
WARRIOR BASKETBALL

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WARRIOR BASKETBALL

**GOOD,
BETTER,
BEST,
NEVER LET IT REST,
UNTIL YOUR GOOD
IS BETTER
AND YOUR BETTER
IS BEST!**

WARRIOR BASKETBALL

“TRADEMARKS OF A WARRIOR BASKETBALL PLAYER”

1. **Drive:** Drive provides the desire that carries a Warrior basketball player to success. Warrior basketball players have a strong desire to improve, to compete, and to win. No one gets to be the best without a burning desire to be the best!
2. **Aggressiveness:** Warrior basketball players make things happen instead of waiting for them to happen. They take charge, force action, and produce results. They assert themselves strongly, make their presence felt. They drive on competition!
3. **Determination:** Determination makes Warrior basketball players into winners. The refusal to quit or accept defeat; the persistence to try and try and try again; the willingness to practice long and hard. Warrior players are relentless in their efforts to improve and to win!
4. **Responsibility:** Warrior basketball players accept total responsibility for their actions. They recognize their own mistakes and the need for change and improvement. They admit errors and will not blame others or make excuses!
5. **Self-confidence:** Self-confidence builds winners. Warrior basketball players have confidence in their abilities and can act decisively. They believe they can successfully meet challenges and handle unexpected situations. They never doubt their own ability!
6. **Emotional Control:** Warrior basketball players can handle the pressures of competitive sports. They stay cool, adjust quickly, and are not upset by bad breaks for calls. They deliver top performances regardless of the circumstances!
7. **Mental Toughness:** Mental toughness is a big factor in athletic success. Warrior basketball players can accept strong criticism and rigorous training. They recover quickly from setbacks, and they don't fall apart when the going gets tough!
8. **Coachability:** Warrior basketball players respect the coach and the coaching process. They know that coaching is important to their development and progress as an athlete. They are receptive to the coach's advice and follow it!
9. **Character:** Warrior basketball players have high standards of character. They have a deep sense of obligation, and know a team must have discipline to be successful. They understand that team morale and unity is critical for success!
10. **Team Player:** How much of a sacrifice are you willing to take for the team? Are you diving for loose balls? Are you playing team defense? Are you being the best role player for a win?

DO YOU HAVE WHAT IT TAKES TO BE A WARRIOR BASKETBALL PLAYER???

WARRIOR BASKETBALL

Building and sustaining our program

Basketball strategy may change from year to year in order to take advantage of the strengths of each team. However, there are some things that must remain constant in order to be successful. These are trademarks of the Warroad Boys' Basketball Program.

1. **ENTHUSIASM:** Nothing great was ever accomplished without enthusiasm. Enjoy what you are doing, and pass that attitude on to those around you. Enthusiasm is contagious, and is often the difference between success and failure.
2. **TOTAL ORGANIZATION AND PREPARATION:** Organization and preparation produce maximum efficiency. Players are much more confident when they realize that they have been trained to handle every possible situation. This applies to practices, film sessions, scouting, game plans, etc.
3. **DISCIPLINE:** No one is bigger than the total program. We can only expect long-term success when we demand reasonable discipline. We must be able to rely on each player to fulfill their role, no matter the size of that role.
4. **CONSISTENCY:** Players will be more successful when they know what to expect. Players must be treated equally and fairly in order to produce maximum effort. There must be some "constants" that exist in the program year after year.
5. **EMPHASIS OF FUNDAMENTALS:** Nothing can be accomplished without a firm grasp of the fundamentals. This must be stressed in every practice, game, and off-season work-out program.
6. **TOTAL COMMITMENT:** For us to succeed, basketball cannot be a winter hobby; it must be a passion!

WARRIOR BASKETBALL

“Successful athletes are those that can ignore that voice and consistently overcome that part of themselves that wants the easy way out.”

-Unknown

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Attendance Policy

The team depends on every player to contribute. Therefore, it is the responsibility of each player to attend every team function and on time. If you are missing and unexcused from a team function, you are telling your teammates that your time is more important than your team - DO NOT LET THAT HAPPEN!

When you miss the practice, you are either excused or unexcused.

