- In what areas of life do I/we struggle being 'Above the Line'?
- In what areas of basketball do I/we struggle being 'Above the Line'?
- Who are examples of people living 'Above the Line'?

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# Event + Response = Outcome



*"It's not what happens.*

*It's how we respond!"*

*~May this be said of us*

How can we intentionally focus on staying 'Above the Line'? Simple equation to live by:  $E+R=O$

## **The 'R' Factor**

- I own my response! We call this the 'R' Factor.
- We don't always control the events in life, and we don't directly control the outcomes. But we always control how we respond.
- Our Goal: To make our 'R' stronger than any 'E' that we might encounter.

## **R1 = Press Pause**

What does this situation require of me? It gives you time to think, gets you off autopilot. Pressing Pause does not come naturally, it is a skill that must be developed!

## **Two Benefits of R1:**

1. Helps you avoid doing something foolish or harmful.
2. Focuses on you acting with purpose to accomplish your goals.

## **R2 = Get Your Mind Right**

- Focus on negative things equals a negative mindset.
- Focus on productive things equals a productive mindset.

## **Two Things To Manage:**

1. What you focus on (concentration).
2. How you talk to yourself (self-talk).

## **Three Mindsets**

### **1) Irritated Mindset**

- Comes from negative focus that is born of laziness.
- Resistant to the productive discomfort that real growth requires.
- Poor self-talk: "Forget that drill! Why are we doing this stuff?"

### **2) Survival Mindset**

- Comes from a desire to take the path of least resistance.
- Focuses on what's comfortable and convenient.
- It's not focused on getting better. Poor self-talk: "Man, this workout sucks. When will this be over? Just get through it."

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## E+R=O

### 3) Purpose Mindset

- *This is Above the Line way of thinking. #ACEfactor*
- *Embraces productive discomfort: Knows that discomfort is necessary in order to practice and perform at an elite level.*
- *It wants to compete!*
- *Positive self-talk: "This drill makes me better. It makes our team better. Bring it on!"*

### R3 = Step Up

*Every team faces some kind of adversity:*

- *Mediocre teams are destroyed by it.*
- *Good teams survive it.*
- *Great teams get better because of it.*

***"A hammer shatters glass, but forges steel."***

### R4 = Adjust and Adapt

*If what you are doing isn't working, change it. Don't blame the 'E', choose a better 'R'. The best athletes are exceptional at:*

- *Adjusting*
- *Adapting to Change*

### R5 = Make a Difference

- *Your 'R' is an 'E' for others. Your attitude and behaviors have a profound impact on your teammates and your coaches. The quality of your relationships is determined by how you choose to manage the 'R'.*
- *What kind of 'E's' are you giving*

*to your teammates and coaches? Make a Difference means taking complete ownership of the experience you give to teammates and the contribution you make to the culture of the team.*

- *The way you manage your 'R' matters not just to you, but to the guys around you.*
- *The experience you give to others may be the single most important element of teamwork. You will be no better as a team than you are to each other. Make the people around you better.*

### R6 = Build Skill

- *Everyone has some level of talent. Elite performers are the ones who are relentless about building skill beyond their talent. Talent is a gift. Greatness is a choice!*
- *Embrace discomfort. Discomfort marks the place where the old way meets the new way. Discomfort indicates that change is about to happen. Push through the pain. If it doesn't challenge you, it will not change you.*

**Rewrite/Memorize E+R=O Goal>>>**

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# The Titan Way



*"To love others as we love ourselves, to serve with an attitude of gratitude, and to care deeply about being the best we can be."*  
~STBB

Being a great leader will not ensure all-state accolades or State Championships, but leading your team The Titan Way can guarantee great memories, improvement and team cohesion. Let's study 7 Ways to Lead a Team by Bruce Brown.

## **1. Be the first to serve and the last to be served:**

On most teams, the longer you are a part of the team the more entitled you become. This is NOT The Titan Way! The longer you are in the program, the more responsibilities you assume for the sake of the team.

- Service becomes a privilege.
- Delegate and share leadership.
- All roles have equal value.

## **2. Be the first to lead by example and the last to violate team standards:**

You need to be an example of exactly what this team stands for.

- Be an example of attitude.
- Be an example of a teachable spirit.
- Be an example of poise.
- Be an example of work ethic.
- Be an example of excellence.
- Be an example of accountability.
- Be an example of initiative.

## **3. Be the first to be a lifeline of communication between coach and team and the last to withhold information:**

Where there is lack of communication, negativity fills the void. The Titan Way wants to completely nip this in the bud!

- Communicate by being truthful.
- Communicate by being inclusive, not exclusive.
- Communicate by being clear, concise and simple.
- Communicate by being a better listener than talker.

