



Hamilton Southeastern 7th Grade Boys Basketball

Welcome to the HSE Basketball. Please Review the following information and rules.

Our approach is based on the 3 pillars of success for the student athlete.

ACADEMICS– CHARACTER –TEAMWORK(How we ACT!)

As we begin this season, I feel it is important to communicate our expectations for every player who is now a part of the team. The coaches appreciate your support as we not only develop your son athletically, but help him grow both academically with the highest level of character.

Academics: I am a TEACHER first, you are STUDENT athletes first; focus on academic studies first; it will take you much further than any game. As a representative of HSE Basketball, players are expected to maintain exemplary academic performance. Review the student handbook and the academic policy for athletes. Parents, if your son is having academic challenges, please discuss them with me so we can support him together. I do not want to see an athletes struggles in the classroom lead to lost practice/playing time.

Character: If we lose on the court, we accept a loss respectfully and gracefully and take every loss as a chance as a learning experience; *RESPECT* yourself, teammates, opponents, parents, friends and greater community; self-control - it takes a stronger person to walk away when you are right, than it does to argue when you are wrong.

Teamwork: Help each other do right; speak positively about each other; help each other win and take pride in each other's victories, yet be encouraging, uplifting, and considerate in defeat. We will be there for our basketball brothers on both the basketball court and in the classroom.

Conduct & Expectations:

1. Conduct in and out of school must be representative of the highest standards set forth by HSE Athletics. The student handbook rules will always apply to all members of the team.
2. Any conduct by any player or players that does not reflect well on our school and basketball program (in school or out of school) will result in consequences on the basketball court (playing time decreased, suspension, extra conditioning, etc.). Repeat offenses or extreme offenses may result in removal from the team.* Examples: Disruptive in class; being disrespectful to coaches, teachers, teammates, or referees; receiving a technical fouls; detentions; cussing; displaying bad sportsmanship; stealing; destruction of property; drug or alcohol use; etc.
3. Any negative report by a teacher will result in consequences for the player. Basketball players are expected to show leadership and set a good example in the classroom.
4. You are making a commitment to this team and are representing your school. School Basketball must come first over other activities and teams. IHSAA Rules prohibit high school students from participating on external teams during the school season. Is your son improving by playing on rec teams against talent that is not at their level or only increasing the chance for injuries and not being physically prepared to work with their school team? I discourage participation on a non-school team during the school season. Developing teens incur injuries from too much playing time, need to maintain their grades and focus in school while getting enough sleep to support their growth. If you choose to participate on an outside team, the expectation is that your school practice and game commitment will always come first.
5. Players utilizing social media should keep in mind before posting that they represent HSE Basketball and what they post should not reflect negatively on them or our basketball program. As we prepare for high school, players should remember coaches and colleges look at social media as they recruit student-athletes.

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Practice Rules and Expectations:

1. All Practices are closed meaning only coaches, players, and managers will attend.
2. Be on the court, dressed, stretched and ready to go at the designated start time.
3. If you are going to miss practice, it is the player's responsibility to notify the coach as soon as possible.
4. Excused absences include: illness, family emergencies, and religious holidays.
5. If you miss practice the day before a game, expect not to play or to play less in the game.
6. Missing practice for discipline reasons at school including detentions will result in a loss of playing time.
7. Vacation (excluding winter break practices) is not an excused absence and may result in a decreased role.
8. Players are required to wear winter hats or hoods & pants to and from practices and games when the weather turns cold. Personal health and staying healthy is part of being a good teammate.
9. If you have any conflicts that conflict with practice, please discuss with the coaches to find a solution.

Practice Attire/Lockers:

It is important that each player has proper attire, including practice jersey, shorts, and basketball shoes. Weekend cleaning of practice attire is expected. We will provide players with a basketball locker and lock to keep their gear, towels and personal hygiene products in during the school day.

