



CENTRAL GRIZZLIES  
BASKETBALL PROGRAM  
MANUAL

## Program Mission Statement

The mission of Central Boys Basketball Program is to field teams that achieve in the classroom, excel on the court, and make a positive impact on our school and community. Student athletes will be treated with respect and dignity as we strive to reach out potential as a team and as individuals.

## Program Vision Statement

To envision a culture where student athletes are proud of Central High School and have positive personal, social, and civic values that foster academic and athletic success.

## Program Philosophy

The coaches are deeply passionate about program development in the game of life and basketball through comprehensive system of play that our team can execute efficiently. This will allow us to experience the consistent results of competing and winning on and off the court.

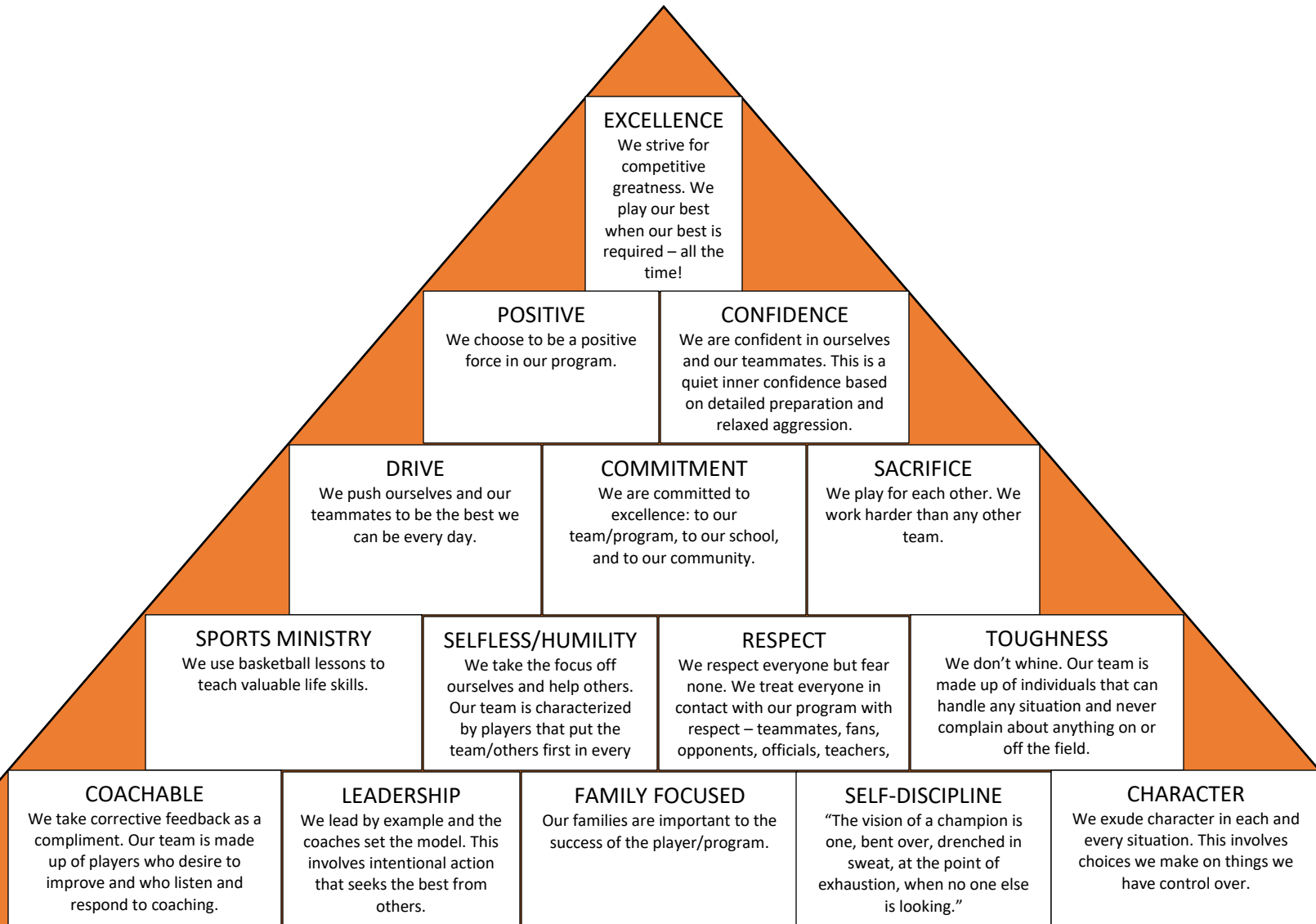
## Offensive Philosophy

We will always be in attack mode with continuous movement.  
Multiple offenses: Quick set plays, Horns series, Triangle, Motion, Dribble Drive (4-1, 3-2), 5-Out