## **4. Be the first to praise others and the last to brag or draw attention to yourself:**

A humble leader doesn't separate himself from the team, he treats everyone as an equal.

Notes>>>

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# The Titan Way

- Lead with humility.
- Be the first to spread words of praise.
- Be confident but carry it quietly.

## **5. Be the first to protect and defend and the last to criticize:**

The Titan Way believes in each other; and that allows us to lift each other up, to magnify individual strengths and diminish individual weaknesses.

- Protect and defend by being loyal to your coaches and teammates.
- Protect and defend by welcoming new people to your team.
- Protect and defend your team by being the first to admit you made a mistake.

## **6. Be the first to confront violations of team standards and the last to ignore problems:**

Great teams are known exactly by what they stand for and are known by their standards.

- Confrontation requires that you are a person of integrity.
- Confrontation requires courage.
- Confrontation requires being a problem solver.

## **7. Be the first to encourage and the last to become discouraged:**

The Titan Way leads by encouragement; not criticism, fear or blame.

- Encourage by being someone

who is mentally tough.

- Encourage by being motivated yourself.
- Encourage by sharing your passion.
- Encourage by keep things in perspective.
- Encourage by being positive.

## **Extra Mile**

As the leader of a great team, do more than what is expected. Be willing to go the extra mile, in both work and in relationships. Be a “get it done” teammate, but don’t stop there. Get it done and then some:

1. You must show up everyday.
2. You must commit to hard work.
3. You must start your own engine; bring your enthusiasm.
4. You must choose to practice with intensity and concentration.
5. You must believe that preparation is “the point” and the answer.
6. You must communicate, encourage, and inspire.
7. You have to believe that character is more important than talent.
8. You must value all roles and everyone’s contribution.
9. You must commit to protecting the team.
10. You must buy into something bigger than yourself.

## **Notes>>>**

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# Criteria for Evaluation

*With careful planning and organization, each player is given the opportunity in practice to earn various degrees of playing time at his respective level. The coaching staff in evaluating personnel uses the following questions:*

## **Physical Assessment**

1. *How well has he mastered the offensive skills of shooting, passing, and dribbling?*
2. *How strong is he, and does he like to rebound?*
3. *Does he look like he will grow, or has he reached his growth potential?*
4. *How quick are his feet, and can he run the court?*
5. *Does he like to play defense?*
6. *Can he post up and rebound?*
7. *Does he talk the game?*
8. *What are his leadership traits like?*
9. *Does the player have good court sense? Does he move without the ball and try to get his teammates open?*
10. *Does his presence and ability make the players around him better? Does he help create team continuity, or do they break down and have to wait for him to perform?*

## **Mental Assessment**

1. *What behavior does he display towards the school, teachers, administration, and other students?*
2. *What is his attendance record? Tardiness? Detentions? Can we count on him?*
3. *What kind of grades does he carry? Will he be eligible?*
4. *Can he be coached, or does he know it all?*
5. *What will his attitude be if he is not a starter? In the rotation? Can he accept various key roles he may be placed in?*
6. *Is he a poor loser, or does he learn from each experience?*
7. *Is he a team player, or is he only concerned about himself?*
8. *Will he be a problem if he does not play that much?*
9. *Does he react positively to criticism?*
10. *Does he have tremendous desire on and off the court to become the best he possibly can?*

## **Additional Questions**

1. *How many seniors, juniors, and sophomores are returning? How much experience do we have?*
2. *Have they played on the varsity, junior varsity, reserve, and/or freshman teams?*
3. *Does this player fit into our offensive and defensive philosophy?*
4. *Do we have an abundance or deficiency of players at certain positions?*
5. *Is there an underclassman equally or more productive as he is?*

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## *3 Ways to Improve (ASK)*

*Athleticism*

*Skills*

*Knowledge*

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# Expectations

*There are some basic guidelines outside the athletic handbook we all need to follow to help maintain continuity and success in our program. The primary rule you must adhere to is not to do anything that is detrimental to the community, school, team, or yourself. We have a saying, "Class always shows!" You must conduct yourself with class at all times. If you do not, then the coaching staff will handle it however we deem necessary.*

## Academic Rules

*Academic rules are set up according to the NSAA and school policy. Please refer to the PLS athletic handbook. However, the following are all important guidelines to consider:*

1. *Maintain good rapport with all of your classroom teachers and building administrators.*
2. *Stay off the credits list. If not, possible consequences may be warranted.*
3. *Make an effort to sit towards the front of the classroom when possible.*
4. *No discipline referrals. Again, possible consequences may be warranted.*
5. *No tardy detentions or unexcused absences.*

