



# Miami East High School Boys Basketball

## 2023-2024 Player/Parent Handbook

**Team members are representatives of Miami East Local Schools, Coaching Staff, and your family, and any actions that disrupt team unity, or bring embarrassment to these, can result in extra duty and/or suspension and/or dismissal from the team.**

### **General Rules:**

1. All players/parents must abide by the rules and procedures set forth by the Miami East Boys Basketball Handbook, the Miami East Local School District Parent/Spectator Guidelines, the Miami East Schools Parent/Student Athletic Policy and the OHSA. Failure to abide by these rules could result in suspension from a game or season.
2. The school drug and alcohol policy will be enforced.
3. The coaching staff reserves the right to suspend or dismiss a team member if at any time their actions disrupt the unity of the team.
4. If a team member is suspended for the use of alcohol, tobacco, or drugs, the coaches reserve the right to suspend or dismiss that team member from the team.
5. Be mindful of social media. Any posts made that reflect negatively towards the team or are critical of your team/players/coaches and the program will **NOT** be tolerated. Parents and Players.... If you post it, be prepared to be held accountable for it.
6. Players who have their driver's license need to practice safe driving on/off campus.
7. There is zero tolerance for stealing of other's belongings or players who "mess" with opposing school's property.
8. Student-Athletes at Miami East should represent the "Viking Way" (**M**ake every day count! **E**ncourage one another! **H**old yourself accountable! **S**trive for success!)
9. Coaches will be checking in with teachers to make sure that boys basketball players are being leaders in their classes, maintaining good grades while being respectful to teachers and their classmates.
10. Cell phones are never to be seen/heard during practice/meetings/Miami East Boy's games or in the locker room. Cell phones are not allowed to be present when players are in the stands supporting another one of our teams on game days. If a player is unsure of a "good" time to be on their phone, they should ask a coach.
11. Be mindful of social media. Any posts made that reflect negatively towards the team or are critical of your team/players/coaches and the program will **NOT** be tolerated. Parents and Players.... If you post it, be prepared to be held accountable for it.
12. **If there is an issue, ADDRESS IT but follow the order.**
  - a. Step 1: Set up a meeting with the coach to discuss concerns. If the parent is setting up the meeting, the player **MUST** be in attendance. If the player is not present, the meeting will not take place. If concerns are not met to satisfaction, they may proceed to step 2.
  - b. Step 2: Set up a meeting with athletic director. If the parent is setting up the meeting, the player **MUST** be in attendance. If the player is not present, the meeting will not take place. If the concerns are not met to satisfaction, they may proceed to step 3.
  - c. Step 3: Set up a meeting with the building principal. If the parent is setting up the meeting, the player **MUST** be in attendance. If the payer is not present, the meeting will not take place. If the concerns are not met to satisfaction, they may proceed to step 4.
  - d. Step 4: Set up a meeting with the Superintendent. If the parent is setting up the meeting, the player **MUST** be in attendance. If the player is not present, the meeting will not take place. If concerns are not met to satisfaction, they may proceed to step 5.

- e. Step 5: Concerns may be taken to the Miami East Board of Education.
13. Approaching a coaching staff member immediately before or after a game in a negative way (or sending an email, text message or Remind) to talk about an issue when emotions run high is an extremely bad idea. Parents who confront a coach or staff during or after a game with an issue will have their son suspended one game for a first offense. The second offense will result in removal from the team. Parents with questions or concerns about a game, will be required to wait 24 hours to discuss concerns with a coach.

## Attendance Rules:

(Lack of COMMUNICATION in attendance issues will not be tolerated! Talk to a Coach!)

1. You are expected to be on time to all meetings and practices. If you are sick from school or have a family emergency or have to miss practice, you (player) MUST notify your coach before the start of the practice/meeting/game.
2. If you miss practice, excused or unexcused could result in missing part or all of a game.
3. You have to be in attendance at school by 9:13AM or remain in school until 1:00PM to be eligible to participate in an after school basketball practice/game. If you are ill or won't be at practice for a family emergency, it is your responsibility to let your coach know prior to practice/game.
4. Players who miss school or partially miss school and/or a practice/game for an "appointment" MUST have a note from that appointment or it is considered unexcused which will result in potential loss of playing time, extra running/conditioning and possibly removal from the team if it's a reoccurring problem with a player. Pending the reason for the appointment, players may still have to complete the required running in order participate in the next game.
5. Attendance Policy (ALL players get one "freebie" absence. No questions asked for this. \*The only requirement is that a coach is notified before the start of the practice or it's considered unexcused non-communicated.)
  - a. Excused communicated – (4) Cross Court Down & Backs (30 sec.) – 4 total
  - b. Excused non-communicated & Non-excused communicated – (4) Cross Court Down & Backs (30 sec.) – 8 total
  - c. Non-excused non-communicated – (4) Cross Court Down & Backs (30 sec.) – 16 total
  - d. Dr. Note – Trainer advise (if due to injury, player must still attend practice unless Trainer advises otherwise)
  - e. Excused Missing of a Game –(4) Cross Court Down & Backs (30 sec.) – 4 total – Must be communicated prior to miss. No suspension from the next game
  - f. Unexcused Missing of a Game –(4) Cross Court Down & Backs (30 sec.) – 16 total– ½ game suspension for every game missed
  - g. If a player is unable to complete the running, the coaching staff will determine the best alternative/consequence to take its place.

\*All timed (by a coach) dbs have to be completed before able to play in a game. If players know they are going to miss and have to do dbs, they can complete those prior to the miss.

\*Any suspended game is the next game attended.

Coach Justin Roeth (937) 216-1862 [juroeth@miamieast.k12.oh.us](mailto:juroeth@miamieast.k12.oh.us)

Assistant Coach Kevin Gump (937) 875-0839 [gump@fairlawn.k12.oh.us](mailto:gump@fairlawn.k12.oh.us)

Junior Varsity Matt Rutledge (937) 216-3089 [mrutledge@miamieast.k12.oh.us](mailto:mrutledge@miamieast.k12.oh.us)

Freshman Coach Preston Elifritz (937) 573-7120 [pelifritz@miamieast.k12.oh.us](mailto:pelifritz@miamieast.k12.oh.us)

## Practice Rules:

1. DO NOT use PROFANITY. Failure to do so will result in disciplinary action.
2. Poor sportsmanship will not be tolerated. We expect and demand that our players show class at all times. Failure to do so will result in disciplinary action.

3. Players are expected to have their practice jersey at all practices. You may wear your past reversible jerseys, but will be required to wear a practice jersey at EVERY practice. We will adhere closely to the “WE” not “me” philosophy where we want our attention to be drawn to us as a team and not me as an individual. Practice jerseys are tucked in at all times when they are on the gym floor.
4. Players can wear any color of shorts, but must wear their Miami East practice jersey tucked in at all times.
5. Players can wear any shoe to practice as long as they are “well kept” basketball shoes.
6. Players can wear long tights or long sleeve shirts under their shorts/practice jersey during practice this year as long as it’s not a distraction.
7. Practices will be run efficiently and will start promptly at the scheduled time. Be ready 15 minutes before practice and do not interrupt the practice before/after our practice. Practices will be closed practices unless a parent makes arrangements with the coach to watch practice prior to the practice. In this circumstance, a parent can watch, but not interact with any players/coaches during the arranged practice they will be attending.
8. Weight Room – follow all weight room rules (specifically, wear proper shoes – no Crocs, Hey Dudes, etc)
9. No gum during practices.

### **Game & Game Day Rules:**

1. PLAYING TIME is not guaranteed! If you have a concern or question about playing time it is YOUR responsibility as a player to talk to the coach first. More respect is earned by players who discuss playing time concerns than players who merely complain and others discuss the concern for them.
2. ONLY Coaches or Captains will speak with officials if needed.
3. Any unsportsmanlike conduct will result in a disciplinary action (this includes technical fouls).
4. If a player receives a technical in a game, they will have to complete 30 db’s before the next game. (Db’s are Down and Back =1) These are not timed.
5. During the game, you are not to acknowledge boos, insults, trash talk, or actions from the stands. Players who look in the stands and interact specifically with their parents or fans will result in disciplinary action. Focus on the game, your coaches, and your teammates!
6. All players will be expected to be prepared with their uniform/shoes etc. for games.
7. Game Dress –
  - a. Shoes.... You earned it! You may wear any type of shoe for games. Try to be mindful of the “look at us” and not “look at me”.
  - b. All players will wear white socks for games. Again, minimal black/blue on the socks.
  - c. Players can wear a short sleeve shirt under their uniform, but it has to be blue if we are wearing blue and white if we are wearing white (NO long sleeves). NO long tights under shorts or anything that sticks out past the length of the shorts. NO EXCEPTIONS!
  - d. In order for a player to wear a knee pad, elbow pad, arm sleeve or long tights, they have to be approved by the Trainer as a necessity because of a health factor. In this case, a doctor’s note may also be required.
8. Game Day Dress-
  - a. Players will required to wear a “team” type attire the day of games. Examples include: Long sleeve button up shirt/tie with dress pants/dress shoes, sweatshirt/black sweats or another team agreed upon attire. Players will be required to wear the appropriate “team approved” attire to the game. Players who do not wear the team dress for the day of the game will result in disciplinary action.
9. Bus will leave on time! No exceptions.
10. Freshman players will be required to ride the bus, but may be signed out to not ride the bus home. They will be required to stay for the ENTIRE JV/Varsity game and sit as a team in the stands and must be signed out by a parent/guardian. JV/Varsity players will be required to ride the bus home. No exceptions.

11. Players will NOT be required to take showers after games, but will be required to use proper hygiene after games and dress back in their game day attire they wore to school or to the game.
12. Hair Rule: Hair needs to be cut in a way that it is not in player's eyes (nothing past the eyes). No headbands or hair ties.
13. No gum during games.

### **Injury Guidelines:**

1. Report all injuries to the coach or the Athletic Trainer (Christin Eckert...use REMIND)
2. It's is extremely important that you notify our Athletic Trainer first for her guidance for injuries. She is here to help with any and all concerns.
3. Injured players still need to attend practice unless arrangements are made with a coach.

***Questions.....ask!** We are here as coaches to help your son on and off the court and to help them become their best in both areas. It goes without saying, but the classroom comes first which means coaches will periodically check with your son's teacher to ensure they are doing their best in the classroom.*



# Miami East High School Boys Basketball 2023-2024

## Player/Parent Handbook Contract

As an athlete representing myself, my family and Miami East Local School District, I believe that being associated with the team is a privilege, not a right. By seeking to become a member of the team, I understand that I must accept the responsibilities of team membership. I, therefore, acknowledge the fact that I have carefully read and understand all policies and rules set forth in the Miami East High School Boys Basketball player handbook.

By signing this contract, I am signing my willingness to comply with the policies and rules associated with becoming a member of the Miami East Boys Basketball program. I pledge to dedicate myself solely to the betterment of the athletic program and the improvement of my own academic, social and athletic abilities from this date forward.

I also understand that, by signing this contract, I am signing in association with the Miami East Local School District Parental/Spectator Guidelines as well as the Miami East Local Schools Parent/Student Athletic Policy.

*Sign and return*

Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_