

SEGERSTROM **BASKETBALL**



Player **Handbook** **2006 / 2007**

Congratulations!!!



You are now a member of the Segerstrom Jaguars Boy's Basketball program! You must realize that there is much more **RESPONSIBILITY** and **COMMITMENT** expected from you in order to be a part of this program. **RESPONSIBILITY** and **COMMITMENT** are two words you will hear often. This experience is more than just being on a basketball team...the coaching staff hopes to teach you more than just basketball. You will learn to be part of a team and the fundamentals to make you a better person...successful in life.

Athletic competition presents a great training ground for life. Lessons learned on the court will continue to be of value to you throughout your life. We believe some of the most important things learned are:

- fair play
- sportsmanship
- humility
- success/failure
- self-control
- understanding
- intensity
- mental toughness
- patience



The game of basketball must be a team game...on and off the court. No one situation is more important than the team. The players, individually and collectively, must give of themselves willingly what is asked of by the coach. The **TEAM** always comes first. It's not about **YOU...IT'S ABOUT US!**

I am committed to representing a basketball program that will constantly reinforce and focus on the positive aspects of life (character, teamwork, success, humility, self-control, understanding, and patience) and reflect a positive influence on the players, school, parents, and community.

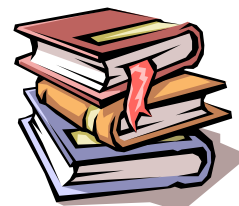
Adrian Gomez
Boy's Head Basketball Coach

EXPECTATIONS

**OF A
JAGUAR
BASKETBALL
PLAYER**

Conduct of the Segerstrom Jaguar Basketball Player

- I. **Academics** – Your first priority as a student is your schoolwork! Basketball requires many extra hours on your part during the season. You must plan your time to fit both into your schedule. C.I.F. says you must maintain a minimum of a 2.0 GPA...**but** we expect higher. Plan on coming to school early to make up any missed work/assignments. Missing practice or games to make up work/assignments is unacceptable. **GRADES ARE IMPORTANT!** We believe that being a basketball player will help your studies, not hinder them. Work hard to make your future a bright and pleasant one. Maintain a high standard in the classroom as well as on the court.



II. **Be a Gentleman** As a basketball player of the extreme pressure. It may be a call by an official, an overly aggressive foul by an opponent, or an uncomplimentary remark. Be cool. Do not react in a retaliatory manner. In the long course of the season, this will win games for the team and bring praise to you as an individual as well as to our team. We hope people throughout the various communities will say of The Jaguars, “those young men are gentlemen...they have class.”

III. **Be a Leader** – As an athlete, you are more well-known than the average student. This popularity brings responsibility, whether it’s on the court, in the classroom on the campus, or in the community. **PEOPLE WILL JUDGE OUR HIGH SCHOOL BY YOUR CONDUCT!** Always try to do what will bring respect to all of the students at Segerstrom High. Do us proud; do yourself proud. Have class. Always command respect because you’ve earned it.



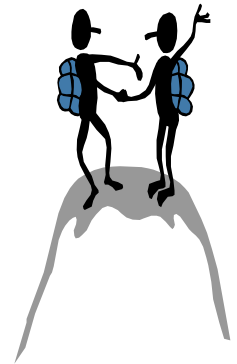
- IV. **Be a Player of Intensity** – There are many factors that may influence the

quality of your play. Do not ignore any of the following:

- A. **Training Rules** – To perform at peak efficiency, you must get enough rest. Remember, the hours before midnight are the most beneficial. Proper diet (stay off the fat and fried foods, watch your sugar intake...you need protein and carbohydrates in a balanced diet). Absolutely no alcohol, tobacco, or drugs. **THIS IS VITAL.** It is a scientific fact that they are injurious to your health, and they are even more injurious to team morale. We will not tolerate anyone who would put his personal desires before the good of the team.
- B. **Loyalty** – We must be a TEAM. A closely-knit group. Don't criticize (discount) others on or off the court. This is like a cancer; before long, everything we try to build up will be torn down. Let's all pull together toward our common goal.
- C. **Mental Attitude** – Attitude is everything. Self-discipline and mental toughness characterize a winner. We want you confident, not cocky. Never make excuses. Desire is the key. Work to improve, to train, to sacrifice, and to win.

