



**SENTINEL HIGH  
BOY'S BASKETBALL  
HANDBOOK 24-25**

**“PLAY HARD, PLAY SMART, PLAY  
TOGETHER”**

**-DEAN SMITH**

# ***SENTINEL SPARTANS BASKETBALL PROGRAM GOALS***

- 1. To Have Fun!!! Basketball is meant to be fun.**
- 2. To Reach Our Full Potential as athletes and people.**
- 3. To Leave Sentinel Basketball a Better Program Than Before**
- 4. To represent SHS with class**
- 5. To Understand My Responsibility as a Role Model to Younger Children**
- 6. To be Accountable for My Actions**
- 7. To Challenge Myself and Teammates to Excellence**
- 8. To Work To Meet Team and Individual Goals**
- 9. To Look Back On the Season With No Regrets**
- 10. To Compete At the Top Level In The State**

## **PROGRAM PHILOSOPHY**

### **4 TERMS THAT WE BELIEVE SHOULD DEFINE ALL MEMBERS OF THE BASKETBALL PROGRAM:**

- 1. COMMITMENT**
  - Are you willing to do whatever is necessary to become your very best?  
Always put the team first.
- 2. INTEGRITY**
  - Are you willing to do the right thing, even when no one is watching?
- 3. HONESTY**
  - Can your teammates trust what you say?
  - Do you do what you say you are going to do?
- 4. LOYALTY**
  - Do you support your teammates, your coaches, and the program?

### **4 DAILY EXPECTATIONS FOR ALL MEMBERS OF THE BASKETBALL PROGRAM:**

- 1. EFFORT**
  - Effort is required by players and coaches every day. Non-negotiable.
- 2. COMPETITION**

- A competitive environment is a must. Non-negotiable. There is competition every day, even against teammates. At the end of the day, we are all on the same team, but can't get better without being competitive with one another.
3. ENERGY
    - Energy Giving Behaviors (EGBs)
  4. POSITIVE BODY LANGUAGE
    - This is expected of coaches and players. Can the fans see that you're upset?

## **COACHING**

Basketball is a team sport that encompasses many aspects and necessary skills. In addition to acquiring physical skills, student-athletes have the opportunity to acquire valuable lifelong skills such as self-confidence, self-discipline, goal setting, teamwork, cooperation, sportsmanship, leadership, and self-motivation. They will also learn about commitment and balancing multiple responsibilities which will help them master their time management skills.

The primary objective of the Sentinel basketball coaching staff is to provide student-athletes with opportunities to succeed in diverse situations, both as individuals and as a team, both on and off the court. Athletes are encouraged to reach their maximum potential, foster emotional maturity, and develop the ability to handle both triumph and disappointment.

Our coaches firmly believe that players are first and foremost sons, secondly students, and thirdly athletes. We acknowledge and support their obligations to family, school, and basketball. Our aim is to nurture and utilize the complete individual, not solely focusing on their athletic abilities. We also acknowledge that many student-athletes play multiple sports. This is something that we encourage and will always work with players and their coaches to ensure they succeed in both programs.

Decisions made by the Sentinel basketball coaching staff are based on the best interests of individuals, as well as the team, the program, and the school. While we strive for victory, it is important to remember that "success" can be defined in various ways.

## **DEFINING SUCCESS**

How do we define success? Success is defined in many ways. The initial response would be the highest number in the wins column. While this is ABSOLUTELY something that we strive for, there are many other ways we define success in the SHS Boys' Basketball Program.

- 1) Joy in the game of basketball
- 2) Lifelong relationships

- 3) Development of character
- 4) Always competing to the best of our ability

In addition to the ways that we define success, failure is often a word used. We either win or learn from it. The following quote is how we deal with success/failure in the Sentinel Boys Basketball Program:

“IT’S NOT FAILURE, IT’S STEPS TO SUCCESS.”

“THERE’ S NO FAILURE IN SPORTS. YOU KNOW, THERE’ S GOOD DAYS, BAD DAYS. SOME DAYS YOU ARE ABLE TO BE SUCCESFUL, SOME DAYS YOU’RE NOT. SOME DAYS ITS YOUR TURN, SOMEDAYS ITS NOT.”

-GIANNIS ANTEKOUNMPO

## **LIFE SKILLS**

We believe in creating athletes that are intrinsically motivated, not ones that need to be motivated by external forces. This is not only for basketball, but to help our players become positive members of their communities and success beyond their playing days.

