

**BULLDOGS**



**BASKETBALL**

**Brookfield Boys Basketball  
Program Handbook**

**Bring Your Best**

# Table of Contents

**01-Introduction**

**02-Motto**

**03-Core Values**

**04-Conduct**

**05-Player Roles**

**06-Lettering**

**07-Physical Health**

**08-Transportation**

**09-Our Philosophy**




**#oskeewawa**

**#TheBrotherhood**

# 01: Introduction



Coaching Staff	Email
Carey Davison Head Varsity Coach	cdavison@brookfieldr3.org
Jon Kinder JV Coach	jkinder@brookfieldr3.org
Clayton Wilson MS/Assistant Coach	cwilson@brookfieldr3.org

 @BHSBBall

## Welcome to Brookfield Basketball,

We are excited about your interest in becoming a part of the Brookfield Bulldogs Men's Basketball program. We truly feel our success depends primarily on you, the player, so your willingness to dedicate your time, work, and efforts to something bigger than yourselves is admired and appreciated. In order to be a part of this program, however, you will be expected to meet high standards in regards to toughness, commitment, and character. Therefore, make sure you are willing to commit yourselves to not only meeting but hopefully exceeding our standards.

### Our Purpose

The objective of our program is to develop young men who work hard, respect others, and become positive leaders both on and off the court.

### Why Play?

It is true you play basketball for fun, but it is important you see beyond just the "fun" aspect of the game. Through basketball, you learn life skills such as responsibility, time management, cooperation, and teamwork. You learn how it feels to succeed as well as how to deal with disappointment when you don't. You learn how to show respect to authority, your colleagues, and your opponents. Basketball will teach you about patience, dealing with adversity, and how to handle yourself under pressure. You also learn to fight passionately about something while still exhibiting self-control. You learn about discipline and commitment. In summary, you can learn how to grow into a man through basketball.

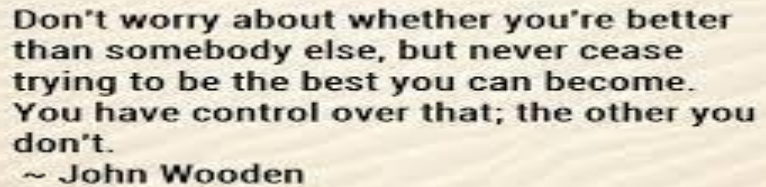
### Priorities

Priorities are a major part of any man's life. Only you can decide what your priorities are. I personally align my priorities as follows and encourage you to do the same:

- 1) Your faith (in whatever you have faith in)
- 2) Your family
- 3) Academics
- 4) Athletics
- 5) Your social life

Obviously, your priorities are up to your discretion. As your coach, I will always respect your faith, your family, and your academics before basketball. I believe those three are the most important aspects of your life and should be taken seriously. Therefore, if there is ever any MAJOR issue between those aspects of your life and basketball, they would take priority. You just need to communicate with us as soon as possible.

## 02: MOTTO



Don't worry about whether you're better than somebody else, but never cease trying to be the best you can become. You have control over that; the other you don't.  
~ John Wooden

### *Our team motto: **Bring Your Best***

We expect our players to bring their best...

#### **to the TEAM by:**

- showing up early
- being aggressive to learn
- offering grace and forgiveness (slow to anger)
- giving and earning respect
- giving 100% effort
- trusting your team
- having a positive attitude/body language
- taking all drills, practices, and opponents seriously
- communicating respectfully and honestly
- playing with class
- being unselfish
- enjoying the game

#### **to the CLASSROOM by:**

- being punctual
- being aggressive to learn
- communicating respectfully and honestly
- taking all lessons, assignments, and tests seriously
- giving and earning respect
- giving 100% effort
- having a positive attitude
- working at improving their skills and habits
- asking questions
- coming in before or after school when necessary
- enjoying school- it does not last forever!

PLAYERS MUST BE PASSING ALL CLASSES TO BE ELIGIBLE TO PLAY IN COMPETITION

#### **to the COMMUNITY by:**

- being a positive role model
- having a positive attitude
- being humble and thankful
- giving 100%effort when committing to a project
- following through on commitments
- helping and being a “light” for others
- giving and earning respect
- being unselfish- give back to your community

#### **to THEMSELVES by:**

- going to bed and waking up on time
- offering grace & forgiveness (slow to anger)
- being a friend to those who need it
- only putting good things in your body
- getting to know as many people as you can
- avoiding profane language
- being polite
- loving and treating your family/friends right

---

It is our belief as a program that if we focus on “bringing our best” every day we will be much more likely to reach our potential as players, as a team, and most importantly, as people.

## 03: CORE VALUES

I'll do whatever it takes to win games, whether it's sitting on a bench waving a towel, handing a cup of water to a teammate, or hitting the game-winning shot.

*Kobe Bryant*

Along with our team motto, our program also believes to reach our potential we must embrace our core values of working hard, playing smart, and sticking together...

