



# **PLAYER & PARENT HANDBOOK**

## **MISSION STATEMENT**

LGSR Basketball Academy aims to use teachings and philosophies of the highest level of basketball to show young athletes the importance of dedication, teamwork, commitment, work ethic, respect, and character.

## **PROGRAM GOALS**

1. Prepare players for the highest level of basketball possible
2. Establish a successful program in the Los Gatos, Monte Sereno, and Saratoga Community
3. Provide young players with a positive and encouraging environment to learn and excel at the game
4. Teach life lessons and skills through basketball such as respect, discipline, focus, work ethic, teamwork, and most importantly character
5. Eliminate politics, favoritism, and other non-basketball factors from the team and program dynamic
6. Develop a driven & winning mentality

## **TEAM RULES**

Rules should be strictly abided by to avoid penalties that include not starting, not playing, or dismissal from the program.

- No drug or alcohol use
- No cursing at any time
- Players must be dressed appropriately for practices and games
- Players should be dressed and ready to go, on site, 10 minutes prior to practices & 30 minutes prior to games
- Players/Parents must notify coach of any absences
- Players/Parents will not complain, make faces at, or taunt referees
- Players must sprint to help up any teammate on the ground
- Players on bench must high-five/fistbump any player coming out of a game to the bench
- Players will shake/high-five/fistbump the hands of coaches and players at the end of every game

### **COMMITMENT LEVEL**

- Players/Parents must be fully committed to all team events, practices, and games. Outside of school and academic conflicts, parents and players must attend all team events. In order to build a successful basketball program that is competitive, there must be consistency in attendance to build good habits, understanding team philosophies and systems, knowing sets and plays, creating team chemistry, and most importantly, getting to know teammates, coaches, and becoming a better player.

### **TEAMSNAPE**

- TeamSnap is a great online system that we've used for our previous teams. It allows everyone to connect more efficiently with each other and allows us to post practice/game times and locations. It also allows you to share your son's availability so we know who will be attending each practice/game. When you receive an invite for this, please do not ignore it. Please accept and update your son's profile. Without this app on your mobile device, you may miss important team info and discussions. This invite will be in a separate e-mail. Highly recommend downloading the application on your phone if you have a smart phone, you can easily sync the calendar to your phone's calendar.
- Teamsnap is not a social media platform. It should not be used to post personal thoughts or views.
- It's purpose is provide a resource to the coaches, players, and parents.
- Use this resource for practice info, tournament updates/changes, location questions for gym locations, carpool assistance, team get-togethers.

## **PRACTICES**

Practices will be held 2 nights a week throughout the season. Practices will be filled with high energy and intensity. Our philosophy is to make practices challenging, and fun so games end up feeling comfortable. Games should be a reward from arduous and physical practices. All of our staff have played and/or coached at a high level and we aim to mimic certain aspects of that style. Practices will include team drills, skill work, competitive drills, offensive and defensive breakdown/schemes, and scrimmaging.

### **Attendance and Guidelines**

- Parents are welcome to be in the gym during practice.
- Attendance at practice is mandatory, except for extreme circumstances
- Parents must contact the coach in advance about missing practice, through email, phone, or Teamsnap. Each individual coach will express how he or she prefers to be contacted, whether via telephone, email, text or teamsnap.
- Offensive and defensive sets will be put into place during practice, therefore missing practice could result in less playing time
- We understand our athletes are students, however part of being a student athlete is learning to allocate time properly. LGSR Basketball athletes are expected to schedule their time so they can complete studying and homework, as well as participate in practices. It is customary for teachers to provide ample advance notification of any scheduled tests and school projects. As such, we expect all our athletes to manage their time efficiently to ensure they are able to meet all expectations.

## **TOURNAMENTS**

- During the season, each team will participate in weekend tournaments. Each coach and the administration of LGSR Basketball Academy will determine the team's tournament schedule, and this schedule is not announced prior to the season. This philosophy is in place as each tournament provides a different level of competition, and it is up to the coach's discretion which tournament is best for each team.
- Players should plan to be onsite 30 minutes before a scheduled competition
- LGSR Basketball Academy has no control over outside tournaments, their game schedules, or opponents. We usually do not know tournament schedules until the evening before the competition.
- LGSR Basketball Academy attends local, regional basketball tournaments/scrimmages against other competitive basketball programs.
- Most tournaments are either a one-day, or two-day event. Most one-day events take place on a Saturday, two-day events cover both Saturday and Sunday.
- All tournament directors want the tournament to run on time, however games can be unpredictable, and with various tournament formats and management styles it is often very difficult to predict when a tournament will end. Furthermore, the exact

tournament schedule is often not available until just before the tournament begins (sometimes even the day of the first games). This is due to team withdrawals, changes, late entries, as well as unforeseen issues; all of which impact the number of games, schedule, and match-ups. Athletes and parents should begin a tournament understanding that the schedule may change during the event.

