



Armstrong Falcons Boys Basketball
2018-2019
Parent Handbook

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See our Website at Armstronghoops.weebly.com for schedules and lots more information.

Dear Parents,

Congratulations to you and your son on his selection to the basketball team at Armstrong High School. The coaching staff appreciates the dedication by parents, guardians and players that make our program a success. Armstrong has a long, proud tradition and it is our privilege as coaches to maintain and enhance the quality of Armstrong Boys Basketball.

Our philosophy for Armstrong Basketball is based on the realization that this is a co-curricular program with its roots in academics and learning. We emphasize excellence in education as do our parents, as evidenced in seven consecutive Academic Section Championships during the late 2000s. We monitor student progress aggressively and have instituted procedures that we hope will motivate students to do well in the classroom (see handout on monitoring academic progress). We also reward students for excellence at the end of the year banquet. As coaches, we feel the game of basketball teaches many lessons to help students become better people. Concepts such as: teamwork, accountability, competing, dealing with adversity, and sacrificing for one's teammates are all lessons that can be learned while playing basketball at Armstrong.

At Armstrong we have high expectations of our players, both on and off the court. We expect our players to treat teachers, parents, coaches, teammates and classmates with respect. We do little things like pick up garbage in ours and the visitor's locker room and bench area; we say please and thank you to people from whom we request favors. We do not permit hazing of any kind. We expect players to stay away from illegal use of chemicals. We encourage players to "hang out" together and to police each other. We expect parents to help their student athlete stay chemically free by setting limits and communicating their expectations. We also encourage you to talk with your son about responsible use of social media.

On a more positive note, we anticipate that your son will have a fun and rewarding experience by participating in the Armstrong Basketball program. We like to make practices challenging, yet fun. Basketball is an exciting and entertaining game if played the "right way". We believe the right way involves ball movement, team offense and team defense as the framework for individual play. While we enjoy seeing a player make a great play, we understand that great things can be accomplished by playing as a team. Our coaches and player believe this and we feel it will be reflected in what you see on the court.

Sincerely,

Jon Bryant and Coaching Staff 2018-2019

Armstrong Boys Basketball Parent Guidelines

From the Positive Coaching Alliance

In keeping with Armstrong Basketball and PCA's ideal of the Double-Goal Coach® -- who has a goal of winning and an even more-important goal of teaching life lessons through sports -- I will be a Second-Goal Parent®, focused on the goal of using sports to teach life lessons, while leaving the goal of winning to players and coaches.

I will use positive encouragement to fill the Emotional Tanks of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere.

I will reinforce the "ELM Tree of Mastery" with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will:

- encourage my child to exert maximum Effort help my child Learn through sports
- urge my child to get past Mistakes by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by Honoring the Game, respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official's call, I will Honor the Game and be silent.

I will use a Self-Control Routine to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ("I need to be a role model. I can rise above this.")

I will refrain from negative comments about my child's coach in my child's presence so that I do not negatively influence my child's motivation and overall experience.

I will be as prompt as possible dropping my child off and picking my child up from practices and games.

I will engage in No-Directions Cheering, limiting my comments during the game to encouraging my child and other players (from both teams).

Armstrong Boys Basketball Objectives

- 1) Use basketball to learn lifelong lessons
- 2) Use basketball to create lifelong memories
- 3) Use basketball to create lifelong friendships
- 4) Use basketball to learn a work ethic that will help us improve everyday both on and off the court

Coaching Philosophy

Our staff will work extremely hard to use the game of basketball to teach lifelong lessons, create lifelong memories, create lifelong friendships, and teach our players a work ethic that will help them improve everyday both on and off the court.

Parent/Player/Coach Communication Guidelines

1. Coaches will discuss with parent things that may be impacting the welfare of your son such as chemical use, academic issues, bullying, mental health, etc.
2. Encourage your son to communicate with his coach directly about any issues he has including playing time. I tell the players that they need to start advocating for themselves as it is something they will be doing for the rest of their lives very soon.
3. If you feel your son is being treated unfairly and your son has communicated with the coach and found no resolution, then a meeting can be set up between the coach, player, parent and Activities Director.
4. We have the best interest of your son in mind when we make decisions; we try to put your son in a position to succeed and to feel valued. We do, however make decisions that impact the whole TEAM and at times the entire program.
5. If you are angry after a game, please remember you don't know everything that happened in the interactions on the bench, in practice that week, etc. Please use the 24 hour rule and refrain from texting, emailing, calling or discussing a situation until the next day.
6. We feel we are approachable, and we communicate weekly (sometimes daily) with players regarding their role on the team.

