

SCA

Basketball

Program Handbook



FAITH – LOVE - POWER



Please advise the Basketball Handbook is designed as a supplement to the "SCA Athletic Handbook"

CONTENT

- 01 **introduction**
contact info, our purpose/goals
- 02 **core values**
faith – love - power
- 03 **keys to success**
discipline policy
- 04 **conduct**
how we treat others
- 05 **player roles**
- 06 **individual recognitions**
lettering, team awards
- 07 **physical health**
hydration, rest, nutrition
- 08 **transportation**
- 09 **our philosophy**
offense, defense, etc
- 10 **parental partnership**
communication, getting involved

01 INTRODUCTION



COACHES

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Head Coach

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/SCAEagleHoops

Welcome to the SCA Basketball family,

Our Purpose: to create a family atmosphere where we build each other up to be *champions for Christ*

Our Short-Term Goal: To glorify God through our beliefs, actions, and performance

Our Long-Term Goal: To make Christ known throughout Greater Kansas City and beyond

Developing a FAMILY ATMOSPHERE and WINNING HABITS are values we BUILD UPON each day

Bringing a WINNING ATTITUDE and WINNING EFFORT are standards we EXPECT each day

The former cannot be developed without the latter!

Priorities

Priorities are a major part of any person's life. We all determine what our own priorities are. My personal priorities are as follows:

- 1) Faith/Relationship in Christ
- 2) Family/Close friends
- 3) Academics
- 4) Athletics
- 5) Work/Social Life

Again, your priorities are and always will be your own. As your coaches, we'll respect your faith, your family/close friends, and your academics before basketball. Therefore, if there is ever any major issue between those aspects of your life and basketball, they'd get priority. Simply let us know of any potential conflicts as soon as possible.

If you ever have any questions, please do not hesitate to contact the appropriate coach. We are always happy to communicate about any concerns or questions you might have. Go Eagles!

02

CORE VALUES

“Aim at heaven and you’ll get earth thrown in. Aim at earth and you’ll get neither.” C.S Lewis

FAITH

Isn’t

Worrisome
Negative and Complaintful
Controlling the “Uncontrollables”
Fearful
Wallowing in Victimhood

Is

Trusting in God
Positive and Encouraging
Controlling the “Controllables”
Courageous
Overcoming in Victory!

“Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight.”—Proverbs 3: 5-6

LOVE

Isn’t

Centered Around Ourselves
Ever-Changing
Always Easy
Afraid of Conflict
Resentful

Is

Centered Around God & Others
Steady and Trustworthy
Persevering Through Hardship
Confronting Challenges
Graceful and Forgiving

“My command is this: Love each other as I have loved you.”—John 15:12

POWER

Isn’t

Looking Down on Others
Timid or Scared
Pretending to be Perfect
Being What Others Want
About Ourselves

Is

Building Others Up
Confident through Christ
Truthful and Accountable
Being Ourselves in Christ
About God

“For God did not give us a spirit of fear and timidity but of power, love, and self-discipline.” 2 Timothy 1:7

03

KEYS TO SUCCESS

“I’ll do whatever it takes to win, whether it’s sitting on the bench waving a towel, getting water for a teammate, or hitting the game-winning shot.” Kobe Bryant

Hard Truths We Must Embrace

1. Life isn't always fair...

Develop an overcomer’s mentality rather than a victim’s mentality

2. We're not perfect the way we are...

Consider criticism, learn from mistakes, & strive to be our best

3. We're entitled to nothing...

Earn everything!

DISCIPLINE POLICY

We cannot be successful if we don’t bring a WINNING ATTITUDE and WINNING EFFORT each day. General protocol if a player is not doing so is as follows:

1. *Will be given a warning and a chance to address the issue on his own (unless egregious)*
2. *Will be asked to leave gym, will need to meet with appropriate coach before returning, extra conditioning, parents contacted, possible suspension*
3. *Will be asked to leave gym, will need to meet with appropriate coach before returning, extra conditioning, parents contacted, suspension enforced, possibility of dismissal from the team*

*Please advise this is a general protocol; all consequences are ultimately up to the coach’s discretion

**The purpose of consequences is to set necessary boundaries that allow us to achieve our goals and glorify Christ!

***Don’t let someone else’s actions determine our own

"A Pharisee is demanding of others and patient with himself, but a man of God is patient with others and demanding of himself." A.W. Tozer

04

CONDUCT

HOW WE TREAT...