<b>Hard</b>	<b>Smart</b>	<b>Together</b>
All-out effort	Being coachable	We>Me
Sprinting	Staying focused	Embracing your role
Hustle stats	Listening	Staying positive
Being a competitor	Attention to detail	Being a good teammate
Never giving up	Asking questions	Representing your team well
Diving on the floor	Student of the game	

### **Discipline Policy:**

- Excused Practice- 2 suicides and 100 wall taps
- Unexcused Practice- 4 suicides and 200 wall taps
- Rule Violation-will be based on severity of the rule
- Foul Language- 1 suicide and 50 wall taps per letter of word used
- ISS/OSS-Conditioning to be determined by the coaching staff
- Technical Policy-
  - A player who receives a technical will sit the rest of the game.
  - If the technical foul is received in the 4<sup>th</sup> quarter the player will miss the rest of the game and may miss part of the next game depending upon the severity of the offense.
  - The player will also not be allowed to play the next contest of the same level if the AD has to fill out paperwork through MSHSAA.

# 04: CONDUCT

What you are as a person is far more important  
that what you are as a basketball player.

(John Wooden)

*In addition to the behavior guidelines outlined in the Brookfield High School Athletics handbook, all players will be known for their...*

## UPLIFTING WORDS

We will not use profanity or any other derogatory speech. This behavior applies to social media posts as well. Comments that are disparaging to our school, team, competition, or coaches will not be tolerated.

## RESPECTFULNESS

Athletes will show respect for...

- One another
- Opponents
- Authority
- Bystanders
- Media (deflect attention-credit team effort)
- School property
- U.S.A. (face flag with hand over heart)

## COMMUNICATION

Please communicate respectfully and honestly at all times. Arguing with a coach will not be tolerated.

## ATTENDANCE/PUNCTUALITY

All players are expected to be warmed up and ready to go when each practice/activity begins. Players must let us know asap if they're to be absent or late.

## APPEARANCE

You represent more than yourself as a part of our program. The following are not allowed:

- Neon shoes/elaborate socks (plain, blue, grey, or white only please)
- Extreme haircuts (must be neat/trimmed)
- No facial hair
- Arm sleeves or headbands

---

## Practice Conduct

In drills

- Give great effort in all we do
- WANT to be coached
- Compete with composure
- Listen & ask questions when necessary

Out of drills

- Be engaged with what's going on
- Understand our purpose
- Be ready to execute

Overall

- Be a positive influence (body language!)
- Make your teammates better
- Trust your coaches
- Earn everything (you are entitled to nothing!)

## Game Conduct

In game

- All-out effort
- Execute the game plan
- Maintain your composure

On bench/locker room

- Enthusiastically cheer for your teammates
- Maintain positive body language
- High fives and trust your coaches
- Remain dressed while listening in locker room

Overall

- we>me
- Be a star at your role
- Represent yourself and your team the right way
- Earn everything (we're entitled to nothing!)

All conduct violations are subject to team discipline policy

## 05: PLAYER ROLES

### **Player Role:**

The specific job or duty a player is expected to perform for the team based on that individual's talents, abilities, and needs of the team. In order for our team to be successful, it is ESSENTIAL that each player learns and embraces his role. 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 is everyone's hope and preference to be the big-minute guy, but it is not 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. We determine each player's role primarily by his:

1. EFFORT AND ATTITUDE
2. Chemistry within the rotation
3. Productivity

## 06: LETTERING

### **Lettering policy:**

In order to receive a Varsity letter a player must either play in half the quarters at Varsity level or make a significant contribution to the Varsity team during the season. Determination for a letter will be up to the coaching staff's discretion.

## 07: PHYSICAL HEALTH

### **Hydration**

As a rule of thumb, you should drink half your body weight in ounces plus 15-20 ounces per day.

### **Rest**

Teenage athletes should get 8-9 hours of sleep at night for proper recovery

### **Nutrition**

Make sure to eat well balanced meals when you can. Athletes who do have been shown to recover faster from training. Soda/energy drinks contain caffeine, stimulants, and high amounts of sugar can be detrimental to physical fitness. There are no positive effects of these drinks that outweigh the potential harm they can do.

## 08: TRANSPORTATION

All players are expected to ride the bus to and from games as a team. This is crucial for team bonding. The coaches may decide when students can ride home with parents after a game.

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

# 09: OUR PHILOSOPHY

## TO BE A BROOKFIELD BASKETBALL PLAYER:

- BE RESPONSIBLE
  - BE RESPECTFUL
  - BE HONEST
  - BE LOYAL
- 

### Team Culture

- Trust (coaches & teammates)
  - Work Hard (make it a habit)
  - Enthusiasm (even when its hard)
  - Mental and Physical toughness
  - Good Sports/Humble Competitors
  - EXPECT TO WIN
  - Be dependable (Team before yourself)
  - Ask questions (Commit to learn the game)
  - High academic standards
  - Protect our culture (Pride in team, school, community, yourself)
- 

### To Win

- Be coachable
  - Need great leadership and eager followers
  - Influence opponents by our style of play
  - Consistently motivated in everything we do
- 

### Offense

- Transition (attack when we can)
  - Inside→Out
  - Think smart basketball
  - Read defense
  - Work for a GREAT shot (paint shots, free throws, clean 3's)
  - Unselfish shots
  - No missed layups
  - Offensive rebounding
  - Make solid passes
  - Free throws at 60% as a team
- 

### Defense

- Effort Oriented
  - Contain Penetration
  - Great Rotations
  - No Layups
  - Charges Emphasized
  - Contest ALL Shots
  - Force Turnovers and Steals
  - Get all loose balls
  - We want the offense to work for every shot
  - Only allow one shot each defensive possession
- 

### Goals

- Out work the opposing team
- Be on the winning side of each tournament
- Will all tournaments
- Win all home games