



## **2023-24 Boys Basketball**

### ***First Meeting Agenda***

***Wednesday, November 8<sup>th</sup>***

#### **Follow us on:**

Instagram - @RRHAWKS

Website – <https://www.nthurston.k12.wa.us/domain/350>

Remind App- <https://www.remind.com/join/rrhshoops>

#### **Coaches:**

- Michael Crosby – Head Coach (mrosby@nthurston.k12.wa.us)
- Ashley Clark - Assistant Varsity
- Marcus Harper - Assistant Varsity
- Daniel Santana – Junior Varsity
- Akil Freeman – C-Team

#### **Coaching philosophy:**

*“To have an environment that encourages student-athletes to learn and develop on and off the court, as well as creating a positive learning environment in good and bad times. Teamwork, accountability, communication, and overcoming obstacles is also a focal point in our program, while promoting Youth Leadership Development.”*

#### **Paperwork & fees must be taken care of by no later than Friday, November 10<sup>th</sup>**

*\*All forms are on Final Forms, and all payments will be done through the Online Payment Portal on our school website under Athletics*

#### **GPA Requirement**

- Must be above a 2.0 and cannot be failing two classes to play in any contest (jamboree, non-league/league) games.

## **Practice Attire**

- Practice jersey
- Basketball Shoes
- Water Bottle
- Slides or Crocs (DO NOT wear shoes worn outside on the court)

## **Game Attire**

- Uniforms will be issued to all 3 teams (C-Team, JV, Varsity)
- Navy blue or black undershirts for road games and white undershirts for home games
- Warmup/Shooting shirts will be issued to the Varsity and JV teams only
- No jewelry (necklace, earrings, or bracelets)

## **Practice Routine**

- Bags will go in the locker room or bleachers prior to practice
- Team/Partner assisted stretching
- Pre-practice drills
- Practice
- Cool down stretching

## **Tryouts**

- Tryouts will consist of 3 days (November 13<sup>th</sup> - November 15<sup>th</sup>) for 10<sup>th</sup> grade through 12<sup>th</sup> grade student athletes
- Tryouts will consist of 4-5 days (November 13<sup>th</sup> – November 16<sup>th</sup> or 17<sup>th</sup>) for 9<sup>th</sup> grade student athletes

## **Fundraisers**

- TBD

## **Weekend Practices/games**

- Regular Saturday practices will be from 1:00pm-4:00pm
- November 25<sup>th</sup> – Varsity Jamboree @ Rochester High School

## **Thanksgiving Break (November 22<sup>nd</sup> – November 25<sup>th</sup>)**

- Wednesday- Practice for all teams (1:00pm-4:00pm)
- Thursday- Off for Thanksgiving
- Friday- Practice for (1:00pm-4:00pm)
- Saturday- Jamboree @Rochester High School

## **Winter Break (December 20<sup>th</sup> – January 2<sup>nd</sup>)**

- Tuesday December 19<sup>th</sup> - Game against Peninsula HS @ RRHS
- Thursday December 21<sup>st</sup> - Practice for all 3 teams (5:30pm-8:30pm)
- Friday December 22<sup>nd</sup> – Practice for all 3 teams (5:30pm-8:30pm)
- Saturday December 23<sup>rd</sup>-Off
- Monday December 25<sup>th</sup>- Off
- Tuesday December 26<sup>th</sup>- Practice for all teams 5:30pm-8:30pm
- Wednesday December 27<sup>th</sup>- Practice for all teams 5:30pm-8:30pm
- Thursday- RRHS vs Rochester
- Friday December 29<sup>th</sup>- Practice for all teams 5:30pm-8:30pm

## **Bus Trips**

- Unless there is an emergency or a pre-planned/notified activity, everyone will ride the bus home
- If you have been cleared to take your child home, then ensure that the coaches have something in writing or a text message
- No player is authorized to ride home with another players parent or guardian
- We win together and lose together, so it is just as important to celebrate those wins as it is to learn from the losses on the bus ride home

## **Team Goals**

- Communication
- Knowing your **ROLE** on the **TEAM**
- Learning and executing all of our plays on offense/defense
- Becoming an efficient and effective unit/team
- To improve everyday mentally and physically on and off the court

## **Requirements by players**

- Be on-time to all practices and meetings (5-10 min prior to posted times)
- Be coachable
- Be a good student, be a good athlete, be a good teammate, and be a good person
- Giving 110% on and off the court
- Come to practice and events with a positive attitude
- Communicate to the coaching staff when you will be absent/tardy from practice
- Maintain all of your issued clothing/equipment

## **Support from family & parents**

- 24 Hour rule – Coaches will not engage in conversation with parents regarding playing time or philosophy after a game. After a game, emotions run high for all parties, and it's always best to give it some time to digest then converse.
- Please keep in mind that at the high school level, playing time is earned and not given. All decisions regarding playing time will always be what is best for our program, and not what is best for individual players.
- Please try to refrain from coaching your child from the stands. In doing so it takes away from what we are trying to accomplish as a team, and it impacts the focus of that individual.
- The role of the Assistant coaches is to assist in everyday basketball operations on and off the court. They are also there to mimic the programs' philosophy and principles that have been set
- Lastly, players and or family members are not aloud to interact with players on the bench during games at all. If they need water or a drink during the game, please don't engage or coach them

**For all players that make the program, grades will be pulled on November 20<sup>th</sup>. If you are falling more than one class (two F's) you will not be allowed to play/participate in any games/tournaments until your grades are up! Grades will be pulled and checked throughout the season, but I will check grades for our players year-round.**

## **Off Season / Summer Basketball**

- We will attend a team camp this summer for our Varsity & JV teams. (June/July)
- We will participate in the Curtis Summer League (entire month of June)
- Summer/ off-season workouts will be 2-3 times a week
- Numerous fundraisings and team bonding events will take place all off-season long
- Open Gyms will be held once to twice a week at RRHS
- We will participate in the TCC Fall league

*\*All dates and times for our off-season/summer activities are TBD*