*brainstormed by players

TEAMMATES

OPPONENTS

COACHES

OFFICIALS

FANS

MEDIA

05 PLAYER ROLES

PLAYER ROLE:

The specific job or duty a player is expected to perform based on that individual's talents, abilities, and needs of the team

In order for our team to be successful, it is essential each player learns and embraces his role (see 1 Corinthians 12). Some common roles include:

- Big minute player: may play most or all of the game (most likely starts)
- Rotational player: may play a significant amount but is rotated in for throughout game (may start or come off bench)
- Support player: may play little or none of the game (most likely comes off bench)

Part of choosing to participate in a team sport means working with others to do whatever it takes to help the team —whether that means playing big minutes or being more of a support player. Obviously, it's everyone's hope and preference to be the big-minute guy, but it isn't possible or practical for everyone to fulfill that role.

All roles are important and we need each role filled at a high level for us to be successful. Roles can change (either up or down) but the goal must always remain the same: do whatever it takes to win.

Coaches have the tough job of constantly evaluating and deciding upon which players best fulfill what role. A player's role is primarily determined by his:

1. Chemistry within the Rotation
2. Productivity
3. Commitment Level

It is okay to disagree but don't let your disagreement hinder your commitment, trust, and/or contributions to the team!

Lettering policy: All players who play at least one minute in at least half of the total quarters played by the varsity team

The following **TEAM awards** are based on player/coaches' votes as well as stats:

- | | | |
|----------------------|-----------------------|-----------------------|
| -Christian Character | -Most Valuable Player | -Most Improved Player |
| -Commitment Award | -Hustle Award | -Teammate Award |

06 INDIVIDUAL RECOGNITIONS

07 PHYSICAL HEALTH

HYDRATION/REST

As a rule of thumb, you should drink half your body weight in ounces of water per day (about 10-12 glasses). Teenage athletes should also get 8-9 hours of sleep at night for proper recovery.

DRUGS/ALCOHOL

Be smart and responsible with what you are putting in your body and what activities you are participating in. Depart immediately if ever at an inappropriate location.

SODA/ENERGY DRINKS

Soda/energy drinks contain caffeine, stimulants, and high amounts of sugar which can be detrimental to physical fitness and immune health. There are no positive effects of these drinks that outweigh the potential harm they do.

NUTRITION

Do not limit your calorie intake during season (a.k.a. dieting). Fuel from food helps the body rebuild and recover after exercise. Athletes who focus on carbohydrates and proteins have been shown to recover faster from training

All players are expected to ride the bus to and from away games as a team

Exception: If a player requests to ride with his parents to/from a game for a family reason, he should request permission **BEFOREHAND**. If a player receives permission, he must sign out before leaving the facility

08 TRANSPORTATION

09

OUR PHILOSOPHY

“Leadership is not about being in the spotlight but about shining the spotlight on others.”

Mike Krzyzewski

OFFENSE

- Transition—attack when we can
- Motion Offense—player/ball movement
- Inside→Out
- Work for a GREAT Shot, Settle for a GOOD shot
- Run Sets Only as Needed

DEFENSE

- Man Defense
- Contain Penetration
- Great Helpside
- No Layups
- Charges Emphasized
- Gambling Discouraged
- Contest ALL Shots
- Utilize Zone as Needed

ZONE OFFENSE

- Inside→Out
- Ball Fakes (use eyes)
- Be Ready to Shoot
- Crash Boards
- Flash Weak Spots of Zone (gaps, corners, high post)

PRESSING

- No Layups—only press as needed
- May press more depending on our team, our opponent, and/or the situation
- We want the offense to EARN every shot

SUBSTITUTIONS

- First Priority: we want to win as many games as possible
- Second Priority: we want everyone to play as much as possible
 - Players earn playing time; coaches only evaluate
 - Some players are going to play more than others
 - Respectfully communicate at all times

10

PARENTAL PARTNERSHIP

It is the purpose of our program to help your son grow in his faith and be his best inside and outside the gym. We understand this is likely a goal you as his parent(s) also have, so we want to partner with you in pursuing this end.

When communicating with us please:

- Express any concerns you may have—especially if they are concerns we may not be aware of
- Use calm and respectful language—it is never our intention to offend you or your son
- Avoid contacting us when heated or overtly upset (especially before, during, or after a game)
- Understand if we have a disagreement, coaches have to make tough decisions with the team in mind before any individual. We make those decisions as thoroughly and objectively as possible. If we do make a mistake, we appreciate your patience

When we communicate with you:

- We will be respectful and honest
- Understand we are reaching out in hopes of helping your son and/or the team
- If we do contact you about a concern, it does not mean we think your son is a bad kid or that you are a bad parent. We all make mistakes and we want to partner with you in helping your son grow

When communicating with your son:

- Being a high school athlete is not easy, stay positive and supportive with your son through the ups and downs. Your presence at his activities is something he will always remember
- Having a positive team culture is a huge part of being a successful basketball team. Please keep this in mind when talking about our team with your son and in the community

Meetings

- If you would like to meet with us to discuss a concern, we will be happy to meet with you
- Contact the coach to set up an appropriate appointment
- If you are not satisfied with our meeting, another appointment can be made with additional school personnel (additional coaches, athletic director, etc.)

