



## **Benson Boys Basketball Handbook**

1 – We will follow all MSHSL and District 777 rules.

2 – Putting on a uniform that says “BENSON” is an honor. Being a part of a team is an honor. It is a responsibility that is not to be taken lightly. When you act in a respectful, responsible, and positive manner you portray yourself, your team, your school, and your town in that same manner. Likewise, when you act in an irresponsible and undisciplined fashion, you hurt not only yourself, but the team, the school, and the town as well. We will strive to be athletes and citizens of integrity and class. Any action that takes away from this goal is subject to disciplinary action.

3 – You are expected to be a good teammate. In addition to this, you are expected to be coachable. The strength of our team depends on your ability to make a contribution to the team. There are many ways to contribute to the team...of course there are game nights and contributing with on the court performances. But there are other ways to contribute that are just as meaningful. Give it your all in practice...we will have about 60 of them. Make yourself better and your teammates better. Bring a positive attitude. Over the course of a four month season, there will be ups and downs. Bringing a positive attitude will minimize the frequency and intensity of the “downs”.

4 – You are expected to be at every practice. The only excused absences are for confirmation, sickness (Go home!! Don't infect other teammates), and family emergencies/funerals.

Haircuts, dentists and doctor appointments, etc. are not to interfere with practice time. We also don't want them to interfere with class time. Please schedule them wisely (After school if we have late practice or a home game or study hall if possible). These will be considered unexcused absences.

Missing practice to catch-up on schoolwork is also an unexcused absence. You are expected to keep on top of your studies in addition to athletics. If you fall behind in class work, please talk with your coach. As much as we don't want you to miss practice, we want you to be successful in the classroom even more.

Bottom line: Don't let your studies slip to this point...but be responsible if they do. While it may result in decreased playing time, we will support your studies.

Tell your coach if you are going to be gone. Don't tell another teammate to tell the coach. All unexcused absences will be subject to discipline at the coach's discretion.

5 – No swearing

6 – You have been given a gift and a talent to play BB. Share your gift by helping at Saturday basketball for elementary boys. (You will be assigned times)

Do you remember your helpers when you were little?

You will be remembered as well.

10-12 graders will be assigned to work various Saturday morning basketball for youth.

7 – You will be expected to work at Saturday basketball tourneys. These are fund-raisers that help our program as well as you be successful.

8 – Please wear a shirt under your practice jersey.

9 – Be sure to report all injuries to the trainer and your coach.

10 – Varsity players are to be at home games by 5:45 to watch film and support the C and B squads. We will sit as a group at games.

11 – C and B squad members may have to take stats and video tape the games.

12 - When we enter a gymnasium, we play as a team and act like champions!!

**Substitutions:**

When going into the game, run on the floor quickly. Don't walk!! Know what we are doing strategically.

When coming out of the game, communicate with your substitution who you have on defense, give each other a five, and run off the floor. Don't walk!!

Players on the bench should stand when a player comes out of the game and give him a five for good effort.

When a player comes off the court, he should sit directly next to the head coach unless directed otherwise.

**Talking to officials:**

Only team captains are allowed to talk to the officials, and they should only do so when instructed by the coach. You are not allowed to talk to the officials or to make exaggerated facial/body expressions so as to show disbelief at a call. Retrieve and hand the ball back to the official!!

**Technical fouls:**

Any player that receives a technical foul for any unsportsmanlike act will be taken out of the game immediately.

Lettering policy-All members who dress each varsity game will letter as long as they kept a positive attitude and help the team get better. All other members are under coach's discretion

Attendance Policy- Any absence from a scheduled practice will be considered unexcused unless the individual received prior approval from the coach. Emergency situations rest with the Coach's discretion. Unexcused absences from the scheduled practice will result in:

1. Suspension for 1 contests following the first violation.
2. Suspension for 3 contests following the second violation.
3. Dismissal from the team following the 3rd violation.

Unexcused absences from scheduled games will result in:

1. 1st offense- Suspension not less than 2 contest, exact amount determined by conference with coach.
2. 2nd offense- Dismissal from team.

## COACHING PHILOSOPHY STATEMENT

Coaches will stress TEAM. which stands for Together  
Everyone Achieves More.

## Boys Basketball Mission Statement

Every player, every play, every practice, every game. Show  
up every day to do your best. Be fully committed. Be a  
Brave.

The strength of the team is the Brave player and the  
strength of each player is the Team.