V. **Be a Winner** – Winning will depend on many different things. Here are a few:

- A. We must out-hustle every team we play. This has reference to every aspect of the game.
- B. We must be in better shape than any team we play. **Our success depends on it.**
- C. We must be opportunists. Every loose ball, every jump ball, every error by our opponent must be turned into a basket by us. **This is a mark of a champion.**
- D. Our total game, offensively and defensively, will be based

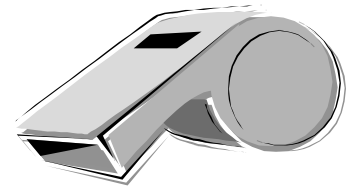


on pressure basketball. We will keep pressure on our opponents until they crack. This, more than anything, will require 100% effort from everyone. We may make mistakes but never let us make a mistake because we weren't hustling.

- E. The team that controls the rebounds usually wins the game. Without a doubt, the most overestimated abilities in rebounding are height, and jumping ability. The keys to rebounding are position and guts (a relentless attitude).
- F. Every ball that goes out-of-bounds is ours until the official designates otherwise. Don't assume or concede anything. That basket may mean the difference in the game.
- G. Defense pays off – You cannot always depend on having a good night offensively, but under no circumstance should you have a poor game defensively!! **Defense is work but it pays off in victory!!**

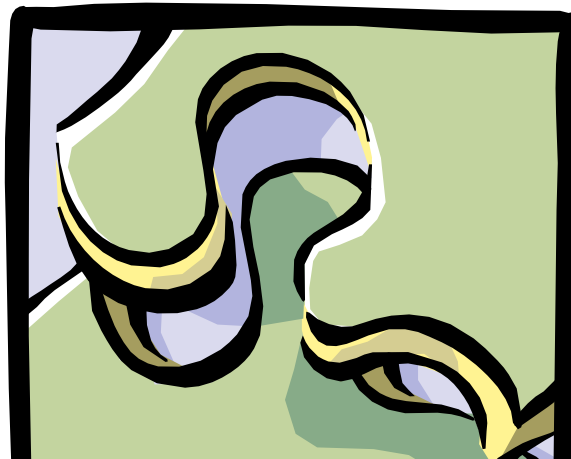
VI. Floor Conduct

- A. Officials – Leave the officials alone...PERIOD! They have the toughest job in sports and most of them work hard at it. When a foul is called, raise your hand. You don't gain anything by putting on a show, other than more fouls from the official, disrespect from the fans and players, and deep concern from your coach.
- B. Opponents – Treat your opponents as you wish to be treated. If you are upset, don't give your opponent the satisfaction of knowing he is "getting to you." Remember to be humble in victory (we hope to get a lot of practice at this). Always shake hands with opponents after the game.



VII. Basketball and the Spiritual

We feel that man is a mental, physical, and spiritual being. Since all these aspects intertwine to make the total man, your full potential is reached only when each of these facets of living are being generated. There is something bigger in life than ourselves, which together, and gives each of our lives



punctuates, ties greater purpose to and life in general.

The “Definite Dozen”

To STAY in the Jaguars Boy’s Basketball program, you have to be:

