



DULUTH BASKETBALL

These are the expectations that I have for any player that participates for the basketball team at Duluth High School. If you want to play for this team, you & parent(s) will need to sign the last sheet & return it to me TOMORROW.

My job as a basketball coach is to develop young men as basketball players. However, my job is much more than that. I am here to develop young men as people with character & to prepare them with the values that all people need to have to be successful in life.

Practice

- 1. You will be at every practice that is scheduled.** If an unavoidable issue comes up, you must clear it with Coach Hemingway personally, face to face – AHEAD OF TIME. If that is not possible, you must call him at (678) 520-7049. If you are sick and at home, an email or phone call would be appreciated: jonathan_hemingway@gwinnett.k12.ga.us
- 2. You will be at practice on time.** If the practice is schedule to start at 2:30, you are expected to be on the court at that time. Use **WILDCAT TIME** for everything that we do, meaning we arrive to things **15 minutes ahead of time.**
- 3. You will wear a Duluth practice jersey / shorts to every practice.** To be a TEAM, we must look like a team & act like a team.
- 4. We run everywhere on the court.** Time is limited. We cannot afford to waste time. Your coaching staff works very hard to plan practice down to the minute. The quicker we can move from drill to drill helps all of us get better.
- 5. We echo yell any command that a coach gives the team.** This promotes communication & makes sure that everyone knows what is going on.
- 6. We concentrate & pay attention at all times, even when we are not in the drill.** Do not shoot on the side when you are not in the drill or not competing in a 5/5 drill. By paying attention you will learn about situations that could help you in your game. Also, buddy coaching is a great way to become a great teammate.
- 7. We touch the lines when running sprints.** It is important to pay attention to detail in everything we do. Little things add up. Many times it is the details that make the difference between a win & a loss.
- 8. We bring our notebooks to every practice.** From time to time, the coaching staff will give the team important things to think about. We keep everything together in our notebook. **Be prepared & be organized in everything you do:** That is the formula to success!
- 9. We practice like a Champion every single day.** We play like we practice. The amount of effort & concentration we put into practice converts into our play on Game night.

Games

- 1. We ride the bus to all games.** Again we arrive 15 minutes early to everything we do. Be ready to board the bus when the bus gets here.
- 2. We have a dress code when go to a game:** We need to present a positive image of our team at all times. If we want to be successful, then we need portray the image of being successful and not present the image that we are rag-tag group of guys.
 - a. We will have game day warm-ups that you will purchase from the booster club if you cannot buy it then...
 - b. You will wear dress pants, collared shirt, & Tie

*****If you are in violation of this code, you will not board the bus. If you arrive to a home game in violation of this, you will not play*****



DULUTH BASKETBALL

- 3. We prepare ourselves before the game.** Before taking the court, we need to concentrate & think about our upcoming roles. This is not a time for messing around, pulling pranks, or telling jokes. This is a time to get serious & prepare. **BE READY TO PLAY** when you take the court.
- 4. We encourage our teammates at all times.** Even if you are not in the game, you need to pay attention & be ready for your time if it comes. What is happening on the court is much more important than what is happening in the stands. If you would like to join your friends in the stands, please let me know & I will oblige you.
- 5. We stand up for teammates who come off the court when we are on the bench.** This is a small detail that lets your teammate know that you appreciate the work that they have given on the court. It also shows that we are a team. It shows that you are interested in one another & not sulking at the end of the bench because you may not be playing. Remember, you do not always have to play to contribute. **Being a good teammate is the most important thing that you can learn from playing basketball.**
- 6. We bring our notebooks to all games.** We will write down the important things that we learn from each game. **We want to be Students of the Game!** Basketball is a game that you can learn about constantly. You will never know everything there is to know about this game. By keeping a notebook, you will increase your **BASKETBALL IQ.**
- 7. We do not talk to officials.** You are not professional athletes. You are teenagers. There is not one official that I have met that cares what a 16 year old young man has to say. Nor have I ever seen an official reverse his call because a player has talked him out of it. I have seen: Technicals on players who talk to officials, officials who target players who complain too much, & players who lose concentration because they are too worried about officiating rather than execution. **KEEP YOUR MOUTH SHUT!**
- 8. We do not trash talk to opponents.** It is more important to respect your opponent than to get in talking competitions with them. This does not help our team win the game. If you want to prove how much of a man you are, please go to the playground & you can talk all day long.
- 9. Profanity is never acceptable!** You risk the possibility of getting a technical. This hurts our team. Once again, remember **YOUR ACTIONS AFFECT OTHERS!**
- 10. Game-time is never a time to question a Coach on his decision.** A game is like battle in a time of war. Decisions have to be made & have to be made quickly. You may disagree, but you are expected to follow through to the best of your ability. My door is always open. If you want to ask me something, please do it after the game – not in the heat of battle.
- 11. We play unselfishly.** It is more important to win the game than score a lot of points or play a lot of minutes. Remember, we all have roles. For this team to be successful, we must accept our roles.
- 12. I am your coach.** Your parents & your friends are not. While they may mean well, they are not the ones at practice everyday. They are not the ones who are in the huddle who tell you what to do. If every player took direction from someone in the stands, then we cease to be a team & become a group of individuals. We all need to have the same leader. If you are too busy looking up in the stands to find direction from your “other coaches”, you will not be on the court too long. Trust your Coaches and trust your teammates.

