

## **HOLY CROSS ACADEMY BASKETBALL PLAY THE RIGHT WAY**

### **Mission Statement** - *From Holy Cross Academy Athletic Handbook*

1. Teach fundamental skills necessary for athletic growth and improvement.
2. Provide opportunities for character development.
3. Use competition to confront challenges and develop discipline, structure, commitment and good work habits.

Our Athletics follows the rules and guidelines of the Ohio High School Athletic Association. Any question or issue regarding OHSAA shall be brought to the attention of the Holy Cross Academy Athletic Coordinator. The HCA AC shall discuss issues first with the HCA President and then with the Youngstown Diocese Athletic Representative. The Diocese Athletic Representative has final say on OHSAA rules and interpretation.

### **Goal** - *From Holy Cross Academy Athletic Handbook*

Our Goal is to teach Catholic Values along with the ideals of teamwork and good sportsmanship.

### **Beliefs** - *From Holy Cross Academy Athletic Handbook*

Athletic competition is beneficial to students. Participation provides opportunities for good behavior and character development. Games provide opportunities for community and family involvement in the school. Learning teamwork provides important lifelong skills of working together with others. Competition allows students to learn to react to both positive and negative situations involving both victory and defeat in a Christian sportsmanlike manner.

### **Quotes** *From Holy Cross Academy Athletic Handbook*

**Philippians 4:13**, I can do all things through him who strengthens me.

**Matt 19:14**, But Jesus said, "Let the children alone and do not hinder them from coming to Me; for the kingdom of heaven belongs to such as these."

## **Play the Right Way**

### **Players**

#### **Teamwork** - *From Holy Cross Academy Athletic Handbook*

Student-athletes will develop self-discipline, respect for authority and a great work ethic. Each student will learn to place team objectives above individual achievements.

#### **Strive for Success** - *From Holy Cross Academy Athletic Handbook*

Student-athletes will learn that success doesn't come easy. They will learn to accept defeat by striving to win with intense dedication. They will develop a desire to excel to their best ability.

#### **Display Good Sportsmanship** - *From Holy Cross Academy Athletic Handbook*

Student-athletes will learn to treat teammates, coaches, officials, and opponents, as they would like to be treated. They will develop their capacity to control their emotions, be honest, and to cooperate with others. **Sportsmanship** is defined as ethical, appropriate, polite and fair behavior while participating in a practice, game or athletic event.

#### **Expectation of Players** - *From Holy Cross Academy Athletic Handbook*

1. Participate in a Christian sportsmanlike manor.
2. Players are to have fun, and do their best.
3. Set goals, take advantage of opportunities and finish what you start.
4. Be disciplined and respectful.
5. Learn the plays. Support your teammates.
6. Be on time. Schoolwork comes first.
7. Play with intensity.
8. Don't be average, be the Best.
9. Know you are a part of something Special.
10. Uniforms and Equipment- Students have an obligation and responsibility for all equipment issued to them. Each student is responsible for the proper care and retention of their equipment from the date of issue to the date of return.

#### **Other Thoughts For Players:**

1. Share the ball.
2. Focus on the current possession.
3. Point to the passer on an assist.
4. Have eye contact with your coach when they are speaking.
5. Respond to coaching by saying, "yes coach" or "yes sir".
6. Cheer for your teammates.
7. Be positive at all times.
8. Slap five with your teammates before, during, and after the game.

9. Never criticize a teammate, coach, or referee.
10. Use positive language.
11. Never show negative emotion to a teammate, referee, coach, or parent.
12. Show enthusiasm. Get excited.
13. Keep your focus on the floor.
14. If a teammate falls on the floor, sprint to pick them up.
15. Be polite to the referees. Say “thank you” when they hand you the ball and address them as “sir”.
16. After the game look at your opponent in the eye and say “good game”, then fist bump the referees.
17. Be respectful of the facilities we practice and play in. Pick up after yourself.
18. Thank your parents for bringing you to practice and coming to games.
19. Be respectful when talking about your opponents and teammates.
20. Always talk positive about your school, team, and teammates.
21. If a player is injured take a knee and slap five with the player when they get up.
22. Learn the rules of the game.
23. You do not have to imitate everything you see on TV.

