



Central Basketball



Dear Parents,

Welcome to the 2019-2020 Central Warrior Boys Basketball Season.

We want you to know how lucky we are as coaches to work with such great kids.

As a coaching staff, we are very excited about this year with 5 players that saw significant playing time at the varsity level the second half of last year returning. With the tremendous support of you the parents and the dedication of our players, we look forward to a great and successful year of Central Warrior Boys Basketball.

Our coaching staff has stayed the same this year, except for one new member.

Brad Latchaw: Freshman Coach

Matt Meyer: Freshman Assistant

Travis Key: Head JV Coach

Brad Thomas: JV/V assistant Coach

Mark Garcia: Varsity Assistant Coach

John Sidanycz: Head Coach

Enclosed is information concerning our program, the upcoming season, and expectations that our staff has of parents. I hope the information is of benefit to you, and I hope this season will be a memorable one for everyone.

Thanks for your time and support,

John Sidanycz



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MISSION

The mission of the Boys Basketball Program at Central High School is to ensure that each individual leaves our program with the skills to help prepare them for a successful life after basketball and high school. We will help our players improve their performance in the classroom and on the basketball floor. We will play an exciting style of TEAM basketball that our players and our fans will enjoy. We will continue to build on the proud tradition of basketball at Central High School.

GOALS

1. For each student-athlete to take 4 classes and pass all classes with at least a C.
2. For each player to understand the meaning of TEAM.
3. For each player to love the game of basketball more than when they entered the program.
4. For each player to learn self-discipline and self-sacrifice
5. For our team to compete, play smart, and play together for every second of every game.
6. For our team to win every game we play at home.
7. For our team to win the Southwestern League.
8. For our team to win at least one playoff game.

PHILOSOPHY

The philosophy of basketball at Central High School is based on the idea that all players will play four quarters of fundamentally sound basketball. All members of the Central High School Basketball Program will compete, play smart, and play together every time they step on the floor to participate in practice or in a game.

To be successful, we must be dedicated to the contribution we can make to the team. We must be willing to set aside individual goals for the goals of the team. We must respect each other on the basketball floor and in the locker room at all times. This will maximize our teams' performance.

We will be more dedicated than our opponents in all aspects of the game. No team will reap the benefits of conditioning as much as we will. We will out hustle and out prepare every opponent we encounter. We must be stronger mentally and physically than our opponents to reach our team goals. Most importantly, we must play better defense than our opponents to ensure that we will have a chance to compete in every basketball game we participate in.

As coaches, we will use our philosophy to ensure that each individual learns the leadership and team building skills necessary to be successful not only in basketball, but in life.



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Academic Requirements

1. Any player with an "F" on Monday will have until game day to raise the grade or they will not play in the game that day
2. Any player with a "D" on Monday will have until game day to raise the grade or they will not be in the starting line-up that day

Playing Time

1. Playing time is earned in practice at all levels of high school basketball
2. We ask each player to make the most of their opportunities when they enter a game

Varsity Lettering

1. Any player who has played in at least 30 varsity quarters will receive a letter.
2. Any player who has played in a state playoff game will receive a letter.
3. Any player who does not fit into the 2 previous categories and the coach feels they deserve a letter will receive a letter.

Travel

1. Players will be expected to return home with the team when we travel out of town. We feel this promotes team unity.
2. We are limited to the number of players(20) that can travel. Depending on the number of players that we keep, there may be a few players that will be unable to travel with the team

Social Media

1. Use social media to promote our program.
2. Please do not criticize officials, coaches or other players on social media.

