

## **PROGRAM GOALS**

**Academic Success-** Do your best in class. Do your work and turn it in on time. Prepare for tests and attend tutorials as needed. Be attentive and always give great effort.

**Basketball Success-** Be your best on the court. Give great effort in your physical and mental training. What you do in practice will determine your success on the court.

**Personal Growth-** Do what is right not because you were told to do so but because you choose to do so.

## **EXPECTATIONS**

**Do What Is Right-** Do what your suppose to, when your suppose to, how your suppose to, where your suppose to, why your suppose to. Choose to do what is right.

*“What’s right isn’t always popular and what’s popular isn’t always right.”*

If you don’t know what ... Ask your coach.

If you don’t know when ... Ask your coach.

If you don’t know how ... Ask your coach.

If you don’t know wher ... Ask your coach.

If you don’t know why ... Ask your coach.

## **ACCOUNTABILITY**

You control your destiny by the choices that you make everyday. When things are not going well, look first at yourself to see what you need to do to make a difference.

Making excuses and blaming others does not solve the problem. Hold yourself responsible for the choices you make.

## **CODE OF ETHICS**

As a Lobo Basketball Player, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Always show respect for everyone.
3. Exhibit sportsmanship and proper conduct on and off the court.
4. Win with character.
5. Handle adversity with dignity and grace.
6. Refrain from the use of alcohol, tobacco, illegal and non prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or American Medical Association.
7. Always represent yourself, family, team, coach and school with honor.
8. Make No Excuses.

### **Langham Creek ATHLETIC CODE OF ETHICS**

If I am selected to represent **LCHS** in its athletic program, I will be sincerely interested in contributing my best to the success of our program. I, therefore agree to conduct myself according to the following Code of Ethical Behavior.

#### **THE FOLLOWING VIOLATIONS ARE UNACCEPTABLE:**

1. Inappropriate behavior towards community, administration, faculty, teachers, officials, coaches, athletes, trainers, and spectators.
2. Absence from practice or games for any other reason than personal illness or family emergency.
3. Use of tobacco or illegal drugs (including alcohol) in any form.

#### **ADDITIONAL STANDARDS TO BE UPHELD:**

1. Maintain good grades in school.
2. Daily attendance is mandatory (for school and practice) and being on time whenever time is involved.
3. Following all dress codes for campus.
4. Be polite and respectful at all times.
5. Be respectful for all equipment entrusted to you and return it in the best possible condition.
6. Be sincere and loyal at all times to the teams, schools and coaches.
7. Maintain and promote good sportsmanship.
8. Strive to set a good example in school, competition, the community, and most of all at home, so others will respect you, and so you will add something positive to the athletic program.

If an athlete does anything in or out of school that will bring discredit to herself, the team, or her school, actions will be taken to counsel, discipline or possible detention will occur for a period of time considered to be fair and just.

This code of ethics has been set forth with the purpose of allowing the athlete to be a part of a successful program, give her the opportunity to be a better competitor, and to instill the desirable traits of a good citizen.

Any athlete who quits or is dismissed from a team for disciplinary reasons will be transferred, as soon as possible, out of the athletic program for the remainder of the season for that sport. Furthermore, they will not be released to participate in another sport until the conclusion of the season for the sport they were dismissed in/quit.

I have read and understand the above information, and will hereby do my best to abide by these standards. I also understand it is a privilege to be in athletics not a right.

### **QUALITIES OF A LOBO BASKETBALL PLAYER**

**Positive Attitude-** W. Clement Stone once wrote “There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.” Success or failure starts with attitude. Your positive thoughts or negative thoughts will lead to positive or negative actions. Set yourself up for success by controlling your thoughts and create a positive attitude that will result in positive actions.

**Set Goals-** Goals give everything you do a purpose and direction. Write your goals down so you can see them everyday. Set short term goals and long term goals. Write your goals with the end in mind. Once you have your goals have a plan how to reach your goals.

**Focus-** Set your sights on your goals and the plan you have to reach them. This will keep you on course and keep you going in the right direction. Keep a positive focus daily in all that you do to help you stay on course to reach your goals.

