I have no individual goals. We play for one reason and that's to win the title. Practice is more important than the games, and I will practice when I'm hurt, when 95 percent of the players in this league would sit out. I expect all of you to do the same thing. You will follow my lead.” -- Michael Jordan to the Chicago Bulls

BASKETBALL PHILOSOPHY

Our Basketball program has a philosophy that we play by everyday that helps guide us towards a high level of success. Our basketball philosophy can be summed up in seven words, "Play Hard, Play Smart and Play Together". These strategies will be the cornerstones to our program's vision. Hard means with effort, determination and courage; Smart means with proper execution and poise, Together means unselfishly, trusting your teammates and doing everything possible not to let them down. We believe if we keep our focus on these tenets, success will come. We will seldom talk about winning with our team, winning will simply be a product of this process. Each player can accomplish these aspects of our philosophy, there will be no short cuts. We will measure our success by how we improve in these areas.

THE BASKETBALL VISION

We understand that we are a reflection of the High School, the community, our families the coaches and of this program. We will represent these core areas with moral responsibility, class and integrity. We can, and will, achieve a high level of success through hard work, determination and a dedication towards one another.

Fundamentals, teamwork and discipline will be the foundation of our team's philosophy.

We will strive for perfection on the court, in the classroom and in the community.

Commitment is extremely important in every aspect of life. Every member of the Basketball Program is expected to be 100% committed to becoming the best basketball player possible. Furthermore, each member of the program is also expected to be 100% committed to the success of the team. This commitment is displayed through a player's work ethic and responsibility on and off the court.

Desire is not a hope or a wish. Desire is the starting point of all achievement. Desire has to be definite, for if you do not know where you are headed, you will not know when you have arrived. Always remember that you will not acquire success until you believe you can acquire it. As a member of the Basketball Program, one has to have a burning desire to get as close to perfection as possible.

Persistence is the drive that enables us to move forward. Lack of persistence is one of the major causes of failure. Many basketball players give up at the first sign of opposition; Basketball players will push forward despite all opposition until we have arrived at our goal.
Basketball Player Expectations

1. **Attend all classes, practices, and workouts.** The only excuse for missing will be an extreme emergency. Schedule doctor’s, dentist’s, etc. appointments around practice time. If you do have to miss practice, let your coach know ahead of time. *Do not relay messages through another player.*

2. **Follow all school rules** as well as your teachers’ rules. If you cannot behave in class and at school, we do not want you in the program. It makes the entire program look bad and the team is bigger than any one person is.

3. **Be on time for everything.** On time means five or ten minutes early. Be dressed and ready to go at the scheduled time. This is a good habit for the rest of your life. If you fail to be on time, you will be rewarded!

4. **Show respect** to your teachers, coaches, and teammates. We will not allow disrespectful actions. We will be a classy team in everything we say and do. You will be representing your school, your community, your family, your coaches, and yourself.

5. No Swearing or Immature behavior will be tolerated.

6. **Keep your body in the best possible condition.** Smoking, drinking, drugs, and staying out late causes you not to perform at your highest level which in turn hurts the team.

7. You will be expected to **respect our facilities and equipment:**
   
a. Do not sit on the balls or throw them against the bleachers or walls.
   b. Do not hang on the rim.
   c. Do not spit on the floor. Use the trashcan.
   d. Do not leave trash lying around.
   e. Return all weights and leave the weight room clean.

8. **There should be absolutely no horseplay** in the locker rooms or weight rooms.

9. **Maintain a neat and clean appearance** everywhere you go.

10. **Always do your best and work as hard as you can** on and off the floor.

11. **Keep your life in order.** Priorities should be:
   
a. Your Faith
   b. Your Family
   c. Your Team, School, and Yourself.

Basketball and school will be a fun, exciting, and successful year for us if we all do what is expected of us.
**Program Goals:**

1) We will Improve Daily
2) Win the County Championship
3) Qualify for the State Tournament
4) Win the Region Championship
5) Advance in the State Tournament
6) Win the State Championship

*“Shoot for Perfection, If you miss you will Fall upon Greatness...”*

**Offensive Goals:**

1) Shoot over 50% from the floor
2) Have 3 players in Double Figures every game.
3) Attempt more Free throws than our Opponent Every Game.

*“It is Amazing what can be Accomplished when NO ONE CARES who gets the credit...”*

**Defensive Goals:**

1) Hold Teams to less than 13pts a Quarter.
2) Out Rebound our Opponent
3) Give Up Less than 10 “Trash Points” a game.
   
   A) Trash point= Transition Points + Second Chance Points

   *“Defense is nothing more than HUSTLE, EFFORT, AND DESIRE...”*
HOW WILL THIS BE ACCOMPLISHED?

1) Off Season Conditioning/ Workouts-

A) **Strength Training**- Every Sequoyah Boys Basketball player who does not participate in Football will be placed in a Weight Training class with Sequoyah Head Football Coach Sid Maxwell who is a National Certified Strength and Conditioning Coach

B) **Conditioning Program**- Beginning in October players will go through a conditioning running program from 3:30- 4:15 on Monday – Thursday. We will begin this following the September break.

C) **Shooting Workouts**- Georgia High School Rules state that a coach can work with 2 players at a time from the end of the season until the first practice. Each player will be given a designated time by Coach Adams

D) **Workouts with Coach Torbett**- Coach Rick Torbett, of Better Basketball one of the finest teachers of the game in America, has volunteered to work with our players a couple nights a week. These workouts will take place at Dean Rusk Middle School. Coach Torbett’s schedule will dictate when he is there.

E) **Summer Basketball Team Camp**- During the summer we will take a 9th grade, Junior Varsity, and Varsity Team to the University of Tennessee-Chattanooga Team Camp. This will provide our athletes with exposure to Major, Mid-Major, and Small College coaches. It also allows our athletes to experience being on a college campus.

