

# **Mohave Valley Athletic Department**

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Coach \_\_\_\_\_  
Phone #:  
Email:

**\*Communication is key to our success. Please communicate  
with your coaches.**

## **Mohave Valley Sports Seasons**

<b><u>Fall</u></b>	<b><u>Winter</u></b>	<b><u>Spring</u></b>
<b>Football</b> Head Coach- Phone #- Email- Asst.-	<b>Boy's Basketball</b> Head Coach- Phone #- Email- Asst.-	<b>Baseball</b> Head Coach- Phone #- Email- Asst.-
<b>Volleyball</b> Head Coach- Phone #- Email- Asst.-	<b>Girl's Basketball</b> Head Coach- Phone #- Email- Asst.-	<b>Softball</b> Head Coach- Phone #- Email- Asst.-
<b>Cross Country</b> Head Coach- Phone #- Email- Asst.-		<b>Track</b> Head Coach- Phone #- Email- Asst.-

## **Coaches Responsibilities**

1. Have a player/parent meeting
2. Create a practice schedule for players & parents
3. Create a handbook
4. Create a collection of physicals/player & parent agreements
5. Collect inventory before and after the season
6. Turn in a list of players/numbers/positions to the AD before the first game.
7. Turn in a list of those students making athletic trips before every game to the AD.
8. Before the first game, the coach must create a player list in synergy so grades can be easily checked.
9. Hold a banquet after the season is completed

### **General Responsibilities:**

- Adhere to the District's professional athletic code of ethics.
- Be present at all practices and games unless excused by the principal.
- Be responsible for the proper use and care of school facilities and equipment. Current records will be maintained on equipment used by each participant.
- Attend general faculty meetings unless prior arrangements have been made with the principal.
- See that all doors are secured after practice or a game. When arriving home from a trip, coaches must make certain that each student has a way home. Coaches will be the last to leave the school.
- Encourage the participation of all members of the team in games while striving to maintain a competitive program.
- Adhere to the MVESD's employee work rules.
- Check with the Athletic Director the morning of their contest to give updates.

- **Introduction**

Each year a player handbook will be prepared for your benefit. This will better acquaint you with our philosophy. We realize that you have personal rights and it is not our wish to take advantage of these rights. You must understand, however, that as coaches we also have rights and responsibilities. This handbook will be a guide as to what we expect of you as an athlete, student, and citizen at Mohave Valley Junior High School.

The greatest challenge of all is to do the Best You Can. The schedule we play will test your ability to the fullest extent. It will take HUMILITY, PASSION, UNITY, SERVANTHOOD, and THANKFULNESS to make the season and our program a success.

## **TO THE MOHAVE VALLEY ATHLETE AND HIS/HER PARENTS:**

The athletic program at Mohave Valley Junior High School seeks to enrich the students' background and training by being an integral part of the educational program. In doing so, this program offers each individual an opportunity for developing the intellectual, moral, physical and social aspects of the player personality.

Athletics are not a required course. Instead it is an activity that is a privilege given to certain individuals meeting the guidelines for selection.

You have chosen to be in our athletic program so we can assume that you are willing to do those things that will help us be successful. DISCIPLINE is the KEY TO HAVING SUCCESS. This is a handbook of expectations and guidelines for young men and women who are members of our team.

### MOHAVE VALLEY ATHLETICS: OUR PROGRAM PRINCIPLES

**HUMILITY:** Each player should understand his/her strengths and weaknesses. He/she should also know his teammates strengths and weaknesses. Playing to your strengths and striving to improve your weaknesses should be a goal. Don't criticize a teammate's weakness because we all have room to improve.

**PASSION:** There should be a commitment to excellence. Each player should desire to become the best player they can be. This is only done through hours of hard and intense practicing.

**UNITY:** We win as a team and lose as a team. No person should consider themselves more important than another. Decisions and actions should be based on what is good for the TEAM.

**SERVANTHOOD:** Ask what you can do for others, both on the team and off. Reach out to help teammates become better. Look for a way to help the TEAM.

**THANKFULNESS:** Be thankful for the good times and learn from the bad times. We all will go through ups and downs. How we handle these situations will dictate our success.

