

Mustang Basketball



2010-2011 Player Packet



TOGETHER

Mustang Basketball

Philosophy

Our Basketball program will offer great opportunities to be successful: not only in competition, but in life. Discipline is a core of this program which will lead to responsibilities, character, and achievement. Confidence in the coaches as well as in the team will build a foundation in the team. Trust and loyalty in one is essential for success. Athletes will be taught to respect each other as family and friends which is vital to the program. As Students-athletes leave this program they will be proud to be a "MUSTANG" and proud of their success.

DON POTTER



Mustang Basketball

Philosophy

Respect begins from within. All team members must have and show respect for each other. This respect will spread as each member will not only be respected as an athlete, but as a student and citizen as well.

Discipline is one quality that every champion possesses. Many teams have fallen short of championships because they were not able to accept the decisions and discipline of the coaches. Self-discipline is extremely important, the ultimate test being if team members can push themselves to absolute capacity.

Defense is the foundation of our team. Defense is hard work and it takes a dedicated basketball player to play tough defense. Defense is consistent because effort can be consistent. A great defensive player usually does not receive the publicity of a great offensive player, but her consolation is much more rewarding. A great defensive player has the respect and admiration of all her teammates, opponents, and coaches.

Hustle is a trademark of this basketball program. The coaches challenge you to live it on and off the floor. The hard work, the sacrifices, the sweat, the tears and the togetherness will make this a very rewarding and winning program.



Mustang Player Expectations

I. ALWAYS REMEMBER WHO YOU ARE REPRESENTING:

- a. This program is representing Valley Heights Jr./Sr. High School

II. GAME DAY EXPECTATION:

- a. Have enough pride to wear nice clothes on game day. (Unless otherwise stated)
- b. Be on time when time is involved. SUGGESTION: Be early
- c. Keep an appearance that shows you in your best light. This applies to your dress and your hair. Wear home what you wore to the games.
- d. Keep regular hours before game day. Don't be out late the night before.
- e. Eat a well balanced meal on game day.

III. BENCH DECORUM:

- a. When you come out of the game sit by the coaches. Do not show displeasure when you come out. Be positive!
- b. Congratulate your teammates as they come off the floor.
- c. Players on the bench be ready to go in at all times. Pay attention!
- d. Technicals will not tolerated. Extra conditioning will follow.
- e. After the game exchange handshakes with the opponents and go to the locker room to congratulate teammates!

IV. PRACTICE EXPECTATIONS:

- a. Always be early if you need your ankle wrapped or training assistance.
- b. Be dressed and ready to take the floor at the scheduled practice time.
- c. Extra conditioning will follow for tardiness.
- d. Work hard and get better every day. A day cannot be wasted!

V. TRAINING RULES:

- a. Must be dedicated to winning.
- b. Must be in good physical condition to win.
- c. Valley Heights Girls' Basketball Team Requirements.

VI. 8th GRADER RESPONSIBILITIES:

- a. Be a leader.
- b. Expected to know what is important to the program and should not need to be reminded what is expected of them.
- c. Work as hard as you can to model the what is expected on and off the court.

VII. WHAT YOU AS A PLAYER SHOULD EXPECT OF THE COACHES:

- a. Demanding the very best from you as a student and player.
- b. We will listen to you. Talk to us if you have a problem.
- c. Our objectives are to make you a better basketball player, but most importantly create a family environment where you can have fun and learn many other items outside of basketball that will help you later in life.

Mustang Attitude

1. Be your best in your classes
2. Compete (No excuses)
3. Be on time (No excuses)
4. Listen
5. Make the easy play
6. Huddle as a team on free throws
7. Run to the bench when substituted
8. Run to time-outs
9. Run to the locker room
10. No cussing anytime
11. No hanging head
12. No pointing fingers
13. Root for your teammates on the bench
14. Attitude of gratitude say "Thank you"
15. Look people in the eye
16. Be a role model off the floor
17. Be humble in victory
18. Be gracious in defeat
19. Keep the locker room clean
20. Remember who you are representing

Think like a winner

- ***A winner is always ready to tackle something new....a loser is prone to believe it can't be done.***
- ***A winner isn't afraid of competition.....a loser excuses herself with the idea that the competition beat her out.***
- ***A winner knows she's sometimes wrong and is willing to admit her mistakes.....a loser usually can find someone else to blame.***
- ***A winner is challenged by a new problem.....a loser does not want to face it.***
- ***A winner is decisive.....a loser frustrates herself with indecision.***
- ***A winner realizes that there is no time like the present to get the job done.....a loser is prone to procrastinate with hope that things will be better tomorrow.***
- ***A winner thinks positively, lives positively, and acts positively.....a loser usually has a negative approach to everything.***



If you want to be a winner, think like a winner, act like a winner and sooner than you think will you be a winner!