As teachers, we believe that the next 4 years of our student-athletes’ lives will be the easiest as far as responsibility, but perhaps the most difficult as far as decision making. We feel that we can help prepare these young men to make good decisions by what we teach on the court and the experiences they go through while in the program.

We believe in doing **HARD THINGS**. This doesn’t mean running endless sets of lines until you’re exhausted. We mean, asking “why”, but knowing when to ask why. It means being an active listener and using eye contact when coaches are speaking. It’s enjoying the success of others. It’s asking your coach about playing time. These **HARD THINGS** will help prepare these student-athletes for the future.

## **CULTURE**

The Sentinel Boys Basketball Program will be a positive culture. Without a positive and strong culture, winning is impossible. Here’s a list of ways we will foster a positive and strong winning culture at SHS:

- 1) Create player, parent, and faculty buy-in
- 2) Avoid burnout by making it fun.
- 3) Team bonding activities (Quinn’s Hot Springs, team dinners, Griz Games, and more)
- 4) Effort and Competition are always required.

- 5) An environment of positive peer pressure to always give your best, compete, and have fun.
- 6) Show passion for the game and development of student-athletes. WE CARE!!!
- 7) Get the younger generations involved by:
  - a. Youth Summer Camps
  - b. Future Spartans Night – all youth future Spartans will be introduced prior to a game in front of the home crowd.
  - c. Visiting youth team practices
- 8) Community Involvement

## **WHAT PEOPLE CAN EXPECT OF SENTINEL SPARTANS COACHES**

1. They will be positive role models.
2. They will be men of integrity and honesty.
3. They will be leaders and motivators.
4. They will be friendly, but not friends.
5. They will be firm and fair to all athletes.
6. They will always put the welfare of the program over the individual.
7. They will be committed to making the Sentinel program the best it can be.
8. They will be well organized and prepared for every game, practice, camp, or meeting.
9. They will be honest to players and parents about their role on the team. They will not, however, discuss other players on the team.
10. They will communicate with players, parents, the media, and the administration of Sentinel High School.
11. They will follow and uphold all team, Sentinel High School, and MHSA rules.

## **RESPONSIBILITIES AND DUTIES OF SENTINEL SPARTANS COACHES**

### **HEAD COACH**

The head coach is the leader of the entire program, and, therefore, ultimately responsible for all of it. The duties of the head coach are many, but can be categorized into the following:

1. Character—The following are character traits that all head coaches should possess. Of course, every individual has his or her own personal strengths and weaknesses. Any weakness in the following characteristics would be an area of personal growth for the individual.
  - a. honesty
  - b. loyalty

- c. patience
  - d. dependability
  - e. consistency
  - f. openness
  - g. humbleness
  - h. fair
  - i. knowledgeable
  - j. caring
  - k. composed
  - l. disciplined
  - m. enthusiastic
  - n. committed
  - o. organized
  - p. positive
  - q. resilient
  - r. sense of humor
  - s. perspective
2. Professionalism—There are certain professional qualities that all good coaches should strive for. Again, any areas of weakness that a coach possesses should be an area that he or she looks to improve in.
    - a. Good rapport with staff, team, officials, administrators, and parents
    - b. Sets and works to meet personal as well as department goals
    - c. Communication with squad, staff, media, administration, and parents
    - d. Supports and is loyal to the entire activities department
    - e. Is able to accept criticism in a positive way
  3. Team Management—The coach must be able to manage the entire program by showing the following skills:
    - a. Planning of practice
    - b. Being on time
    - c. Supervision
    - d. Time management
    - e. Leadership
    - f. Care of facilities
    - g. Team discipline/control
    - h. Understanding of budget issues
    - i. Creating a sense of ownership, or “buy in” by the members of the team and staff
  4. Coaching and Team Performance—Ultimately, a head coach will be evaluated on the success of his program.

## **ASSISTANT COACHES**

The Assistant coaches will be held to the same ethical and professional standards as the head coach. They will be expected to manage their respected teams, and other duties as assigned by the head coach.

### **COACHING RESPONSIBILITY GRID**

We have a coaching responsibility grid. It is not included in this handbook, but we are glad to share with anyone that would like to see it. It outlines the roles and responsibilities of all coaches in the program.

