

BONNEVILLE BOYS
BASKETBALL



PLAYER HANDBOOK

INTRODUCTION

As a member of the Bonneville Boys Basketball Team, you are provided with the opportunity to partake in something that can have a tremendous impact on the rest of your life. There is nothing more fun than being a member of a successful high school athletics team; these are times that you will remember forever. However, success, both on and off of the basketball court, is very difficult to obtain. In order to be successful both individually and from a team stand-point, you will be asked to make sacrifices, commit to the best interest of the team, and exemplify loyalty, discipline, and humility.

High School Boys Basketball is an extremely competitive sport in the state of Utah. Each year, dozens of high school players along the Wasatch front sign Division-1 scholarship, with several more opting to play at the Junior College or Division II level. You will play against supreme talent on a nightly basis. In order to prepare yourself for the exciting challenge of competing against high-level competition, a sense of maturity and accountability will be mandatory for all student-athletes. These traits extend beyond the basketball court; maturity and accountability will be required at home and in the classroom if a student-athlete is going to reach their maximum potential.

Finally, as a member of the Bonneville Boys Basketball Team, you must realize the impact that your actions have on others. You do not solely represent yourself. Your actions reflect on your teammates, coaches, teachers, family members, school, and community. Players must realize that they are in a constant spotlight and act accordingly. Being a member of the Bonneville High School Basketball Team should be embraced; not everybody gets this privilege. If you will embrace the challenges that lie before you, accept accountability for your actions, and demonstrate humility, energy, and enthusiasm on a daily basis in all walks of life, then you will exemplify what a model student-athlete should be.

ACADEMICS

High School Student-Athletes are **students first**, and athletes second. Academic integrity and success are something that this program is going to focus on very strongly. Athletes will be expected to display tremendous amounts of personal responsibility with regards to their academics during the season. The following procedures will be in effect as soon as practices begin:

Skipping Class: 1st Offense- 1 Game Suspension. 2nd Offense- Removal from Team

Tardiness: 1-4th Offense- Incremental Conditioning Punishment

5th Offense (Loss of Attendance Credit)- Suspension from team until A.C is made up

Eligibility: Player eligibility will fall within the UHSAA Eligibility Requirements:

- No more than 1 Failing Subject from previous grading period
- GPA from proceeding grading period must be at least 2.0
- Attendance Credit Loss cannot exceed .75 from previous grading period

Students with 2 or more Failing Grades, GPA below 2.0, or Attendance Credit Loss above .75 will be suspended from practice and games until the problem has been fixed. Failure to do so, or repeated offenses can result in dismissal from team.

PRACTICE

Beginning the first day of the season, all practices are **mandatory**. As a coaching staff, we ask that our athletes make school and basketball the top priorities in their life during the season. Part of maturity and accountability will be showing up to practice **on time and prepared to engage** in competitive practices. At the beginning of the season, practices may last 2.5 hours. Practice lengths will decrease as we get in to region play. The following procedures will be in effect as soon as practices begin:

Late to Practice: 1st Offense- 1 Game Suspension. 2nd Offense- Removal from Team

*Showing up late to practice, in the eyes of the coaching staff, is the same as not showing up at all.

Missed Practice: 1st Offense- 1 Game Suspension. 2nd Offense- Removal from Team

Behavioral Issue: Depending on severity, can result in condition, removal from practice (which results in 1 game suspension) or removal from team.

Players will be expected to be on the floor, **dressed, taped, and ready for practice 10 minutes before practice begins**.

