



# Holmen Boys' Basketball Player Handbook

2022-2023 SEASON

## Coaches

- 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
- Freshman- TBD
- Adam Loging- Manager

## Communication

Coach Meyer: [meyrya@holmen.k12.wi.us](mailto:meyrya@holmen.k12.wi.us) Phone: 608-780-2705

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## INTRODUCTION

Being a member of the Holmen High School Boys Basketball program is both a privilege and a responsibility. Being a member of the Holmen Boys Basketball program will come with responsibilities not only to yourself, but also to your teammates, the school and our community. Remember, you are setting an example for all that came before and all that will come after into this program.

### Participation requirements

All players must have an updated physical. Players must also watch the Winter video put forth by our Activities Director Jason Lulloff.

[Co-curricular website](#)

[Winter Video](#)

[Physical Form](#)

## **Program/Coaching Philosophy**

I have always held the belief that coaching can be done differently. I think many coaches coach kids to be afraid of making mistakes. I don't agree with that. I believe that when we make mistakes, we have a great opportunity to learn and grow from them as a person or an athlete. Playing for Holmen High School and Viterbo University has given me an opportunity to learn two truths. One, our words and our presence can have a lasting impact on the lives and direction of the people around us. Two is a quote from Tom Thibodeau, a professor at Viterbo who once said, "With one word we can lift someone up or tear them down. With one word, we can honor someone or humiliate them." That resonated with me and is something I have never forgotten.

My goals with the Holmen Boys Basketball program are simple. I want to help inspire our players and staff from the Youth Level and High School level to embrace Process over Outcome. I will help inspire this process by building relationships with players, parents, administrators and coaches of all age groups. I believe if we take care of the little things and practice doing the right thing, everything else will take care of itself.

This handbook is a look into what we believe to be important information pertaining to our program. As stated above, the goal of our program is to inspire players to become the best person and basketball player that they can be. To do this it will require players to buy in to our program. Not every player's role is going to be the same. We ask that players put the team before themselves. We intend to not only teach the game of basketball but to instill discipline in the classroom and on the court. We encourage players to develop a "Next Play" mentality. We know mistakes are going to happen. When they do, we expect players and coaches to move onto the "Next Play". We ask that players embrace process over outcome. Many times, the road to improvement has its peaks and its valleys. In fact, many times before the big "aha moment" is a terrible low. Embrace the failure, learn from it, and become stronger from it.

*Lastly, I have always believed in the idea of leaving something better than you found it. When your time as a player in the Holmen Boys Basketball program is done, will you have left the program better than you found it?*

# Program Organization

Freshman Basketball

Junior Varsity Basketball

Varsity Reserve Basketball

Varsity Basketball

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.

## Holmen 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 disciplinary action that could lead to less playing time.
- **Hazing-** Hazing will not be tolerated in our program. Players will face discipline that could lead up to being suspended for a game or being kicked off the team.
- **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. Players will communicate with coaches if they have any reason to miss a practice, game or have questions regarding their role on the team.

## **Viking Values**

### **Be Responsible**

- Support performers / athletes
- Follow all facility expectations and guidelines
- Demonstrate Viking Pride
- Dispose of trash appropriately
- Follow the co-curricular code expectations
- Support your school by wearing school colors and participate in the school song and cheers

### **Be Respectful**

- Keep remarks and gestures positive and polite
- Be involved appropriately
- Be welcoming to opponents / fans
- Demonstrate positive school spirit
- Use appropriate language and cheers approved by the WIAA
- Make sure you are not obstructing others' view

### **Be Safe**

- Enter and exit in an orderly manner
- Stay in designated event areas
- Keep all personal items off event area

## **Program Expectations/Values**

- Honesty
- Accountability
- Unselfishness
- Humility
- Appreciation
- Loyalty

**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.

### **Social Media**

Please be responsible when using Social Media. Make sure everything is positive. Criticism of teammates, our program, our school or our opponent will be addressed and will lead to disciplinary action.

### **Drugs and Alcohol Use**

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.

### **Practice Gear**

For our Freshman and JV we ask that you wear a reversible jersey to practice at all times. It will be highly encouraged that you wear ones that are white/maroon. If you do not have one please contact your coach.

## **Game Day Expectations**

Travel Gear will be required to be worn. (If you have any issues with this please contact Coach Meyer) Have some school pride, wear your travel suit or something Holmen basketball to school on game days.

## **Nutrition**

Make sure you are drinking plenty of water. Get used to carrying a water bottle with you. Try to limit the amount of soda and candy consumed. Cut the soda and candy out on game days. The better you eat, the more energy you will have for practice and games. Try and get 8 hours of sleep per night.

## **Injuries or health concerns**

If you have an injury or a health concern, please see our athletic trainer as soon as possible. Players should report any and all health conditions to Coach Meyer and/or their team level coach.

## **Parent 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.
- Encourage your son to follow all the rules and guidelines listed. Help the coaches get a full commitment.
- 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
- Trust us as coaches

## **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 or their respective Coach.

Concerns that may be appropriate to discuss

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

I (Coach Meyer) will not respond to any emails, text messages, phone calls etc. from parents over playing time. If the above steps have been taken, then we can find an opportunity to discuss any concerns.

## **Spring Responsibilities**

First and foremost, we encourage athletes to play multiple sports. If you are an athlete that plays a spring sport. That should be your priority just as Basketball should be in the winter. For anyone that doesn't participate in a spring sport, we will be offering Open Gyms and will be having player led workouts throughout the spring. If you are serious about becoming a Varsity basketball player in our program, we highly encourage you to participate in the weight room and improve your conditioning.

## **Summer Responsibilities**

We will be having our high school boys' basketball camp along with our Tuesday night summer league. We expect players to participate in our basketball camp and the summer league. We will be hosting a variety of open gyms throughout the summer. The summer is a great time to give us as coaches an opportunity to learn more about you as a player and help you improve. Participation in our summer 10,000 Shot Club is a great way to improve as it requires consistent work ethic. We want to see committed athletes in our program. If you are serious about becoming a Varsity basketball player in our program, we highly encourage you to participate in the summer N.A.S.T.I.E. program.

## **Fall Responsibilities**

As like our spring season. We encourage athletes to play multiple sports. If you are an athlete that plays a fall sport. That should be your priority. If you don't participate in a fall sport, we will be offering Open Gyms and having player led workouts throughout the fall. Again, if you are serious about becoming a Varsity basketball player in our program, we highly encourage you to participate in the weight room and improve your conditioning.



### **One final note regarding our program responsibilities:**

As stated earlier, we would like for players to leave the program better than they found it. Become invested in our program. Ask coaches if you can come help out at a Youth camp. Inspire the younger “you” to enjoy the sport. The younger kids look up to you. If you show them you care about them, they will support you during the season!

### **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!!

## **2022-2023 Holmen Basketball Goals**

Team Goals

- 1.
- 2.
- 3.

Personal Goals

- 1.
- 2.
- 3.

What is your why?

What Value do you bring to this team?

What is your role on this team?

What are your strengths/weaknesses on and off the floor?

What are you most excited about this season?

What are you most worried about this season?

X

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Athlete

X

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Parent/Guardians