“The Result of Dissatisfaction is Improvement...” - Bobby Bowden

2) Belief-

If we as Coach’s, parents, fans, and players believe that Sequoyah Basketball can achieve greatness, it will surely happen. This belief must be put into action. Champions are made from March until November. The effort we put in from now to then will determine our success for next year, and the years to come. Through a positive, selfless, ME Second Attitude, GREAT THINGS WILL HAPPEN.

Sequoyah Boys Basketball Envisioning Greatness
Philosophy of Play

The Basketball Program is designed to allow Student-Athletes to play basketball at the Highest level. We will do this by Sticking to our CORE VALUES of PLAYING HARD, PLAYING SMART, AND PLAYING TOGETHER...

1) PLAYING HARD: Hustle, Effort, and Desire will be the identifying trademark of our program. Talent does not dictate any of these qualities. We Will always PLAY HARD.

2) PLAYING SMART: Playing Smart involves decisions on and off the court. We will make intelligent choices both on and off the court which will make successful as a program, and as an individual in life.

3) PLAYING TOGETHER: We will be selfless rather than selfish. Together Everyone Achieves More.

Practices of the Program:

Reliability: Be true to yourself and the team by always giving your best effort. We must be able to count on you to PLAY HARD, PLAY SMART, AND PLAY TOGETHER. Poor effort is the result of a selfish self serving attitude that will reduce your effectiveness. Your desire is totally controlled by your attitude. The attitude you possess is the one you have selected. The program must be able to count on you on and off the court to make good choices. When all else fails DO RIGHT.

Accountability: Every choice you make effects your future positively, or negatively. Including in this future, is our program. The program is bigger than any ONE individual. No One is above the program, no one.

Dependability: Be there. Be on time. Our program requires a commitment of your time and talent. Come to each meeting, practice and game focused to get better. If you must miss a meeting or practice YOU must tell your coach. We don’t want to hear from your momma, we want to hear from you. If you are sick, and without fever you are expected to come to practice and do what you can. The same goes for injuries. We need to be with each other at all team functions. It is never the same if we all are not there. BE THERE.
Player Constitution

Attendance

1. All players who participate in school activities must be attendance for at least a half of school day.

2. All players must attend all practices and games in its entirety.

3. If a player is ill and misses ANY practice, she must be at home or seeking medical attention.

4. Coach Miller must be notified if a player will not be in attendance for ANY reason. Work, vacations, or other activities are not considered an excuse for missing.

5. All doctor appointments should be scheduled so that it will not interfere with basketball practice.

6. All players must be in basketball class with the rest of the players.

Fundraising

1. All players are encouraged to participate in all fundraising activities.

2. Financial goals are set for each player to attain.

3. In the event extra funds are raised, the money will remain in the Booster Club account.

4. A booster club will be set up during the first parent meeting to oversee all fundraising activities.

Character

1. Team members should be leaders within the school and outside at ALL times.

2. Team members must be respectful to the coaches and players of the opposing team.

3. Players may not show public affection while wearing practice gear or game uniform. Players are representatives of the school and therefore should no player display inappropriate behavior deemed by the coaches, principals, or faculty.

Discipline

1. Players on the team are expected to maintain respectful attitudes towards coaches and teammates and remain fully engaged in order to reach full potential of team goals.
2. Extra physical conditioning during practice will be used for disciplinary tool and will be given by the coaches for:
   · Tardiness for any team activity.
   · Displaying a disrespectful or negative attitude, or lack of following instructions.
   · Forgotten items (practice gear, game uniforms, etc.)
   · Use of inappropriate language.
   · Showing affection in uniform.
   · Absence from practice without prior notice to coach.
   · Leaving early from any team activity.
   · Leaving items in the gym or bus.
   · Wearing jewelry at practice.

Dismissal from the Team

1. If a player is dismissed or quits the team, all monetary fundraised will not be reimbursed.

2. All uniforms must be returned to the school promptly.

ALL DECISIONS OF THE COACHES AND PRINCIPALS ARE FINAL

Any questions or concerns should be brought to the coach. Meetings may be set during planning times or after school.

**Please give a respectful 24 hour period before contacting the coach about concerns. Please do not expect to speak with the coach during practice or before, during, and after games.

________________________________________________________________________________________

Heart, Hustle, Hard Work
16 Truths of Individual Offense

1. A player is most open when he first receives the ball.
2. The easiest way to become a better offensive player is to become a better shooter.
3. A good offensive player scores with two or less dribbles in the half court.
4. The best way to improve one’s shooting percentage is to take better shots; learn to read the defense and use screens.
5. Most players believe they handle the ball well; in fact, most players do not, as many lack ball control, compensating with quickness.
6. Low post play is nearly non-existent because few players have good footwork, relying instead on height or strength.
7. A good offensive player creates his own shot, or a shot for a teammate, when defended 1v1.
8. The two most important aspects of shooting are comfort and confidence.
9. Good offensive players think shot every time they catch a pass.
10. There are only three reasons to dribble: 1. To go somewhere; 2. To eliminate a five-second violation; 3. To create a better passing lane.
11. Pressure defense only works because offensive players are poorly prepared and lack patience.
12. Not all turnovers are equal. A turnover on an aggressive play is acceptable. Do not make mistakes by playing tentatively.
13. Negative and wasted motion reduces players’ quickness and effectiveness.
14. Great shooters receive the pass at the depth of their shot and do not dip the ball.
15. The easiest time to get open is after passing the ball. Move, do not stand and watch.
16. Zones work because offensive players get passive. Attack a zone with the same spacing and aggressiveness as you attack a man-to-man defense.