YOU ARE A MUSTANG WHEN.....

- ✓ **YOU DON'T CARE IF YOU ARE THE ONE WHO SETS THE SCREEN OR THE ONE WHO HITS THE WINNING SHOT, BECAUSE FULFILLING YOUR ROLE, WHATEVER THE ROLE IS, IS MOST IMPORTANT.**
- ✓ **YOU HAVE THE DESIRE TO EXCEL FOR THE BENEFIT OF THOSE RELYING ON YOU.**
- ✓ **YOU HAVE AN UNQUENCHABLE NEED TO EXCEED PAST YOUR LIMITATIONS.**
- ✓ **YOU PLAY WITHOUT THE OPTION OF DEFECTS.**
- ✓ **YOU PLAY AND KNOW, WITHOUT A DOUBT, THAT YOU COMPETED LIKE A CHAMPION.**
- ✓ **YOU UNDERSTAND THAT BASKETBALL IS A TEAM SPORT.**
- ✓ **YOU FINISH PLAYING AND ONLY YOUR BODY LEAVES THE FLOOR, YOUR HEART AND SOUL ARE CAPTURED WITHIN THE GAME.**
- ✓ **YOU WILL EXCHANGE YOUR BLOOD, SWEAR, AND TEARS FOR THE BENEFIT OF THE TEAM.**
- ✓ **YOU UNDERSTAND THE IRRELEVANCE OF INDIVIDUAL AWARDS.**
- ✓ **YOU WOULD RATHER ENCOURAGE A TEAMMATE TO SUCCESS THAN BENEFIT PERSONALLY FROM HER MISTAKES.**
- ✓ **YOU ARE NOT JEALOUS OF THOSE PLAYING WELL.**
- ✓ **YOUR RESPECT FOR THE GAME OUTWEIGHS PERSONAL PRIDE.**
- ✓ **YOU MAKE MISTAKES AND USE THEM TO IMPROVE INSTEAD OF USING THEM AS EXCUSES.**
- ✓ **YOUR ABILITY TO MAKE YOUR TEAMMATES BETTER INCREASES EACH TIME YOU PLAY.**
- ✓ **YOU DO THE LITTLE THINGS RIGHT WHEN NOBODY IS WATCHING.**
- ✓ **YOU SERVE YOUR TEAMMATES WITH UNSELFISH MOTIVES.**
- ✓ **YOU UNDERSTAND YOUR ROLE AND STRIVE TO PERFORM IT BETTER.**
- ✓ **YOU HAVE ALL YOU CAN AND STILL FEEL YOU HAVEN'T DONE ENOUGH.**
- ✓ **YOU PLAY WITH PAIN WITHOUT CREATING A SCENE.**
- ✓ **YOU GIVE MORE THAN WHAT IS ASKED AND TAKE LESS THAN WHAT IS DESERVED.**
- ✓ **YOUR EFFORT IS CONSTANT AND YOUR PLAY IS CONSISTENT REGARDLESS OF THE SITUATION.**
- ✓ **YOU THINK YOU CAN, AND YOU DO.**



Attitude, the “Right Stuff”



An important aspect is developing a proper attitude about the game. To become winners, we must recognize how important our teammates are to us. “United we stand, divided we fall!” We must stick together. We must work together on offense with good passing, looking for an open teammate but don’t be afraid to shoot! If you are open and the time is right, SHOOT IT! Part of being a good teammate is scoring and taking good shots. If you miss a shot, forget it....you’ll probably make the next one. Remember: there is no such thing as a perfect game! Kobe Bryant has never played a perfect game....he always misses some shots. Actually, for his career he only makes one shot for about every three he takes! So don’t get down on yourself if you mess up, just keep playing hard and things will work out. Basketball is not a perfect game.