## **GUIDELINES FOR SELECTION**

To play on the Mohave Valley \_\_\_\_\_ team a player must:

1. Exhibit a good attitude – coachable, hard worker, competitor
2. Demonstrate skill level in the fundamentals of shooting, rebounding, passing, dribbling, and ball handling.
3. Display knowledge of the game – supplication of rules, basic strategies, concept of teamwork.
4. Be able to respond in a game when your best performance is needed.
5. Realize that off-season workouts and previous basketball experience are considerations.
6. Fulfill a need for specific positions (guards, forwards, centers) that need to be filled.
7. Show qualities of leadership responsibilities, emotional control, and dependability

Squad Limitation

Varsity- 10-15 players

JV A- 10-15 players

JV B- 10-15 players

## OFF COURT CONDUCT DO WHAT IS RIGHT

### 1. PUBLIC IMAGE

THE FACT THAT YOU ARE A MEMBER OF THE Mohave Valley Junior High School Sports Program automatically puts you in the spotlight. Your actions are closely scrutinized by youngsters, fans, fellow students, and by many people who may be antagonistic toward athletes. You are not only expected to follow the rules of the school, but to set a proper example. We are representatives of our school, and the school itself will be judged by our conduct. We should conduct ourselves as gentlemen/ladies at all times.

### 2. CLASSROOM WORK

Remember you are a student first and an athlete second. The teachers at Mohave Valley Junior High School are interested in you. Give them a chance by having a positive attitude, showing proper conduct, not being truant or tardy, and making a working effort. You and the team will benefit. Don't let yourself down! Make sure you are making normal progress towards graduation. We would like to see as many of our players on the **HONOR ROLL** as possible.

### 3. ATTENDANCE AT SCHOOL

All players are expected to be in school and attend all classes unless they are ill or excused for some valid reason. A student may not participate in a game or practice if they are not present in school that day.

Absences without parent or school approval is classified as a truancy and will be dealt with on an individual basis. **PENALTY** is (1) loss of position on the depth chart and loss of playing time (2) suspension from the team (3) dismissal from the team.

You are letting your team down when you do not show up to school. We have new things to be put in at practice every day so it is important that you are there.

### 4. PUNCTUALITY

You are expected to meet all schedules on time. If practice is scheduled at 4:30, you should not show up at 4:30. You need to allow time to get into practice gear, fill up water bottle, and use the restroom. Tardiness will be discouraged and if unexcused the **PENALTY** could be (1) loss of position on the depth chart (2) suspension from the team and (3) dismissal from the team.

### 5. MISSING OR BEING ABSENT FROM PRACTICE

Missing practice without being excused is not acceptable. Each time a player is absent, it is urged that the coach be notified if possible. This does not include

being absent from school for sickness. **PENALTY** for an unexcused absence is (1) loss of position on the depth chart (2) suspension from the team (3) dismissal from the team. **\*\*Injured players must attend all practices.**

#### **6. LOCKER ROOM BEHAVIOR**

The following logical thoughts concerning locker room behavior:

Take care of all equipment and please keep your locker clean.

No horseplay of any kind

No running in the locker room

Use your own equipment only, please keep hands off personal property belonging to others

Do not keep **game equipment** in your locker

Get in and out of the shower quickly.

#### **8. HEALTH HABITS WE ENCOURGE**

The following daily practices should be considered:

Shower after practices and games.

Drink lots of water.

Drink only from your water bottle.

Inform coach of all ailments.

Take dirty equipment home to be cleaned daily.

Wear ankle braces if you have ankle problems.

#### **8. NUTRITION**

You are expected to follow good nutritional practices.

Three well-balanced meals per day. Do not skip breakfast, it is the most important meal of the day.

On road trips, don't fill up on junk food, especially on the way to the game.

#### **9. Illegal Substances**

You are not to be participating in any illegal activities anyway, but if the situation arises where you get invited to attend a party where you know there will be inappropriate things going on remember, you are part of a TEAM that depends on you. Who are you really letting down if you make the wrong choice?

