

Litchfield Panthers' Basketball



2018-19 Rules - Handbook

November, 2018

18-19 Panthers,

It is time to refocus and prepare for another season of Litchfield basketball. The coaching staff looks forward to working with you this season to meet all challenges together.

This handbook will help define what the Litchfield basketball program is about and what expectations we have for our players.

Program Philosophy

The staff's coaching philosophy incorporates many characteristics needed to be successful in life. Yes, the overall focus is to win, but we will do this the right way. I believe our job as coaches goes far beyond x's and o's. The qualities we look for in our team include: hard work, discipline, commitment, loyalty, leadership, respect and the willingness to sacrifice individualism for team success. These qualities are important and should be evident on and off the court. Playing time is based on effort in practice, fundamentals, the willingness to play within the team concept and to make sacrifice plays. (ex. Take a charge, dive on a loose ball, set screens, rebounds etc.). Our society has a tendency to focus only on "highlights" when it is only a small part of the overall game. If you don't have players willing to do the little things, there will be little success.

Offensive Philosophy

"It's not what you run, but how you run it". The willingness to learn and execute the plays will determine the success on offense. Every play will not work everytime, but executed correctly you will have opportunities for success. The coaches will do our best to put you in a position to be successful and each offense is designed to gain an advantage. In early stages of the season the staff will determine what position(s) you will play. This might be a different position from years past, but our goal is to play you in a position that will give us the best chance for success. We will run motion style offense along with numerous set plays. Last season we stressed to break each play down into steps and if we perform each step it will give us a chance to score. We may use different styles at each level of the program, but our goal is to find what we do well and work to perfect it.

Defensive Philosophy

We want our defense to be relentless and make each possession a struggle for the opposing team. This is achieved by a group effort regardless of the defensive set. Communication, defensive stance, active hands, help-side are a few things we will discuss. We also discuss finishing each possession which is in reference to how important rebounding is. A great defensive possession can be taken away by failing to rebound. We will use many styles of defense, but all will have man to man principles. If you have good man to man principles, you can play any defense. There are times when your offensive game is struggling, but the one consistent each night should be defense. A good defense relies on communication, concentration, competition, and the most important of all effort.

Drew Logan
Brent Stewart
Dwight Garrels
Anthony Robinson
Nathan Diveley

2018-19 Litchfield Boys' Basketball Rules

1. A player must report to the **HEAD COACH, NOT ASSISTANT COACH** if he will miss a practice. The coaches will determine whether the reason for the absence is excusable or not. If you must contact me through cell phone you must call before the scheduled practice time. ****If you are dismissed from practice due to conduct detrimental to the team you will be assessed an unexcused absence****
 - a. First Offense 3 Step Ladder, Cannot start or sit 1st quarter
 - b. Second Offense 7 Step Ladder, 1 game suspension
 - c. Third Offense 11 Step Ladder, 2 game suspension
 - d. **Fourth Offense Dismissed from team**

(You must complete all required running before practicing or playing in a game)
2. In case of an extended absence (Excused) the players are required to practice for the number of days they missed before participating in another contest. Ex.- Miss 1 game & 2 practices, must practice 3 times before playing in the next game.
3. Should you not be able to practice physically because of a medical excuse, injury or illness, you are still obligated to attend practice or treatment unless your absence is approved by the Head Coach. If you sustain an injury please notify the Head Coach and Athletic Trainer asap.
4. The Litchfield Athletic Code covers violations of alcohol, drugs, or other illegal activities. Any violation will be referred to the school administration for consequences.
5. If you are receiving after school help, be sure to bring a signed pass from the teacher indicating when you left his/her classroom. As a Student-Athlete academics are your **FIRST PRIORITY**. If you need help, ask and get it! Education comes first because maintaining your grades allows you to participate in basketball. ****If you are ruled ineligible for 3 consecutive weeks you will be dismissed from the team****.
6. **Practice** attire should be worn as if you were in a game. Jersey tops should be tucked in, no jewelry, earrings, etc. **Game day** dress attire will consist of a collared shirt (polo/button up) and dress pants. **In game attire**: All players should wear only the required equipment unless it is for the purpose of protecting/treating an injury. The need for protective equipment will be approved by our Athletic Trainer.
7. You are first and foremost a **TEAM MEMBER**, but you are also a representative of the Litchfield School District and its community. Any complaints by the coaching staff, teachers or other schools about your attitude, behavior or the use of vulgar/ profane language reflect on the team, school district and community. This includes comments made public on social media degrading teammates, coaches, or opponents. These issues will be handled individually and as a TEAM. A player may be dismissed from the team based on the amount and/or the severity of the violation.
8. Each player will be assigned a practice jersey, which is important in running an effective practice. If you fail to bring the jersey you will complete a 3 step ladder. Each additional offense will add one step.
9. Players shall travel to and from the away contests on transportation provided by the school. Circumstances may allow for students to ride home with their parents (Ex. Injury)
10. On days when school is cancelled practice may still be held. Practice can be cancelled if you are notified by the head coach or if the Superintendent states during their "all call" that all activities are cancelled..
11. Cut Policy: If numbers are excessive, players trying out for the team may be subject to a tryout that lasts no more than 3 days.



