

Millard West Basketball

2023-2024 Player's Manual

All

In

www.millardwesthoops.com

Millard West Basketball

2023-2024 Tryout Process

The 2023-2024 basketball season begins on November 13, 2023 and runs through February 21, 2024, for all lower levels and March 10, 2023 for the Varsity team.

This year's coaching staff is as follows:

- | | |
|-------------------|-------------------------|
| • Bill Morrison | Head Varsity |
| • Dan Hall | Assistant Varsity |
| • Dale Gall | Junior Varsity |
| • Mitch Wendlandt | Assistant JV |
| • Matt Trapp | Reserve |
| • | Assistant Reserve |
| • Dan Anderson | 9 th Grade A |
| • Chris Tauber | 9 th Grade B |

As a coaching staff, we take team selections very seriously. It is the hardest thing to do as coaches. We will do our best to decipher which players have the best potential to advance within the program. We will talk about each and every player who tries out before selections are completed.

All players will receive **at least 3** practice sessions as a try out for the Millard West basketball team. The 2023-2024 tryout dates are November 13 - 17, 2023.

To participate in the try-out, players must turn in a current physical and pay \$65 to the athletic office. Players also need to fill out an online activity handbook form. If a player misses a practice due to not having completed the above requirements, that practice will count as an unexcused absence and will count as one of the required three tryout practices.

Upperclassmen should wear a white shirt during the tryout process. **Freshmen** are asked to wear a shirt with their last name printed or written on the shirt.

After three practices:

Freshmen: Players will be notified after the 3rd practice as to whether or not they made the 1st cut. Freshmen may request an individual meeting with the coaches later in the week if they wish.

Upperclassmen: We will make an initial cut after our third practice. All upperclassmen will get an individual meeting with a coach from the coaching staff.

A 2nd cut may be made later in the week on all levels.

- Any player cut in the 2nd round will receive a brief individual meeting with the coach.

If a player misses tryouts due to injury or illness, the player can request three practices as a tryout when he is healthy.

A player who misses tryouts for any reason other than injury or illness is not guaranteed a tryout. Each case will be considered on an individual basis.

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2023-2024 Tryout Process

Practice Times for 1st Week		JV/V	SOPH	9TH
Monday	November 13 th	3:40-5:40	3:40-5:40	5:40-7:15
Tuesday	November 14 th	6-7:15 AM 3:40-5:10	5:30-7:30	5:40-7:15
Wednesday	November 15 th	5:00-6:30	5:15-6:30	3:30-5:00
Thursday	November 16 th	6-7:15 AM 3:40-5:40	5:30-7:30	5:40-7:10
Friday	November 18 th	3:40-5:40	5:40-7:10	5:30-7:00
Saturday	November 19 th	8-10:00 AM 2 nd practice TBA	8-10:00 AM	8 -10:00 AM

Must be completed to try out for basketball:

Online Activity form Completed: _____

Pay \$65 to Activity Office _____

Current Physical Form to Activity Office _____

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2023-2024 Lettering Criteria

A player who plays in at least one quarter for every varsity game will earn a letter as a Millard West Varsity basketball player. (20 games = minimum 20 quarters played to earn a Varsity letter.)

Any player that is on the state tournament roster will receive a letter in years that the team qualifies for the state tournament.

The coaching staff reserves the right to letter players who do not meet the above requirements. Exceptions *may* include but are not limited to:

- A senior who ends the season in good standing.
- An athlete who was injured or became ill during the season.
- A foreign exchange student who plays on a lower level.

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2023-2024 Training Rules

The Millard West boys basketball coaching staff is adamant about student-athletes not participating in illegal use of drugs and alcohol. Student-athletes are expected to abstain from the use of alcohol, illegal drugs, and illegal use of prescription drugs.

Players who are caught using drugs and/or alcohol during the season will be disciplined according to district policy. After the suspension is completed, players will have to compete in a minimum of five practices before they are *eligible* to participate in games. There is no guarantee that the player will compete in a game after the suspension is completed.