## Appearance

1. *On game day, players are required to dress according to team policy on and off the court.*
2. *Though we do not dictate the brand of shoe you are to wear, we do encourage all shoes to be school colors.*
3. *No Hat Policy: Hats are not to be worn when we are together as a team (i.e. team meals, traveling, pre-game, etc).*
4. *Player's hair should be off the neck, above the eyebrows, and above the earlobe. Hair color should remain natural. Please refrain from any unusual hair styles, excessive facial hair, and/or headwear too.*
5. *The NSAA outlaws any type of jewelry in basketball. No jewelry is allowed at practice and/or games.*

## Behavior

1. *Maintain your health. Get plenty of rest each night, eat a balanced diet, and keep your body properly hydrated.*
2. *Abstain from drugs, alcohol, tobacco, and gambling.*
3. *No cursing and/or foul language, period.*
4. *Complaining about the officials, coaching staff, and/or teammates will not be tolerated.*
5. *Be a great teammate! This team is not about you. Encourage and serve.*
6. *Be punctual. Vince Lombardi Time: Always 5 minutes early!*
7. *Be respectful of others. For example, head phones only on the bus or in the locker room, and cell phones should be used sparingly according to team policy.*
8. *Thoroughly read and study your "Player's Handbook". There will be a \$10 replacement cost for any lost or stolen handbook.*

## Lettering System

1. *Perfect practice attendance. Absolutely no unexcused absences (refer to "Practice Time").*
2. *Team attitude. Subject to coaching staff's discretion.*
3. *Playing in at least 1/6 of the total varsity quarters.*

## Open Door Policy

1. *Players are welcome and encouraged to contact any of the coaching staff anytime should a problem arise.*
2. *Parents are asked to respect the coaching staff's family time and contact coaches at the school. Our time is limited with our families as it is.*
3. *Parent-coach-administrator conferences may be arranged by contacting your coach at the school.*

⇒ *Not to your coach when he tells you to do something.*



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# Practice Time

*Team play comes from integrating well-conditioned athletes who have mastered fundamentals into a smooth-working and cohesive unit. Practice time will be organized. Individual drills will last around five minutes. Team drills will last around ten minutes. They will be designed to simulate game situations; thus, athletes are expected to work at game pace. The following guidelines have been established concerning practice.*

## **Snow Days**

1. *Never assume we will not practice on a "snow day". It will be a judgment call on behalf of the staff and administration.*
2. *It is your responsibility to contact your coach and find out when practice may be held.*
3. *Obviously, if road conditions prevent safe travel to and from school, such an absence will be "excused".*

## **Excused Absences**

1. *Practice time is very important! We do not expect any of our athletes to miss practice unless it is due to a family emergency.*
2. *We understand this is a big commitment for the player and his family, but hopefully one that is well-worth it when it is all said and done.*
3. *However, if you do have to miss practice due to a school-related event and/or family emergency, you are required to notify your coach ahead of time. Failure to do so will result in make-up work and possible demotion.*
4. *If you are ill and stay home from school, please have someone email or text your coach before practice or game time.*
5. *If you become ill at school, leave word with your coach before leaving the building.*

## **Unexcused Absences**

1. *Being punctual is also very important. Each tardy (or offense) earns the following "Titan Reminder(s)": first offense – 1 in 1, second offense – 3 in 3, and third offense – 5 in 5, fourth offense – 10 in 10. Five tardies is considered an unexcused absence!*
2. *One unexcused absence will result in make-up work (20 in 20) and possible demotion.*
3. *Two unexcused absences will result in make-up work (30 in 30), definite demotion, and/or possible dismissal from the team.*
4. *Three unexcused absences will result in dismissal from the team.*
5. *The coaching staff frowns upon additional club sports, skiing and other dangerous activities during the season.*

## **Practice Time**

1. *If the whistle blows and your coach holds a fist in the air, sprint and circle up around him. An open hand simply means to stop what you are doing and listen.*
2. *Players are required to run to and from every drill. Do not walk! Nor do we sit down. Remain standing and attentive throughout the entire practice time.*
3. *Players are required to check with a coach if you need to leave the gym or get a drink.*
4. *Practice time is all business. No horseplay! Practice is where we prepare to be at our best. One motto is, "Do the job in practice, have the job in games."*
5. *Practice gear will be announced according to team policy. Shorts must not sag and will remain at waist level. Failure to comply will result in a "Titan Reminder(s)".*

⇒ *"If you're not running, you're talking. If you're not talking, you're clapping!"*

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# Parental Support

*One of the toughest jobs as a parent is to sit back and watch your child participate in junior high and high school athletics. Our society continues to raise the bar and place unrealistic expectations on all of us involved. The objective of sports has been tarnished greatly. It seems to have taken on a "what's in it for me mentality". This saddens me and makes the task at hand all the more challenging. Coaching today is as difficult as parenting, but with your help it does not have to be that way. Our most successful teams have always had great parental support teams. Below are some helpful tips to make your child's experience a positive one for everybody.*

