

EL DORADO HIGH SCHOOL PLAYER HANDBOOK

CHAMPIONSHIPS WON

Empire League Titles

2002

2000 Qtr Finalist

1989

1985

Orange League Titles

1976

1975

1974

1973

1972

C.I.F. Titles

1975

1974

As one can see, El Dorado High has a tradition of success in its basketball program. In the past many fine men have represented El Dorado High School. It is our challenge to continue to represent El Dorado High Basketball as a first class program.

INTRODUCTION

Not every student at El Dorado High School has the opportunity to be a member of the basketball program. You are to be congratulated because you are a member of this small select group. You are not the average El Dorado high school student and, therefore, will have many more responsibilities not only to yourself but also to your school.

The following pages are designed to outline the responsibilities, which you will be required to follow in order to remain a successful part of the El Dorado High School Basketball Program.

EL DORADO HIGH BASKETBALL PHILOSOPHY

The following pages contain the El Dorado High School basketball philosophy. As a member of our program it is important that you know and understand the philosophy behind what we do and the way we do it.

Our belief is that successful programs display certain characteristics year in and year out. Among these are teamwork, attitude, effort, discipline, competitiveness, and concentration. The coaching staff believes that these traits are absolute necessities for being successful both on and off the court. We believe in our philosophy and will stick to it.

I. TEAMWORK: At El Dorado High the team comes first. We must have athletes who believe in the good of the entire group. In order to be successful we must have individuals thinking about the word “team”, about winning, about being good, instead of “How much do I get to play” and “How many points do I score.”

“Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work.”

Vince Lombardi

2. ATTITUDE: An El Dorado high basketball player's greatest attribute is his attitude. He has a positive attitude regarding the game, himself, and his teammates. A proper attitude is the most important thing you can develop in your life.

"Attitude can carry us a long way or it can keep us from going somewhere."

"Adapt, Overcome, Improvise"

3. EFFORT: El Dorado High Hawks play hard and give an all-out effort every time they step on the court. Anything less is unacceptable. We out hustle all our opponents. The coaching staff places great emphasis on the effort areas of basketball. These include diving after loose balls, taking the charge, and playing solid defense.

*"When nothing seems to help, I go look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before."
Jacob Riis*

4. DISCIPLINE: The El Dorado High Hawks are a disciplined team. Team discipline involves self-sacrifice and mental concentration. In order to be successful each individual on the squad must be self-disciplined in the classroom, on the basketball court, and in every day life.

*"Doing what has to be done.
Do it now.
Do it best that you can.
Do it that way all the time."*

John Thompson

5. COMPETITIVENESS: El Dorado Basketball players thrive on competition and play to win. Winning is not everything, but trying to win is. The competitive spirit must be conveyed in practice as well as games. At E.D.H.S. you will never be asked to win basketball games. However, it will be demanded that the team be physically and mentally prepared to play the best that it is capable of playing. If the coaching staff and the players accomplish this, winning will take care of itself.

A competitor will find a way to win. Competitors take bad breaks and use them to drive themselves just that much harder. Quitters take bad breaks and use them as reasons to give up. It's all a matter of pride."

Nancy Lopez

6. CONCENTRATION: The basketball floor is the coach's classroom and teaching must take place. Learning can only occur when there is total concentration. The coaching staff believes that thinking and playing smart are just as crucial as physical size and quickness. Coaches will never criticize a player who misses a high percentage jump shot or makes a bad pass on the fast break. However, coaches will get on you for making mental errors caused by lack of concentration.

What do I want in a player?

I want a player who is willing to make a commitment to be as good as he can be each time that he plays.

I want a player who is willing and ready to do what has to be done to make a positive contribution in the most difficult of games.

I want a player who, more than anything, wants our team to be the very best that it can be.

Is this too much for me to demand of you?

Is this too much for you to ask of yourself?

Bob Knight

E.D.H.S. Basketball philosophy comes down to this:

- 1) Play Hard**
- 2) Play Smart**
- 3) Play Together**
- 4) Have Fun**

THE STUDENT ATHLETE

Members of the El Dorado High Basketball Team attend classes. We want student-athletes in our program. In the classroom, have the proper attitude and strive for the best grade in the course.

A teacher should never have to speak to me about your classroom behavior. The faculty owes you absolutely nothing. Do not expect favors from them. Win some fans for our program by giving an honest effort in the classroom.

Keep in mind that as a member of the basketball team you represent not only yourself, but also your teammates, the coaching staff, and the school.

If you find yourself having academic problems in your classes, discuss the problems immediately with the instructor of the class and your coach. Difficulties in coursework can be remedied if they are addressed as soon as possible.

“EVERYONE HAS THE WILL TO WIN, BUT FEW HAVE THE WILL TO PREPARE TO WIN.”

Bob Knight

“IF YOU’RE INTERESTED IN DOING SOMETHING GREAT, YOU CANT JUST DO IT WHEN IT’S CONVENIANT. YOU HAVE TO BE COMMITTED ALL THE TIME.”