- Responsible
- Respectable
- Loyal
- Honest

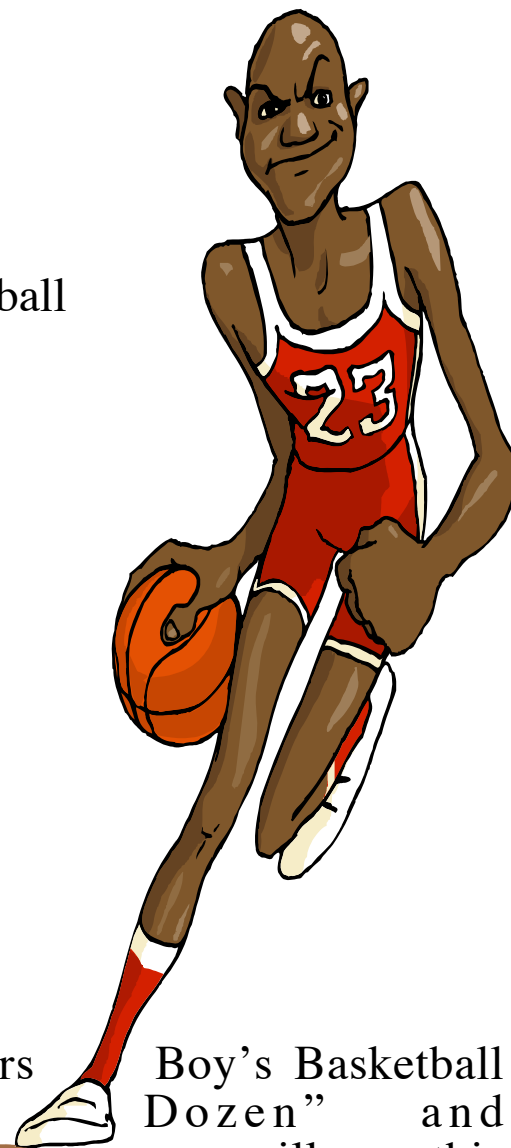
To PERFORM in the Jaguars Boy’s Basketball program, you have to:

- Work Hard
- Play Smart
- Put the Team Before Yourself
- Have a Winning Attitude

To BE SUCCESSFUL in the Jaguars Boy’s Basketball program, you have to:

- Be Coachable
- Accept and Know Your Role
- Handle Success and Failure
- Be a Competitor

We require each member of our Jaguars Boy’s Basketball program to know our “Definite Dozen” and commit to honoring each one. If you will use this “Definite Dozen” as a guideline for everyday living, you will not only become a better basketball player, but a better person.



Inspiration / Motivation

A good leader takes a little more of the blame and a little less of the credit.

It's supposed to be hard...If it wasn't, everyone could do it. It's the hard that makes it great.

Sports don't build character...they reveal it!

The will to succeed means nothing without the will to prepare.



Are you a stumbling block or a stepping stone?

Attitudes are contagious...Is yours worth catching?

The mark of a true champion is how hard they work when nobody is watching.

Self-Respect Permeates Every Aspect Of Your Life!

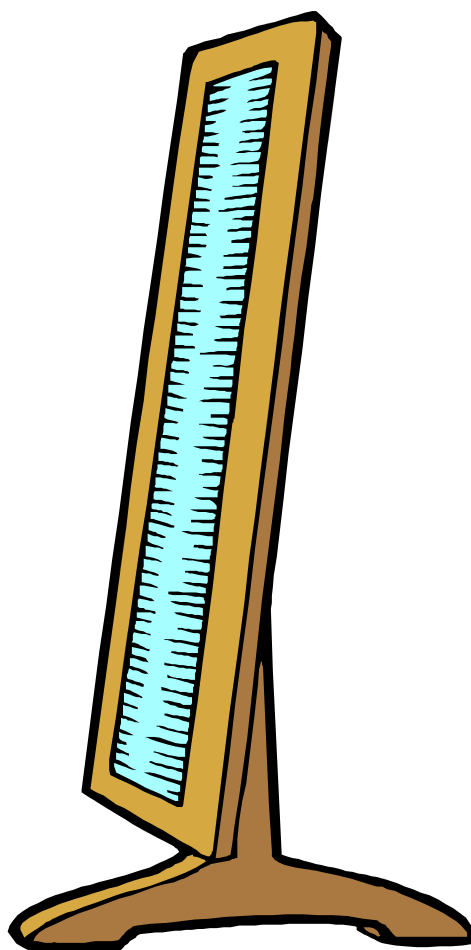
If You Have No Confidence In Self, You Are Twice Defeated In the Race Of Life...With Confidence You Have Won Even Before You Have Started!



