

2022-2023 HOLMEN BOYS BASKETBALL

WORK HARD

WORK SMART

WORK CONSISTENT



COACHING STAFF

- Ryan Meyer- Varsity Head Coach
- Vince Ruger- Varsity Head Assistant
- Leif Nelson- Varsity Assistant (Volunteer)
- Hunter Scott- Varsity Assistant (Volunteer)
- Brady Turner-Varsity Reserve
- Jackson Baumgart- Junior Varsity
- Adam Logging- Program Assistant

COMMUNICATION

- Phone Number- 608-780-2705
- Email- meyrya@holmen.k12.wi.us
- Facebook Page- <https://www.facebook.com/HolmenBoysHoops>
 - Please keep this page positive
 - Celebrate program achievements
- Instagram Page- **Holmen_boys_basketball**
- Remind.com @hhsbbb22

PAPERWORK TO PARTICIPATE IN BASKETBALL

- Need to register on the co-curricular website (<https://holmenhs-ar.rschooltoday.com/>)
- Updated Physical
(https://www.holmen.k12.wi.us/activities_athletics/Athletics/Physical%20Card.pdf)
- First day of practice is Nov 14 at 5:30am

HOLMEN BOYS BASKETBALL CODE OF CONDUCT

The Holmen Boys' Basketball program will follow all of the rules brought forth by the High School Code of Conduct Policy 370, File 300.

Along with these rules we will have our own established code of conduct:

- **Tardiness-** If a player is late for a game, practice or team meeting without an excuse they will face discipline that may lead to loss of playing time.
- **Practice**
 - Every practice is mandatory. If a player is not able to be at a mandatory practice or team function, that player will need to meet with the coach and discuss why they cannot attend. This goes for if a player misses a practice. This should be done by the player unless it is a special circumstance.
 - Players will communicate with coaches if they have any reason to miss a practice, game or have questions regarding their role on the team.

SUBSTANCE ABUSE

- The use of drugs, alcohol, and tobacco will not be tolerated. If a player chooses to participate with drugs and alcohol, they will be subject to the guidelines set forth by the School District of Holmen.
- Put the TEAM before yourself, take care of each other.
- As a member of our program you represent our whole community
- Guilt by association (Social Media)

ACADEMIC PERFORMANCE

- Student comes first!!!
- Players must maintain their grades
- If you need help, ask for it!
- Take care of your school work so you do not have to miss practice.

SOCIAL MEDIA

- Be SMART!!
- Be positive
- Do NOT communicate negatively about any opponents
- Inappropriate comments will lead to loss of playing time and could lead to possible suspension or being removed from the program if the problem persists.

COACHING PHILOSOPHY

- Learn from mistakes
 - Grow from them as a person or athlete
- “With one word we can lift someone up or tear them down. With one word, we can honor someone or humiliate them” –Tom Thibodeau
- Embrace Process over Outcome
- **COMPETE!!!!**

PILLARS OF CHARACTER

- **Be Coachable-** Have the humility to listen to coaches and peers if they give you assistance or advice.
- **Be a Great Teammate-** As a member of the Holmen Basketball Program we expect you to be a great teammate to anyone you encounter during your time as a member of the team.
- **Expect Great Things of Yourself and Teammates-** Develop a “Next Play” mentality over mistakes. Prepare yourself and your teammates to exceed in any scenario or environment
- **Embrace Your Role-** Playing time will not always be fair for everyone. There are only 5 spots on the floor at a time. Players will be communicated with about their role and expected to follow through with their job.
- **Fall in love with the Process-** The process of learning something can sometimes seem tough and unfair. Trust in the process that the coaches have developed for you and the team. Often times we go through failure before we reach success.



TRY-OUTS

- Monday-Tuesday 11/14, 11/15 (Morning & evening) (Varsity and VR will go M-F the first week in the AM and evening).
- Teams will be selected Tuesday night and posted either Tue night or Wed morning at the latest.
- Teams will be decided upon by our HS Staff.
- Remaining Open Gyms: 10/25 4:30-5:30 (BGC), 10/26 5:00-7:00pm (BGC), 10/27 4:30-5:30(BGC)

PARENT/GUARDIAN EXPECTATIONS

- Be positive with your son. Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.
- Do not push your son to perform or progress to a level that they are not ready for. Everyone matures at different ages. Some are more developed than others.
- Please support the coaching staff when decisions are made
- Insist on a high level of performance in the classroom
- If an injury occurs during a game, stay calm and allow the medical staff to perform their assessment.
- Treat our opponents and game officials with respect
- Please don't fall in love with statistics. Team First!
- Support all school activities

PLAYING TIME

- Purpose: We will be competing in all phases of our program, including all of our practices, drills and games.
- Goals: To create a competitive culture by challenging our players at all levels to not only compete, but win.

HANDLING CONCERNS

Handling Concerns:

1. Player will meet with his coach over any concerns
2. If the issue persists the parents may request a meeting with all parties involved including Coach Meyer.

Concerns that may be appropriate to discuss

- Playing Time
- Practice Schedule
- Game Schedule
- Playing Time/ Player Role
- Team Strategies
- Other Members of the Program

PRACTICE & WEIGHT ROOM EXPECTATIONS

- New this year!
 - All levels at the High School
 - Freshmen/JV right after school
- Weight Room Expectations

GAME DAY

- Don't be late
- Wear Travel Gear
- Be prepared to play
- Make sure your teammates are prepared to play
- DRINK WATER!!!
- Varsity/Freshmen- Sit as a team and watch the VR or JV games- This can prepare you for that nights opponent
- JV/VR- Everybody ride the bus! After your game is over it is highly recommended to stay and support the program. Ride the bus home. BE A TEAM! You only do this once!!!

TEAM BUILDING

- In the event that we decide to do a team building activity during the season. These will be MANDATORY. We understand that sometimes things will be organized last minute by players and coaches. If you cannot make a team building activity, communication with your coaches will be a MUST. Organized community service activities will also fall under our team building category. AGAIN, support the people who help support our program. Leave the program better than you found it!!
- Team Dinners- Varsity

LETTERING

- For players who live up to our 5 Pillars of character
- Excel in the classroom
- Attendance
- Coaches discretion

PLAYER APPAREL

- VIKINGS MBB TRAVEL APPAREL 2022 is now open!
- OUR SHOP DETAILS
 - - Shop Now: <https://bsnteamssports.com/shop/PKBceEXaQu>
 - - Store Open From: October 24 - November 2, 2022

PICTURES

- The Studio
- Date- 11/30

OFF SEASON

- Holmen Viking Basketball Camps
- Holmen Viking 10,000 Shot Club
- Tuesday Night League
- N.A.S.T.I.E Program
- Open Gyms

HOLMEN BOOSTER CLUB

- Join the Booster Club
- Help with tournaments
 - 12/3- High School Concessions
 - 2/4- Viking Classic
 - Ballin For Brandon 5/6

FUNDRAISING

- Free-Throw-A-Thon
 - Shoe Drive

CONCLUSION

- Players/Parents/Guardians sign Player Handbook
- Fill out the proper paperwork needed for basketball