## Defensive Philosophy

Relentless in your face to make you uncomfortable pressure. Tenacious D  
Multiple defenses: 2-2-1, 1-2-2, 1-2-1-1, Full/Half Court man zone, Full/Half Court man, Match and Tag Defense, 3-2 Zone trap, 2-3 Zone trap

# PYRAMID OF SUCCESS



## CORE VALUES

The coaching staff will acknowledge and emphasize the twelve core values in every team practice, event, and games. The core values are instrumental for lifelong success and helping our athletes become role model citizens. Our message is much larger than the game of basketball. We want to prepare our students for the real world. Anything that can be done to improve the character of our student-athletes and team increases our chances for success. The following core values will be taught and addressed in everything we do:

- FAMILY
- PASSIONATE
- COMMUNICATION
- INTEGRITY
- TOUGHNESS
- RESPECTFUL
- TEAMWORK
- WORK ETHIC
- ACCOUNTABLE
- COMMITMENT
- SELFLESS
- LOYAL
- LEADERSHIP
- COMPETITIVE
- SPORTSMANSHIP

## STRATEGIC PATH

<b>TACTICAL</b>	
MASTERING ALL FUNDAMENTALS	
HIGH PRESSURE TEAM DEFENSE	
DOMINANT REBOUNDING	
UP-TEMPO & HARD TO GUARD TEAM OFFENSE	
SKILLED, CONFIDENT & CLUTCH SHOOTERS	
ATTACK, DRAW FOULS & MAXIMIZE FREE-THROW OPPORTUNITIES	
VALUE THE BALL & MINIMIZE TURNOVERS	
FINISH & EXECUTE SUCCESSFULLY UNDER PRESSURE	
<b>ACADEMIC</b>	
TEAM & INDIVIDUAL GPA	Your credentials in the classroom will take you further and last longer than any success that you might encounter on the court. (goal - TEAM GPA 3.0+, Individual GPA = 3.2)
<b>MENTAL</b>	
ROUTINES	Breathing, emotional control, performance routines (e.g., stretching before and after practice, warm-ups), pre - during - post.
MOTIVATION	Themes and phrases throughout the year with emphasis on team building.
<b>FUNCTIONAL &amp; FITNESS</b>	
NUTRITION	Fueled for optimal performance (goal = 3-6 healthy meals per day)
SLEEP	Consistent and in bed early. (goal = 8-10 hours per night)

**We Play Hard. We Play Smart. We Play Together. Our Disposition will be to ATTACK in everything we do.**

## IDENTITY OF A CENTRAL BASKETBALL PLAYER

1. Give 115% effort and try your best 100% of the time.
2. Tell the truth and make no excuse.
3. Be a sponge and absorb knowledge.
4. Demonstrate and maintain a positive mental attitude and body language.
5. Represent yourself, your family and Central High School in a classy manner at all times.
6. Understand your role on the team, take pride in it and focus on team goals more than individual goals.
7. Care about your teammates, take responsibility for their well-being and treat them as family.
8. Attack in everything you do. Finish everything you start.
9. Take care of your body while staying dedicated to the ball and conditioning.
10. **BELIEVE that team DEFENSE wins CHAMPIONSHIPS and is entirely committed to development in this area.**

## IDENTITY OF A CENTRAL BASKETBALL COACH

1. Coaches are servant leaders and responsible role models. Coaches are not buddies or friends to the players. Our role is much larger than that.
2. Our coaches believe that players are sons first, students second, and athletes third.
3. Professional and honest in all relationships.
4. Teach each player with respect.
5. Thoroughly communicate role on and off the court.
6. Loyal to each player in public and private.
7. Loyal to the basketball program.
8. Guide each player to achieve their goals through leadership and training.
9. Enhance each player's basketball skill set.
10. Personally assist each player now and after graduation in any way possible.
11. Make decisions on what is best for the team.
12. Provide discipline and structure for each player and help them mature and grow.
13. Work each player outside of their comfort zone in practice to prepare for the ultimate goal.
14. To make CENTRAL BOYS BASKETBALL a positive and memorable experience.
15. Firm, fair and consistent regarding discipline.
16. **Set high standards for our players in the classroom, basketball court and in life.**