Being a good teammate is playing hard on defense. Go hard for loose balls (get on the floor) and rebounds. Learn how to “box out”. Learn how to set good screens on offense, so you can free up a teammate for an easy shot. Being a good teammate means coming to the game rested and playing as hard as you can. It means encouraging your teammates on and off the court. Together you can win! For you to become champions, you must develop a team “chemistry”, or spirit...a respect and trust in one another. Many very talented teams never reach their full potential because of lack of chemistry, or team spirit. Many less talented teams have accomplished unthinkable goals by their hard work, desire and team spirit.

Proper attitude means respect for your teammates and your opponents. Your opponents are trying their best just like you. Play hard, with enthusiasm, and play to win, but play with class. Make your parents and teachers proud of the way you play. Don’t argue with the referees...they are human and don’t always make the right call, but they are trying and not out to get you. You just have to make the best of the situation and go on. People will remember you for how you act on the court over how good you are. When you’re on the court, play as hard as you can to win, but when the game is over, it’s over! Forget it, move on and look to improve for the next on. If you do lose a game, remember you can often learn more from losing. You don’t have to win a trophy to be a winner, but winners have them too!

BVL SCHEDULE 2010

9-Nov	Clifton-Clyde	@	Luckey
11-Nov	Luckey	@	Blue Valley Tourn
	Blue Valley	@	Blue Valley Tourn
15-Nov	Luckey	@	Valley Heights
16-Nov	Washington Co.	@	Republic Co.
18-Nov	Blue Valley	@	Clifton-Clyde
	Valley Heights	@	Washington Co.
	Hanover	@	Linn
22-Nov	Clifton-Clyde	@	Linn
	Prairie Heights	@	Luckey
	Hanover	@	Valley Heights
23-Nov	Washington Co.	@	Blue Valley
30-Nov	Clifton-Clyde	@	Washington Co.
	Blue Valley	@	Hanover
2-Dec	Luckey	@	Clifton-Clyde
	Linn	@	Valley Heights
6-Dec	Luckey	@	Linn
9-Dec	Valley Heights	@	Clifton-Clyde
	Linn	@	Blue Valley
	Washington	@	Hanover
13-Dec	Blue Valley	@	Luckey
	Frankfort	@	Valley Heights
16-Dec	Valley Heights	@	Blue Valley
	Washington Co.	@	Linn
	Hanover	@	Clifton-Clyde
20-Dec	Hanover	@	Luckey
6-Jan	Clifton-Clyde	@	Blue Valley
	Linn	@	Hanover
	Washington Co.	@	Valley Heights
10-Jan	Blue Valley	@	Hanover
	Valley Heights	@	Luckey
13-Jan	Linn	@	Clifton-Clyde
	Blue Valley	@	Washington Co.
	Valley Heights	@	Hanover
17-Jan	Luckey	@	Washington Co.
20-Jan	Washington Co.	@	Clifton-Clyde
24-Jan	Luckey	@	Hanover
	Nemaha Valley	@	Washington
	Valley Heights	@	Linn
27-Jan	Blue Valley	@	Linn
	Hanover	@	Washington Co.
	Clifton-Clyde	@	Valley Heights
31-Jan	Linn	@	Luckey
3-Feb	Linn	@	Washington Co.
	Clifton-Clyde	@	Hanover
7-Feb	BVL Tourn.	@	Blue Valley
10-Feb	BVL Tourn.	@	Blue Valley
12-Feb	BVL Tourn.	@	Blue Valley

Toughness

Author: Unknown

I have heard the word "toughness" thrown around a lot lately. Reporters on television, radio and in print have opined about a team or player's "toughness" or quoted a coach talking about his team having to be "tougher" to win. Playing against the likes of Ralph Sampson, Jay Bilas learned the value of keeping his hands up to deny and discourage a pass. Then, in almost coordinated fashion, I would watch games and see player upon player thumping his chest after a routine play, angrily taunting an opponent after a blocked shot, getting into a shouting match with an opposing player, or squaring up nose-to-nose as if a fight might ensue. I see players jawing at each other, trying to "intimidate" other players. What a waste of time. That is nothing more than fake toughness, and it has no real value.