COMPETE...When I step onto the court, I'm ready to play. And if you're playing against me, then you'd better be ready too. **IF YOU'RE NOT GOING TO COMPETE, THEN I'LL DOMINATE YOU.** If it's going to be, I'll let you score and you let me score, then no thanks. It's not good basketball. Basketball is about competition. That's the essence of the game. If you're letting somebody score on you and he's letting you score on him, like an all-star game or something like that, then that's not competing. Then it's just a show, an exhibition with everybody acting like they're playing. If that's the case, I'd rather not play. – *Michael Jordan*

PERSONAL

APPEARANCE



Your Personal Appearance

Your personal appearance is important. You must look like a “classy” student/athlete. Your appearance not only represents you, but also this program. People will judge you on your appearance. First impressions are very important and will leave a lasting impression on you and on the program...in a positive or negative way.

Please adhere to the following:

- 1) Drastic haircuts/designs are not permitted
- 2) Earrings and other jewelry are not permitted during:
 - a) 6th period
 - b) Practice
 - c) On the bus traveling to/from games



- d) Before/after games
- 3) We will wear dress shirts and ties on game days
 - a) Ties will remain on throughout the day until you get home at the end of the day
 - b) Shirts always tucked in
 - c) Wear the tie the way it's supposed to be worn
- 4) Clean shaven



REMEMBER: FIRST IMPRESSIONS ARE VERY IMPORTANT... YOU REPRESENT YOURSELF, THE SCHOOL, THIS PROGRAM, AND YOUR COACH.

PRACTICE
&
GAME DAY



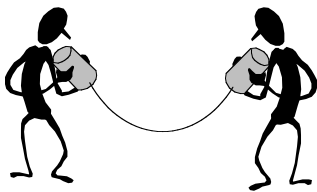
RESPONSIBILITIES

Practice

“The harder you work, the luckier you will be.” You will only play as well as you practice. There are no exceptions. We expect you to be on time and reliable. “Hustle” will be our key as we expect total effort from everyone at all times. Our success will depend entirely on the price we pay in practice.

You are expected to be at practice, even when injured or sick (of course, it depends on the severity of your injury or illness). You can watch. When you are sick, you can still learn.

Schedule appointments (dentist, doctor, etc.) around your practice/game schedule between November – February.



You must contact your coach before practice starts if there are going to be any problems. It must be done in person or a personal phone call. **NO THIRD PARTY MESSAGES.** You must actually speak to the coach.

Do not be late or leave early from practice. “I have to leave early from practice because _____” is not acceptable.

Practice jersey and short:

- will be given to you at the start of the season
- practice gear is your responsibility for the season...if lost, \$45/set
- must be worn at all practices
- jersey tucked in
- wash them on a regular basis
- no sagging shorts

FOUL / ABUSIVE LANGUAGE WILL NOT BE TOLERATED AT ANY TIME!



Game Day

1. Dress shirt and tie are to be worn from the start of the school day until you get home.

2. Wear your uniform with pride. You are representing Segerstrom High.
 - a. Always have your jersey tucked in
 - b. No undershirts to be worn under jersey
 - c. No armbands, wristbands, headbands
 - d. No “odd” styles are to be displayed. For example: socks to knees, one sock up and one down, etc...you and your teammates are going to “war” not a fashion show! We should all look the same on the court
3. Sit with your team before and after the game.
4. No walkmans on the bus or in the stands.
5. Bench behavior:
 - a. If you are on the bench, show interest in the game...elbows on you knees
 - b. Run off the floor when you are taken out of the game
 - c. Be “into” the game, help your teammates who are on the floor
 - d. Never show disgust when you are taken out of the game
6. Show good sportsmanship toward your opponent. Shake hands after the game.
7. Always show “class”, win or lose.



ACADEMICS

ORGANIZATION

**TIME
MANAGEMENT**

Time Management/Organization

As you know, being a student is very important. At times it can get very busy with school, practice, games, homework, etc. You must be able to organize all these activities into your day.

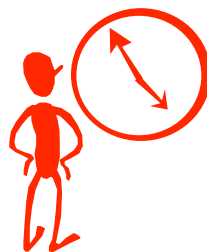
Excuses for being late or missing events are not acceptable...it's just poor organization on your part!

Below is a chart to help you organize your day and eliminate wasted or idle time.

