

**Joshua McGee**

**2020-2021 Basketball Practice Schedule and Handbook**



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**IN SCHOOL SCHEDULE**

**Monday-Friday**

7:45 AM-1st Period JV/Varsity Athletics; After School 4:00-6:30PM (After school practice begins October 28th)

2:52 PM-8th Period 9th Athletics; 4:00-5:30 PM (After school practice begins October 28th)

**Wednesday**

JV/Varsity 4:00-5:30PM

9th 4:00-5:00PM

**Tuesday & Friday**

Game Day!

**Saturday**

9th/JV2 10am-12pm and JV1/Varsity 12:30pm-3pm

**2020-2021 NOTEABLE PRACTICE DATES**

**Saturday November 21, 2020**

VARSITY WILL practice from 5:00pm-7:30pm

**Saturday November 28, 2020**

9th/JV2 10am-12pm and JV1/VARSITY WILL practice 12:30pm-3pm

**Saturday December 26,2020**

VARSITY WILL practice from 10am-12pm

**Mon-Wed December 28-30, 2020**

This will be the first day of the Christmas Basketball tournament in Houston County. This will be an overnight event leaving Monday morning. Departure time will be pending on tournament bracket release. Itinerary will be released when game times have been confirmed.

**Thursday December 31, 2020**

9th/JV 10am-12pm Var WILL practice from 12:30pm-3pm

**Friday January 1, 2021**

9th/JV 10am-12pm Var WILL practice from 12:30pm-3pm

**Saturday January 2, 2021**

9th/JV/Var have a road District game at Godley.

**Monday January 4th, 2021**

 9th/JV 10am-12pm Var WILL practice from 12:30pm-3pm

**Tuesday January 5th, 2021**

9th/JV/Var have a Home District game vs. Venus

**Wednesday January 6th, 2021**

9th/JV 10am-12pm Var WILL practice from 12:30pm-3pm

**Thursday January 7th, 2021**

9th/JV 10am-12pm Var WILL practice from 12:30pm-3pm

**Friday January 8th, 2021**

9th/JV/Var have a road District game at Waxahachie Life

**WHAT WE EXPECT OF A YELLOWJACKETS BASKETBALL PLAYER**

**“G.R.I.N.D”**

**All Season**

**Team Together**

**G.R.I.N.D broken down**

**Grit: Courage and resolve; strength of character.**

**Resolve: Firm determination to do something.**

**Intellect: The understanding or mental powers of a particular person.**

.**Nerve:**  **A person's steadiness, courage, and sense of purpose when facing a demanding situation.**

**Determination: Firmness of purpose; resoluteness**

**“Everyday In Everyway We Get A Little Better”**

**Academic Plan**

**I. Each varsity player will have an Academic File – in the file is:**

**A. Class Schedule**

**B. Diary of Academic Appointments**

**II. Grade Check Program**

**A. We will regularly check your grades daily. Grade Checks are critical to monitoring your progress.**

**“FIND WAYS TO EXECUTE THIS” Without us bringing it to your attention**

**III. Academic Appointment**

**A. Meeting times will be scheduled.**

**B. Be on time to your scheduled appointment.**

**C. The purpose is to review and monitor academic progress.**

**D. Bring any graded class work to the academic meeting.**

**E. This is not a time to discuss basketball – we are here for academics**

**IV. Special Services**

**A. Our staff will assist you in obtaining any additional academic assistance. DO NOT WAIT UNTIL THE MIDNIGHT HOUR THOUGH!**

**B. Use the Library or any other resource center to gain study hours for the week.**

**V. Study Tables**

**A. Once we feel you have a grip on your class work we will only have special study sessions for those who need it.**

**VI. Breakfast Club**

**A. If you are unexcused for missing class you will “ Rise in the A.M.” and run… coaches will check class attendance regularly.**

**B. In the event you miss class or are not getting work done satisfactorily we will set up special study sessions for those individuals who need extra work.**

**C. Those sessions will take place in my office area.**

**VII. Notify instructors in advance when our travel will affect your attendance in class. Do not use travel as an excuse for poor performance.**

