



Nighthawk Boys Basketball

Player/Parent Handbook

2021-22

Players and Parents,

Welcome to the Nighthawk basketball family. We are excited for the year ahead of us. There seems to be an almost endless amount of optimism. Optimism has the ability to propel us into this upcoming season but it won't establish who we are.

Who are we? That identity will be created by how successful we, as coaches, convey our message and how resilient yet malleable our players prove to be. It's not a new game but there will be new protocols, expectations and demands. It sounds more serious than it is but there is always time for work and time for play. Hopefully we can find that balance.

We will expect hard work and a dedication to the team. Often in high school the hardest work is getting past the problems of the day and allowing yourself to become one of us as a Nighthawk. Team will always be more important than the individual. If you as a student or parent have issues related to the team or classroom, please know that we are always willing to help. We want you on this team but we cannot afford to sacrifice the integrity of the team for anyone. Problems can only be solved once they are acknowledged. Let us help.

Enthusiasm. Bring it. We can't give it to you. We need enthusiasm at school, practice, games and even the dinner table. Enthusiasm for the ultimate goal will sustain us and make us successful. What is that goal? We'll collectively decide day one, as we are a team.

Are you ready? Retain the optimism. This will be a great year.

Sincerely,

Head Coach – Jeremy Fordahl

Assistant Coach/Strength and Conditioning – Alex Anderson

Nighthawk Basketball Philosophy

WE ARE THE TEAM

- The team is first and foremost, but it doesn't exist without its members. The team is what we make it as a collection of individuals. Dedicate to the team the best parts of you and the team will be better.

WE PLAY AFTER THE WORK IS DONE

- Success is not given. The feeling of accomplishment cannot be faked. Both can be attained through work. Hard work prepares us to play. It's where we start. Playing this game is where we finish.

WE ALWAYS COMPETE

- From the first jump ball to the final buzzer, we will compete. We will always be ready for more. Never wilt. You cannot defeat a team that never stands down.

Coaching Philosophy

We are here to make YOU better. It's not about me.

Through instruction, empathy, caring, listening, commanding, commiserating and celebrating we will make you a better player, student and individual. You just have to let us. We are excited to try.

"It's what you learn after you know it all that counts."

"What to do with a mistake: recognize it, admit it, learn from it, forget it."

John Wooden

Expectations of the Player

1. **Honesty:** Be honest with your family, teachers, teammates and coaches but most of all be honest with yourself.
 2. **Respect everyone**
 3. **Be considerate**
 4. **Commit to learning**
 5. **Be positive:** Teammates will always elevate each other
 6. **Focus:** You must focus to learn. You must also focus to compete.
 7. **Always compete**
 8. **Be present:** Keep your mind, body and spirit present to the task at hand.
 9. **Have fun and be enjoyable**
- *Questions, concerns and statements should be reserved for the appropriate time. We will strive to stay open minded and accommodating. Questions are always better than misunderstandings.*

Expectations of the Parent

1. **Support**
 2. **Encourage**
 3. **Be considerate**
 4. **Commit to the team**
 5. **Respect the process**
 6. **Agree to Disagree**
 7. **Communicate**
 8. **Enjoy it all**
- *As a parent, please help keep these boys engaged and motivated. Coaches only get to be on the periphery of these young men's world, you're at the heart of it. We welcome insights and opinions but please be respectful. Thanks.*

Team Rules

Student Accountability

1. **Be on time and ready for each class** period throughout the school day.
 - a. Absences or tardies must have a note, to coaches from parent, to practice or play that day.
2. **Self-management**
 - a. Any negative action that gets reported by a teacher or administration will have the following consequences:
 - i. First Offense: warning
 - ii. Second Offense: team conditioning
 - iii. Third Offense: missed game
 - iv. Fourth Offense: suspension with possible dismissal from team
3. **Grades**
 - a. No Privilege List (failing 2 or more classes)
 - i. Suspension from play until removed from list. List is issued weekly.
 - ii. We are here to help. Please notify us if you're struggling and in danger of being on this list.

Athlete Accountability

1. **Be on time for practice and buses.** Early is on time, on time is late. **(Pet peeve, don't push it!)**
 - a. Buses for practice will leave 10 minutes after the final bell, no waiting
 - b. If you have a reason to be late for practice or are using other transportation, you must notify both coaches at the start of the day
 - i. Actions deemed to be inconsiderate will follow the previously mentioned consequences.
Don't be inconsiderate.
2. **Be ready for practice.**
 - a. Basketball shoes, shorts (must be appropriate), practice jersey, socks and water bottle are required.
3. **Maintain attention.**
 - a. Practice will be a mix of lighthearted activity and serious work, understand which is which. Goofing off, disruptive activity, and especially speaking while instruction is happening won't be tolerated. **Once again don't be inconsiderate (Another pet peeve, please note.)** Please help us keep this enjoyable. It starts with you.
4. **Notify coaching staff of any injuries.**
 - a. If taping or other accommodations need to be made, notify coaches as soon as possible.