Pat Riley

“KEEP THIS THOUGHT IN MIND. WHEN YOU ARE NOT PRACTICING, SOMEONE SOMEWHERE IS; AND WHEN YOU MEET HIM IN HEAD TO HEAD COMPETITION, HE WILL WIN!”

Morgan Wootten

APPEARANCE – TRAINING RULES

Once basketball officially starts in November, each player will be expected to dedicate himself 100% to the team.

A part of being a team member at El Dorado is caring about your own personal appearance. A coach should never have to comment on your appearance.

The following will be expected of all team members during the basketball season:

1. **HAIR STYLE:** All players will have and maintain a short Ivy League haircut.
2. No players will wear a mustache, beard or goatee, or have sideburns any longer than the top of the lobes of the ears.
3. Pants or shorts shall be worn at waist level and shirts tucked in
4. No drugs, alcohol, or tobacco.

Any player breaking the general training rules is not truly 100% dedicated to the team effort and will, therefore, face suspension or removal from the team.

PRACTICE

The practice floor is the coach's classroom and teaching must take place. In order for teaching to take place, certain rules must be followed to the letter.

During basketball season you will never have enough time to complete all that needs to be completed, so every minute is very important.

THANKSGIVING AND CHRISTMAS VACATION:

We will practice and play games. **BE THERE!**

TRANSPORTATION:

District transportation will not be provided for games this year. It will be the responsibility of the athlete to ensure their safe arrival to and from a game. Please contact parents or members of your team to arrange a ride. Coaches are not to provide transportation for players.

ATTITUDE AND EFFORT:

Nothing less than the proper attitude and 100% effort will be acceptable. Come to practice ready to work hard in order to be a better player and team member.

WHISTLE:

When you hear the sound of the whistle, hold the basketball and wait for a command. Sprint from drill to drill; no one walks on a basketball floor!

WHEN A COACH SPEAKS:

Absolute attention and silence is demanded. Your eyes should be looking at that coach.

GENERAL PRACTICE RULES:

No one sits down, no one leans on the walls, and no one gets a drink unless given permission. Everyone is on time to practice, meetings, and games.

*Failure to adhere to team and program rules will result in disciplinary action or suspension. This also includes conduct detrimental to the team.

LEAVING OR MISSING PRACTICES:

A player should not miss a practice unless it is an emergency. If you have to miss practice, call your individual coach. If the coach is not available leave a message on Mr. Mounce's room voicemail.

(714) 986-7580 EXT. 11304

Never leave the floor unless you have a coach's permission. We do not expect players to miss any practices.

CRITICISM:

Right or wrong, accept your coach's criticism in the spirit it is intended. It is only when a coach ceases to correct your mistakes that you have to worry. The coaching staff is not belittling you when they correct a mistake you have made. They are simply trying to make you the best player you can be. Do not take it personally.

ENTHUSIASM:

Encourage each other in practices. Play as a team. Be part of the team. Show some enthusiasm.

LOCKER ROOM:

The locker room is to be kept neat at all times. There will be no towels or tape left on the floor. There will be no horseplay in the locker rooms; this shows a lack of class.

LEAVING THE GYM:

Always bring a jacket or sweater to practice. Keep yourself warm when you leave the gym.

ROAD TRIPS

1. DEPARTURE TIME:

Be early so you don't miss playing time. Please take into consideration your destination and the time and traffic conditions impact on your travel.

2. DRESS:

Players will be told before each game what the dress will be and must be in that attire in order to participate as a team member.

GAMES

1. WARM-UPS:

Players should go through pre-game warm-ups very seriously to prepare themselves both physically and mentally to play the game. Hand clapping and enthusiasm is encouraged during warm-ups.

2. OFFICIALS:

A player should never talk to an official unless that official talks to him first. An official should always be addressed as "Sir."
A player should never complain to an official about a call and no El Dorado High player should ever have a Technical Foul called on him. The ball should be handed to an official. Remember like coaches, referees and judging your actions not your intentions!

3. BENCH CONDUCT:

All players not in the game should sit on the bench with their mind on the game. The players on the bench should be ready to report in at all times. If you want the student body to cheer for the team, then cheer for the team from the bench.

4. TIME OUTS:

All players in the game will sprint off the floor and sit on the bench. All players on the bench will form a semi-circle around the coach.

GAME

1. PRE-GAME:

The conversation in the team room should be about the game. Get ready to play, concentrate on the job before us. Know your responsibilities before we go onto the floor. Prior to both home and away games the Team will sit together.

HUSTLE:

WE OUT HUSTLE ALL OPPONENTS. We run on and off the floor. We do not walk. We run everywhere. OUR OPPONENTS DO NOT KNOW WHAT HUSTLE IS UNTIL THEY PLAY EL DORADO HIGH!