Equipment

1. Players will be checked out a full set of equipment.
2. All equipment has already been inventoried all players are responsible to bring back the specific equipment checked out to them.
3. Any player that does not turn in equipment will be charged \$500 to their student account.
4. Please make sure practice gear is washed at least TWICE a week, even if it is a quick wash cycle
5. Please wash white uniforms separate from red uniforms



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Travel Gear

1. JV/V players will each receive a travel duffle bag, sweats and a windbreaker that are those to keep
 - Those players that helped at our summer skills camp in July will not have to pay for their bag
 - We will be having a fundraiser November 25th from 4:30-5:30 pm to help offset the cost of our travel gear for families
 - Those of you that ordered gear from Fan Cloth earned \$4 per item toward the travel gear
2. Freshman will receive sweats and a windbreaker
 - = Those players that helped at our summer skills camp in July will not have to pay for their sweats
 - We will be having a fundraiser November 25th from 4:30-5:30 pm to help offset the cost of our travel gear for families
 - Those of you that ordered gear from Fan Cloth earned \$4 per item toward the travel gear

Fundraising

1. Hour-a-thon Monday, November 25th from 4:30 - 5:30 pm
 - Players that bring in \$150 during the fundraiser will have their travel gear paid for
 - Players that do not meet the goal of \$150 will be asked to pay for whatever travel gear they have not earned
 - We will have more gear for players that bring in over \$200 during the fundraiser
2. 3 vs 3 Tournament: January 2nd-3rd beginning at 2 pm each day
 - We will be asking players to help officiate at our 2nd Annual 3 vs 3 Tournament
 - We also encourage parents to come out and officiate at this event if they are available
3. City Market Community Partnership (Link your value card) - We get 5% quarterly - See next page

If anyone has any other ideas for a unique fundraiser let me know

Team Pictures

JV/V Monday, January 20th at 10:40 am Freshman: TBA

Banquet

1. The banquet is tentatively scheduled for Monday, February 17th from 6-8 pm
2. Dinner will be served and player recognition and awards will be done,
3. We will ask you to RSVP and pay prior to the banquet. It typically costs \$10 per person.
4. Players will NOT be charged for dinner at the banquet

If anyone has an idea for a venue for the banquet please let me know.

Team Parent: Trina Nostrand



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City Market Community Partnership Fundraiser

- 1. Go to www.citymarket.com (You must do this in a web browser and not on the APP)**
- 2. Hover your mouse over the word SAVE near the top of the page and click on City Market Community Rewards.**
- 3. Click on "I am a Customer"**
- 4. Enter your user name and password (If you do not have one, create an account)**
- 5. Search for Central High School Boys Basketball by typing in the code QF541**
- 6. Click on enroll in Organization and you are done**
- 7. After you shop, at the bottom of your receipt it should say."At your request we are donating to Central High School Boys Basketball"**



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Roles and Responsibilities

Parents'

1. Be a fan of everyone on the team
2. Respect the decisions of the officials
3. Respect other fans, coaches, and players.
4. Talk to your child if they have any questions, contact the coach through the agreed upon procedures.
5. Don't poison the water toward the coach, the program, or teammates by their conversation.
6. Don't talk to coaches on game day about a complaint.
7. Understand that the coaches' responsibility is to make certain that student athletes are safe, become better people, and become better athletes.
8. Be supportive of your child.
9. Notify coaches of any injuries you feel are serious. This should be done immediately.
10. Help with fundraisers.
11. Be eager to help when you are asked by the coach or the team parent.

Players'

1. Be positive and have a good attitude
2. Support their teammates
3. Work hard
4. If they have questions ask the coach.
5. Know and follow school and team rules
6. Challenge themselves as an athlete and a person
7. Meet classroom expectations
8. Notify the coach of any scheduling conflicts

Coaches'

1. Set a good example for players and fans to follow
2. Be positive, fair, and consistent with the players. Fair and consistent to me does not mean the same. Each player will earn our trust as coaches individually and will be treated with fairness and consistency according to that trust.
3. Make playing time and strategy decisions with thought and care. No matter what anyone says, winning is important. Playing time and strategy will be determined with this in mind.
4. Establish and organize practice for the team on a daily basis.
5. Be a good communicator with players and parents
6. Protect the safety of the athletes
7. Know and employ injury prevention procedures
8. Make sure players know expectations, procedures and rules.
9. Make sure everyone has practice and game schedules.
10. Be a professional in dealing with situations in the sport.
11. Work to help assistants improve
12. Keep track of the academic progress of athletes.
13. Be available to talk with players and parents.