**Summary:**

**Our academic program is designed to maximize your educational experience. You must take the responsibility to attend every class and complete all assignments on time. THIS IS NOT DESIGNED TO BE A PUNITIVE PROGRAM! YOU WILL CHOOSE TO MAKE IT PUNITIVE IF YOU FAIL TO SHOW UP ON TIME, FAIL TO PARTICIPATE IN SCHEDULED ACTIVITIES OR FAIL TO TURN IN APPROPRIATE COMPLETED MATERIALS ON TIME! DO NOT MAKE IT “ME” AGAINST “YOU”**

**Ferris Basketball**

**Rules and Regulations**

1. **All school rules are team rules**
2. **Your squad membership is granted by the Head Basketball coach and can be revoked any time (in my judgment) if you fail to live up to your part of the arrangement of Ferris Basketball guidelines. We will not carry any man unless he: (1) shows proper attitude, (2) gives his best effort at all times and (3) passes classes satisfactorily.**
3. **We tolerate NO insubordination or back talk to any coach. You must show proper respect. Address each member of the staff as “Coach”**
4. **Refrain from the use of all illegal drugs.**
5. **Refrain from the use of all smoking materials and alcohols.**
6. **NEVER be late to any practice or meeting**
7. **NEVER miss a practice or meeting. If you are too sick to come, get word to me 580-284-4860, do not wait until the last minute!**
8. **Your team handbook is important. Take care not to lose it. We will check to see that they are kept up to date.**
9. **We play our system here and are not interested in any others. Learn what we require you to do.**
10. **If you have a situation occur, do not let us find out from anyone else other than you!**
11. **Team travel: It is a business trip. This means, it is not a social adventure to meet new friends or social network. TEAM goals are our priority on the road…**

**Ferris Basketball**

**The Correct Practice Mentality**

**Boy’s Basketball**

 **It is important that we are on the same page. We want to work together and with a common understanding. Understanding the method of our madness does not always allow us to explain why we are doing everything we will ask you to do. *You have to trust!* We are going to make you practice in an environment that will more often than not be more difficult than a game. Your reaction to the pressure and the adversity of practice is important. SHOW YOUR GRIT!!!**

**NO TOLERANCE:**

**1. Do not hang your head, roll your eyes, pout, or make excuses for performance or Coaches’ corrections.**

**2.** **Wear our Gear! During practice we want no jewelry (ear rings, necklaces etc.)**

**3.** **There will be a lot of teaching, pay attention. DO NOT TALK WHILE COACHES ARE TALKING. WE ARE TALKING TO EVERYONE!**

**4.** **Play through mistakes, criticism, fatigue and frustration. Do not wear emotions on your sleeve.**

**5.** **Do everything you can not to make the same mistake or error twice.**

**6.** **There is going to be some bumping or banging. It is not personal. Do not take it personal. Do not be petty. Do not be cheap. WE HAVE NO PLACE FOR TRASH TALK. ONLY OUR TALK. These are your teammates; let your play speak for itself. However that does not mean we do not want people to get after it, that is how we get better.**

***7.*** **Again, “YOUR BEST - MY BEST” Our job as coaches is to push you. The excuse, *“but I am doing my best”* – is for the losing team!**

***8.*** **Effort is a talent. We are blue collar. There have been a lot of past players who got the opportunity to perform in games with this talent, and a lot who were perceived to have talent who lacked ‘effort’ that sat the bench.**

***9.*** **Don’t make it close*.* Make it obvious you are the best. If you make it close, the Coaches will make the decision of how much you play.**

***10.*** **“What versus Why” questions.Ask the why questions after practice. We do not have time to slow down the group. Concern yourself with the “how do you want me to do it” questions.**