2. OTHER ITEMS:

- If there is a foul to be shot at the other end, run down there. We run everywhere.
- Never talk “trash” to an opponent. Shut your mouth and play hard.
- Never talk to an opposing coach.
- When we travel we treat the visiting locker room the same way we treat our own. Towels and tape are never left on the floor. We always show class. We clean up after ourselves. We leave our locker room spotless.

AFTER THE GAME:

All players should get off the floor as soon as possible. Don't socialize with your friends. This procedure should take place win or lose.

PROBLEMS

If you have a problem of any kind that is bothering you, please feel free to talk to any member of the coaching staff. I know that one's high school years can be difficult at times. The coaches are there to help you whether it is concerning basketball or anything in your personal life. All you have to do is ask.

PARENTS

The parent support has been tremendous in this program. Your time and commitment to your student-athlete is dearly appreciated. **You are welcome to come to practice.** Contrary to belief, we invite parents to see their kids practice. It allows you to see your son compete and practice in an environment where players receive their playing time based on their merit.

The coaching staff reserves the right to refrain from discussing issues such as playing time and coaching philosophy. Please use rational judgment when trying to contact or discuss an issue with a particular coach. **Please do not try to coach your son from the stands or come over to him at a break or halftime to coach him. Negative cheering will not be tolerated. You will be asked to leave the gym.** Before and after practices and games are not recommended times to approach a coach about a non-emergency issue. Coaches will have scheduled meetings, scouting, film breakdown, practice planning and the supervision of weight lifting during these time frames.

Academic and social problems that arise may be brought to the coach's attention in the best interest of the player. It is of the highest importance that parents refrain from "outside coaching" the players and criticisms directed at any particular member of the program or basketball staff. It only takes one negative parent to make the situation a non-

productive atmosphere. The decisions made by a coach may be made for the benefit of the team or program and not for the individual. Please let the coaches do their job.

We preach the idea of “team-centricity”. We are promoting an environment of selflessness in an age of selfishness. The following article best describes the proper actions and support for our basketball program. It was written on SoCal Hoops.com.

Parents...

You aren't in practice everyday!

You do not have the best interests of the team in mind (only the interests of your son).

You actually hurt your kid the more you talk about the other players on the team, or coach, with your kid.

Remember what sports are about...Appreciate what high school athletics can do for an adolescent. It's ok to take an active role in your child's athletic career, but do so for the sake of making them a better person, not a better athlete. That is their job!

Take any chance you can to help your son learn more about being a selfless person, instead of a SELFISH person. Parents tend to accidentally teach their kids that it's all about them, when it really isn't.

Support the coach as much as you can.

Never talk negative about another kid on the team to another parent. It becomes a disease that spreads throughout the rest of the parents.

Be positive as much as possible. It's ok to get on the refs, but not to attack them personally. Do you really want to teach your kids these things?

Remember that life is 10% what happens to you, and 90% how you react to what happens to you. So, instead of being the parent that points fingers, blames others, and/or curses the situation, teach your kid that the best thing to do next is the next thing.

Remember that club basketball is not going to get your kids a scholarship.

YOUR KID will get himself a scholarship by being good. There are a lot of misinformed parents out there that think that just because their kid their kid is on a club team, they will go to the next level.

Emphasize to your son that he is solely responsible for making himself good. The best players made themselves that way. They didn't wait or expect others to help them.

The best teacher is adversity. Welcome it. It can be a blessing that your son isn't playing enough. Life doesn't always go the way you want it to, so take the opportunity to teach your kid how to deal with things that don't go their way while you have the opportunity. Becoming a better person is more important than winning games.

Ask yourself why you take the role you do with your children. Make sure you don't root for your son's success because of how it will reflect on you! Root for your son to be the best person he can be. If your son is a great player, emphasize that he still needs to get better. Praise him for his hard work, but never let him be satisfied. But don't take such an active role that you go overboard and put too much pressure on your son. The worst thing you can do is turn him off to the sport...

Lastly, keep things in perspective. Remember the good, be positive, and be patient with your kids. Educate yourself. If you are just a regular parent who barely played the game and think you know it all, remember that you don't. Even if you do know it all, remember that you are not in practice everyday. Never forget that the game is not exactly what you see on television. It is, but it isn't. Just because Kobe takes certain shots, doesn't mean that your son is as good, and he can/should take the same shots...and always, always, always remember to be honest with yourself about how good or bad your kid is.

Be more concerned with what your son wants than what you want.

CONCLUSION

The basic purpose in preparing this manual has been to present the guidelines and rules which are necessary in order for El Dorado High to run a successful basketball program. The one rule that will help you follow these guidelines is, "Don't do anything that is detrimental to the school, the team, or yourself, and if you do, then the coaching staff will handle it however we see fit."

Upon graduation, I hope that you will have gained something more than basketball skills. My goal is that you will have acquired many character traits that will aid you throughout your life. The coaching staff wants you to be a winner not only in basketball, but also in everything you do.

Let's continue the tradition of El Dorado High Basketball!

I have read this team handbook and understand my obligation to the team, the basketball program, and to the school.

Player's Name

Parent/ Guardian

Date