**Work Ethic-** Create a work ethic that will help you reach your goals. Out work your opponents. Nothing worthwhile comes easy. Hard work is a requirement. How hard you work determines if you have earned the right to expect success. When you do achieve success you can attribute it to the effort and work you put into preparation.

**Perseverance-** Trouble will always occur in some form of setback. You cannot be discouraged by these bumps in the road. You must keep your focus on your goals and what you want to achieve. You must stay committed to continuous improvement. You must recover quickly from setbacks and refuse to remain discouraged so there is not a negative effect on you and your team. This requires “mental toughness”. Mental toughness is having a tough interior. Mental toughness allows you to remain confident, enthusiastic and positive. You cannot have your spirit broken. You can be knocked

down, but not knocked out. Remember the acronym “WIN”. It stands for “What’s Important Now”. Use this acronym to help you quickly refocus and prepare for what is next instead of focusing on what just happened.

*“There is no failure except in no longer trying”*

*Elbert Hubbard*

**Success-** You must earn the right to expect success. Choice, not circumstance, determines your success. How you choose to respond to adversity will determine your success. Do you choose to have a positive or negative attitude? Do you choose to set goals or not set goals? Do you choose to focus on your goals or not? Do you choose to work hard or not? Do you choose to persevere or not? Do you choose to be successful?

### **PRACTICE PLAN**

1. Be Here
2. Be on Time
3. Learn What to Do
4. Learn How to Do It
5. Give Great Effort
6. Bring Positive Attitude
7. Support Your Team

**Be Here-** Never miss practice. You are expected to be at practice everyday. If you are not at practice you are not getting better. Missing practice hurts you. If you are injured you are expected to get treatment and be at practice. If you have to miss practice, inform your Coach immediately. **218-463-5480 (office phone #) or email**

Head Coach: [charles.ament@cfisd.net](mailto:charles.ament@cfisd.net)

Junior Varsity: [alex.denson@cfisd.net](mailto:alex.denson@cfisd.net)

Sophomore: [milton.wynn@cfisd.net](mailto:milton.wynn@cfisd.net)

Freshmen A: [ryan.garney@cfisd.net](mailto:ryan.garney@cfisd.net)

Freshmen B: [cody.moore3@cfisd.net](mailto:cody.moore3@cfisd.net)

**Be on Time-** Be in the gym ready to on time. If you choose to be late you will be held accountable.

**Learn What to Do-** It is your responsibility to pay attention and focus through practice and on game plan.

**Learn How to Do It-** It is your responsibility to practice with great effort the fundamentals and techniques taught so you become better. It is also your responsibility to know and understand each game plan.

**Give Great Effort-** Everyone can give great effort regardless of your athletic ability. You do not have to be an elite athlete to give great effort. Choose to give great effort in all you do at all times.

**Bring Positive Attitude-** Everyone can bring a positive attitude. Learn to leave personal conflicts outside the gym and off the court. Respect your coaches and teammates with positive responses at all times.

**Support Your Teammates-** You can do this by pushing them to work harder during practice. Do your part to make your teammates better.

*Leave practice better than when you came in.*

### **EXCUSED AND UNEXCUSED ABSENCES**

Excused and unexcused absences will be to the discretion of the coach and will be handled on an individual basis. Excused or unexcused absences from practice may mean the athlete will not participate in the game or tournament. Excessive absences will lead to removal from the team.

### **DISCIPLINE**

Discipline will be handled on an individual basis or a team basis depending on the circumstance. Discipline will be to the discretion of the coach. Behavior considered being harmful to the honor and reputation of Langham Creek, the schools athletic program and the athletes and coaches is prohibited.

*Discipline yourself so others don't have to.*

### **Issued Basketball Equipment**

I do hereby acknowledge that I am responsible for all equipment issued to me. Any equipment lost, stolen or damaged is considered my responsibility and I will pay for these item(s) to be replaced. I understand that failure to pay for the lost, damaged or stolen equipment will effect my ability to walk and/or graduate.