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How, When, and Why to communicate with coaches

1. If your son has any question at all he should first meet with the coaches. It is important for you as a parent to discuss any concerns with your child to see if he can solve the problem himself. We encourage this because we encourage our players to learn to handle their problems on their own as much as possible.
2. If there is still a concern after the player-coach meeting it is important for you as a parent to do a little thinking.
 - A. If you have a question or concern please take the time to first think about what your question is. If it ultimately has to do with playing time, game strategy, or other players keep it to yourself. Please remember that as a coach, we make decisions for the good of the team based on practice, ability, attitude, and team chemistry.
3. Set up a meeting with the coach if you still have questions. The meeting must have the following guidelines:
 - A. Conversation must be in a professional manner with regard to both language and conduct.
 - B. Everyone gets a chance to talk, but everyone must listen
 - C. Emotional control by all parties is imperative
 - D. Meetings must not occur on game days, but rather by appointment
4. It is also important in any meeting with the coach to understand what type of questions can be asked. Below are a few examples.
 - A. "How would you evaluate my child in terms of his skills?"
 - B. "Does my child work hard and have a positive attitude in practice?"
 - C. "What areas does he need to improve in?"
 - D. "Do you have some drill we could use to make these improvements?"
 - E. "Is my child a positive addition to the team?"
 - F. "Is there something I can do to help?"
5. It is also important in any meeting with the coach to understand what type of questions not to be asked.
 - A. Playing Time
 - B. Game strategies
 - C. Other players
6. If questions still remain, set up a meeting with the athletic director, coach, and yourself.



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Practice and Game Day Rules for Parents

1. Practices are closed to everyone outside of the players, coaches, managers, and trainers.
2. Locker rooms are closed to everyone outside of the players, coaches, managers, and trainers.
3. During warm-ups and during the game please do not coach your son and please do not try to communicate with them as we as coaches are trying to get them mentally prepared for the journey ahead of them.
4. See attached practice schedule for times
5. Players are expected to be at practice immediately after school starts or at least 15 minutes early on days when there is no school or if the practice is not after school. All players who are part of the JV/V teams are expected to be at every practice including the Thanksgiving holiday weekend.



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Practice Rules for Players

Times and Attendance

- I understand that when I make a commitment to this team, I am expected to be at practice everyday practice is not optional
- JV/V Practice will begin most days at 3:25 in Room 324 and we will be on the floor by 3:45
- Freshman practices will begin most nights at 6 pm.
- I will be on time for all team meetings and practices (On time means 15 minutes before the scheduled start time. Earlier if you need to be taped)
- Let the coaches know with a phone call if you are going to be late or possibly miss a practice or game. **A text message will not excuse you from practice.**
- If you have an unexcused absence
 - One Missed Practice=One missed game/ 2 missed practices = possible dismissal
- Jewelry and other attire that will draw attention to yourself should not be worn at practice
- You should wear your practice jersey and practice shorts at every practice.
- You will be asked to bring a water bottle provided for you with your name on it to every practice. Do not share your water bottle with anybody and don't drink out of other teammates bottles.

After Practice

- You should plan on having a hood of some sort to wear outside after practice
- Wash your hands
- Wash your practice gear.



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TRAVEL

As a member of the Central Warrior Boys Basketball TEAM:

- I will act as a gentleman representing my family, my school, and my team.
- I will dress appropriately on all road trips. Dress codes will be set by the coaching staff before each road trip.
- I will help clean the activity bus or suburban at the end of each road trip.
- I understand there are other activities that I must refrain from because they are not allowed on this team. These include but are not limited to, the use of drugs, alcohol, or tobacco, shoplifting, gambling, breaking curfew, and initiations/hazing.
- Players will be asked to be responsible for tips after each meal. (\$1 per player per meal)
- Players will return home on the activity bus.

Final Thoughts

I have an open door policy with all of my players. They can come by and visit with me before school, at lunch, during my planning period last block in my classroom (Room 324), or before or after practice in the coaches office. The coaching staff and I want to help with anything that our players need help with.

Please feel free to contact me within the guidelines discussed earlier.

Thank You
John Sidanycz

Phone: 589 -2720
Email: john.sidanycz@d51schools.org