GAMEDAY

On the day of the game, players must be in school for all class periods. Players will be required to wear dress shirt, tie, slacks, and dress shoes (if they own them.) Players will be required to remain in their dress attire until they go to the locker room to change for the game. All players will leave the gym in their dress outfit, regardless of whether the game is home or away. The following rules are in place for uniform requirements, and in-game dress:

1. All players will wear uniform issued to them before the season
2. All players will wear the same warm-up shirt during warm-up
3. Player shoes will be either black, white, or blue
4. Players will **not** be allowed to wear arm sleeves, leggings, head bands, wrist bands during the game unless they have a doctor's note
5. Players will wear either black or white socks
6. If a player wishes to wear an undershirt, the shirt must be the same color as the jersey
7. Long-sleeve undershirts are forbidden

GAMEDAY BEHAVIORAL EXPECTATIONS

During home games, players will be expected to arrive at the gym no later than 1.5 hours before tip-off. This means that JV players should be back at the gym by 3:45, and varsity players will be back by 5:30. Once players return to the gym, they are to sit and watch the game before theirs. Players are not to be out in the halls, on the deck, or any place other than the gymnasium. Sophomores and JV players are expected to sit behind the bench during varsity games, both home and on the road.

When we are on the road, players are expected to act as gentlemen. We will be respectful of our bus, our visiting accommodations, and our opponent. Players will be expected to watch the games before theirs, and will remain in and around the visiting gymnasium area. We will not damage or dirty our locker room or any of the facilities at the school we are visiting. Consequences from behavioral issues can result in dismissal from the team.

GENERAL BEHAVIOR

As members of the BHS Basketball team, players are expected to conduct themselves as gentlemen **at home, in the classroom, and on the basketball court**. Behavioral issues with teachers, teammates, or coaches will be dealt with swiftly and can result in the following:

- Suspension from team functions
 - Suspension from games
 - Removal from team

No individual on the basketball team is replaceable; no individual is larger than the team. Players will be expected to think about the implications of their actions before conducting themselves in a way that reflects negatively on our program, school, and community.

SOCIAL MEDIA

Players have a right to use social media, and are encouraged to do so. However, all players must realize that as soon as something is posted to a social media site, it is out of their control how quickly their post may spread. Pictures, statements, and videos are all visible for the public once they are posted to social media. The coaching staff asks that players think before they use social media. Remember, we all have access to whatever it is you are about to post. *Comments, pictures, or videos that are disrespectful, profane, inappropriate, or threatening to others will not be tolerated and can result in removal from the team.* Examples:

- Negative comments about other schools, or our opponents (past or future)
- Negative comments about teammates, coaches, or the community
- Discussion of game strategy, injuries, or other private team news

If players will remember that they represent their teammates, coaches, parents, and community, then we will have no problems with the use of social media. Once those responsibilities are forgotten, problems may occur. Players are asked to always keep in mind that they represent much more than themselves.

EXTRA-CURRICULAR ACTIVITIES

As a member of the BHS basketball team, it is implied that you have given tacit consent to make basketball your top priority outside of academics. Any decision you make can impact our team, both in positive and negative fashions. These decisions often include extra-curricular activities such as skiing, snowboarding, late-season hunting, snowmobiling, etc. Players will be asked to think seriously about the impact that their decisions regarding these activities may have on their teammate and this program. That being said, students have the freedom to decide how they spend their free time on the weekends and in between school and practices. Activities that will not be allowed during basketball season include:

- Training for another sport
- Practicing with AAU or Comp League teams of same sport or different sport
- Open gym play/Pickup basketball games

DRUG/ALCOHOL POLICY

The use of drugs or alcohol is prohibited. Consequences will fall in line with Section 10, Article 1 of the UHSAA Handbook

CONTACTING COACHES

Obviously, there are emergency situations when a player is going to miss practice. Parents and players are strongly encouraged to inform the coaches of family emergencies, illness, etc., **as soon as they know about the situation**. Coaches spend a tremendous amount of time preparing a practice plan, and if a player is unexpectedly absent, their absence than throw off an entire practice plan. Please inform Coach Bullinger in advance if a player is going to miss practice/game due to illness/family emergency.

LETTERING REQUIREMENTS

20 Quarters of Varsity Participation

Region or State Championship

*Coaches reserve right to waive requirements under special circumstances