



MONTEREY TRAIL BOYS' BASKETBALL

PROGRAM HANDBOOK

The following standards and rules are written so that there will be complete understanding as to what is expected of the players, parents, and coaches during the season. It is most important for our basketball program to create and operate in an atmosphere in which expectations and standards are clearly defined. These basic standards of behavior will act as guidelines as we work toward achieving our program, team, and individual goals.

I. Academic Expectations

- Academics are a student-athletes first priority. Developing skills and habits to constantly improve in the classroom is the true reflection of a student-athlete.
- Participating in athletics is a privilege and like all privileges they must be earned. All players' academic and citizenship grades will be monitored and posted throughout the season.
- Grade checks will be required from all players during the season. Players are expected to ask their teachers to complete their grade check prior to the beginning of each class. Failure to received signed grade checks will result in practice/game consequences.
- Study halls are a required component of the basketball program. Attendance is mandatory. Student-athletes who either miss study hall or arrive unprepared will receive practice/game consequences.

II. Behavior Expectations

- Being a member of this basketball program is a privilege granted to those who have earned, through their efforts, a place on the roster.
- Leave the coaching to the coaches. Suggestions can be welcomed and will be discussed privately at the appropriate time. Suggestions and comments are not acceptable during the game, unless given the opportunity.
- Everybody on the team has a specific role. Every team member WILL NOT receive equal playing time, but every team member is of equal importance.
- Team goals are of paramount importance. Individual goals and achievements matter only when related to team goals.
- Everybody on this team is a leader and is an ambassador of the MT Boys' Basketball Program - both on and off the court. You will be expected and held accountable to demonstrate these leadership qualities in all phases of your life. Failure to meet this expectation will result in practice/game consequences.

- Players are expected to take part in the daily maintenance of the basketball facilities. This includes, but is not limited to sweeping the floor, lowering the baskets, racking the balls, picking up trash in and around the gym, etc. There will be times when everyone's cooperation and efforts will be necessary to keep practice moving efficiently.
- The gym, locker room, bench, and visiting gyms and their facilities will be kept neat with no tape, bags, water bottles, shirts, or other miscellaneous items left on the floor. Our program's expectation is to leave things as clean as or cleaner than before our use.
- Nutrition is fuel. Junk food should be kept to a minimum. Eating habits are important and proper nutrition must be a personal goal.
- Proper sleeping patterns are a must. We all realize that Monterey Trail High is a demanding school and that we are demanding coaches. Therefore, if you do lose sleep because of homework, papers, etc., you will be expected to cut down on your social life in order to get extra rest time.
- No out of season sports or club sport activities are permitted without the approval of the coaches. This includes AAU basketball practices or games, pickup basketball games, football combines, skiing trips, baseball tournaments, etc. Failure to do so will result in practice/game consequences.
- All players will be required to participate in program fundraising activities. Raising money is necessary to help fund our program and its expenses. Failure to do so will result in practice/game consequences.

III. Communication Expectations - Players

- If you are not able to attend practice, you must notify the head coach or the assistant coach prior to the absence. All notifications must be in person or by a phone call. Players are expected to not schedule a doctor's, dentist, or driver's training appointment during a scheduled practice or game. Failure to communicate is a violation of program rules and will result in practice/game consequences.
- Absences from practice and/or games must be excused by the head coach. Valid excuses for absences from practices or games **DO NOT include** serving school detention, making up an exam, doing homework, working an after school job, doing chores at home, or attending club meetings.

IV. Communication Expectations - Parents

- The coaches will maintain a twenty-four hour cooling off period for any discussions regarding a game and/or its outcome. If you would like to discuss a concern, an appointment must be scheduled with a coach at least twenty-four hours following a game.
- Items such as an athlete's progress, ways to help your child improve, and treatment of your child mentally and physically are acceptable topics of discussion with your son's coach.
- Playing time, team strategy, play calling, and other student-athletes will not be an issue of discussion.

- Players will be required to attend all privately scheduled parent and coach meetings. The Athletic Director will also participate in the meeting unless the discussion is of confidential nature.

V. Practice Expectations

- Players are expected to arrive 15 minutes early for practice. Arriving on time is considered late. Doors to the gym close at the beginning of practice and if you are late you will receive practice/game consequences. If you are going to be late for academic reasons you must inform the coaches at least 24 hours in advance.
- Official practice jerseys and shorts are to be tucked in at all times, while shorts are to be worn properly. We will appear as professional in practice as we do in games. Sagging is not allowed. Failing to wear practice uniforms will result in practice/game consequences.
- Practice sessions are closed sessions and not open to anyone not on the team or involved in the program. To ensure maximum learning time and avoid distractions, this includes a player's parents, siblings, relatives, or friends.
- All players are required to silence their cell phones during practice hours. No player shall engage in a conversation during practice hours unless the rare case of an emergency. Loud or noisy cell phones cause an interruption of focus during practice and will result in practice consequences.
- The cornerstone of all practices is hard work and competition. If we achieve this standard, games will be productive and fun.
- Players are expected to look coaches in the eyes and not talk while they or the team is being addressed by a coach during practice. Failure to do so will result in practice consequences.
- MTHS practices will be the most enthusiastic, energetic, and competitive environments possible. If a player chooses not to support this standard he will be asked to sit-out of a drill or practice and receive practice/game consequences.
- We practice hard and with discipline. I am a firm believer that you play like you practice and that most games are won or lost on the practice court. I am not at all concerned or interested with comparing the practice habits of other basketball teams with my basketball teams.
- Missing a practice the week of a game may result in not participating in the game. If you are unable to practice due to an injury or sickness, you are still expected to attend practice sessions. If you are not feeling well, we can arrange to get a chair and have you sit on the sideline to help keep you in step with the instruction and new techniques introduced at practices. A player who does not or is not able to practice, yet attends practice will remain eligible to participate in the game, however he may not start.
- Saturday practices during league competition in January and February are the Junior Mustang Youth Basketball League. All players are REQUIRED to attend and participate enthusiastically. Failure to attend will result in practice/game consequences.