I often wonder: Do people really understand what coaches and experienced players mean when they emphasize "toughness" in basketball? Or is it just some buzzword that is thrown around haphazardly without clear definition or understanding? I thought it was the latter.

The response I received was overwhelming. Dozens of college basketball coaches called to tell me that they had put the article up in the locker room, put it in each player's locker, or had gone over it in detail with their teams.

Memphis coach John Calipari called to say that he had his players post the definition of toughness over their beds because he believed that true "toughness" was the one thing that his team needed to develop to reach its potential. I received messages from high school coaches who wanted to relay the definition of toughness to their players and wanted to talk about it further.

Well, I got the message that I should expound upon what I consider toughness to be. It may not be what you think.

Toughness is something I had to learn the hard way, and something I had no real idea of until I played college basketball. When I played my first game in college, I thought that toughness was physical and based on how much punishment I could dish out and how much I could take. I thought I was tough.

I found out pretty quickly that I wasn't, but I toughened up over time, and I got a pretty good understanding of toughness through playing in the ACC, for USA Basketball, in NBA training camps, and as a professional basketball player in Europe. I left my playing career a heck of a lot tougher than I started it, and my only regret is that I didn't truly "get it" much earlier in my playing career.

When I faced a tough opponent, I wasn't worried that I would get hit -- I was concerned that I would get sealed on ball reversal by a tough post man, or that I would get boxed out on every play, or that my assignment would sprint the floor on every possession and get something easy on me. The toughest guys I had to guard were the ones who made it tough on me.

Toughness has nothing to do with size, physical strength or athleticism. Some players may be born tough, but I believe that toughness is a skill, and it is a skill that can be developed and improved. Michigan State coach Tom Izzo always says, "Players play, but tough players win." He is right. Here are some of the ways true toughness is exhibited in basketball: Stephen Curry's effectiveness comes not from his strength or size, but because he's constantly in motion trying to find an open look.

Set a good screen: The toughest players to guard are the players who set good screens. When you set a good screen, you are improving the chances for a teammate to get open, and you are greatly improving your chances of getting open. A good screen can force the defense to make a mistake. A lazy or bad screen is a waste of everyone's time and energy.

To be a tough player, you need to be a "screener/scorer," a player who screens hard and immediately looks for an opportunity on offense. On the 1984 U.S. Olympic Team, Bob Knight made Michael Jordan set a screen before he could get a shot. If it is good enough for Jordan, arguably the toughest player ever, it is good enough for you.

Set up your cut: The toughest players make hard cuts, and set up their cuts. Basketball is about deception. Take your defender one way, and then plant the foot opposite of the direction you want to go and cut hard. A hard cut may get you a basket, but it may also get a teammate a basket. If you do not make a hard cut, you will not get anyone open. Setting up your cut, making the proper read of the defense, and making a hard cut require alertness, good conditioning and good concentration. Davidson's Stephen Curry is hardly a physical muscle-man, but he is a tough player because he is in constant motion, he changes speeds, he sets up his cuts, and he cuts hard. Curry is hard to guard, and he is a tough player.

Talk on defense: The toughest players talk on defense, and communicate with their teammates. It is almost impossible to talk on defense and not be in a stance, down and ready, with a vision of man and ball. If you talk, you let your teammates know you are there, and make them and yourself better defenders. It also lets your opponent know that you are fully engaged.

Jump to the ball: When on defense, the tough defenders move as the ball moves. The toughest players move on the flight of the ball, not when it gets to its destination. And the toughest players jump to the ball and take away the ball side of the cut. Tough players don't let cutters cut across their face -- they make the cutter change his path.

Don't get screened: No coach can give a player the proper footwork to get through every screen. Tough players have a sense of urgency not to get screened and to get through screens so that the cutter cannot catch the ball where he wants to. A tough player makes the catch difficult.

Get your hands up: A pass discouraged is just as good as a pass denied. Tough players play with their hands up to take away vision, get deflections and to discourage a pass in order to allow a teammate to cover up. Cutters and post players will get open, if only for a count. If your hands are up, you can keep the passer from seeing a momentary opening.

Play the ball, see your man: Most defenders see the ball and hug their man, because they are afraid to get beat. A tough defender plays the ball and sees his man. There is a difference.