Write the number of hours spent each day for each activity

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleeping							
Eating							
Dressing							
School							
Homework							
Job							
Sports							
Alone							
Family							
Friends							
TV/Radio							
Clubs							
Chores							
Phone							
Misc.							
Totals							

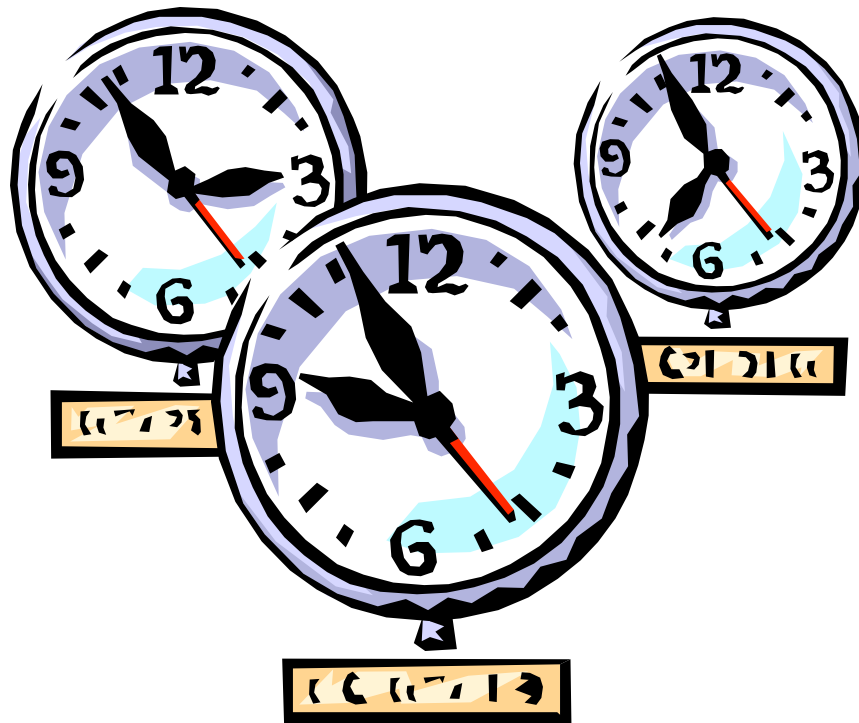
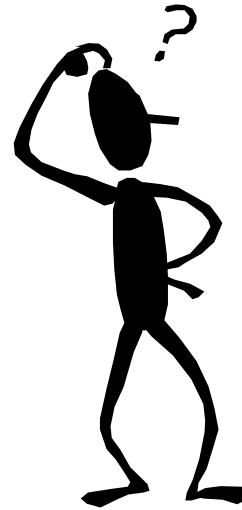
THERE ARE 24 HOURS IN A DAY...USE THEM WISELY!



What's Being On Time All About?

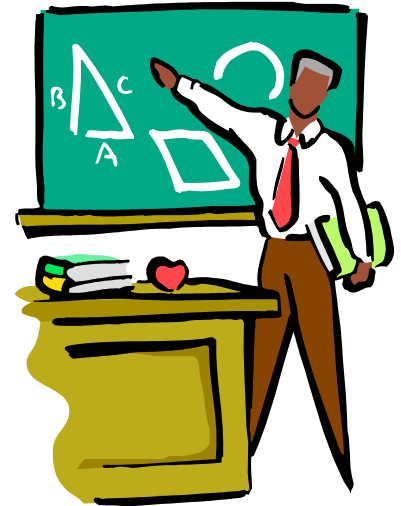
Below are excuses people make for not being on time. It is bad planning on your part...PLAN AHEAD!