Pick-Up:

Pick up and drop off players within 15 minutes of the end of practice is expected. Pickup is outside doors 4&5. Please make sure you have made arrangements for your son to be picked up at the end of practice. We appreciate your assistance in making sure we are able to leave in a timely fashion.

Game Day Appearance:

1. Dress shirt and pants must be worn on game days– to school and to the game.
2. Basketball shoes & socks need to be blue and white as primary colors or approved by the coach.
3. No neon socks or shoes.
4. Compression shirts worn under the jersey should must be white, royal blue or gray and be sleeveless.
5. Uniforms will be maintained at school and never come home with players.

Games:

1. Students must be in attendance at school for at least 3 full periods to participate in an athletic contest.
2. Students who skip classes the morning following a game & do not have a doctor/dentist/orthodontist note will have consequences including not practicing that day, and losing playing time in the next game. School comes first!
3. Players will stay after school for road games and go home before returning for home games.
4. Players must be in uniform for both games. No eating or leaving for concessions during the games – must stay on bench and support their teammates. No headphones/earbuds during games.
5. There are no set A and B teams or starters. All players will stay dressed for both games, and all players with eligible quarters should be dressed and ready to play in the B game.
6. Players who receive a technical foul during a game may not play the remainder of the game and have further consequences decided by the coaches. You represent HSE Basketball and HSE Schools at all times.
7. All players will ride the bus to and from games with the team. This policy aligns with HSE High School.

Parents:

1. Please remember that we are trying to instill the value of TEAM success into our players. Please refrain from any negative comments towards the coaches or other players that will have a negative impact on the team. Please try to always be positive and encouraging!
2. **Playing time is not negotiable.** Playing time is earned based on how coachable the player is, focus/effort in practice, regular practice attendance, level of conditioning, and whether there is carryover from practice to game situations. Basketball is a physical game and a contact sport. Players who demonstrate toughness and competitiveness will gain playing time. A commitment to playing team defense will earn playing time.
3. Players may talk to coaches about how they can improve and gain playing time. Coaches will not discuss this unless it is discussed with the player first. The coaches see the athletes two hours a day during the season. If your son is not playing the minutes he wants, it is because your son chose to not have the appropriate attitude, work effort, focus, and/or did not learn from his mistakes in practice.
4. **Parents should not coach their kids from the stands.** It is important for the players to see that the coaches need to be respected and that parents should honor their son's coach, despite the circumstance. If a player is listening to mom or dad by constantly looking up in the stands, **he will be pulled out of the game and benched.** Please don't put your child in this situation. Teach your child to work with and support the coach's decisions.
5. If your son has a concern or question about his position on the team, it is his responsibility to ask the coaches firsthand. The athletes are becoming young men and they need to learn how to solve or address a problem/concern in an adult-like manner. I want your son to be able to communicate and advocate for himself before entering the high school program.

Coach Contact Information:

Matt Allison:
mallison@hse.k12.in.us

Players and Parents can communicate with me and the team via Remind and text.
Signup for REMIND and text @226d732 to 81010 to receive text updates.

Coach Allison's Background:

This is my 1st year teaching at Hamilton Southeastern and my 6th year overall. I currently teach 7th grade social studies here at Hamilton Southeastern Junior High. Overall I have been coaching for the past 8 years at the middle school and high school levels. My family lives in Anderson, but plan to move to Fishers in the next year. I am married with a 3 year old son.

Players on this team should LOVE THE PROCESS as they seek personal growth and team success. Progress and results are not immediate, but connected to long-term commitment. As a student athlete, I played basketball throughout my time in middle school and high school. I gained great appreciation for the lessons learned, friendships/brotherhood gained while representing my school through athletics.

As a teacher, I find students who participate in athletics usually show greater commitment to their school, academics and the work ethic and commitment from athletics often transfers over to the classroom and their lives. It is a privilege to work with, coach and contribute to your sons' development and the coaches look forward to a successful season.

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