## Encourage

*Try not to shout advice to the players during the game. Your insightful tips may conflict with our instruction. However, when you shout out words of encouragement we all benefit.*

## Referees

*Please don't heckle the refs. Sometimes a particular call is hard to take for whatever reason. Believe me, I know! Such times are a test of emotional control. We expect our coaches, players and parents to conduct themselves in a worthy manner. Learning to cope with disappointment is a valuable life skill.*

## Playing Time

*This is one issue we will not discuss with parents. A player has every right to ask a coach what needs to be done to earn more playing time, but a parent interfering with such a matter is inappropriate. This includes emails, texts or calls made asking for it all to be kept private from the player. We go to great lengths to objectively assess each individual player everyday in practice. It is on the practice floor where playing time in games is earned.*

## Support

*Please don't talk poorly about a coach in front of your son. Hindsight is always twenty-twenty, and it is easy to question various coaching decisions after the fact. The best thing you can do for your son is to "bite your tongue" and stand behind the coach's leadership unconditionally.*

## Communicate

*We would like to know in advance about a missed practice or game. Please call and speak with the respective coach if your son is ill or has a conflict. It is also important to communicate anything else that might affect your son's performance (i.e. injury, illness, or death in the family). Use your discretion, but please try to keep such issues at a minimal on game days.*

## The Role of Parents In Athletics

By Bruce Brown

- Attend as many games as possible.
- Do everything possible to make the athletic experience positive for your child and others.
- View the game with team goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Encourage multi-sport participation.
- Release your child to the coach and the team.
- Look upon opponents as friends involved with the same experience.
- Accept the judgment of the officials and coaches; remain in control.
- Accept the results of each game; do not make excuses.
- Demonstrate winning and losing with dignity.
- Dignify mistakes made by athletes who are giving their best effort and concentration.
- Encourage athletes to keep their perspective in both victory and defeat.
- Be a good listener.
- Accept the goals, roles and achievements of your child.
- Avoid PGA's (post-game assessments).

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# Titan Timeline

Our best teams have always been the teams that train together year round. This timeline spells out for each player and his family the commitment it takes to be a part of South Titan Basketball. First and foremost we encourage multi-sport athletes! We realize this is not an easy task, but we will certainly do everything we can to accommodate this commitment. The multi-sport athlete's #1 job is to maintain a high level of communication with all of his coaches. If this is you, your primary focus will be your "in-season" sport. However, if you are not participating with another sport, be accountable to your teammates and coaches. Make the necessary arrangements to train the "Titan Way". Off-season athletes are never off! You need to be committed to our program. Outside trainers/programs/coaches/etc. should seldom, if ever, trump our own.

The following timeline is aligned with the NSAA calendar weeks. Go to our website for more specific dates and information. Please note these weeks and activities are tentative, but should serve as good indicators.

## July

- Strength & Conditioning | Weeks 1-4 | Mornings TBD
- AAU Travel Teams (if applicable) | Weeks 1-4

## August

- Fall Sport | Weeks 6-16 | ***Get out for a Titan fall sport!!!***

## September

- Morning Skills & Drills | Weeks 9-18
- Fall League | Weeks 11-16 | Returning JV/Varsity Only or Selected Invite

## October

- Morning Skills & Drills | Weeks 9-18
- Going Up! Conditioning | Weeks 13-18 | Tuesdays & Thursdays Afterschool

## November

- Organizational Meeting | Week 18 | Wednesday Afterschool
- Conditioning | Week 19 | TBD
- Team Try-outs | Week 20 | Monday & Tuesday

## December

- Practice & Game Attendance | Weeks 20-36
- 5-Day No Practice Moratorium | Weeks 25 & 26

## January

- Practice & Game Attendance | Weeks 20-36

## February

- Practice & Game Attendance | Weeks 20-36

## March

- Districts | Weeks 34 & 35
- State | Week 36 | ***Our plan is to be playing! But ALL players should attend and catch the vision!***
- Spring Sport | Week 35-47 | ***Get out for track or another Titan sport!!!***
- AAU Try-outs | Weeks 37 & 38 | If interested, please visit with Coach Hueser about credible options!
- End-of-the-Year Celebration | Week 38 or 39

## April

- Post-season Conference | Weeks 40-46 | ***Set-up with program level coach!***

## May

- Blue Sheet Due | Week 47

## June

- Skills & Drills | Weeks 48-52 | Mornings TBD
- South Titan Basketball Camp(s) | Weeks 49 & 51 | Mornings & Afternoons (player-coaches needed & encouraged)
- Strength & Conditioning | Weeks 48-52 | Mornings TBD
- Summer Leagues & Shoot-outs | Weeks 48-52 TBD