**Langham Creek LOBO Basketball  
Communication Guide  
Parent/Athlete/Coach**

The Communication Guideline is following the proper chain of command in the event that there is disagreement between the athlete and the coaches. The correct chain of command is that the athlete sets up a meeting with the coach to discuss the issue. If the matter is not resolved then the athlete can request a meeting with the parents and the coaches. In the unlikely event that the matter is not resolved, then both the coaches and the parents will set up a meeting with the campus athletic coordinator to resolve the matter. It is our desire to teach each athlete how to effectively communicate and by following this chain of command we can eliminate most misunderstandings.

**PARENT/COACH RELATIONSHIPS**

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

**Communication parents should expect from their child's coach:**

1. Coach's philosophy.
2. Expectations the coach has for your son or daughter, as well as other players on the team.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
5. Procedures that will be followed if your child becomes injured during participation.

**Communication coaches expect from parents:**

1. Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
2. Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand

there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

**Appropriate concerns to discuss with a coach:**

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very difficult to accept that your child is not playing as much as you may hope. Coaches' make decisions based on what they believe is in the best interests of all students' participation. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

**Issues NOT appropriate for discussion with your child's coach:**

1. How much playing time each athlete is getting.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

**If a parent has a concern to discuss with the coach, the following procedures should be followed:**

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic campus coordinator and ask him to set up a meeting with the coach for you.
3. Think about what you expect to accomplish as a result of the meeting.
4. Stick to discussing the facts, as you understand them.
5. Do not confront the coach before, during or after practice or contest.

**What should a parent do if the meeting with the coach didn't provide satisfactory resolution?**

1. Call the athletic campus coordinator to set up a meeting with the athletic director, coach, and parent present.
2. At this meeting, an appropriate next step can be determined, if necessary.

Students' involvement in co-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this handout helps make that experience more enjoyable for everyone involved.

## **BEHAVIOR EXPECTATIONS OF SPECTATORS**

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition – not to intimidate or ridicule the other team, their fans, or even your own team or coaching staff.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Show respect for all players, coaches, spectators and support groups.

Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team.

Refrain from the use of any controlled substances (alcohol, drugs, etc) before, during, and after the game on or near the site of the event (i.e. tailgating)

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring the actions of those around you, or those you might have brought or invited to the game.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future games due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who is allowed to attend games are expected to conduct him or herself accordingly.

The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

## Locker Room and Locker Policies

The athletic locker rooms are home to many different groups of athletes. People are continually in and out of the locker rooms through out the day.

Each athlete in each sport is issued a locker with a combination to hold their belongings during practice time. In order to prevent theft (which there is ALWAYS a chance for) all personal items must be locked up at all times. Because so many athletes use these locker rooms, it is not feasible to keep the outside doors locked at all times. The 100% sure method to fixing the problem of theft is as follows:

1. Place ALL belongings in locker and LOCK IT. All belongings include, but are not limited to socks, shoes, jeans, books, accessories, uniforms, etc. ----  
ABSOLUTELY EVERYTHING.
2. Keep small items (jewelry, money, etc.) further back or in a pouch.
3. Memorize your combination.
4. Keep your combination to YOURSELF...no sharing.
5. Do not allow non-athletes to come into the locker room with you.
6. And remember, this is not your SCHOOL locker.

Theft problems can be minimized by defending all personal items. We do not want anyone to be subject to this type of violation. We simply have too many athletes sharing one common area to leave anything outside of the lockers.

**Parent/Student Agreement of Expectations**

I have read and understand the expectations of my role in the Langham Creek Basketball Program as outlined in the Information Packet. I agree to follow the expectations in the following:

- \*Program Goals
- \*Expectations
- \*Accountability
- \*Code of Ethics and Expected Standards
- \*Qualities of a Lobo Basketball Player
- \*Practice Plan
- \*Absences
- \*Discipline
- \*Issued Equipment
- \*Communication Guide Coach/Parent/Athlete
- \*Parent Coach Relationships
- \*Behavior of Spectators
- \*Locker Room and Locker Policies

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Athlete Name Printed

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent Printed Name

# ***LANGHAM CREEK BASKETBALL***

**"The only things you can truly control**

**in your life are your ATTITUDE and EFFORT."**

# ***POWER OF THE PACK***