## **TRY-OUTS**

Try-outs are extremely difficult for everyone involved. There will be many people trying out for the Sentinel Basketball Program. Teams are selected by the end of the third day. Some cuts may be made at the end of the second day of tryouts. It is important to remember that tryouts are the culmination of an entire off-season of work. If an athlete is not selected for a team, they are always encouraged to put in work in the off season to reach their goals. The coaching staff will help any players in this regard.

### **Try-Out Process**

The try-outs will be three days long. There will be team and individual drills. The players will be evaluated on the following (in no particular order):

1. Athleticism
2. Basketball Skills
3. Work Ethic
4. Ability To Learn
5. Attitude
6. School Work/ Eligibility
7. Citizenship

After the third day of try-outs, all players will grab their belongings and wait in the locker room. Tryouts will have freshman and sophomores together, and juniors and seniors together. There may be some athletes moving to different try outs not corresponding to their class. All coaches on the staff will be in the office. Players are called in one by one and talked to individually regarding why they did not make the team, or what their role and expectations are for the Sentinel Basketball Program. The head coach will notify all players of their selection. However, the athletes' coach will then discuss their roles and expectations.

Any player that has shown interest in the basketball program but is unable to try-out due to circumstances outside of his control, will be given an extended try-out when they are able to return. (i.e., sickness, family emergency, etc.). A new player moving to the district may be given the opportunity to try out as well.

## **OPEN GYMS**

Open Gym, by definition, is provided to all members of the SHS student body. Coaches supervising open gyms may not provide group instructions to athletes or lead activities, (with the exception of June 1-July 31). They may answer athlete's questions or provide instruction on an individual level. Attendance at an open gym is not mandatory and cannot be required.

The coaching staff provides the opportunity for several open gyms throughout the year. This gives the staff an opportunity to see players perform skills in a relatively stress-free situation, as well as observe interpersonal skills and leadership qualities.

## **ACADEMICS**

We view our student athletes exactly as that—students first, athletes second. MHSAA and Sentinel High School have minimum standards of academic accomplishment to play. Academics will be a major focus of the Sentinel High Basketball staff. We cannot afford to have any athlete, at any time, become ineligible. We will monitor our athlete's grades year round to make sure that they are maintaining high academic standards. If an athlete becomes ineligible, they will have to work with their coach and teachers to develop a plan to become eligible.

## **TEAM DESCRIPTIONS/ EXPECTATIONS**

### **VARSITY**

The varsity basketball team represents the highest level of competition at Sentinel High School. The goals of the varsity team include striving to win and advancing to playoffs and state competition. The varsity program will also teach such life skills as commitment, teamwork, self-discipline, self-motivation, and sportsmanship. As a member of the varsity team, players are not guaranteed equal participation time in every contest. Every person on this team has a role, however, some roles include more playing time than others do. Each role on the team, regardless of playing time, is equally important. Players will know their role after try-outs. It is important to remember that roles can change over the course of a season.

Being on the varsity team means making an extensive commitment. You must be willing to commit extra time, effort, and energy to your team. You are a role model and leader for younger players, for your school and your community. You will be expected to always conduct yourself with pride, respect, and kindness.

The varsity team roster will consist of 8-12 players and will include JV “swing” players. A finalized roster of 12 players and alternates will be determined for playoffs and state competition.

### **REQUIREMENTS FOR A VARSITY PLAYER:**

To make the varsity team, you must exhibit:

1. High level skills
2. A team player attitude (positive, supportive, unselfish)
3. High knowledge of the game
4. A coachable attitude—willing to listen and improve
5. Strong physical condition
6. A commitment to Sentinel Basketball: teammates, coaches, off-season and during the season

### **EXPECTATIONS FOR VARSITY PLAYERS:**

1. Give 100% effort at all times
2. Encourage others. This includes JV players, sophomore players, freshmen players, managers and coaches
3. Appreciate your teammates while you are on the court
4. Demonstrate self-discipline
5. Understand your role on the team
6. Support the entire Sentinel Basketball Program and follow all team rules

## **JUNIOR VARSITY**

The goal of the JV Spartans basketball team is to prepare players for the varsity program. Fundamental skills and strategies are combined with the pursuit of victory. As with the varsity, participation will not be equal, nor guaranteed in every contest. As with the varsity program, each player has a role on the team—and some roles include more playing time than others do. The JV will practice with the Varsity team.