### **Coaches**

#### **Coaching Philosophy - *From Holy Cross Academy Athletic Handbook***

1. Develop talent and skills such as leadership, teamwork, and discipline.
2. Help players to set goals, take advantage of opportunities and finish what they start.
3. Provide positive feedback.
4. Develop teamwork.
5. Athletics fosters team and school spirit, and a sense of community.
6. The students shall be taught the fundamental skills necessary for further growth and improvement.
7. Be a positive example.

#### **Responsibility to School - *From Holy Cross Academy Athletic Handbook***

1. Coaches must demonstrate a commitment to the philosophy and mission of Catholic school education, including actively supporting and promoting the local Catholic high schools.
2. Any student from the school or parish that wishes to participate in sports may be part of the team. We do not cut students from teams at any level.
3. Coaches are representatives of the school and are to exhibit Christian values at all times.
4. The coach is responsible to the principal and the athletic director and is to keep communication with them.
5. Coaches are to abide by all school, league and state rules and policies.

#### **Responsibility to Children - *From Holy Cross Academy Athletic Handbook***

The primary concern of the coaches is the safety and protection of the children. Coaches are to be vitally interested in the player's development as an individual and as a member of the team. The coach must ensure parents know they cannot interfere with coaching during practices or games.

**Responsibility to Opponents** *From Holy Cross Academy Athletic Handbook*

The coach should endeavor to establish the best of relationships with the other teams and their coaches. The coach must insist that he/she and the team behave with courtesy at all times; and ensure they are the example of good sportsmanship in victory and defeat when communicating with opposing coaches and teams. Coaches are to use self-control and maintain emotional stability. No coach shall permit a player to use unsportsmanlike tactics or participate in events in an unsportsmanlike manner.

**Responsibility to Officials** - *From Holy Cross Academy Athletic Handbook*

In dealing with officials, the coach must be business-like at all times. Coaches are to use self-control and maintain emotional stability. Coaches are to abide by the decision of the officials. If there is a dispute, the coach is to follow the leagues procedures for filing complaints or appeal.

**Other Thoughts for Coaches:**

1. Be prepared with a practice plan.
2. Acknowledge effort and attitude before achievement.
3. Pray before and after practice.
4. Never show negative emotion to a referee, coach, player, or another parent.
5. Be committed to the program mission and philosophy.
6. Create a positive, fun, enthusiastic environment.
7. Make a positive contribution to Holy Cross Academy.
8. Share information with other coaches in Holy Cross Academy.
9. Communicate practice and game schedules in a timely fashion.
10. Offer to pray with the other team before the game.
11. Have integrity. Know the rules. Play by the rules.
12. Demonstrate sportsmanship at all times. Don't show negative emotion to opposing coaches or fans.
13. Display modesty in victory and graciousness in defeat.
14. Be reasonable with scheduling practices.
15. Ensure all players receive equal instruction.
16. Be generous with praise.
17. Offer specific feedback to players that will help make them better.
18. Teach the players to play hard.
19. Clear the score if the game is uncompetitive. Make efforts not to embarrass anyone.
20. Demonstrate a high degree of emotional intelligence at all times.
21. Don't be too much harder on your own child than the other players.
22. Preserving relationships supersedes everything.
23. Teach the players different ways to make a contribution to the team.

24. Coach the players on the bench to encourage the players on the floor.
25. Avoid public arguments with referees, other parents, and coaches.

### **Family Members**

1. Be positive. Avoid making critical comments in front of the kids.
2. Acknowledge the efforts of the kids to play the game the right way.
3. Give compliments to other players and the other team.
4. Use positive language.
5. Demonstrate sportsmanship at all times. Don't show negative emotion to opposing coaches, fans, or referees.
6. Acknowledge effort and attitude before achievement.
7. Be committed to the program mission.
8. Make a positive contribution to Holy Cross Academy.
9. Enforce positive talk about the team, other players, coaches, and the school with the kids.
10. Use the sandwich teaching technique if instructing your child = 1 compliment, 1 area of improvement, 1 compliment.
11. Make an effort to be on time for practices and games.
12. Encourage humility and team first attitude.
13. Demonstrate a high degree of emotional intelligence at all times.
14. Preserve relationships.
15. Do not coach your child from the stands. Make positive comments during competition.
16. Distribute "Play the Right Way" guidelines to all family members that may attend games.
17. Avoid public arguments with referees, other parents, and coaches.