Get on the floor: In my first road game as a freshman, there was a loose ball that I thought I could pick up and take the other way for an easy one. While I was bending over at the waist, one of my opponents dived on the floor and got possession of the ball. My coach was livid. We lost possession of the ball because I wasn't tough enough to get on the floor for it. I tried like hell never to get out-toughed like that again. The first player to get to the floor is usually the one to come up with any loose ball.

Close out under control: It is too easy to fly at a shooter and think you are a tough defender. A tough defender closes out under control, takes away a straight line drive and takes away the shot. A tough player has a sense of urgency but has the discipline to do it the right way.

Post your man, not a spot: Most post players just blindly run to the low block and get into a shoving match for a spot on the floor. The toughest post players are posting their defensive man. A tough post player is always open, and working to get the ball to the proper angle to get a post feed. Tough post players seal on ball reversal and call for the ball, and they continue to post strong even if their teammates miss them.

Run the floor: Tough players sprint the floor, which drags the defense and opens up things for others. Tough players run hard and get "easy" baskets, even though there is nothing easy about them. Easy baskets are hard to get. Tough players don't take tough shots -- they work hard to make them easy.

Play so hard, your coach has to take you out: I was a really hard worker in high school and college. But I worked and trained exceptionally hard to make playing easier. I was wrong. I once read that Bob Knight had criticized a player of his by saying, "You just want to be comfortable out there!" Well, that was me, and when I read that, it clicked with me. I needed to work to increase my capacity for work, not to make it easier to play. I needed to work in order to be more

productive in my time on the floor. Tough players play so hard that their coaches have to take them out to get rest so they can put them back in. The toughest players don't pace themselves.

Get to your teammate first: When your teammate lays his body on the line to dive on the floor or take a charge, the tough players get to him first to help him back up. If your teammate misses a free throw, tough players get to him right away. Tough players are also great teammates.

Take responsibility for your teammates: Tough players expect a lot from their teammates, but they also put them first. When the bus leaves at 9 a.m., tough players not only get themselves there, but they also make sure their teammates are up and get there, too. Tough players take responsibility for others in addition to themselves. They make sure their teammates eat first, and they give credit to their teammates before taking it themselves.

Take a charge: Tough players are in a stance, playing the ball, and alert in coming over from the weak side and taking a charge. Tough players understand the difference between being in the right spot and being in the right spot with the intention of stopping somebody. Some players will look puzzled and say, "But I was in the right spot." Tough players know that they have to get to the right spot with the sense of urgency to stop someone. The toughest players never shy away from taking a charge.

Get in a stance: Tough players don't play straight up and down and put themselves in the position of having to get ready to get ready. Tough players are down in a stance on both ends of the floor, with feet staggered and ready to move. Tough players are the aggressor, and the aggressor is in a stance.

Finish plays: Tough players don't just get fouled, they get fouled and complete the play. They don't give up on a play or assume that a teammate will do it. A tough player plays through to the end of the play and works to finish every play.

Work on your pass: A tough player doesn't have his passes deflected. A tough player gets down, pivots, pass-fakes, and works to get the proper angle to pass away from the defense and deliver the ball.

Throw yourself into your team's defense: A tough player fills his tank on the defensive end, not on offense. A tough player is not deterred by a missed shot. A tough player values his performance first by how well he defended.

Take and give criticism the right way: Tough players can take criticism without feeling the need to answer back or give excuses. They are open to getting better and expect to be challenged and hear tough things. You will never again in your life have the opportunity you have now at the college level: a coaching staff that is totally and completely dedicated to making you and your team better. Tough players listen and are not afraid to say what other teammates may not want to hear, but need to hear.

Show strength in your body language: Tough players project confidence and security with their body language. They do not hang their heads, do not react negatively to a mistake of a teammate, and do not whine and complain to officials. Tough players project strength, and do not cause their teammates to worry about them. Tough players do their jobs, and their body language communicates that to their teammates -- and to their opponents.

Catch and face: Teams that press and trap are banking on the receiver's falling apart and making a mistake. When pressed, tough players set up their cuts, cut hard to an open area and present themselves as a receiver to the passer. Tough players catch, face the defense, and make the right read and play, and they do it with poise. Tough players do not just catch and dribble; they catch and face.

Don't get split: If you trap, a tough player gets shoulder-to-shoulder with his teammate and does not allow the handler to split the trap and gain an advantage on the back side of the trap.