Expectations Falcon Coaches Will Have of Falcon Players 2018-2019

1. Be on time. A good habit is to be 15 minutes early. Players should expect less playing time for being late. If a player is to be late or miss practice or games they should contact their coach and explain why they will be late or absent.
2. Respect the facilities.
3. Hold the basketballs when the coaches are talking.
4. When the coach begins practices all players are expected to immediately put the balls in the rack and jog to where the coach is standing. (No extra shots, throwing the balls in the rack or walking.)
5. No swearing
6. Run or jog to the end of lines for drills.
7. Run or jog to the bench at timeouts.
8. Run or jog to the bench when being subbed for and sit next to the coach not at the end of the bench.
9. Run onto and off of the floor before, at half time and at the end of games.
10. Always shake hands with the opponents and be classy in the handshake line.
11. Anyone missing games or practices because of non-family related trips will forfeit all post-season awards including captainship, letter, all-conference and post-season tournament awards. This includes spring break, and sports tournaments.
12. If you miss games or practices for family reasons (vacations, etc.) playing time may be affected.
13. All High School League eligibility standards must be met.
14. Internet Use: Be advised that you need to use the internet appropriately as the community is watching you. Instagram, Snap Chat, Face Book, etc. should never be used in a way that will embarrass you or our program. This includes negative postings about other teams or players as well as inappropriate or defaming comments and or pictures.
15. Academic Behavior Policies: A student athlete must abide by our academic and behavior guidelines (see form).
16. Lettering: If a player begins and ends the season on the JV or Varsity and is in good standing they will receive a letter.
17. Players are expected to take the bus home from games. A parent must be present and there must be a valid reason for riding home with one's own parent(s) if a player does not ride the bus home.
18. Have a positive attitude and have fun playing this great game!

Armstrong Boys' Basketball Behavior Monitoring Guidelines 2018-19

As educators first and coaches second, the Armstrong Boys Basketball staff believes it is important to maintain communication with teachers, players and parents. In order to do this and increase positive behaviors of our basketball players, we are implementing a system to monitor a player's behavior in and out of the classroom.

The system is based on a 1 -3 rating scale of behavior with the following criteria:

1 – The student/athlete is conducting himself in a positive manner academically and behaviorally. The student shows no unexcused absences or tardies, good grades and a good attitude with teachers, students and the community.

2 – The student/athlete is usually and generally behaving in a positive manner academically and behaviorally. The student shows no pattern of tardies, no truancies or skipping class, has passing grades and usually has a good attitude.

3 – The student/athlete is behaving in a negative manner academically and/or behaviorally. This behavior is affecting the student, the team, the school or the community. This includes but is not limited to a pattern of poor classroom conduct, chronic tardiness, a significantly negative incident, truancy or other conduct unbecoming of an Armstrong athlete in or out of the school setting.

The students take these evaluation sheets to their teachers to fill out and must return them on the day requested. The coaching staff of the boys' basketball team evaluates monitoring sheets every two weeks or so and if necessary investigates the situation(s) involved. After getting input from teachers, administration or any other pertinent party, the coaches rank the behavior of the player on the above scale. Teachers do not use the scale – they only make comments and provide academic and attendance records.

Consequences:

- If a player gets a 1 there are no negative consequences.
- If a player gets a 2 from the coaching staff he will be guided by the coaching staff toward better behavior and improvement is expected.
- The first time a player gets a 3 his parents will be informed and he will be put on probation. If behavior of a player is deemed to be severe enough, the coach may decide to suspend the player for part of or a whole game or games, or dismiss the player from the team. Such things could be but are not limited to: a pattern of disrespect toward players and or coaches, a disrespectful incident, theft, assault, sexual harassment, hazing, etc. Inappropriate use of social media will not be tolerated. Playing time might be affected at the coach's discretion. The student will be required to submit weekly progress reports to the coaching staff.
- The second time a player gets a 3 he will have a one game suspension and may be required to meet with the athletic director to discuss possible removed from the team.
- Note: Minnesota High School League rules apply for conduct unbecoming an athlete, thus a single major incident may lead to a longer suspension based on MHSL policy. This includes but is not limited to things such as playing the "assassination game", hazing, sexual harassment, inappropriate use of social media, etc.

Coaches Contact Information

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