**\*\*Parents, please help regulate this by holding your child responsible for their actions.**

**\*\*The school rules regarding drugs and alcohol will apply to these sort of situations.**

#### **10. JERELRY**

No jewelry may be worn in games or practices.



## **11. TATTOOS**

Tattoos will be covered during all games.

## **12. DETENTIONS**

Detentions will definitely be frowned upon. There is no need to receive a detention for any reason. **PENALTY** for being late to practice because of a detention will be (1) loss of position on the depth chart, (2) loss of playing time or suspension from the team for repeat offenders (3) dismissal from the team.

## **13. SEASON**

We will expect you to be in top physical condition for our first game.

Practice times will vary from week to week. We will try to let you know on Monday of each week what the practice schedule will be for that week.

**\*\*\*Varsity Monday-Thursday- 4:30pm-6:30pm      Friday- 5:30am-7:15am**

**\*\*\*JV B Monday-Thursday- 3:15pm-4:30pm      Friday-???????**

Practice equipment issued to you must be worn each practice. Any exception to this must be cleared by the coach. Remember: your practice gear is to be kept clean and hung up in your locker. **Forgetting your practice gear will result in extra conditioning and a loss of playing time.**

When you enter the dressing room there should be no horseplay of any kind. Get dressed, check the bulletin board, use the training room if there is a need, and report to the gym ready to practice.

When you enter the gym for practice please keep in mind why we are there. When you step onto the court, be ready for work. We must remember a Perfect Practice will make for a more Perfect Game.

## **14. INSEASON PRACTICE**

**\*\*All practices will be closed to outside viewers unless prearranged with Coach\*\***

- **Hustle** all the time, especially on the floor. NEVER WALK OFF OF THE COURT!
- **Desire** is something you can use and will use the rest of your life – put it to practice now.
- Accept all criticism in its proper vein; profit from it; this is why it is given.
- NEVER CRITICIZE A TEAMMATE!!!
- Dedicate yourself to becoming the BEST you can be when your BEST is needed.

- When you hear the whistle blow, “Hold the ball”. Freeze! Put the ball under your arm and listen to what the coach has to say.
- Any disrespect shown toward one of the coaches, managers, trainers, athletic staff, faculty, or the school could result in suspension from the team.
- Take pride in yourself, your family, team, school, and community, both on and off the floor.

### **15. BULLETIN BOARDS**

It is your responsibility to know of meetings, departure times, and changes in practice times. Important information will be posted. There has been a lot of time and thought spent on the things which are on the bulletin boards, so please take the time to digest what is on them. Also, please don't remove anything from the board until you clear it with your coach (pictures, sayings, newspaper clippings, ect.) and do not write on the board

### **16. COACHES OFFICE**

The office doors are always open. If you have a question or a problem, we may be in a position to help you solve it. But, please remember that it is not necessarily a lack of communication if we fail to agree on your position or the position of another team member. We as coaches will do anything we can to help you with a problem – make sure to communicate with us.

# Game Day

## PRE-GAME PROCEDURES

Attendance is required in classes all day unless excused by the Office (Monday – Friday)

## DRESS FOR HOME GAMES

All players should wear dress clothes. The coaches will discuss that with the team.

- Dress Shirt
- Tie
- Slacks/Dress Pants
- Nice Shoes
- Belt

If there is a problem acquiring one of these, please let me know so I can help.

## DRESS FOR ROAD GAMES

All players should wear team shirt or outfit. **No hats are to be brought on road trips.** For away games, players must be on time for the bus. Listen to the announcements for dismissal times. It is the players responsibility to get to the bus on time. If the player is late, then they must remain in school for the entire day. Parents may not drive a player to the game that has missed the bus unless previously arranged with the coach. Missing the bus can result in (1) loss of position on the depth chart with extra conditioning, (2) suspension from the team (3) dismissal from the team.