- I overslept
- I had to wash my clothes
- Nobody woke me up
- I was with friends
- I didn't know what time it was
- I missed the bus
- My friend didn't pick me up
- I was out late and couldn't wake up
- My alarm clock didn't go off
- I couldn't find my books
- Someone else was in the bathroom
- I was waiting for someone



How To Earn The "F" Grade

1. Report to class late...Disturb the class while trying to settle.
2. Only attend class when you feel up to it.
3. Hands out of the windows; talk to friends. Teachers love friendliness.
4. Use a walkman with earphones while the teacher is lecturing.
5. When the teacher turns his/her back to write on the board...TALK.
6. Wear your shirt-tail out, three or four buttons loose. Teachers realize your eagerness to arrive at school prevented you from dressing properly.
7. Start getting your books ready to go five or ten minutes before the bell. Your teacher will think you worked so hard to finish your assignment early.
8. Rush, push, and fight for the rear seats.
9. Sleep in class. Your teacher will understand that a basketball practice continues through the night.
10. Tune out all directions. Ask the teacher for directions individually after he/she explained them.
11. Tear holes in your notebook paper...write sloppy. Teachers will think you were so eager to begin/complete the assignment.
12. Fail to turn in homework assignments. Teachers always understand that a pleasure trip, a visit, basketball practice, family, sickness, or listening to music is more important than getting an education.
13. Cheat on exams, write out cheat sheets, or let your eyes wander. Teachers understand that you didn't have ENOUGH time to study.
14. When the teacher returns your test paper, laugh if you make a low score. The teacher will think you are really concerned.
15. Try to prove your teacher is incompetent or incorrect.
16. Get into verbal confrontations with your teacher in front of your friends.
17. Consume large amounts of food and/or drink while the teacher is lecturing. He understands that you missed breakfast or lunch because you had more important things to do.



Grade Checks



Below is a sample of our grade check form. You will be given a grade check form to give to your teachers at least every two weeks. Give the form to your teacher at the beginning of class and to your coach when completed or upon request.

Dear Teachers,

Please take a few minutes of your time to help me monitor the academic progress of the students in the Boy's Basketball program. Your input is very important.

Thank you,

Coach Adrian Gomez

1 = POOR

5 = EXCELLENT

Period 1

Attitude 1 2 3 4 5
Assignments in on time 1 2 3 4 5
Respectful 1 2 3 4 5
Current Grade _____
Comment _____
Teachers Signature _____
Tel. Ext. _____

Period 4

Attitude 1 2 3 4 5
Assignments in on time 1 2 3 4 5
Respectful 1 2 3 4 5
Current Grade _____
Comment _____
Teachers Signature _____
Tel. Ext. _____

Period 2

Attitude 1 2 3 4 5
Assignments in on time 1 2 3 4 5
Respectful 1 2 3 4 5
Current Grade _____
Comment _____
Teachers Signature _____
Tel. Ext. _____

Period 5

Attitude 1 2 3 4 5
Assignments in on time 1 2 3 4 5
Respectful 1 2 3 4 5
Current Grade _____
Comment _____
Teachers Signature _____
Tel. Ext. _____

Period 3

Attitude 1 2 3 4 5
Assignments in on time 1 2 3 4 5
Respectful 1 2 3 4 5
Current Grade _____
Comment _____
Teachers Signature _____
Tel. Ext. _____