Pat Summit's Definite Dozen

RESPECT YOURSELF AND OTHERS

TAKE FULL **RESPONSIBILITY**

DEVELOP AND DEMONSTRATE **LOYALTY**

LEARN TO BE A GREAT **COMMUNICATOR**

DISCIPLINE YOURSELF SO NO ONE ELSE HAS TO

MAKE **HARD WORK YOUR PASSION**

DON'T JUST WORK HARD, **WORK SMART**

PUT THE **TEAM BEFORE YOURSELF**

MAKE **WINNING AN ATTITUDE**

BE A **COMPETITOR**

CHANGE IS A MUST

HANDLE **SUCCESS LIKE YOU HANDLE FAILURE**

TO ANY ATHLETE

There are little eyes upon you,
And they're watching night and day,
There are little ears that quickly
Take in every word you say.

There are little hands that are eager
To do anything you do!
And a little boy who's dreaming
Of the day he will be like you.

You're the wisest of the wise,
In his little mind about you,
No suspicions ever rise.
He believes in you devoutly
Holds that all you say and do
He will say and do, in your way
When he's grown up like you.

There's a wide eyed little boy
Who believes you're always right,
And his ears are always open,
And he watches day and night.

Everyday in all you do
For the little boy who's is waiting
To grow up to be just like you.

JUST ME

From the time I was little, I knew I was great
'cause the people would tell me, "You'll Make It – Just Wait"
But they never did tell me how great I would be
If I ever played someone who was greater than me.

When I'm in my backyard, I'm King with the ball
To swish all those baskets, is no sweat at all.
But all of a sudden there's a man in my face
Who doesn't seem to realize that I'm the king of this place?

So the pressure gets to me, I rush with the ball
My passes to teammates could go through the wall.
My jumpers not falling, my dribbles not sure,
My hand is not steady, my eyes are not pure.

The fault is my teammates ... they don't understand.
The fault is my coaches...what a terrible plan.
The fault is the call by the blind referee.
But the fault is not mine; I'm the greatest you see.

Then finally it hit me when I started to see
That the face in the mirror looked exactly like me.

It wasn't my teammates who were dropping the ball
And it wasn't my coaches shooting bricks at the wall.

That face in the mirror that was always so great
Had some room for improvement instead of just hate.
So I stopped blaming others and I started to grow.
My play got much better and it started to show.

And all of my teammates didn't seem quite so bad
I learned to depend on the good friends that I had
Now I like myself better since I started to see
That I was lousy being great...I'm much better being me...



Mission Statement

This mission of the Litchfield Boys Basketball program is to field teams that compete on the court, achieve in the classroom, and positively impact our school and community. **WE** represent Litchfield Basketball, Litchfield School District and the community of Litchfield on and off the court. Student Athletes in our program will be treated with respect as we strive to reach our potential as a team and as individuals. We will respect the game of basketball by playing our hardest, but also playing the right way.

18-19 Team Motto(s):

#WeRTNT- Work Equals Results - ***Takes No Talent***

#DMGB - Doesn't Matter Get Better

#InOut- Can you take coaching?
 Are you on time?
 Do you only do the minimum?
 Are you and Energy Give or Energy Taker on the floor/bench?

WeRTNT- Work Equals Results - Takes No Talent

#DMGB- Doesn't Matter Get Better

#InOut Are you *IN* or *OUT*?

- Being on time
- Work ethic
- Effort
- Body Language
- Energy Giver
- Attitude
- Passion
- Being coachable
- Doing extra
- Being prepared

Online Information



Litchfield Purple Panthers Boys Basketball
@ppanthersbball



@ppanthersbball



<http://lhspantherbasketball.weebly.com/>



<http://il.8to18.com/LitchfieldHS/>