VI. Game Day/Travel Expectations

- As a member of the team you will dress for success. On game days ALL players will be required to wear their Monterey Trail Basketball polo shirt, khaki pants or slacks and casual leather shoes. All shirts must be tucked in with a belt. Absolutely NO JEANS, BAGGY/SAGGING PANTS, OR ATHLETIC SHOES!
- All players are required to check into Coach Manfredi's classroom at lunch period for game day preparations and announcements.
- All players must travel together with the team to and from games. Individual travel arrangements must be made with the coach in advance. A player can never leave without prior approval and with only his parent/guardian.
- Players will sit together in the bus, and will not engage in any loud or obnoxious behaviors. All players will respect the rules of the driver when being transported to games.
- Players are responsible for ensuring buses and vans are clean following each road trip. Failure to do so will result in team consequences.
- Use of cell phones on bus or van trips for personal conversations is not permitted. Use of cell phones is for only arranging transportation or in case of a family need. Conversations should be brief and minimal.
- Individual music devices with headphones are not permitted before and after games. We operate as a team and players will not be allowed to exclude themselves from the team environment.
- All players are expected to be dressed appropriately for team competition. We do not believe in making individual fashion statements and all players will dress similar. Players are not allowed to wear wrist or head bands, high socks, exposed t-shirts or tank-tops under game jerseys, exposed practice shorts under game shorts, or jewelry.
- All players will sprint on and off the floor at each timeout and at the end of each quarter. Failure to do so will result in practice/game consequences.
- All players on the bench during the game are required to be actively involved in the progress of the game. Enthusiasm is an expectation and a requirement prior to receiving playing time from the bench. Each player is expected to support and encourage all teammates. Taunting or yelling at the opponents, it fans, or the referees is strictly prohibited.
- During timeouts all players in the game will sit on the bench by position, while all players not in the game will stand and listen huddled in a half circle behind the coaches and starters during timeouts and between quarters. Failure to actively listen or participate in time-outs will result in practice/game consequences.
- No player is to leave the bench during the game. If an incident occurs on the playing floor all players are to remain on the bench. The bench captains will be responsible for maintaining order on the sideline during an incident.

- Proper personal hygiene is required following each game. **ALL players**, regardless of playing time, **will be required to take a shower**. Each player is responsible for bringing a towel and toiletries for a shower to each game. Any individual who chooses not to shower following each game will receive practice/game consequences.
- Players are not allowed to keep their uniforms during the season. Players are required to return their uniform (jersey and shorts) and shooting shirt following each game. All uniforms will be washed and transported to and from games by the coaching staff.

VII. Parent Expectations

- A ticket to the game is a privilege to observe and support high school athletics. It is not a license to verbally assault others or act obnoxious. We want to be known as a first-class program both on and off the court. This includes the actions of our coaches, players, and parents.
- Respect decisions made by the game officials. Referees are an integral part of the game and deserve our full respect.
- Respect all fans, coaches, and opponents.
- Be a fan. Support your son, his team, and the entire MT basketball program.
- Parents are expected to assist in fundraising efforts to support the basketball program. Some of these activities include working in the snack bar and volunteering in the fireworks booth in summers.
- Parents are expected to join the Monterey Trail Athletic Boosters Club. Memberships are reasonable and can be obtained by contacting Coach Manfredi or a booster club representative.
- Parents are expected to pay for their son's Team Spirit Pack no later than the end of December. Failure to do so will require a payment plan to be signed before the athlete can participate in league competition. Any unpaid balances by the end of the season will result in the athlete being placed on the school's No-Activities List and being determined ineligible for the following spring and summer basketball season.



**MONTEREY TRAIL BOYS' BASKETBALL
STANDARDS OF BEHAVIOR AGREEMENT FORM**

By signing your name to this contract, you are stating that you agree to the Monterey Trail Boys' Basketball Standards of Behavior on and off the court. All players and managers are subject to suspension and/or removal from the basketball program if you are unable to follow these standards.

Player Name: _____ Player Signature: _____ Date: _____

Participation Level: *(circle one)* **Varsity** **Junior Varsity** **Freshman**

Parent Signature: _____ Date: _____