- Excused
 - Stayed at home from school because you were sick
 - Went home from school during the day because you were sick
 - Special circumstances came up and you cleared it with your coach beforehand.
 - Must be made 2 hours prior to practice
 - Note: Doctor/dental appointments or any other appointments should not be made during practice! There is only very little time in practice during the week.
- Unexcused
 - “Forgot” we had practice, didn’t have a ride, overslept, had something better to do, special circumstances came up and you didn’t clear it with the coach beforehand, shopping, etc.
- If you are gone from practice (excused) the day before a game, you are ineligible to start the next game. If you are a starter, your playing time will be reduced from what it would normally be.
- If you are gone from practice (unexcused) the day before a game, you are ineligible to play at all for the game. You must attend the game and sit with the team.
- If you are gone from practice (unexcused) three times in one season, you will be cut from the team.
- If you are late to practice (unexcused), you will make up the time you missed by conditioning to get better. The coaches will determine what the conditioning will be.
- The coaching staff reserves the right to make decisions based on extenuating circumstances.

Ways to get a hold of the coach is to meet with him in person, by phone call/text, or email. Do not send a teammate to tell the coach that you will be gone that is the WRONG way to excuse yourself.

Email: vichita_ouchith@warroad.k12.mn.us

Cell: 218-686-5746

WARRIOR BASKETBALL

Practice Routine

Early practice begins at 3:10pm

Late practice
begins at 5:10pm

1. BEFORE PRACTICE:
 - Be dressed for practice, shoot around, and ready to go. **DO NOT BE LATE!!**
 - On time is 5mins before practice starts you are late if you show up when practice begins.
 - Black and white reversible practice jerseys are required for every player to wear.
 - Pre-practice shooting:
 - Game speed shots: Do not stand still. Shoot at different locations with game intensity.
 - Sprint after the rebounds to set the tone for practice.
 - Concentration is the key to becoming a great shooter - work at it!
2. DURING PRACTICE
 - Practices will be closed to everyone who is not a player, coach, or manager.
 - The coach will blow the whistle to begin practice which means the balls will be on the rack then begin dynamex.
 - When a coach is talking - stand at attention, be quiet, and listen.
 - Do everything at full speed; practice with game intensity.
3. AFTER PRACTICE
 - The coaches will be available to answer questions and address any concerns (open door policy).
 - Keep practice jerseys clean and take them home to be washed!
 - Keep the locker room clean!
 - If not clean expect a consequence on the next practice.

Drills and Practice Organization

Tentative Practice Plan		Rebounding	
1. Introduction - Coach (5mins)		1. Peer Pressure (1-1 and 2-2)	
2. Dynflex (5mins)		2. Tip Drill	
3. Pre-Practice (25mins)		3. Weak side rebound to finish	
4. Conditioning (TBD)		5. 5-5 rebounding	
5. 160 in 4 (5-10mins)			
6. Weight Room Workouts (45mins)			
Defense Drills		Shooting Drills	
1. Man to Man		1. Form	
2. Shocker Defensive Drill		2. Perfect shots	
3. Ranger Drill		3. Lay-ups	
4. Foot Fire		4. 2 Ball Shooting	
5. One on One close out		5. Free Throws	
6. Full Court Zone/Man			
Offensive Drills		End of Practice	
1. Whip Drill		1. Stretch	
2. 4 square		2. Meet about upcoming practice/games	
3. Fire		3. Q and A	
4. Special K		4. Educate and Inspire	
5. 160 in 4min			
Manager's Practice Duties			
1. Sweep floors before practice			
2. Make sure basketballs are out			
3. Videotape practices in the early part of the season			
4. Operate scoreboard during practices			
5. Put basketballs away after practice ends.			

WARRIOR BASKETBALL

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

--Derek Jeter

“I’ve always believed that if you put in the work, the results will come. I don’t do things half-heartedly. Because I know if I do, then I can expect half-hearted results.”

--Michael Jordan

WARRIOR BASKETBALL

Team Rules and Policies

Bus Rules:

- Dress appropriately and clean (make sure to bring warm clothes)
- Music - no one should hear them but you
- Be smart if taking pictures with cellphones
- Keep the bus clean!
- Stay seated at all times
- Bus should be quiet on the way down
- Stat girls are to sit immediately behind the coaches
- Be respectful to all other people on the bus (coaches, players, driver, managers, and statisticians)

Game Preparations:

- Be on time!
- Prepare mentally on the bus (away games) or in the stands (home games)
- Dress neatly for games - shirt and tie, sweater, and dress pants. No jeans!
- All players should have a nice haircut. No mullet or shaggy hair. Let's look presentable. Shaved
- Varsity will dress during the second half of "B" game

Game:

- National Anthem - stand in straight line with your hand over your heart
- Play hard and a good sport
- Be Positive towards your teammates and in your attitude
- Have FUN!!

