

Hopkins Boys Basketball Program

Student/Athlete Expectations

Student/athletes have many expectations as members of the Hopkins Boys Basketball Program. The expectations are to guide them to being young men of character who are built for others and strive for excellence on and off the court. We ask that all coaches, parents, teachers, staff, and players help our young men live up to the expectations outlined in each area below.

Academic

- Be respectful of your teachers and the school staff.
- Be on time to class.
- Turn in assignments on time.
- Do not use basketball as an excuse for not having your work completed.
- Take initiative, and ask your teachers for help if you are not understanding something. Be proactive, and do not allow yourself to fall below a C- in any class.

Behavior

- Show respect to teammates, parents, coaches, officials, opponents, fans, school property, and equipment at all times.
- Conduct yourself well on and off the court. You are representing more than just yourself as a member of the basketball program.
- Support the goals of the program and the team through your voice, actions, attitude, and work ethic. Understand that individual goals happen within the team goals.
- No discipline, attendance, or homework issues.
- Be a leader on and off the court through your voice, actions, attitude, and work ethic.

Communication

- If unable to attend a practice or game, then communicate this to your head coach as soon as possible beforehand.
- Medical emergencies are unavoidable. Dentist, doctor check-ups, drivers training, etc. must be worked around our practice and game schedules.

Practice

- Be on time for practice. Early (10-15 minutes) is on time.
- Wear your practice jersey every day for practice.
- Be ready to learn, work hard, be energetic, and compete every day.
- Be at every practice. Communicate with your head coach if you know you will be late or gone.
- Practice is closed to the public. No family, friends, siblings, etc. are allowed in the gym.
- Hold the basketball, and listen to the coach when he is speaking.
- Do not shoot half-court/full-court shots. This slows down practice and is not good for the basketballs.
- Support your teammates in learning and understanding team concepts.
- Be a part of HYSO, youth camps, fundraising, and other events that support the program.

Game Day

- Wear your travel gear for both home and away games. Wear your shooting shirt underneath your travel gear.
- After games, change out of your uniform and back into your clothes before leaving the locker room.
- The team will sit together at all games. No family, friends, or girlfriends should separate you from a teammate.
- Be dressed and mentally prepared for the game by the fourth quarter of the game before.
- Warm-up hard, stretch out, and be mentally focused for the game.
- Players on the bench should be actively engaged in the game and supportive of the team. This means standing to high-five a player coming out of the game, cheering, and encouraging teammates in the game.
- When a timeout is called, run on and off the floor. Do not walk. Our time is very limited during these opportunities.
- During timeouts and the end of quarters, the five players in the game will sit down in front of the coach. All other players will surround the coach and listen to his instructions.

Travel

- Be on time to the bus. Early (10-15 minutes) is on time.
- Be dressed appropriately during school, travel, and at games.
- Respect the bus driver's rules.
- Headphones may be listened to as long as no one else can hear the music.
- Teams will sit together on the bus.

- All varsity players must travel with the team to and from games unless prearranged with their head coach. Freshman and J.V. players may ride home with a parent after their game. Be sure to communicate and sign out with your head coach before you leave.

Dress

- Wear your practice jersey to every practice.
- Wear your warm-ups, shooting shirt, and uniform to every game.
- Shoes must be black, white, blue, or silver/gray.
- Sock color must be black, white, blue, or silver/gray.
- Undershirts must be the same color as the dominant color of our jersey.
- Headbands, wristbands, and compression shorts must be the same color as the dominant color of our jersey.

Player Consequences

Consequences for actions that do not meet the expectations of the Hopkins Boys Basketball Program will vary from running sprints, to sitting out partial or whole games, to being removed from the program.

Most consequences stem from a lack of effort or a lack of communication. If we all strive for excellence in our effort and communication, then the need for negative consequences will greatly decrease.

Consequences will be decided by the coaching staff, athletic director, or team depending on the matter being addressed.

Playing/Game Philosophy

We all want to win. Players who work hard, buy into the program, and have the skill set to compete are not automatically given playing time during a game. These three factors are why the player is on the team in the first place. There are many other considerations to think about when deciding who plays, how much they play, and at what time during the game they play.

Playing time is not always an easy thing to decide. Several factors are weighed when making these decisions. Factors include:

- Attitude
- Work ethic
- Skill level

- Team chemistry
- Defense being played
- Offense being played
- Time in the quarter, half, or game
- Decision making ability
- Basketball I.Q.
- Match-ups
- Are we winning or losing?
- The other team's substitution pattern
- Game plan going into the game
- Who is shooting well
- Who is creating action (tips, steals, assists, etc.)
- Support of teammates from the bench
- Etc.

As competitors, we want to win every time the team steps on the floor. We will make the best decisions possible given all the information we have to make this happen.

Some additional things to know about the coaching staff:

- We will not overlook a bad attitude to win a game.
- We will not allow poor sportsmanship to define the program.
- We do not play favorites. We will play players who we feel, at the time, give us the best possible opportunity to win.
- The head coach decides playing time, no one else. Input from assistant coaches is taken into consideration.
- Mistakes because of a lack of effort or a lack of communication are unacceptable.
- Different circumstances require adjustments in games. We will make these adjustments as we see fit with the information we have.
- We expect to compete in every game.

Varsity

Playing time will be decided by the coach with input from his assistant coaches. We, as coaches, know everyone wants to play in the games. It is the coach's role to decide who to play and when so we can be successful. This means that playing time will not be equal and may change from game to game. Whether a player is on the floor a lot, a little, or not at all, he is a valuable member of the team and program and may be asked to help the team in another way. The more each player buys into their role, the more enjoyable and rewarding the season will be for them. It is important to know that roles can change through hard work, attitude, skill development, and circumstances out of a player's control such as illness, injury, family emergencies, etc.

Junior Varsity

The J.V. coach's responsibility is to develop players who will one day be members of, and contributors to, the varsity team. The schemes, rotations, and overall direction of the team will have input from the varsity coach. While winning is not the most important part of this level of basketball, it is important to know how to compete and play your role as a member of the team. This means playing time will not be equal but will be easier to come by than on the varsity team. Players need to be ready when they are asked to go into a game, so the coach can see where their skill level and competition level is against an opponent.

Freshman

The freshman coach's responsibility is to develop players' skills and to introduce them to the offense, defense, and overall philosophy of the boys basketball program. The schemes, rotations, and overall direction of the team will have input from the varsity coach. With the correct attitude and work ethic, players will be given an opportunity to start and compete as a part of the freshman team. The amount of playing time each player receives will depend on several factors, and the freshman coach will have discretion over this. This means playing time may not be equal. We recognize players are still developing at this stage in their lives. As a coaching staff, we ask that players work hard and maintain a positive attitude, so they can develop personally and athletically through the basketball program.