General Expectations

- 1. You are a student first.** You must keep your grades up at a passing level. This must be a priority. If you do not, you put your spot on the team at risk.
- 2. You are expected to behave properly in the classroom.** It is unacceptable to be disrespectful towards teachers or anyone in authority. You must remember that your ability to get along with others will go a long way in how successful you will become as an adult. If you cannot



DULUTH BASKETBALL

- accept authority, you will always have problems. If this becomes a continuous problem, you will have to answer to Coach Hemingway. **DO THE NEXT RIGHT THING, RIGHT!**
3. **Be a competitor!** We play the game to win. **WE LOOK FOR WAYS TO WIN!** Never be satisfied with a loss. Instead, we always need to improve. However, winning is not the most important thing in the game of basketball. Improving each every game is the key to success. We will play teams who have much more talent than us. Our measuring stick of success will not be the scoreboard, but instead it will be in how well we played the game.
 4. **Accept your role on the team.** Not everyone can be a starter. Not everyone is going to be the leading scorer. Some of you will be asked to take a lesser role. This does not make you less important. Quite the contrary! Often times the supporting players make the difference in having a mediocre team & a great team. The great coach John Wooden once said, **“Be Ready and perhaps your time will come.”** Roles change throughout the year. If you spend all of your time feeling sorry for yourself and being mad at the coaching staff, you hurt your chances of helping the team. Always push yourself & try to prove to yourself & the coaches of your ability. However, remember that the success of the team is the most important thing – not individual performance.
 5. **Do not steal from one another!** Do I have say this? I do. We are a family. We do not steal from family members. Keep the locker room door locked during practice times. If you are caught doing this, you are subject to immediate dismissal from the team. We now have lockers with locks that can be put on them. Put your cell phones, shoes, and other valuables in there.
 6. **Keep the Varsity Locker Room Sacred.** Only Varsity players should be in the Locker Room at any given time. Also have pride & keep the locker room clean at all times. Pick your clothes up off the floor & never leave trash in or around the locker room area.
 7. **You will have to pay dues in order to get your gear.** The stuff we buy is not free, unfortunately. We will have to pay for it. This year the dues are \$250. You will receive a game day warm-up, practice gear, and T-Shirts. I will not issue this to you until you have paid for it. If you have issues with paying please see me.
 8. **You are expected to fund-raise for the program.** Whatever we get for the program comes from the money that we bring in from you & your parents. If we want to have nicer things, then we need to do the work. Have PRIDE in this program. The only way that we can make things better is by taking OWNERSHIP for it. This is our program. It will only be as good as WE make it.
 9. **You are subject to the rules of the Athletic Code at Duluth High School.** You should not be using alcohol, tobacco, or illegal drugs at any time. Moreover, you should not be in places where these things are taking place. You put yourself & your team at risk if you consume these things or in the presence of these things. If you use these things, you are essentially saying is that you care more about what makes you happy rather than sacrificing for the team.
 10. **If you do not know how to act, think about this before you make a decision:
Will this decision represent my FAMILY, TEAM, & SCHOOL with pride?**

Gentlemen –

I am looking forward to this season. I vow that I will give 100% of my effort to making this year as successful as I can. Let’s make this a year to remember.

-Coach Hemingway



DULUTH BASKETBALL

I have read the expectations of a player who expects to play for the Duluth High School Basketball Team. I plan to follow the expectations to the best of my ability. I also understand that if I do not follow these expectations that there will be consequences to my actions.

Name Printed _____

Signature _____

I have read the expectations page of a player who expects play for the Duluth High School Basketball Team. I vow to support my son & the Duluth High School Basketball Team to the best of my ability.

Parent Name _____

Parent Signature _____