The JV roster will consist of 8-12 players. Some JV players may have the opportunity to “swing” to the varsity squad.

Grades 9-11 will be eligible for this team.

## **SOPHOMORE TEAM**

The Sophomore Team is a sophomore team in name only. There is a strong possibility that some freshmen will be placed on this team. The goal of the Sophomore basketball team is to give players a chance to improve their skills and prepare for the JV and/or varsity team. Fundamental skills and strategies are combined with the pursuit of victory. Participation in the games is not guaranteed and will not be the same for all participants. However, all participants who follow team rules should be able to participate in most contests.

The sophomore team will consist of 9-12 players. To be on this team, you must be in grades 9 or 10.

### **FRESHMAN TEAM**

The goal of the freshman team at Sentinel High School is to develop fundamental skills and learn basic strategies that will ultimately prepare athletes for participation at the varsity level. This team is meant to be fun. Striving to win is also an important goal at this level. Participation in games will not be guaranteed and will not be the same for all participants. However, all participants who follow team rules should be able to participate in most contests.

The roster will consist of 9-12 players and will be limited to only athletes in grade 9.

### **STATE/PLAYOFF TEAM**

At the end of the regular season, a play-off team will be selected to participate in post-season contests. This team will consist of 12 roster players, and alternates. Players may be selected from any level in the program, regardless of varsity playing time during the year. Players will be selected to fill needs or potential needs for post-season play. Some players may be asked to play on a “practice squad” at the conclusion of the regular season. This group will be asked to learn and run upcoming opponent’s offenses and defenses. Members of this group, however, may not be part of the state team, and therefore will not meet lettering requirements.

## **EXPECTATIONS OF PARENTS AND SPECTATORS**

Supporters of the Sentinel Basketball Program are expected to adhere to the following guidelines:

- 1) Show positive support and encouragement for your athlete, as well as for all members of the Sentinel basketball program always.
- 2) Demonstrate sportsmanship at all contests.
- 3) Let your athlete participate on his team in his own way.

- 4) Use this communication process:
  1. Student meets with coach.
  2. Student and parent meet with coach.
  3. Student, parent, and coach meet with activity director.
- 5) “24 HOUR RULE” – right after games is an emotional time for players, parents, and coaches. Please wait at least 24 hours after a game before speaking to a coach.

## **TEAM RULES**

*Failure to abide by one of the following rules will affect your playing time and your status on this team. Each team may have additional expectations.*

1. **Be on time.** Be dressed, taped, in the gym at least 5 minutes before practice starts. We expect players to stretch 5 minutes before practice starts so that we can make the most of our practice time.

All practices are mandatory, and will start at the scheduled time. If you must miss a practice, or will be late to a practice, talk to your coach directly **BEFORE** practice, or call him and leave a message. A note or call from a parent is not acceptable.

If you do not practice before a game, you will not start, and could potentially lose playing time. If you miss practice and have not notified your coach, your participation in the following game will be limited. In addition, being late to practice likely will affect your playing status. This decision will be up to the individual coach.

2. **Respect the Game.** Use appropriate language and actions during practices and matches. Do not argue with officials, coaches, or teammates. If this is done during a game, you will be removed from that game.
3. **Abide by school rules.** By accepting a position on one of the Sentinel High teams, you have made a promise to yourself, your coaches, and your teammates to be a dependable, honest, and reliable part of the team. Keep that promise. If you are caught drinking, smoking, or partaking in any other illegal actions during basketball season, you will be suspended from the team. Do not put yourself in these situations. Participation in unacceptable activities, either at school or out of school will affect your playing status and status on the team. Athletes who need to be disciplined for classroom issues may also be disciplined on the basketball team. **CONSIDER THIS YOUR ONLY WARNING!!!**
4. **Hazing.** Hazing is completely unacceptable in this program, and will not be tolerated. “Hazing” includes, but is not limited to any act that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or as a condition or pre-condition of attaining membership in or affiliation with any District-sponsored activity. Participation in this type of activity will affect an athlete’s playing

status and status on the team, and may lead to dismissal from the team and other disciplinary actions by school administration.

5. **Discrimination:** Any attempt by anyone to ridicule or demean another teammate/student based on ethnicity, race, gender association, etc. is unacceptable and will be dealt with by the coaching staff and/or school administration.
  