***11.*** **Move with urgency from one drill to the other.**

***12.*** **Never leave the court unless excused by a Coach.**

**Practice Gear Everyday**

**· Our shorts, Our reversible, Our T-shirt ( DO NOT DRESS ON THE COURT )**

**Ferris Basketball**

**Policies for Care of Equipment**

1. **Take care of your equipment and it will take care of you. You are responsible for all your equipment and its maintenance.**
2. **Learn to use the Laundry Clips. They save on heat and dry time. Turn Laundry in at the end of practice so they can get it washed and dried on time.**
3. **Make sure all wrinkles are out of your socks before you put your shoes on. This is how blisters form.**
4. **If your equipment needs repair or replacement (shoes as an example) see that it is done immediately. Contact one of the coaches when you have equipment issues. Do not wait until 5 minutes before practice to get this done.**
5. **Your shoes are the most important equipment you have:**

**A. Lace shoes snugly, but not tightly.**

**B. Always unlace your shoes before taking them off.**

**C. Spread out your shoes to dry when not in use.**

**D. Use your shoes for the gym and weight room not for outside use.**

**Policies for the Locker Room**

1. **The locker room is your home. Do your part to help keep it clean. Dispose of tape, etc. in the wastebaskets.**
2. **DO NOT bring friends into the locker room; it is the nerve center of your squad.**
3. **Horseplay and rowdiness are OUT!**
4. **Leave any valuables locked in your lock box.**

**Trainer**

**1. Trainer’s name: Coach Mason**

**2. The trainer does not have time for you to socialize.**

**3. Appointments with the trainer make sure to be on time. Do not miss treatments. Be sure you follow all instructions for treatment.**

**FERRIS BASKETBALL**

**HANDBOOK OUTLINE**

**I. Academics (see attachment “Academic Plan”)**

**A. Go to class and be on time (make sure they know in a positive way who you are)**

**B. Turn in quality work on time**

**C. Organize time so you are prepared – NO LAST MINUTE**

**D. Stay on top of the daily loads given to you**

**E. Academic Appointments**

**1. Be on time**

**2. Always bring your notebook**

**3. Bring graded papers**

**F. Study Table: As needed**

**G. Eligibility: IMPORTANT ISSUES**

**1. Make us aware of schedule changes – See Coach McGee**

**2. GPA & Progress – Maintain toward Graduation**

**II. Primary Concepts to Understand**

**A. Be on time! No Tolerance for tardiness**

**1. We’re on my clock… Not yours!**

**2. Be early – great way to interact with teammates.**

**B. Dress in the locker room not on the court – put shoes on in the locker room.**

**C. We can address personal problems after practice**

**D. OPEN DOOR – I want to see you if you need me**

**E. Show maturity. Be composed. Do not wear your emotions on your sleeve, we hate pouters and head hangers (slamming balls, trash talk)**

**F. Remember our jobs as coaches is to make you the “best player you can be, so we are the best team we can be**

**G. See Handout (Practice Mentality)**

**H. See Handout (Rules and Regulations)**

**I. Have access to your Handbook at all meetings unless otherwise instructed**

**III. RESPECT – Your goal is to earn the respect of your Teammates and Coaching Staff. It is an ongoing process**

**· People start off giving you credit for who you are. You gain or lose respect through your actions!**

**· MENTAL TOUGHNESS: “Is someone who can respond in a positive way to adversity.”**

**· Do not confuse PHYSICAL TOUGHNESS and MENTAL TOUGHNESS**

**A. The 3 arenas of respect**

**1. *Athletic Arena* (everyone is watching)**

**a. EFFORT – conditioning, weight room and practice (it is a talent)**

**b. MATURITY – know the difference between the battle and the war. Tolerance, Empathy, and Accountability**

**c. INTELLECTUAL APPRECIATION of our system and basketball**

**d. COOPERATION understand and accept “your success is my success” – It’s hard to root for an egoistic person**

**e. GET PAST YOUR ENVIRONMENT under the weather, personal issues, playing field, officials, travel and etc. These shouldn’t have an negative effect on performance and your mental approach to the game or practice**

**f. PRODUCTION – Make plays when we need them – it is more than just making a basket – it is block outs, passes, defense, loose balls, charges, screens and etc**

