



MHT Wolverines
Player handbook

Welcome to MHT Wolverines AAU Basketball!

The coaches appreciate your hard work and dedication to the game of basketball. Regardless of your skill level, we will work to improve your basketball skills. Players come in all different skill levels, shapes and sizes. It's our goal to have you improve your game and continue playing basketball in the years to come!

Please keep in mind this is a team that plays Amateur Athletic Union (AAU) tournaments, highly competitive tournaments in different cities. Many practices will reflect the intensity of the tournaments, especially the week prior to weekend tournaments.. This a competitive basketball team, but at the same time, we want this to be an enjoyable experience, win or lose.

This handbook is your guide on how to act on and off the court. Please read this handbook thoroughly and ask your coach questions afterwards. Please note that we have dedicated coaches who discuss basketball on a daily basis, but also have family and job obligations. Therefore, we rotate coaches based on availability, but overall, the offensive and defensive philosophies are similar across all teams.

We encourage parents/guardians to also read this handbook. We look forward to working with all of you! Congratulations on being on the team!

Respectfully,

Reno Ursal

Principal Director

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Parental conduct

Parents are expected to be supportive of the Mountain House Wolverines program.

Be courteous and respectful at all times to coaches, referees, players, parents, game staff, and opposing fans.

If parents have concerns, their child's participation, coaching techniques, or game strategies, etc., **contact the head coach via email**, by phone, or by conference meeting. All coaches are available for a conference at any appropriate time and place. If parents are not satisfied after discussions with the coach, the Principal Director is available to discuss the issue.

During Games, Tournaments, Practices and Team Functions:

- 1) Parents don't yell instructions to their child from the sideline. Instructions only from coaches.
- 2) Unsportsmanlike acts are grounds for a parent's child to be dismissed from the team. Unsportsmanlike acts include verbal abuse, physical altercations and intimidation of Wolverines players, coaches and parents, opposing players, coaches and parents, game staff, referees and tournament staff.
- 3) If a parent receives a technical foul during the game, the parent's child will be forced to sit out the remaining games of the existing tournament and all games of the next tournament.
- 4) Any parent under the influence of alcohol at games and practices are grounds for a child to be immediately dismissed. No exceptions.

Parents, please remember to support, not undermine the efforts of our coaches.



PLAYER CONDUCT

- A player's improvement is reliant on a player's dedication and commitment. Nothing replaces hard work and focus. Practice is classroom time. Games are the test. Treat your classroom time accordingly.
- Be punctual for practices and games. Arrive at least 10-15 minutes prior to practice.
- Be unselfish. Think of your teammates and know that if they succeed, your team succeeds.
- *Listen to coaches. Trust the coaches. Respect the coaches. Understand the coaches.* Coaches are people dedicating their time to teach and guide you. Wolverines coaches have experiences you haven't had. Learn from their experiences. Don't be close-minded about your ability and role on the team.
- Accept criticism from your coach in a positive way. Our coaches are there to help you succeed.
- No foul language on or off the court!



PRACTICES

- Practice is essential to becoming a skilled basketball player. Don't take practices lightly. If you do, you are only hurting yourself. *Practice time is classroom time.*
- Practices are mandatory. If you are physically unable to participate in practice due to an illness, notify your coach **prior** to the start of practice. Lack of notification will result in an unexcused absence. *Please note: parents can contact coach for player illnesses.*
- 2 unexcused absences are grounds for dismissal from the team.
- Be timely. Arrive at least 10 minutes before the start of practice. If you are late, expect to run!
- Pay attention to coach instructions. You are responsible to listen and follow instructions. Stay focused!
- No extracurricular talking or horseplay. Stay focused!
- **If practice jerseys are issued, wear your Wolverines practice jersey at ALL practices.**
- Report all injuries to your coach.
- No drugs or alcohol are not allowed.
- Encourage your teammates. Negative comments will not be tolerated.
- Foul language will not be tolerated at any time.
- Stop what you are doing when you hear a whistle!



GAME CONDUCT

- All players are prohibited from making negative comments to opposing players, coaches, game clock operators and referees. Facilitate your feelings to your coach who will make the decision on how to effectively communicate player concerns.
- Only 5 players can play on the court at one time. Therefore, be prepared to occupy the bench during parts of a game. On the bench, stay engaged in the game and cheer for your teammates. Again, no yelling negative comments to opposing players, coaches, fans or referees!
- Stand up for teammates being subbed out of the game. Give them a slap on the back and be encouraging.
- No phone calls or texting while on the bench.
- Players unable to play at tournaments due to injury or discipline are required to help the team take stats during the game.



OFF THE COURT

- Overall, avoid any activity that is hazardous to your ability to play basketball.
- Get enough sleep! 8 hours is recommended.
- Get all of your school work done. You will have to balance school, family, friends and basketball. Balance is a skill you need on and off the court, so don't let your school work slide. Any player who falls below 2.0 GPA is at risk of being dismissed from the team until the grades improve.
- NO DRUGS including Alcohol in a player's possession on or off the court. Discovery of such items will be grounds for immediate dismissal from the team.
- Grades will be checked! If a player's GPA falls below 2.0, parents and Principal Director will meet to discuss what is best for the player.
- All social media negative comments or rants against coaching staff, opposing players, referees, game staff or teammates are grounds for dismissal from the team. Social media outlets include facebook, twitter, myspace, tumblr, mylife.com and any other social media outlet not listed.
- Carry yourself with dignity and self-respect on and off the court!