6. **Follow Dress Expectations.** You will be expected to be in appropriate dress for practices, games, days of games, and travel. Team dress will be discussed with each team. You can expect:
  - a. Shirt and tie for home games
  - b. Travel gear for away games
  
7. **Travel.** We expect all players to travel to games with the team. Athletes must check out with a coach in order to ride home with their parents/guardians. Athletes must be checked out by their parent/guardian.
  
8. **Respect Yourself.** You worked hard to make this team. Honor yourself by making this the best experience possible. There will be highs and lows to every season. Remember what Giannis said!!! The only aspects you can control are your actions, your attitude, effort, and energy.

## **DRESS EXPECTATIONS**

### **PRACTICE**

Practice attire will be school issued shorts and reversible jerseys for every day. There will be no exceptions. Athletes will not be allowed to practice out of uniform.

### **TRAVEL**

#### **HOME GAMES**

All members of the basketball team will dress in shirt and tie for home games. If a member of the team does not have such apparel, and cannot afford it, he needs to talk to his coach before the first travel date and we will gladly help. Occasionally, dress for home games will be different than shirt and tie. For example, we may wear shooting shirts and khakis for a home game. Athletes are expected to wear their dress to school before the contest. The team and coaches will decide on this prior to each home game.

#### **AWAY GAMES**

Dress for away games will be decided before each contest by team members, coaches, and captains. All athletes will comply with the decision made. Possibilities would include; shirt and tie, team shirts and jeans, shooting shirts, etc.

#### **ALL GAMES**

Athletes will wear school issued uniforms for each game. Jewelry, headbands, hairstyles, socks, etc, that are worn to draw attention to an individual and take away from the team will not be allowed. Shooting sleeves have been declared as illegal apparel by the MHSB unless ordered by a physician.

## **BUS EXPECTATIONS**

Members of the Sentinel High basketball team will be expected to show courtesy and respect to bus drivers and fellow passengers. This includes following all established bus rules and keeping the bus clean. At the end of every bus trip, the bus will be cleaned by the players on the bus. Failure to do so will result in disciplinary action for the entire program at the following practice.

## **Bench Rules**

Players on the bench during the game must be attentive and aware of the situation on the floor. You should be especially attentive to your teammate that you may be going in for and who they are guarding. You must have your head in the game, and be ready to play. **BODY LANGUAGE IS EVERYTHING.**

During full timeouts, the 5 players in the game at the time will sit on the bench with the remainder of the team standing in the huddle around the coaching staff, paying attention, listening, and learning. When a player comes out of the game, he is to sit next to the coach for instruction and/or encouragement, after acknowledging his teammates on the bench with a fist bump or high five. Player will go all the way down and come back to find a seat on the bench.

## **Team Attitude**

Players are expected to be supportive and enjoy the success of themselves, the team, and other individuals. If a player fails in this regard, they will have a conversation with the coaching staff. Bad attitudes can be the biggest barrier in the way of success. We will always have positive body language. This starts with the coaching staff. We hold ourselves to the same standard that we hold our players to. Roles are a vital part to success for any basketball team. Accepting roles is critical to a positive team attitude.

## **Equipment/Gear Players Responsible For**

JV and Varsity players are responsible for and **MUST** return after the season or receive a fine (see below):

- 1) Warm Up - \$30
- 2) Jersey and Shorts - \$140
- 3) Warm Up Pants - \$80

Freshman and Sophomore players are responsible for and **MUST** return after the season or receive a fine (see below):

- 1) Jersey and Shorts - \$140

## **Team Meal Plan**

The team meal plan is designed to have an easy and efficient meal planning process for all players. It allows the coaches to control what they eat and provide healthy meals critical to performance. The amount we ask at the start of the season will cover all food for away trips. Any leftover funds will be used for additional snacks/drinks for the program. The following describes what is covered and the cost:

Varsity and JV Player:

- 1) Meal before the game
- 2) Meal after the game
- 3) **Cost is \$250**

Freshman and Sophomore Players:

- 1) Meal after the game
- 2) **Cost is \$150**

There will also be a snack/drink sign up every week for away games to fill coolers. These are on a volunteer basis. Any help is greatly appreciated. A Signup Genius link will be sent out weekly to assist with this.

Feel free to reach out to Coach Beighle with any questions or concerns regarding the team meal plan.

**Please venmo @spartandunkclub by December 6<sup>th</sup>**