

DURHAM BASKETBALL ASSOCIATION PLAYER EXPECTATIONS

Attitude

- Respect! Respect! Respect! is the highest expectation for every member of a team. It is expected that you ALWAYS show respect for: Teammates, Coaches, Referees, Parents/Guardians, Family members (including siblings). Treat others as well as you expect to be treated.
- Thankfulness! Always express gratitude to your Parents/Guardians and other family members for supporting you, teaching you, getting you to practices and games, and providing for you.
- Teammates! Over the next year, you will be spending a lot of time with your teammates, working hard on common goals. Look out for each other. Watch each other's backs. There will be times when you disagree. That is inevitable. But always remember to communicate and be respectful of one another's unique talents and abilities. Everyone is on a team for a reason.
- There is no "I" in TEAM! No one player on the court is more important than any other. It takes five players, working together, to succeed in a game. Each player possesses his own unique talents and skills to contribute to a team.
- Classroom! School and your studies are of the utmost importance. You must maintain successful grades in school to continue to play on a team.
- Have fun learning and playing the game of basketball! **Your coaches care.** We want you to succeed. We look forward to watching you develop as young people, students, and basketball players, both individually and as a team.

Practice Behavior

- Practice is extremely important.
- Be mentally prepared to work hard at every practice. Let this be your time to focus on your game.
- Try to arrive at practice 5-10 minutes prior to start time so you can get prepared and begin warming up and stretch.
- Always wear a reversible shirt.
- When a coach is talking it is ALWAYS time to listen. Do not talk over a coach or bounce balls when a coach is talking. It is disrespectful to make a coach repeat instructions/explanations. It wastes precious practice time.
- Stop where you are when the whistle is blown.
- Accept constructive criticism in a mature fashion.
- Do not be afraid to ask questions at the appropriate times. Coaches want you to understand and succeed.
- You may go to the bathroom or get a drink anytime. Just let a coach know.
- Cell phones should be off during practice.

Practice Attendance

- Practice sessions are designed with two specific goals in mind:
 - Teach the players individual skills such as ball handling, shooting, passing, and rebounding.
 - Teach the players how to operate within a team offense and defense including running offensive play sets and multiple team defensive tactics.
- If a player does not attend practice their ability to improve individual skills will be affected. If a player does not attend practice their ability to progress within the team function will be affected thereby affecting the entire team's ability to progress. Employing the chain theory, the group of five players on the floor will only be as strong as the weakest player. Therefore, it is extremely important for players to attend practice. However, other commitments may be taken into consideration. Schoolwork comes first. If a player feels that the academic workload for a particular day is overwhelming it is understood that that player will miss practice to complete their academic responsibilities. If players need to attend other commitments they will not automatically be penalized, however the result may mean the player is not aware of an offensive or defensive play added during that practice or the player is not able to execute a regular play set due to the lack of repetition received in practice. This can result in a reduced amount of playing time in the game because of their inability to execute basic fundamentals learned in practice.
- If a player is habitually absent from practice the coach will talk to the parents of the player to determine the best solution to getting the player to practice. Parents and players must understand that if they are unable to attend a high percentage of practices due to other commitments, then their child may be overcommitted and changes may have to be made.

Bench Behavior

- It is never acceptable to talk back or complain to a referee or another coach. If you have a problem with a call or a situation, talk to your coach first.
- Always pay attention to the game and your position. Every game and opponent is different, so pay attention to your competition.
- Cheer and route for your teammates.
- When entering a game (substituting), you MUST know:
 1. who you are guarding (defense)
 2. where you are if we press (defense)
 3. where you are against the press and in a fast break (offense)
 4. DO NOT LET THE PERSON YOU ARE SUBBING FOR LEAVE THE GAME UNTIL YOU KNOW THESE ITEMS 1, 2 AND 3!