**\*\*When going on trips, the bus or van leaves on time. Do not expect the team to come searching for you.\*\***

## REPORTING TO THE DRESSING ROOM ON GAME DAY

At home games the players must be at the gym for the start of the game before theirs. For example; varsity players must be at the gym for the start of the JVA game, the JVA players must be at the gym for the start of the JVB game. If there is no game before then players must be at the gym 1 hr. and 30 min. before tip-off. **If a player is late, they will not suit up, but they must sit on the bench for the remainder of the game in their street clothes. If they fail to sit on the bench during their game the following will apply (1) loss of position on the depth chart (2) suspension from the team and (3) dismissal from the team.**

At away games, if a player is not dressed and ready for their game with the rest of the team, then they will not suit up for that game. It is not the coach's responsibility to chase the players down. Be ready to go and be mentally prepared!

If you need to be taped or get special treatment you must report earlier than the rest of the squad.

**Tardiness will result in the following Penalties (1) loss of position on the depth chart (2) suspension from the team and (3) dismissal from the team.**

**\*\*During the games, all players who are not playing will be sitting together in the same section. We will not be horsing around. Sit and watch the game, you may learn something! We will not be sitting with girlfriends or other students who may distract us!\*\*** Players should report to the locker room with at least 3:00 minutes left in the 3rd quarter unless told otherwise by the coach.

### **WARM-UP ROUTINE**

The warm-up routine will be gone over in practice and we expect you to follow our routine. It will be conducted by our captains.

### **PRE-GAME TALK BEFORE WARM-UP**

About 10 minutes before we take the floor, coaches will review our overall game plan and answer any questions you might have.

### **POLICIES DURING THE GAME**

Follow instructions, be alert. Watch your position and whom you might guard.

### **TIME OUTS**

Only the coach will call a time out unless a time and scoring situation in the game calls for a player to use his judgment and this will be explained in practice.

Listen to what the coach is saying.

### **BENCH CONDUCT**

Be lively and loyal on the bench. Cheer, encourage, instruct. **Stand when a substitute comes off the floor.** No profane or abusive language.

We will not tolerate unsportsmanlike conduct from the bench or playing floor.

Study the game and pay particular attention to the person that you most likely will guard.

You never know when your chance will come to play- **BE READY!!!!**

If you are on the bench, put on your warm-up top.

### **SUBSTITUTION**

Know who you are going in for and what defensive call we are in. The person coming off playing floor give a five to the sub and sub ask what defensive call we are in.

### **REPORTING PLAYER**

Player coming out- RUN off of the floor and give everyone a five on the bench! We do not expect to be challenged for the substitution.

Get into a warm-up top as soon as possible.

Do not throw towels or warm- ups on the floor.

### **PERSONAL FOULS**

Don't change expression or stare at the official or show any emotion when a foul is called on you. If there is a suspected attitude the player will be removed from the game.

### **Technical Fouls**

We don't expect our player to get technical fouls.

If a player on the floor receives a technical, he will be substituted for immediately. A bench technical on a player will result in loss of playing time.

### **RELATIONSHIP WITH OFFICIALS**

Respect officials at all times.

The players must adjust to the way the officials are calling the game. (Close/Touch or Rough/Aggressive)

### **HALF TIME**

Go quickly from the floor to the dressing room and take care of any lavatory needs.

The coaches will look over the first half statistics in private and discuss the plans for the second half.

### **RETURNING TO THE FLOOR FROM THE DRESSING ROOM**

The assistant coach will make sure that the starters have all reported to the official scorer. Players will go through a warm up and return to the bench for any last minute instructions.

### **POST GAME**

Please show good sportsmanship by shaking hands with opponent after the game.

Go to the dressing room without delay for a short meeting. Regrettable things are often said and done in the heat of competition. Loose tongues can do nothing but create problems for our team and school. We expect our players to use good judgment at all times.

After the game, take a shower and **CHANGE CLOTHES! Players will not wear their jerseys out into the stands.** They are a privilege to have so do not use them as lounge clothes.

We encourage all players to stick around to watch the varsity game. If you must take off early inform one of the coaches that are not currently coaching a game.

**All players will ride home on the school bus on away games unless they have a parental note. Please give the note to the coach or have your parent sign a release form.**

If at home or on the road, accept the responsibility of your own equipment, pack it neatly and don't lose it. Before you leave, know when the next meeting or practice will be.