5. **If you miss the practice before a game, you will not play in that game.**
 - a. Exceptions will be made for excused absences (absences that had prior approval).
 - b. If you missed practice and are not playing, you will still be expected to dress and warm up with the team but will not be allowed to play.
6. **Curfews**
 - a. 10 PM during the weekday and before games, 12 PM on weekends
 - b. Exhaustion is a detriment to your team.
7. **Traveling**
 - a. Athletes will be courteous, respectful, and will present themselves properly while on the road. Any questionable behavior will be construed as inconsiderate, and punishments will be amplified. **You represent your community.**

(Coaches are judge, jury and executioner. We will allow statements on your behalf to take into consideration. Please don't waste our time.)

Rules set forth by HPS, SHS or NDHSAA will be followed, and punishments set forth will be adhered to and will supersede any statements made in this handbook.

Dress Code

1. Home Games

- a. Athletes must wear dress pants (no jeans or sweats), collared shirt (respectable), dress socks, and dress shoes. Expect us to be picky.
- b. If during the school week, athletes must wear the attire to school for the entire day.

2. Away Games

- a. Travel gear – team must wear matching attire.
- b. If you don't own team travel gear, please contact either coach.
- c. Travel gear allows us to be comfortable yet appropriate. Don't abuse this privilege.

3. Uniforms

- a. Shirts or compression shorts worn under the uniform must be white, black or royal and match our uniform colors.
- b. Headbands, wristbands, kinesio tape, or other coach approved accessories must also match team colors.
- c. Socks
 - i. We will have team socks (black, white and royal).
- d. Shoes
 - i. Must be same color on both feet.
 - ii. Must look decent with the team socks. (This is a subjective statement. Please take into consideration when purchasing shoes. If you have questions, please consult your conscience.)

Team Captains

Two captains will be chosen by the team via secret written ballot.

1. All members of the team (Varsity thru C squad) will be eligible.
2. Vote will be administered by the coaches on the first day of practice.
3. Players selected may decline and the player with the next highest vote total will be given the opportunity.
 - a. View this as an honor.
 - b. Regard them as your elected officials. Don't take this lightly.
4. Captains will be responsible for:
 - a. Team input presented to coaches.
 - b. Practice options presented by coaches.
 - c. Overseeing student/athlete responsibilities and dress code rules
 - d. Motivation
 - e. Team decisions (plays to run, defensive strategy input, where to eat, sock color, etc.)
5. If an elected captain is unable to fulfill his responsibilities, the coaches will select an interim.
6. Coaches have the obligation to remove a captain for actions unbecoming of the position.

Miscellaneous

Social Media

1. As a parent or a player please be aware of your presence. Keep your posts positive. Strife from within will kill a team. Remember this is your team and your community.
2. Successful teams have chemistry. Please contact Coach Fordahl if you're questioning the direction.
3. From a coach's standpoint, our personal numbers are available but we are not available 24/7. Please don't take it personal if we choose to call back at a later time. As coaches, we have to be afforded our own time too. Thanks for understanding.

Busing

1. Make sure to have appropriate gear for the weather. Rules of HPS and SHS apply.
2. You will not be let on the bus until requirements are met. Use your head.
3. Athletes are expected to ride the bus to and from contests. We understand if this isn't convenient for families and exceptions will be made. Please contact both coaches a day prior to the contest to ask for an exception. Teams are made by the memories they make and a good portion of those start on a bus.

24-hour Rule (Parents)

1. Please be considerate of this rule. If you're not familiar with it, please ask.
2. We, as coaches, will do our best to be accessible just understand that there is an appropriate time for everything.
3. Please talk to us about the game, highlights, lowlights, and opportunities missed or taken. We would enjoy the celebration or commiseration.
4. Please also understand if we need to walk away. Athletics can be deeply personal without trying. Have some empathy. Thanks.

Most Important

2 Schools = 1 Team

There are no Hettinger boys or Scranton boys. This is our team. We have the extra hurdle of distance but nothing else. No weight will be given or taken just because of zip code. Everything will be done to be all inclusive, every step of the way. These are the Nighthawks. Lift them all!

By signing, I/we understand the rules and regulations set forth in this handbook.

Parent(s):

Student(s):