- Each tournament will have a spectator admission fee. Every spectator will be required to pay for entry, and the amounts range from \$5-\$20, depending on the day and even the age of the spectator. Some tournaments offer a weekend pass option while other tournaments require spectators to pay by the day. Parents should expect to be required to wear a bracelet or other identifying item for the duration of the tournament if they purchase a weekend pass. Most tournaments only accept cash, Paypal, or Venmo so parents should plan accordingly.
- There may be multiple games on one day spread across several hours. Not all tournaments have concessions, thus parents should make sure their athlete has snacks or meals available to them. In most cases restaurants are close by as well.
- If a parent needs to communicate with the coach regarding player absences, playing time or anything else game-related, Parents are NOT permitted to confront the coaches during tournaments or TEAMSNAAP to discuss playing time, tactics, individual, or team performance.
- Should a parent confront a coach during a tournament, coaches have been instructed to walk away and refuse to discuss any controversial matter. This is a policy of our Academy and should not be reflective of the coach. The ONLY time a parent or player should discuss any problems with a coach is at an arranged meeting. We kindly request to wait 48 hours after the game to discuss with the coach.

### **SCRIMMAGES**

- Each season we strive to schedule 1-2 scrimmages against some local competitive basketball organizations. This is great to see how our team has improved since our last competition and is also great as we prepare for an upcoming competition.

### **PLAYING TIME**

- Playing time will vary according to team and is not guaranteed. Playing time is considered to be earned through performance both at practice and in previous games. The most important factor in determining playing time is most often attitude. Players decide independently in a daily basis how they will react to a situation, and if a player is negatively affecting the team through attitude or play, the coach will substitute them for a player who can positively affect the team, regardless of how long they may have been in the game.
- While we hope and try our best to ensure that all of our players can contribute equally to each game, this is very rare. At this level all players will have the opportunity to contribute in each game; however, there is a possibility that your child may receive little

to no playing time in certain situations. This is the nature of competitive basketball; and if it is the case, we will work to communicate areas of improvement and focused coaching to your child. We are NOT in the business of discouraging kids from the sport, however, playing at a high level consistently and teaching players that there are levels to life are a few of our main goals as a program.

- LGSR Basketball Academy has only one rule dedicated to playing time. Each team member will enter into every game during competitions. All other playing time is determined by the coach and is non-negotiable. Every team wants to win, and in a competitive tournament, the coach will play the players required to help the team perform best.
- ***No parent or player should discuss playing time with a coach during or after a game.*** The coach has the right to play whichever players or combination of players they believe helps develop the team most appropriately. If a player/parent has a question about playing time, they should ask the coach outside of practice. Our coaches will provide honest feedback on what players need to improve upon to see more game minutes. Once that protocol has occurred, it is appropriate for a parent to request a meeting with the coach to discuss candidly their child's opportunity to gain additional playing time.

- **EXPECTATIONS OF PARENTS**

- LGSR Basketball Academy expects a commitment from our parents to be good role models to all of our athletes. Parents who set poor examples and display undesirable traits or language send the wrong messages to our athletes. Parents should refrain from criticizing coaches, officials, teammates, or other parents.
- Parents should leave the coaching to our coaches! Often during the excitement of a game or practice parents can unintentionally give a player advice or instructions that are contrary to those of the coach, which leaves the player confused. Parents should instead focus on offering encouragement by cheering and supporting the team.
- Our coaches are giving their time and energy to teach the sport of basketball, and we cannot tolerate the condemnation of coaches. The easiest way to disrupt a team's progress is to undermine the authority of the coach. Parents should enter the season understanding that you will not agree or like every coaching decision or tactic, but this does not warrant or deserve criticism. All Coaches have the best interests of your child at the core of their heart.
- Officials are a part of every game, and like every other person they can and do make mistakes. Parents are expected to focus on the team and the game, not berating officials. We believe strongly in leading by example, and if any parent is ejected from a tournament or game, their athlete is automatically suspended for the rest of the tournament. Officials have no preference to any team winning any game; allow them to do their job as best as they can.

## **CONFLICT RESOLUTION**

- LGSR Basketball Academy and our coaches strive for excellence on and off the court and believe that open communication between coach and player solves nearly all issues and concerns. However, if a parent has an issue they wish to discuss with the coach, there is a conflict resolution procedure that must be followed.
- Parents are NOT permitted to confront the coaches during tournaments or TEAMSNAAP to discuss playing time, tactics, individual, or team performance. Should a parent confront a coach during a tournament, coaches have been instructed to walk away and refuse to discuss any controversial matter. This is a policy of our Club and should not be reflective of the coach. The ONLY time a parent or player should discuss any problems with a coach is at an arranged meeting. We kindly request to wait 48 hours after the game to discuss with the coach.
- It is important for our athletes to learn the appropriate steps for problem conflict resolution. Thus, if an athlete/parent has a concern about/with their coach, they should follow these steps:
- The Player should discuss any and all concerns with the coach openly and arrive at a mutual solution. This should be done outside of practice, and never at games or tournaments. Our coaches want each and every player to succeed and will work with the athlete/parent to find a solution. The player should be open and honest, but most importantly willing to listen to the coach's explanation and rationalization.
- If after time the concern has not been resolved, the player and parents may make an appointment to speak with the coach about the ongoing issue. This must be done outside of practice, and never at a game or tournament.
- If after time a solution still has not been reached, a parent may contact the Academy Administration to set up a meeting with the player, parents, coach. All decisions by the administration leader will be final, and no refunds or other concessions will be awarded if a parent disagrees with the discussion.

**Thank you again for trusting us with your child and believing in our ability to develop him/her into the best basketball player that he/she can be. We will continue to devise ways to get the best out of your child which will inevitably develop life skills in the process.**