

BUCK BASKETBALL

“Aiming For Goals Higher Than 10 Feet”

Before-During-After Games

Home Games: Game dress during the school day. Arrive at gym at least an hour before we are scheduled to play. Wear travel gear in the gym when not in uniform. If shooting around be in game shorts and game warm-up.

Road Games: Wear game dress during school unless otherwise noted by coaches. Wear travel gear on the bus. Have all work made up and be on the bus at load time. Double check to make sure you have everything (Jersey, warm up, shoes, etc). Bus ride should be quiet. Prepare yourself mentally for the game. Read over your scouting report and watch game film.

Exit the Bus: Always pick up trash, bus should be clean
Tell the bus driver “Thank you”

Prior to Game: Sit together when your game is not going on. Pay attention and cheer on your teammates. Never react to the officials or the other team.

Run out of locker room to take floor before game and half time (one of my pet peeves is when teams walk out) Get a good warm-up. Be intense and talking. Talking will get you ready to play.

During Game: Jersey will be tucked in at all times.

If a teammate makes a hustle play, sprint over and help them up.

Positive leadership, coaches will do correcting, you just be encouraging.

Positive body language (no eye rolls, clown faces, or shoulder shrugs will be tolerated).

Raise hand when you foul.

When exiting the game, sprint off the floor, slap five with teammate and tell them who you are guarding.

Sit in the seat closest to the coaches for any feedback.

Look coaches in the eye when they talk to you...Be coachable.

Be active and engaged on the bench.

Huddle during timeouts. Pay attention to what coaches are saying. EYE CONTACT

Have water and towels ready for subs and for timeouts.

After Game: Shake hands and show great sportsmanship whether we win or lose.

Pick up the bench area. No cups/warm ups/towels/etc...

Do not start undressing until after coaches have spoken to you.

Locker room should be clean – no tape, clothes, trash, etc...

Shower and get your clothes on before leaving the locker room.

Represent the community of Yankton, Yankton High School, Bucks Basketball, Your Family, and Yourself in the most positive way possible.