

84 X 50

Cardinal Basketball

cardinalbasketball.net



Cardinal Coaching Staff

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COACHING PHILOSOPHY

1. We will play to win.
2. Decisions will always be based on what is in the best interest of the team.
3. Treatment of players will be fair, not equal.
4. We will not intentionally embarrass you and we will not allow you to embarrass our basketball team or the school.
5. You will be placed in a position where you can best help the team.

CARDINAL TEAM RULES

Team Rule: Don't do anything to embarrass yourself, your parents, the basketball program, the school, or the community.



Cardinal Basketball players are representatives of our school, community, and basketball wherever they are. This is not something to take lightly. This means that a high standard of behavior is expected of all players at all times.

It's More Than A Game!

RULES CONTINUED....

- ☉ Follow the school's Code of Conduct

Remember that the use of alcohol, tobacco, and drugs are prohibited.

Cardinal Basketball Players will not use performance-enhancing drugs of any kind. This is not limited to anabolic steroids, but also includes any kind of "legal" over-the-counter products intended to quickly enhance a body to obtain an unfair competitive advantage. Cardinal Basketball Players will work on their knowledge and skill of the game to gain an advantage over opponents and won't resort to quick fixes which may have negative long-term effects.

- ☉ Get in trouble in school = get in trouble with the basketball team (this includes, but is not limited to ALAC)

- ☉ Code of Conduct reminder - participation in PE and step 3

- ☉ All players will be held accountable for their actions, regardless of whether the school's Code of Conduct has been violated or not.

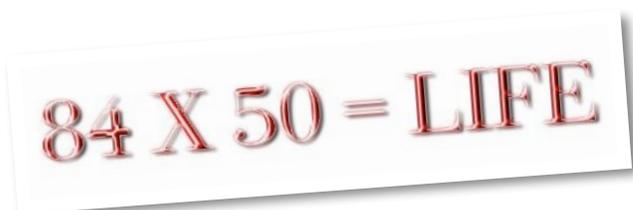
- ☉ Digital communications (texting, email, Twitter, Facebook, etc) will be appropriate and respectful.

- ☉ Show Respect to coaches, opponents, and yourself at all times.

- ☉ Appearance will be neat and appropriate.

- ☉ Practice & Play Hard and Keep the Fun!

- ☉ Violations of the team rule will be dealt with on a case-by-case basis.



Practice Times

Pre-Season (until game 1): 3:30-5:45

Regular Season: 3:30-5:15



Cardinal Basketball Players will come prepared daily to improve their game. To that end each player is responsible for the following:

- Athletic shorts

- Reversible jersey (discuss)
- Basketball shoes
- Ankle braces (as needed)
- A Good Attitude!
- ★ Everyone helps to set up and clean up - responsibility.
- ★ Taking the court is an honor - we will do this as a team.
- ★ Practice starts promptly at 3:25 with Chalkboard in class.
- ★ If you will be late, let the coaches and/or captains know before practice.

★ You must be present at school all day in order to practice or play in a game unless you have an excused absence.

★ The first part of student-athlete is the student. Our primary focus before taking the court is on academics. Struggling or academically ineligible students will be required to work on homework prior to taking the floor for practice. Players in this situation will be responsible for making up practice time per coaches' discretion.

ALL PRACTICES ARE REQUIRED WHEN SCHOOL IS IN SESSION!

Penalties for Unexcused Absences - Be responsible to avoid consequences.

1st - Running and must sit out 1 half of ball

2nd - Additional running and must sit out 1 game of ball

3rd - Find yourself a new winter sport - Goodbye!

Note: Unexcused absence from school = unexcused absence from basketball

Tardies - Excused Tardies have no consequences

Unexcused tardies require running for every minute late...if habitual it becomes absence



GAME EXPECTATIONS



- Bus leave times are listed. Prepare your stuff to leave on time.
- Bus rides to game will be quiet - a good time to listen to music and focus on the upcoming game.
- Players are responsible for their own uniforms - they must be on hangars.
- Water bottles will only be used for games.
- Teams will sit together before and after games. No girlfriends/boyfriends will be allowed at this time.
- Members of JV will sit behind the varsity bench and must stay unless excused by a coach.
- Members of the team will dress up on game days (ties).
- Games are team times and we practice too much to prepare for this time, so we must limit our distractions.
- All members of the team should be present to cheer on their teammates.

Violations of team rules will be dealt with on a case-by-case basis between the player and coaches. If there are any questions please refer to the Team Rule.

Letter Requirements:
 Play in 1 half per regular season game and attend the awards night.
 Must be a participating member of the team through the completion of tournament play.
 Some lettering cases may be dealt with on an individual basis.

TEAM UNDERSTANDINGS

8. When you think the Coach is wrong refer to #1.

1. The Coach is Always Right

2. Players play, coaches coach, officials officiate. Do your job!

3. Mistakes happen:
 A. They should always be made hustling.
 B. Never make the same mistake twice.

4. Responsibility is placed on everyone. Everyone must show up on time, do their job, and help with equipment and other assignments.

5. We are here to play ball and have fun, but with that comes responsibility.

6. Volunteer your time at NYBP tournaments. You are the leaders of our program and you have the opportunity to be great role models.

7. To improve as a player:
 A. You must be willing to work hard.
 B. You must be willing to accept criticism.
 C. You must respond positively to criticism.
 D. You must work even harder.



COACH SAYLOR'S TEAM GOALS

- We will build team unity. There are no individuals on this team.
- We will accept decisions with grace and dignity.
- We will never blame others for our shortcomings or mistakes.
- We will represent the community of Necedah, Necedah High School, our Team, our Coaches, our Parents, and Ourselves with dignity at all times.
- We will play hard and hustle regardless of the score.
- We will be respected by our opponents for hustling, playing hard, playing clean, and having a winning attitude.
- We will respect the officials' calls and accept them without an emotional response.
- We will be leaders & role models both on the court and in school.
- We will be positive and supportive of everyone on the team.
- We will win with class and humility.



NECEDAH BASKETBALL



We are the hardest working team in the state.

Our defense will control every aspect of the game.

We will make good decisions with the basketball.

We will work hard to be in the correct position and our efforts will earn the respect of our opponents.

Full court basketball for 36 minutes: 84 X 50

SEASON GOALS



- Play hard every day.
- Play together as a team - team unity.
- Be coachable.

Represent our school, community, and ourselves with dignity at all times.

Win the games we should, compete when we are underdogs.

Enjoy playing basketball!

NHS Basketball

On the Web

BASKETBALL WEBSITE

cardinalbasketball.net

Open to the public. Will include the schedule, pics, videos, and updates.

TEAM COMMUNICATION

Brightspace , Texting, and Remind notifications

Coach Saylor contact info:

Phone: 608-561-7661 or email: saylor@necedahschools.org

Calendar

Open Gyms

Daily until practice starts.

1st Practice

November 18 at 3:30

Scrimmage

Thursday, November 21 @ Westfield

JV Starts by 4:30, Varsity 6:15

Game 1

Tuesday, December 3 vs. Seneca

Parents' Night

Holiday Tournament

Captains' Goals