**(EGOTISM IS THE ANESTHETIC THAT DEADENS THE PAIN OF STUPIDITY)**

***2.* *Academic Arena***

**a. everyday effort – attendance, quality work, and production**

**b. project a sense of caring about school**

***3.* *Social Arena***

**a. Do you have listening skills?**

**b. Do you ask questions so you can talk about you?**

**c. Can people trust you? Do you take advantage of people?**

**d. Are you a giver or are you a taker? What’s in it for me type guy**

**e. Confidence vs Cocky – Confident person does not have to tell what they have done**

**f. “It ain’t Cool to be Cool!” Focus on productive substance**

**Total Package Players – We need all 3 to win a championship**

**WHO’S GOING TO BE OUR EVERYDAY TOTAL PACKAGE?**

**Do not confuse POPULARITY with RESPECT – “People can socialize with you, talk to you, go to extra-curricular events with you, but that does not mean they necessarily have respect for you”.**

**IV. Your Role in the Player – Coach Relationship**

**A. We want to work together not against one another**

**B. Learn your role and the role of everyone else (“Find a void and fill it”)**

**C. Work hard to learn our system**

**D. Mentality – if coaches are correcting you, find a way to get it done**

**E. Trust: You can not kind of “trust”. Do not filter coaching directions…it slows down the learning curve**

**F. REALITY EVALUATION: We are neither positive nor negative in our approach to coaching you; we evaluate what we see through your actions**

**G. There is always a sense of urgency in our aggressive approach to basketball.**

**H. It’s not personal, when we quit coaching you, that’s the time to worry**

**V. Do Not Confuse Gratification – Satisfaction verses Fun: In competitive high school basketball you are going to do a lot of stuff that is not considered “FUN”.**

**A. Define Fun: It is an activity that requires no mental toughness, i.e. going to the movies, fishing, and dinner with friends, listening to music, hanging out with teammates after a game, etc.**

**B. It is not fun to run wind sprints, run a mile, or play with soreness**

**C. Winning championships is about gratification and satisfaction. Being mentally and physically tough, working towards a common goal. Knowledge in the fact that you paid a price to obtain success.**

**D. Find enjoyment (fun) from Gratification and Satisfaction**

**IN SUMMARY:**

**“After your days of organized basketball are done, you will witness people trying to find that type of gratification and satisfaction and it is never really there, nothing else will fill the void of competitive athletics. I know former players who would go through all the conditioning, weight training and combative practices just to play a few games to capture that moment again – it will be a part of your past faster than you want it to be. They are not searching for “fun” they want more than that. The gratification and satisfaction that went into busting it mentally and physically, with a group of people committed to doing whatever it takes to be successful. “The feeling in the locker room after a game or on a bus after a win is more than “FUN”. When it is all said and done and you are 30 years old, you do not want regrets. You want to look back and know you did everything you could to reach the level of success you were able to obtain. As an individual in this program you have to have the wear for all to be committed 24/7 to the mandates we have just covered, or we have no chance to reach the level we are striving for”.**

**My Goals and Pledge as a Ferris Basketball Player Contract**

**Program Standards**

**BE Committed** . Players are expected to attend all practices and games unless excused. Repeated unexcused absences or tardies are grounds for suspension and possible dismissal from the team. An unexcused absence will require make-up running of Reminder’s/Barone’s before or after practice.

1. An UNEXCUSED absence will require Reminders/Barone’s under time.
2. Absences MUST be made up as soon as possible or the first day an athlete is physically able.
3. All extra conditioning must be finished before an athlete can compete in a game.

D. If an athlete arrives late the player will be required to run laps in the arena or towel pushes.

E. An excused tardy – (must be approved by Coach McGee)

**Be Respectful.** Players are responsible for their school issued equipment. Non-school issued equipment should not be worn except for undershirts which may be Ferris athletics shirts or a plain white, black, or orange t-shirt. Violations of equipment standards carry a penalty of being dismissed from practice or extra conditioning at coaches discretion. The locker code is as follows: (1) all cloth should be hung up, using laundry clips (2) Only shoes in the bottom of the locker. Shoes should be flat to air out. (3) Personal items, notebooks, ankle braces, etc. should be kept in the top of lockers. Players should maintain the locker code for each practice or game.

