



Jefferson Boys Basketball

Program Rules

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ACADEMIC RULES

- Players must remain eligible by passing five classes at all times. Coaches will check to see that you are making good progress in all your classes. Poor grades will draw consequences.
- School comes first. Those who don't do their school work don't play.
- Basketball is never an excuse to get out of academic responsibilities.
- When players need extra help from a teacher, they should make every effort to arrange that help before school or during lunch or a study hall. Talk to coach if this proves difficult.
- Basketball players are expected to behave in class. Your behavior reflects on your coaches and teammates. Missing practice because you feel like goofing around or being a jerk in class is very selfish because it hurts the team. It also shows lack of discipline, and players who can't be disciplined as students can't suddenly become disciplined on the court.

ATTENDANCE RULES

The Jefferson Boys Basketball program wants to have responsible athletes. It is hard to start classes on time, practices on time, or leave on time if athletes cannot get there on time. Be responsible and contact your coach if there is a problem. Do not tell another player to tell the coach!

- Attend all classes. Be on time.
- Respect bus times, practice times, and game times. Always try to be to your destination early.
- Arriving late to practice or scheduled event (unexcused) results in practice/game consequences.
- Missing practice the day before a contest (without coach contact or unexcused) results in practice/game consequences.
- Missing practice the day before a contest or the day before an event (with coach contact, excused) - It will be the coach's discretion on whether or not there will be consequences.

The coaches expect all athletes to be at all scheduled events. The rules are designed to make all athletes responsible for their actions. If you have a family emergency or an important planned event, please let your child's coach know ahead of time. Schedule all appointments and other events during non-practice/game times. These rules are not intended to punish. It is important to be at all scheduled events on time. Coaches want all athletes to be prepared for each contest. Practices the day before each contest are intended for specific game preparation and to go over scouting reports, defensive assignments, offensive strategy, etc.

CONDUCT RULES

The Jefferson Boys Basketball Program wants to have athletes who will represent Jefferson Schools in a positive way. We want our school and community to be represented with class always.

1. All athletes will be asked to dress appropriately for all practices, games, and scrimmages, before, during, and after. This attire will be discussed in advance.
2. If an athlete is caught skipping class, is suspended, or in violation of the school rules; the athlete will be subject to missed playing time, after serving the consequences of the school. Five days of 5-4-3-2-1 will also be required.
3. Technical fouls will not be tolerated. If a player gets an unsportsmanlike technical foul, he will immediately be taken out of the game. It will be the coach's discretion whether or not the athlete returns to the game. Three days of 5-4-3-2-1 will also be required.
4. If an athlete gets a technical foul (such as slapping the backboard, illegal substitution, reaching over the end line, etc...), it will be the coaches discretion whether or not the athlete continues to play in that contest.
5. When an athlete does something deemed as misconduct, the athlete will be removed from the game, practice, or scrimmage. The athlete will be talked to by his coach and run a 5-4-3-2-1 for two days. Whether or not the athlete will be submitted to game conduct is a decision the coach will make depending on the severity of the misconduct. (Examples of misconduct: profanity; fighting; arguing with coaches, teammates, opponents, parents, referees, or fans; trash talking; hard or intentional fouls; technical fouls; throwing things; temper tantrums; or any unsportsmanlike gestures.)
6. No cell phones are to be used when players are in a team setting. This includes practices, bus rides, pre-games, games, post games, and banquets. The coaches ask that all phones be silenced unless there is an emergency.
7. All players are expected to sign and follow the Code of Conduct agreement.

TRAINING RULES

The Jefferson Boys Basketball Program wants to have disciplined athletes who follow the rules always. We do not want selfish individuals who try to cheat the system and do their own thing. We want individuals who do the right thing at all times, make the right choices, and who won't let their teammates or coaches down.

1. If a training rule set by the Athletic Department is broken, the penalties of the department will be followed.
2. Alcohol, drugs, and tobacco products will not be tolerated. Athletes will serve the suspension of the Athletic Department, are expected to be at all practices and games, and will receive a 5-4-3-2-1 for every game suspended.
3. All athletes are expected to take care of their bodies. Get enough rest so you do not get sick and eat properly by trying to cut down on junk food.
4. All athletes should be using the pre-season, in season, or post season workout for strength training.

Players Fair Play Code

1. I will participate because I want to, not just because my parents or friends want me to.
2. I will play by the rules and in the spirit of the game.
3. I will respect my opponents.
4. I will do my best to be a true team player.
5. I will remember that winning isn't everything. Improving my skills and doing my best are important.
6. I will acknowledge all good plays by both my teammates and my opponents.
7. I will remember that coaches and officials are there to help me. I will accept their decisions, show them respect and understand they have given their time to be with me.

Coaches Fair Play Code

1. I will be reasonable when scheduling practices.
2. I will teach my athletes to play fairly and to respect the rules, officials and opponents.
3. I will ensure that all athletes get equal instruction, support and opportunities.
4. I will make sure that all equipment and facilities are safe and match the athletes' ability and ages.
5. I will obtain proper training and continue to upgrade my coaching skills.

Parents Role in Athletics

1. Make sure your children know that win or lose; you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, competitive attitude, and actual skill level.
3. Be helpful but don't coach them. It's tough not to, but it's a lot tougher for the child to be flooded with advice and critical instruction.
4. Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he will likely become disenchanted.
5. Don't compare the skill, courage or attitude of your child with other members of the team.
6. Always remember children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.

Communication with the Coach

Communication You Should Expect from Your Child's Coach

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the team.
- Locations and times of all practices and contests.
- Team Requirements (fees, special equipment, off season conditioning, etc...)
- Procedure should your child be injured.
- Discipline that results in the denial of your child's participation.

Communication Coaches expect From Parents

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child, both mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

Issues Not Appropriate to Discuss with Coaches

- Playing Time
- Team Strategy
- Play Calling
- Other Student -Athletes

Appropriate Procedures for Discussing Concerns with Coaches

- Call or email to set up an appointment with the coach.
- Do not contact a coach before or after a contest or practice. (These can be emotional times for all parties involved and do not promote resolutions)