

# “You Are What You Emphasize”

## Lancer Basketball Handbook 2023-2024

### Mission of Lancers Basketball

The La Crescent-Hokah Lancers Boys Basketball program will develop respectful leaders through competitive athletics, while keeping a fun, family like atmosphere.

### Academic Standards:

We expect our athletes to be equally as respectful and hard-working in the classroom, as they are on the basketball court. We abide by the Activities Department Handbook on Academic Eligibility. Athletes are NOT to travel with the team if ruled ineligible. Attending practices and home events are at the discretion of the respective coach during a period of ineligibility.

### Conduct – On & Off the Basketball Court:

We expect our athletes to act respectfully, and with a high level of character while they are a part of our program and beyond. This includes but not limited to; the gym, weight room, locker room, bus, classroom, community. It is at the coach’s discretion on handling individual circumstances that may happen during the season.

Players body language matters! We will be emphasizing this with our players; Be Enthusiastic, Be Up-Beat, Acknowledge Your Teammates. It is on us as coaches to follow-through with this.

YouTube: <https://www.youtube.com/watch?v=tp4mIONS51E>

### Rules:

- **Open Door Policy** – We welcome ALL conversations with players on a one-on-one basis at any point in time. NOTHING is off limits in terms of conversation (Basketball, School, Life)!
- Be Early (Practice, Home Games, Bus Departures, Team Meetings, etc.)
  - If unable to make a team function, or running behind schedule, please notify the head coach, ideally with 24 hour notice
- No Swearing or Foul Language (Coaches Included)
- Practice Jersey’s Required for Varsity, Junior Varsity, and Freshman Practices
  - Jersey’s MUST be tucked in for practice at all times
  - No Jewelry and/or Wristbands Allowed
  - Have a green/dark and white t-shirt available in locker for back-up plan
- Game-Day Rules (Varsity, Junior Varsity, Freshman)
  - Appropriate Team Dress – Determined by team leaders & coaches
  - No Cell Phones – Different By Level (Home) & Arriving at Road Site (Away)
  - Team WILL sit TOGETHER behind bench for support of ALL levels
- Post-Game Departure for Away Contests
  - Players will be required to ride home on the team bus unless signed out by parent / guardian. Varsity & Junior Varsity players are allowed to ride home with a parent / guardian ONE TIME during the season, as this is viewed as an opportunity to build team cohesiveness and establishes a team culture of being together before and after games.

- Parent / Guardian note required if athlete is to ride home with another family

#### Chain of Command:

If a problem exists for a player in our program, we encourage that player to discuss the concern with their respective coach FIRST. For Varsity players, this is required before a parent / guardian can contact the coach. For JV/9/8/7 players, the player is encouraged but communication from the parent is also welcomed. If the concern isn't fully resolved at the respective level following a discussion / meeting, the head coach will be next in line.

We welcome all questions & concerns, but please follow the proper channels.

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## **Lancer Basketball Non-Negotiables**

### **LIFE**

1. Respect...Includes School, Basketball Program, Teammates, Opponents, & The Game
2. Humility...We Win with Class, We Lose with Class
3. Be Coachable...You Don't Know It All, Strive For Continuous Improvement
4. Give Us Your Best...Physically/Mentally Giving All Of Yourself To Our Program
5. Acknowledgement...Connect with Your Teammates On and Off the Court
6. Team...Putting the Team Above Yourself

You are a part of Something Bigger Than Yourself

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### **BASKETBALL**

1. Get Back
2. Active Hands
3. Shot Goes Up – Find A Body
4. Ball Sureness
5. Move The Basketball
6. Shoot With Confidence

Contact Us: [www.coachthibodeau.weebly.com](http://www.coachthibodeau.weebly.com)

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