Selections

The worst part of being a coach is telling kids they did not make the team. If your son is not selected, be assured he was heavily considered and his efforts are respected and appreciated. If he still would like to be a part of our program, he may apply to be a student coach or manager. These positions are of great importance to our program and provide students with an interest in basketball the opportunity to earn a letter and be a part of the program.

Playing Time

We understand every parent wants to see their son play as much as possible. As coaches, we want to reward each player for their hard work with as much playing time as we can, but our first priority is doing what we feel gives us the best chance to win. Please understand our decisions are never personal but are always thought out extensively with a specific purpose in mind. If your son wishes to increase his playing time, he needs to show us why in practices and games!

Again, we are very excited your son and the rest of your family are going to be a part of our basketball family this year. We encourage you to be involved in the most active and positive way possible! We as coaches are very grateful for all you do for our program and for your son. Let us know if you have any questions or concerns about anything. We are always willing to listen and assist however we can!

GET INVOLVED!

The following are ways you as parents can become involved with our program. None of the ideas are mandatory or expected, but we would much appreciate it if you could do as much as possible!

Booster Club

If you are interested in helping support our program financially, please consider joining our Booster Club. Having parents be active and involved in this program is a huge asset for our kids. There will be times the Booster Club will need us to manage some concession stands this year. We appreciate everyone's willingness to help!

Snacks/Drinks

On road games, we could have different parents create snack packs for our players to eat/drink before or after games on the bus. For example, brown bags with a sandwich, apple, granola bar, Gatorade, etc.

Team Dinners

~~Team dinners are a good way to improve team chemistry and cohesiveness. If you would ever like to host a team dinner, let a coach know and we'll assist with getting it coordinated!~~

Team Banquet

At the end of the season, our team holds a team banquet to honor players for their accomplishments over the season. Parents are encouraged to participate through decorating, sharing pictures, or possibly bringing in food items (potluck style).

Youth Teams

~~If you have a younger child who plays on a youth team, tell their coach to contact the program about having them get a "Backcourt Pass" to one of our home games this season. Their team will get in free, see the pregame routine, and sit right behind the bench during the entirety of the game.~~

Team Expenses

Players will be expected to purchase team practice gear (unless already purchased) as well as travel gear for this season. Additionally, families will need to plan to cover hotel/food expenses related to our overnight trip to Springfield.

Online Flash Store

There will be an online team store our players, parents, and fans will be able to access to purchase quality SCA Basketball apparel at a discounted rate with a portion of the sales coming back to our program. The store will only be open during a certain window of time. More information to come!

Washing Tips

Please help your student take care of our team attire by adhering to the following:

- Use cold water and do not wash white and colored garments together
- Please hang dry our garments. If you must machine dry, dryer should be set on lowest setting
- Launder uniforms immediately after they have been used.

Transportation Policy

Our team will travel to and from games as a team using the transportation provided by the school. If there is a specific reason you need to sign your player out after a game, please discuss this with the coach PRIOR to the game and sign the sign-out sheet. However, we do expect all players to travel with the team unless there is an unusual circumstance. When picking up your son, please try to be punctual as a courtesy to our coaches.

Please sign below agreeing to the Basketball Program Handbook:

***Form must be signed in order to participate in any official competition**

PLAYER INFORMATION

Please Check one of the following:

☐

My phone number is already in the Remind Text System

☐

My phone number is NOT in the Remind Text System and is _____

Please Check one of the following:

☐

My school email is already in the Basketball Email Group

☐

**My school email is NOT in the Basketball Email Group and needs to be added
(please be sure to consistently check your school email!)**

Printed Name: _____ Signature: X _____

Height _____

Shirt Size _____

Pant Size _____

PARENTAL INFORMATION:

Please Check one of the following:

☐

My/Our phone number(s) is/are already in the Remind Text System

☐

My/Our phone number(s) is/are NOT in the Remind Text System and is/are:

Please Check one of the following:

☐

My/our email(s) is/are already in the Basketball Email Group

☐

My/our email(s) is/are NOT in the Basketball Email Group and is/are:

Printed Name: _____ Signature: X _____

Printed Name: _____ Signature: X _____