**Be Leaders -** Discipline problems in the classroom, community, or within the team will not be tolerated. The first offense will carry a penalty of extra conditioning. The second offense will be extra conditioning and a one game suspension. The third offense will be indefinite suspension or possible dismissal from the team. The student handbook and athletic code of conduct must be adhered to at all times. Any flagrant technical foul carries a penalty of extra conditioning and/or a suspension. The coach is the only person that says anything to the officials.

Players should not enter the equipment room or coaches office without permission. All players are required to see their coach after games and workouts before leaving.

STUDENT SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PARENT SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WE HAVE READ THE POLICIES AND GUIDELINES, AND RULES FOR FERRIS BASKETBALL PROGRAM AND ACCEPT THEM.**

**HAZING**

Hazing is against the law and will not be tolerated in the Athletic Department. “Hazing” means any intentional, knowing, or reckless act occurring on or off school property directed against a student, by one person alone, or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. Under Education Code 37.152 a person commits an offense if the person commits any of the following:

1. Engages in hazing
2. Solicits, encourages, directs, aids, attempts to aid another in engaging in hazing
3. Recklessly permits hazing to occur
4. Has firsthand knowledge of the planning of a specific hazing incident involving a student, or first-hand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the Principal, Athletic Director, or designee.

**Hazing will not be tolerated. This is a criminal offense that will be treated as such. IF you are the victim of hazing, you MUST report it IMMEDIATELY to Coach Layne and Campus Principal.**

**FERRIS ISD BASKETBALL ACCOUNTABILITY CONTRACT**

We believe that participation in a competitive basketball program can provide students an opportunity to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority and many other qualities. The rules are established to promote these qualities and to help build and maintain a strong basketball program. It is recognized that some of the expectations for athletes exceed the expectations for the general student body. Violations of the rules will result in corrective and/or disciplinary action. The facts and circumstances will be taken into consideration when determining what actions will be taken. Students may be dismissed from the basketball program for violation of the rules.

1. **Any activity which is considered disrespectful on the court or in the school environment that brings disgrace to the basketball program will not be tolerated, including but not limited to, ISS, DAEP and in game behavior**. **The consequences for the above action will be:**

1st Offense: Extra conditioning and written apology

2nd Offense: 1 week suspension from the sport

3rd Offense: Expulsion from that sport for the remainder of the season.

\*Students returning from DAEP might not be allowed to compete in the first contest upon return.

1. **Use of Alcohol/Tobacco/Vaping will not be condoned. This includes, but is not limited to, being issued a citation for Minor in Possession, Driving While Intoxicated, Under the Influence, etc.**

**\*If you are arrested or charged with any (Misdemeanor) criminal activity that brings disgrace or dishonor to the Ferris Yellow jacket basketball program, the consequences for the above actions will be:**

1st Offense – 2 week suspension from the sport and 5 days of Barone’s under time. The Barone’s must be completed before the athlete will be eligible to participate in the next contest.

2nd Offense– Expulsion from that sport for the remainder of the season.

1. **If you are arrested or charged for possession of or under the influence of an illegal drug, the consequences for the action(s) will be:**

1st Offense – Suspension from the basketball program for one (1) calendar year.

**(This is a “NO TOLERANCE” policy)**

**\* Any athlete that is serving suspension must attend and participate in all practice activities.**

\* **Re-entry to the Ferris Yellow jacket Basketball program will be decided by the Head Coach.**

**\* All discipline must be completed before the athlete is eligible to return to the team.**

**\*Accountability, “Player folders will be updated on a regular basis. (If an athlete does not comply to disciplinary actions, he may be removed from the program at the Head Coach’s discretion)**

**I have read and agreed to the above contract.** Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Student Signature Parent Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ **Joshua McGee**\_\_\_\_\_\_\_

Parent’s Phone Number Head Coaches Signature