Lockerrooms:

- Lockerroom must be clean after each practice and after games.
- If you do not want to lose anything or have anything stolen LOCK YOUR LOCKERS!
- Cell phone use for taking pictures or videos is prohibited and if found it using it this way it will be confiscated. It should only be used for emergency call/text only.

Social Media

- Facebook, Twitter, Instagram, and other forms of social media.
- Always think twice before posting any personal status or pictures online.
- Be careful that your friends do not post incriminating pictures online as well.
- Don't be a cyberbully towards your teammates or other students.

WARRIOR BASKETBALL

Equipment

1. Each player will receive their equipment for the season.
 - a. One reversible practice jersey, travel bag, and game uniforms.
2. You are responsible for keeping it clean and in order. As well as having practice gear ready and game uniforms ready for games.
 - a. Coaches will not issue any extra gear if you forget them at home.
3. Each player will make a \$75 deposit for their equipment for the season.
 - a. The check will not be cashed until the end of the season when the equipment is NOT returned in full.
4. Please make the checks out to Warroad Basketball Boosters.
 - a. Date the check for March 5, 2018

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Team Tryouts:

- Each player will have three days to make the team. After the three days there will be a post in the locker room on who is on what team.
- It is the right of any student-athlete in the Warroad School District to try out for the team but the coaching staff reserves the right for who will be on the team that they see fit.
- If the numbers are not great there is a chance that there will be no cuts.
- Work hard and you won't have to worry about this.

Playing time Criteria

It is a privilege to be a Warrior basketball player. To be an effective athlete, all players should have a strong desire to play. However, this does not mean players are entitled to playing time. There will be situations in which the coach decides to give players little or no playing time, while other players will play a majority of the game. This is the nature of varsity athletics. The coach's decision is final.

Players will receive playing time based on the following criteria:

- Talent
- Effectiveness and effort in practice
- Effectiveness and effort in games
- Knowledge of the system
- Physical and mental preparation
- Physical and mental conditioning
- Proper Technique
- Attitude
- Following team rules

***Every Warrior basketball player has a role to fulfill on the team, and the team depends on each player to fulfill their role. Don't be selfish!

Meeting with the Coach

- All meetings with the coach will be made by appointments only.
- Please give it 24 hours before addressing the coach after a game or practice to give both parties to reevaluate the situation.
- Playing time will not be addressed but a way for your child to get better towards playing time will.
- Always follow the chain of command by meeting with your child, coach, then AD.

WARRIOR BASKETBALL

PLAYER OBJECTIVES

1. Always be on time.
2. Always put the team before yourself.
3. Always play hard.
4. Always play smart.
5. Always practice with game intensity; the way we practice is the way we play.
6. Recognize your weaknesses and work to improve them.
7. Support and encourage your teammates.
8. Exhibit sportsmanship at all times.
9. Never use profanity on the basketball court.
10. Be a positive role model on and off the court.
11. **EXPECT TO WIN!**

“The trademark of a true competitor is an unwillingness to tolerate losing.”

-Unknown

WARRIOR BASKETBALL

Player Academics

The eligibility rule has changed this year. There will be a list sent out to the homeroom teacher each week. The secretaries in the high school office will go through the list of students that are in activities and they will be given a slip that they must have signed with their teacher(s) by Friday to be eligible the following week. It will be one game or more depending on.

If the player is ineligible three times in one season they will be automatically cut from the team immediately! It is a privilege to be part of Warrior basketball and the players are Student-Athletes first.

Study Hall

- There is study hall available to all players when we have late practice.
- Study hall will start at 3:20-4:45pm, this gives plenty of time to get something to eat before going to study hall.
- If you are on the list you are required to be in study hall
- Study hall will room is TBD.
- This is an opportunity for you to do your homework or any projects that you might have.

WARRIOR BASKETBALL

Awards and Scholarships

Justin Knebel Award

Justin was the heart and soul of the Warriors during his senior season, the 2000-2001 campaign. Co-captain of the team, he led the Warriors to the North Border Conference Championship and a 20-6 record. He will be long remembered for his attitude, effort, spirit, and passion for the game of basketball. He led by example and made everyone around him better. Justin Knebel passed away on October 14, 2002.

33 Club

The "33 Club" is for student athletes who participate in three sports for three years in high school. There will be a scholarship to the participating athletes from both the boys and girls. Student athletes will need to apply in order to be selected by the coaches. This will be available for the 2013-2014 sophomores.

WARRIOR BASKETBALL

**SET A GOAL -
THEN ELIMINATE THINGS
IN YOUR LIFE WHICH
KEEPS YOU FROM
ATTAINING THAT GOAL.**