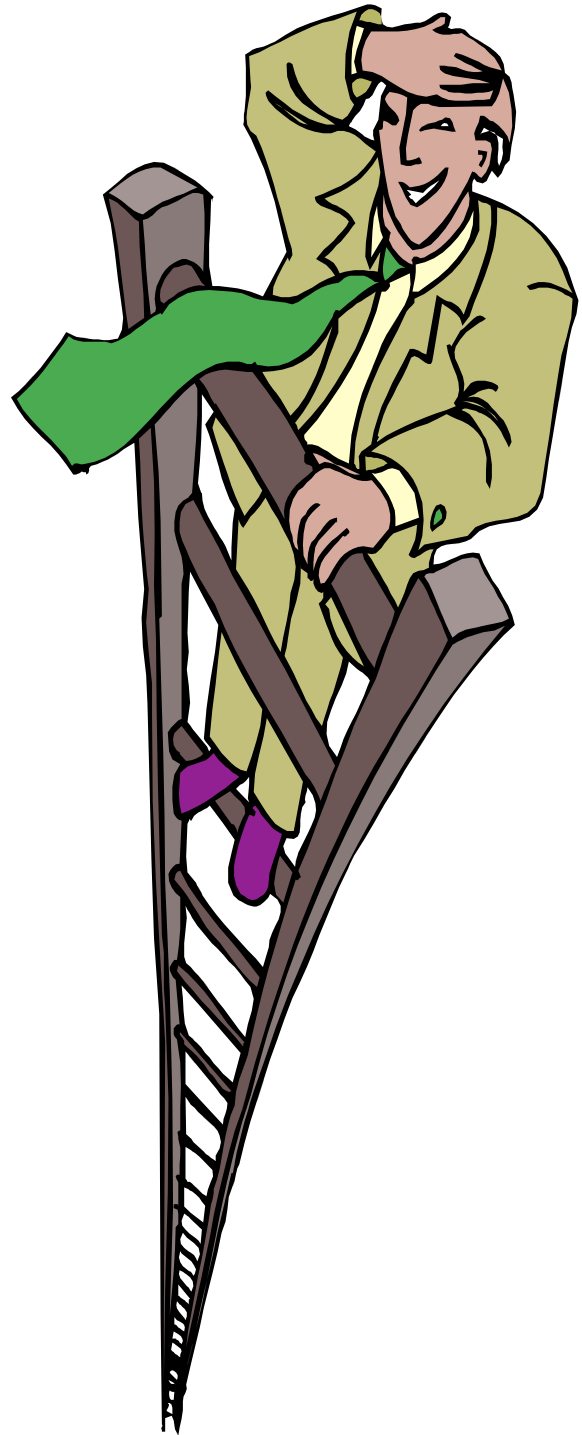


SUCCESS!

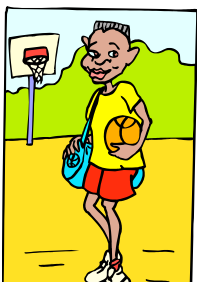


12 Steps To Guaranteed Success

1. Study Hard
2. Work Hard
3. Take Initiative
4. Be Committed
5. Care About Yourself and About Others
6. Help Others and Share With Others
7. Set Goals With Specific Timelines
8. Don't Be Afraid To Take Risks Or Fail, Failure Is A Natural Part Of Success
9. In All Things, Do Your Best
10. Dream
11. Believe In Yourself
12. For The Rest Of Your Life, Learn Something New Everyday



One Possession



It was only one possession, why must my coach scream?
My poor defense permitted the basket, but what can one hoop mean?

As the pass comes my direction, and I fumble it into the stands,
the coach's voice rings loud and clear, "Catch with your eyes and hands!"

C'mon coach, it's a single possession, our team will be okay.

It's just the first two minutes, my gosh, we got all day.

At the 2nd quarter mark I remember, that the center is strong and stout.
A putback for 2, quite simply due, to my failure to turn and block out.

But it was only one possession...I didn't commit a crime.
My team is ahead and I'm playing well, and there's still plenty of time!

As the halftime buzzer is sounding, and I watch the ball bank in,
I know I will hear from my loving coach, of my questionable effort to defend.

But it was only one possession, Coach – don't have a heart attack!
We're down by one, but we're having fun, I know we'll get the lead back!



The second half mirrors the first, but it's early...it's not a big deal,
that my failure to use a pass fake, results in an unlikely steal.

But quickly I sink a jumper...I'm greeted by high fives and slaps.
But the next possession I give up a layup, while suffering a mental lapse.

But it's only one possession, c'mon coach...chill out!
It's crazy to see you disgusted as you slap the assistant and shout.

I step to the line for a one and one, but I'm having a concentration lapse.
The ball soars through the air – Good Lord, it's a brick! I'm afraid the support will collapse.

In post game I sit at my locker, pondering what more I could do.
I realized the value of each possession, what a shame that we lost by 2.

**“Victory favors the team making the fewest mistakes...single possessions are the key.
So treat them like gold and do as you are told...and play with INTENSITY!”**



Please Sign and Return This Sheet

We have read and understand the Jaguar Basketball Player's Handbook. We agree to the responsibilities and obligations set forth.

Player's Name (Print):

Player's Signature:

Parent/Guardian Signature:

Date:

