

Galesburg-Augusta Rams

Basketball



RAM PRIDE!

Head Coach Brian Dolph

Galesburg-Augusta Rams Basketball

Galesburg-Augusta Basketball Program Philosophy:

The ultimate goal of our basketball program is to be a program the entire student body and community can be proud of, both on and off the court. We expect to build our program with athletes who exhibit good character, self-esteem, self-discipline, and academic achievement. We will model good work habits, leadership skills, teamwork, and commitment, and strive to reach our highest potential.

To Be A Champion:

To be a champion, you need to act like a champion. You need to prepare like a champion. You need to practice like a champion. We expect our players to work like a “champion” in the classroom, in the weight room, on the basketball court, and in our community. All players are expected to demonstrate leadership and dedication to each other, the program, the community, and our school. As coaches and players, it is our responsibility to model COURAGE, COMMITMENT, LOYALTY, TRUST, and ENCOURAGEMENT to ourselves and our teammates. EVERYONE MUST WORK TOGETHER!

BASKETBALL PHILOSOPHY -“Do Things the Right Way!”

COACHING PHILOSOPHY: To do things the “Right Way” by creating an atmosphere of pride and by teaching each player the importance of a positive attitude, confidence, character, knowledge, goal setting, and how these factors apply to life, the classroom, and to athletics.

Coaching Expectations:

I. The basketball staff will coach their respective teams with these two goals in mind:

- A. To provide a meaningful experience for all participants. We want all participants to be better basketball players and people for having taken part in our program.
- B. To ensure all participants learn to be leaders, successful students, and positive role models in the community.

II. The philosophy of the TOTAL program comes first. Support the entire program by supporting each other.

- A. Support other coaches and players with a positive growth mindset.
- B. If differences exist work it out privately and if no desired results occur follow proper protocols.

III. **Build for the future** not just the present:

- 1. Stress fundamentals.**
- 2. Do not over criticize players; MAKE IT FUN TO PLAY BASKETBALL.**

IV. Handling Potential Conflicts or Problems:

- A. Be proactive, plan ahead.
- B. Explain the decision process of the team:
 - 1. Players need to talk to their coach on their progress, role, playing time.
 - 2. Players may talk to team captains or coaches with regard to positive or negative situations on the basketball team.
 - 3. Explain that feeling upset at times will occur with some players, but complaining to parents and teammates hurts the team.
 - 4. Open door policy- It is important all players use this policy, or know it's available to them. Encourage players to talk.
 - 5. Talk to your players about eliminating gossip. If you are not part of the problem, or

part of the solution, then do not say anything.

V. Coaching Guidelines:

A. **COMMUNICATION and EFFORT** will be the foundation for everything we do.

B. Fundamentals must be stressed throughout the program. We want our players to be successful in learning how to dribble, shoot, pass and work as a team. Players need to show improvement each day and season. Teaching proper fundamentals is important to a successful program.

C. Defensively, we will play hard and switch from man to zone depending on our team strengths and the teams we are playing. Players need to be taught the proper technique and alignment in order to know where to be and what to do when each defense is called.

D. Offensively, we will run a variety of plays that will work with strengths of our players. We need to be creative and utilize the skills our players possess.

VI. Playing Time:

A. All players will have the opportunity to compete for playing time. As we establish roles for each player, some players may not get a lot of playing time. Players will need to earn their playing time based on practice performance, classroom behaviors, academic success, and skill development.

B. Our goal will be to have all players work on fundamentals, teamwork, and technique no matter what position they are playing. We want our players to strive to do their best.

C. Playing time is not going to be debated. This is a decision made at the coaches discretion based on player ability, performance, and effort.

VI. Training Rules and Suggestions:

A. Consumption of tobacco (smoking/chewing tobacco), drugs, or alcohol will not be tolerated. Players will be held accountable according to school policy (code of conduct). Stay away from situations in which illegal activity is taking place (smoking, drinking, and drug use).

B. All players are expected to be on time for all meetings and practices.
If you are going to miss or be late please let Coach Dolph know as soon as possible.

C. If you need to make-up school work, you must notify Coach Dolph as soon as possible via email, phone or text.

D. NO HAZING, PERIOD! We expect all our players to respect each other. Hazing will not be tolerated at any level, and will result in the maximum punishment by the school administration and basketball staff.

E. The use of profanity will not be tolerated in school, the locker room, at practice, or at games.

F. Earrings or any type of jewelry will not be worn during practice or games.

G. Eat balanced meals and get plenty of sleep.

H. Take care of yourself- mentally, morally, and physically.

I. Stay away from other physical activities that could jeopardize your ability to participate on our team.

J. All players are expected to wear the appropriate basketball equipment and attire for practices, games, and team functions.

K. Practice attire- practice jersey and shorts

L. Drink plenty of fluids (water, sport drinks, etc.) and stay away from pop as much as possible

M. Each player is responsible for his equipment and locking his locker.

VII. Traveling Tips and Dress:

A. While traveling, we want to impress everyone with whom we come into contact. Players will be expected to conduct themselves in the appropriate manner. All team members will wear the proper attire for our road games. You are responsible for any trash, or belongings you bring on the bus.

B. For all games, home and away, players are expected to dress up in slacks, shirts and ties. If you do not have these items, please talk with Coach Dolph

VII. Classroom Conduct, Behavior and Grades:

A. Each member of our team is important to our team success. Be loyal to your team, school and community. Focus on being positive. All players are expected to be a positive role model in the classroom, school and community. Classroom behavior, study habits, and performance are a major focus of our team. All players will be held accountable for their grades and behaviors. Remember, you represent the GALESBURG-AUGUSTA RAMS BASKETBALL TEAM wherever you go, both on and off the court. **"Do things the right way!"**