



2022-2023 Shadow Ridge Middle School Boys Basketball

OVERVIEW

Basketball is a much-loved sport all across the world. It's popular because it can be played as a competitive sport or a casual game on a local court. It is a fast-paced game that involves a lot of jumping and running, which is a great way to exercise. Basketball is also a great way to develop coordination, motor skills, self-discipline, and focus. Increased confidence and self-esteem are two other very positive rewards from participating in team sports such as basketball. If you want a sport that helps you stay fit and healthy, both physically and mentally, basketball is a great choice.

COACHING STAFF

| Coach | Name | Phone | Email | Practice Days/ Time |
|---------------|-----------------|--------------|-----------------------|--|
| 6th Head | Mike Roche | 720-972-5042 | roc028338@adams12.org | M/ T/ Th up to 2/17 M/ Th/ F once games start 4:30-6:00 PM |
| 6th Assistant | Sean McKinney | 720-972-5042 | @adams12.org | |
| 7th Head | Tyler Utesch | 720-972-7853 | ute004394@adams12.org | M/ T/ Th 4:30-6:00 PM |
| 7th Assistant | Tabatha Downing | 720-972-5042 | dow008771@adams12.org | |
| 8th Head | Adam Ager | 720-972-7791 | age015724@adams12.org | M/ T/ W 7:15-8:45 AM Shoot Around 8 AM Thursday |
| 8th Assistant | Kim McLachan | 720-972-7758 | mcl007565@adams12.org | |
| Athletic Dir. | Evan Philippus | 720-972-5047 | phi010951@adams12.org | |

TEAM STANDARDS AND EXPECTATIONS

An athlete who expects to be successful competing in basketball without hard work and effort will struggle; becoming a successful team player requires *practice, time, patience* and *strong character*! Character building is done at school, in practice, games, and at home.

ATHLETE EXPECTATIONS

We want our athletes to not only be the best players they can be, but the best people. The expectations below help lead to that.

- Athletes are expected to be at **every practice**. Practice is an opportunity to get better.
- Athletes should come outfitted for practice properly: wearing appropriate clothing for working out in the gym.
- Bring the correct attitude and effort every day.
- Be coachable. Listen, learn and believe what you are being taught. Ask questions if you do not understand.
- Realize that success requires hard work.
- Make positive decisions in school and practice/games.
- Representing the team during the school day is expected. A behavior referral from a teacher can impact playing time.
- Eligibility will be run the **day before** every game. Any student with **3 unexcused absences**, or **6 tardies** or a referral that results with **In-School Suspension** or **Out of School Suspension** will not be allowed to play in the next scheduled game.

PARENT EXPECTATIONS

- Support your athlete by praising commitment and hard work. Don't make excuses for them.
- Support the team by cheering for other athletes and team accomplishments.
- Support positive nutrition and hydration habits.
- Let the coaches coach, players play and officials officiate.
- Pick up students within 10 minutes of games and practices ending.

PRACTICE EXPECTATIONS

- **6th Grade** Practices are Mondays, Tuesdays and Thursdays from 4:30 pm-6:00 pm for the first few weeks of practice. Following the first game, practices will be Monday, Thursday Friday from 4:30-6:00 pm

- **7th grade** practices are Monday, Tuesday and Thursday from 4:30 to 6:00. Fridays will change once games start and a schedule will be handed out.
- **8th Grade** Practices are Mondays, Tuesdays, Wednesdays from 7:00 am - 8:30 am. We will have a shoot around on game days at 8:00 AM.

COMMUNICATION PROTOCOLS

Communication is an essential component of success in any organization. Parents should rely on their athlete as a primary source of information. We will do our best to keep families updated through email and the **CLUBS & ACTIVITIES** link on the school website.

We do not anticipate having major issues, but should any arise, please follow the following protocol:

1. Allow 24 hours of "cool-off time". The athlete and parent discuss the issue. Athlete discusses the issue with the head coach.
2. After the athlete and head coach talk, if need be, the athlete, parent and coaching staff will meet.
3. If still unresolved, the athlete, parent, coaching staff and athletic director will meet.

As well, Adams 12 Five Star Schools maintains a strict zero-tolerance policy regarding hazing and initiation of any kind. Building administrators will review and potentially investigate any situation that involves hazing or initiations within a student group. Adams 12 Five Star Schools Superintendent Policy 5110 and Athletic Code of Conduct prohibit bullying, hazing, intimidation or threats.

EQUIPMENT

Basketball requires very little investment in equipment. Game uniforms will be provided. We do expect our athletes to have the following:

- Basketball shoes or appropriate court shoes: a good pair of shoes will help to prevent injuries.
- Appropriate dress: includes athletic shorts and shirts for practice.
- Water bottle.
- Small, healthy snacks to eat before or after practice.
- ALL earrings and jewelry *MUST* be *removed* for participation in all games and practices.

TRANSPORTATION

Student athletes will be transported to and from all competitions. Students can be signed out *after* the competition once the event has ended for EVERY athlete. **Students can only be signed out from coaches by their PARENTS or FAMILY members listed on infinite campus.** There will be **no exceptions** to this policy.

PLAYING TIME

We plan to do our best when it comes to playing time for all athletes. Factors that impact playing time both positively and negatively:

- Arriving to practice on time, staying attentive and effort at practice
- Registering after February 6th.
- The number of players on the opposing team
- Behavior and Attendance at school and during practice

BASKETBALL OFFICIALS

Our district AD is working hard to secure officials for all Adams 12 games. However there is a chance we will not secure officials for every game.

- If interested in VOLUNTEERING to officiate please reach out to our Athletic Director Evan Philippus.
- If needed, we may enlist staff members to officiate games. This will be a last case scenario.
- Games ***could be*** canceled if officials are not assigned to our games and we are unable to acquire volunteers.
- Please treat ALL officials with respect, they are more likely to officiate our games if treated well.