Be alert: Tough players are not "cool." Tough players are alert and active, and tough players communicate with teammates so that they are alert, too. Tough players echo commands until everyone is on the same page. They understand

the best teams play five as one. Tough players are alert in transition and get back to protect the basket and the 3-point line. Tough players don't just run back to find their man, they run back to stop the ball and protect the basket.

Concentrate, and encourage your teammates to concentrate: Concentration is a skill, and tough players work hard to concentrate on every play. Tough players go as hard as they can for as long as they can. No team can be great defensively without communication and concentration.

It's not your shot; it's our shot: Tough players don't take bad shots, and they certainly don't worry about getting "my" shots. Tough players work for good shots and understand that it is not "my" shot, it is "our" shot. Tough players celebrate when "we" score.

Box out and go to the glass every time: Tough players are disciplined enough to lay a body on someone. They make first contact and go after the ball. And tough players do it on every possession, not just when they feel like it. They understand defense is not complete until they secure the ball.

Take responsibility for your actions: Tough players make no excuses. They take responsibility for their actions. Take James Johnson for example. With 17 seconds to go in Wake's game against Duke on Wednesday, Jon Scheyer missed a 3-pointer that bounced right to Johnson. But instead of aggressively pursuing the ball with a sense of urgency, Johnson stood there and waited for the ball to come to him. It never did. Scheyer grabbed it, called a timeout and the Blue Devils hit a game-tying shot on a possession they never should've had. Going after the loose ball is toughness -- and Johnson didn't show it on that play. But what happened next? He re-focused, slipped a screen for the winning basket, and after the game -- when he could've been basking only in the glow of victory -- manned up to the mistake that could've cost his team the win. "That was my responsibility -- I should have had that," Johnson said of the goof. No excuses. Shouldering the responsibility. That's toughness.

Look your coaches and teammates in the eye: Tough players never drop their heads. They always look coaches and teammates in the eye, because if they are talking, it is important to them and to you.

Move on to the next play: Tough players don't waste time celebrating a good play or lamenting a bad one. They understand that basketball is too fast a game to waste time and opportunities with celebratory gestures or angry reactions. Tough players move on to the next play. They know that the most important play in any game is the next one.

Be hard to play against, and easy to play with: Tough players make their teammates' jobs easier, and their opponents' jobs tougher.

Make every game important: Tough players don't categorize opponents and games. They know that if they are playing, it is important. Tough players understand that if they want to play in championship games, they must treat every game as a championship game.

Make getting better every day your goal: Tough players come to work every day to get better, and keep their horizons short. They meet victory and defeat the same way: They get up the next day and go to work to be better than they were the day before. Tough players hate losing but are not shaken or deterred by a loss. Tough players enjoy winning but are never satisfied. For tough players, a championship or a trophy is not a goal; it is a destination. The goal is to get better every day.

When I was playing, the players I respected most were not the best or most talented players. The players I respected most were the toughest players. I don't remember anything about the players who talked a good game or blocked a shot and acted like a fool. I remember the players who were tough to play against.

Anybody can talk. Not anybody can be tough.

Mustang Basketball



VHJHS Girl's Basketball Team Requirements

1. The school activity policy will apply to the use of drugs and alcohol, and tobacco.
2. The school academic policy will apply to eligibility.
3. Respect for the guidelines, opponents, officials, teammates, coaches, and oneself will be mandatory. Violations will be handled on an individual basis.
4. Reasonable requests and demands of the coaching staff are expected to be honored. Violations will be handled on an individual basis.
5. **Practice is important: Be at practice everyday unless there is an unforeseen conflict.**
6. Basketball is an extra-curricular activity; therefore it is a privilege to play. Therefore, work hard and do your best at all times. Decisions regarding playing time, etc. are decisions of the coaches. Any questions regarding this should first be directed to them.
7. Solely the coaching staff will administer discipline. Any violations of any policy will be reviewed on an individual basis and dealt with accordingly. The overall guiding policy is: If what one does brings disgrace to the school, the team, or the coaching staff. **DO NOT DO IT!!**
8. Lettering requires on quarter over half in varsity games or special consideration by the coaching staff.
9. All the player expectations guidelines will be followed.
10. Have Fun!!

Student Signature Date

Parent Signature Date