**Parents-** If there is something important that you would like to talk about, immediately before and after the game is not the time to approach one of the coaches. This is our time to prepare and reflect on the game. You may call and set up an appointment if there is a question or concern.

Student Printed Name

Date

Signature

X \_\_\_\_\_

Parent Printed Name

Date

Signature

X \_\_\_\_\_

**\*By signing above, this indicates that I have read through the handbook and understand the rules in order to be part of the Mohave Valley Junior High Sports Program. I also understand that if the rules are broken that there will be punishments that the player will have to abide by.**

## **OTHER THOUGHTS**

### **OUTSIDE PRESSURE PUT ON PLAYERS**

#### **THE COACH AND PLAYER**

We will try to alleviate any confusion by players as to their status on the team by having a conference with each player.

#### **PARENTS**

I would recommend that the parents be supportive at all times. Tell your son what he has done well in a game, and please forget the critical analysis.

#### **PEER GROUP**

Remember you are part of this team. Your peers may not have the same interests and investment that you have to our cause. Make sure that you remember that you might have to make some tough decisions based upon what is best for the team. Remember, you all do not have to be best friends, but you will all respect each other! Good teams have great team chemistry on and off the court.

### **EACH PLAYER WILL LEARN HIS ROLE ON THE TEAM**

What are your assets (shooter, defense, rebounder, ect.)

If you are not a starter, don't think this is the only way to contribute.

Be positive at all times. Encourage your teammates and believe in yourself.

We can't guarantee how much playing time each player will receive in a game. Be ready when your chance comes.

### **MENTAL PREPERATION FOR PRACTICES AND GAMES**

Preparation is the key – conditioning, knowing our system, knowledge, and skill are all keys.

**Mental Preperation-** as soon as you step foot in the locker room, it is time to focus. Use 5 minutes of personal time to reflect on your duties for the upcoming game.

Your coach BELIEVES in you. A contest is never over until the final buzzer. NEVER GIVE UP – NEVER LET UP !!!

Be realistic in goal setting.

Use mistakes as learning experiences – nothing more. Don't dwell on them. We practice and play to become perfect, not because we are perfect. Don't punish yourself and someone else for making mistakes. Don't dwell on mistakes – use them as jumping off points for improvement.

Stress the positive.

## **SHOES**

Team shoes will be discussed each year. The coaches will inform you on the decision for that year. You must have basketball shoes.

## **PARTICIPATION ON NON- SCHOOL TEAMS IN NON- SCHOOL COMPETITION**

You will not play on a Boys and Girls club team, city league, weekend tournament team, AAU travel team during the season unless approved by the coach.

## **HOW TO DEAL WITH A PERSONAL PROBLEM**

Inform the coach of the situation. It will be confidential between you and the coach. Appropriate procedures will be recommended to solve the problem.



# Eligibility

## **Age Limits**

If a student has reached 16 years of age, he/she is no longer eligible to compete in any sport. Also, if a student will turn 16 years old prior to the end of a particular season, he/she is ineligible to compete in that sport.

## **Records of File**

The following must be recorded in the Athletic Director's office prior to a student participating in try-outs or practice:

1. Physical examination
2. Student/Parent Consent Form
3. Birth Certificate
4. Proof of Medical Insurance

## **Participation Fee**

The fee is \$75 per sport. Fees for interscholastic sports are not due until the student has made the team. Participation fees must be paid in full amount or payment arrangements made with the office prior to first regular season game.

## **Grace Period**

Full refund of participation fee will be given (tax credit may be moved to another sport, but not refunded) one week after the first regular season game or competition to athletes that have chosen not to complete the season. After the one week grace period, no refunds will be given.

## **Insurance**

It is required that students participating in athletics have insurance coverage. If personal insurance is not in force, the school has brochures available on student accident insurance.

## **Academics**

Students MUST pass all classes each week in order to be eligible to compete in interscholastic activities. This means that there are no F's allowed on their weekly grade checks. Failure to receive a cumulative passing grade in EVERY class will result in the student being restricted from competition, but not from practice. Eligibility will be determined on Friday each week.

- Students are responsible to notify parents of eligibility status.
- If a student is ineligible, suspension from participation will be for the following Monday-Saturday.