

# Almira Coulee Hartline Middle School Basketball 2016

## General Philosophy

Middle school athletics are a stepping-stone toward high school participation. The fundamental skills learned both on and off the court help shape the future of the student athlete.

It is important for the athletes to develop a sense of commitment to their team and teammates. This includes being a **student first and athlete second**. It is expected that all participants respect their teachers and classmates and take school seriously. Commitment is also developed by consistently coming to practice, being on time, and giving 100% effort every day.

## Team Expectations/Guidelines

- Have fun
- Work hard
- Play with intensity
- Improve your skills every day
- Win with humility and lose with dignity
- Abide by all athletic contract guidelines
- Represent your communities, family, school and team in an appropriate manner
- Value the importance of your education by keeping your grades up, respecting your teachers, and not being a discipline problem: this includes no referrals or detentions
- Be on time: dressed appropriately and ready to go by practice start time
- Inform the coach as soon as possible if you will miss a practice or game
- Develop an open line of communication with your coach
- Accept any consequences that are a result of failing to abide by these expectations

*If a player or parent ever has any questions, please contact Coach Matthewson  
Cell: 681-0666 email: smatthewson@achsd.org*

## Defensive Philosophy

We will play aggressive defense always seeing our man and the ball. We will block-out and be strong rebounders. We will apply ball pressure (without fouling) and communicate with our teammates at all times. We will never get beat back on defense and give up easy baskets. As an individual you must put as much effort into your defensive game as you do your offensive game. It is just as important to get a rebound, create a steal, deny your man the ball, and disrupt the other teams' offense as it is to score points.

## Offensive Philosophy

We will be fundamentally sound. We want to advance the ball down the floor quickly and under control, looking for weaknesses in the defense that we can immediately take advantage of. We will look to drive to the basket and create the best shot possible. We will look to shoot the ball whenever we are open **within our individual shooting range**. We will dribble with our head up and see the floor, looking for open team-mates to pass the ball to. We will maintain court balance and spacing, always reading the defense and taking advantage of our opponents' weaknesses.

RETURN THIS FORM TO COACH MATTHEWSON

2016 ACH Middle School Basketball

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

Parent contact phone number \_\_\_\_\_

Review the information from the previous page and the team letter at home: sign and return this page to coach Matthewson. The sooner you return your signatures, the bigger the prize!

*I have read and reviewed the team expectations/guidelines and the team letter:*

Parent/Guardian \_\_\_\_\_

Student athlete \_\_\_\_\_