Each case will be handled on an individual basis. Items that will be considered before a player is eligible to compete in games include but are not limited to the following topics:

- Previous suspensions.
- Attitude toward disciplinary actions.
- Effort to re-gain playing status on the team.
- Self-reporting.
- Circumstances of the incident in which the student athlete was participating in.

A player may be asked to perform other “community service” activities before he is eligible to play in games. Coaches will have the final say in whether or not the player is eligible to play in games. Stipulations may be set on playing time.

A student who is suspended for a drug/alcohol violation will not be awarded a letter for that season.

A 2nd offense of the drug/alcohol policy may result in removal from the team.

All violations of these rules will be handled in the MWHS Administrative Office.

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2023-2024 NSAA Rules/Information

Non-High School Participation

Any student who participates in an athletic contest other than as a representative of his/her high school during the basketball season shall become ineligible to represent his/her school in basketball for one or more games or the remainder of the season. This rule applies to church league games, town team games, independent games, free throw and shooting contests, 3-3 contests, shooting contests where contestants are selected at random, etc.

Individualized Instruction, Outside Practices, and Tryouts

During the season of a sport, a student is permitted to take individualized instruction from a person other than the high school coach at times other than scheduled high school practice sessions. During the season, group instruction, practices with outside teams, and tryouts for outside teams other than as a part of a college or university-recruiting visit, are not permitted.

Clinics

During the season of a sport, student participation in a basketball clinic, camp, or school shall not be permitted if the student is a member of a school team. The term "participation" shall mean physically taking part in the sport activity sponsored by the clinic, camp, or school. This does not prohibit a student's attendance as a spectator or an observer.

NSAA and NFHS Policy Statement on Steroids

The Nebraska School Activities Association (NSAA) and the National Federation of State High School Associations (NFHS), strongly oppose the abuse of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks. The NSAA and the NFHS support prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.

Assumption of Risk and Injury Guidelines

By participating in basketball, the athlete needs to be aware that there is a possibility of injury and/or death. The athlete must complete a sports physical before they are able to participate in sports.

If a player is injured/hurt, they should talk to the coach and see the school trainer immediately. By talking to the trainers and/or coach when an injury is first noticed, the player will have the chance to prevent further injury and loss of playing time due to the injury.

Sportsmanship Guidelines and Ejections

3. A participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim.
4. Enforcement of the “sit-out rule” is expected to begin immediately, regardless whether it is regular-season or tournament play.
5. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
6. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
7. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.

December Moratorium

1. For five consecutive days in December there shall be no practice and no interschool competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association.
2. The intent of the December Moratorium is to provide coaches, athletes, and other school personnel a five-day break from the activity season. This rule is to be interpreted as a five-day dead period without organized practices, structured conditioning sessions, or meetings of any type. It is the member school’s responsibility to monitor and enforce this rule. School-owned facilities shall be closed to all grades 9-12 workout activities during the moratorium (team or athletic meetings, practice, competition, weight-training, conditioning, open gym, or other physical activities). The term “no practice and no interschool competition by individuals or teams” shall be interpreted to mean that a grades 9-12 student who is a participant in an NSAA activity shall not be permitted:
 - a. To practice or compete in that activity in-season during the moratorium in a school-owned facility that is used by the school for such activity, whether or not a coach, sponsor, or other adult associated with the program is present.
 - b. To participate in practice, team meeting, or activity for the sport in season, directly or by indirectly organized by the coach; the school coach, sponsor, or other adult associated with the school activity program may not supervise, direct, plan, or encourage any workout, practice, or competition during the moratorium by students participating in activities; and
 - c. To participate in a student-organized practice, team meeting, or activity for the sport in season. Students MAY:
 - i. Continue to workout/condition on their own in facilities not owned by the school, including workouts or activities with family members;
 - ii. Receive individualized instruction from an individual who is not the school coach, sponsor, or other adult associated with the school activity program; and
 - iii. Receive physical therapy or rehabilitation services at facilities not owned by the school.
3. For 2023, the five-day moratorium is **December 23-27**. There shall be no practice or competition during this period.