## PARENT CONDUCT

1. Each parent will be informed of their coach's name and phone number for contact about schedules and/or issues.
2. Any question regarding practice and game times will be available through your coach or email [grizzlyboysbasketball@gmail.com](mailto:grizzlyboysbasketball@gmail.com). Grizzly booster club staff will have limited information. Please use your coaches!
3. Players will need to be on time for all games, they must be wearing their team shirt and proper gym shoes. They will not be permitted to wear any jewelry, earrings, rings, etc.
4. Any complaints or concerns you may have should first be addressed with your coach quickly and positively. If you are not seeing results through the coach, please contact Director of Sport, Greg Streets @ 559-970-8706. **Complaints should not be sent to the District Office. They will forward to the Director of Sport.**
5. All parents and individuals you bring to attend your child's events are expected to treat all players, coaches, referees, other parents, and Grizzly staff with respect. Please do not use profanity. NO disparaging comment to players, coaches or referees will be tolerated. Any of this behavior will result in first a warning followed by removal from the playing area. Ejection from the game will be determined by the Referee and/or the Athletic Director. We would like to see encouragement and cheering on of all players from our parents.



## COACH-PLAYER-PARENT COMMUNICATIONS

Our goal as a staff is to encourage a family atmosphere where all parents and students are comfortable. The coaching staff will strive to make sure this occurs.

Communication is vital for successful parent and student relations. It is important for successful player development on and off the court. Great teams begins with great parents. We encourage any student with an issue with their coach to reach out to the coach to find a resolution. There is a communications process that all students, parents and coaches need to follow.

### COMMUNICATION PROCESS

1. Student meets with the Head coach. (Per level)
2. Student and parent meet with the Head Coach. (Per level)
3. Student and parent meet with Head coach and Director of Sport.
4. Student, parent, Director of Sport meet with Athletic Director. (Only applies to the High School)
5. Student, parent, Director of Sport, Athletic Director meet with an Administrator. (Only applies to the High School)

Students are expected to meet with their Head Coach First if they have an issue or problem. If a Coach receives a point of contact from someone other than the player, the coach will politely ask that their student come to the coach first as indicated in the communications process. This process streamlines communication and promotes accountability to all students within the basketball program.

Please remember that knowledge is the best way to find a solution. The only way to be clear about what occurs on the floor during a game is to get all the information so clear judgment can be made. If players are confused about their role, playing time, etc., they should seek their head coach for clarification.

### 24-HOURS

Immediately following a game, win or lose, is a tough time to talk with the coach. Usually the coach and player are very emotional. Please wait 24hrs before contacting the coach with an issue. Usually by then, both sides might be more rational and able to find a solution to the problem. In-person communication is preferred and speaking over the phone is the second best way to communicate. Email and text messaging are the last form of communication if a time to meet or speak over the phone options are not available.

## TRY-OUTS

Tryouts will begin at designated times at District gym facilities. There will be one tryout period in November for high school. A second tryout period will occur after football season is complete. The second tryout period is primarily for football players. The tryout date can change as well due to the length of the football season (playoffs).

During the tryout period, students will be evaluated for placement in our program. Each participating student will be given a maximum of four days to demonstrate their skill level, work ethic, basketball knowledge, and commitment in front of Central boys' basketball coaching staff.

Cuts will take place on the fourth tryout date of each tryout period. Each team in the program will be established and practices will continue as normal.

It is our goal to give every student a fair and honest assessment. Therefore, each student will be evaluated based on five factors that we feel are extremely important in order to produce a successful basketball program at the high school level.

The five factors are *academics, basketball skill, basketball IQ, coach-ability and character*. A description of each area is found on the following page. Please note that these areas are used as a means to help with the process of elimination. However, students must first demonstrate the ability to competitively play basketball at the high school level; otherwise, they will not be accepted to the team.

This will be an intense week and we appreciate each student putting themselves in a position to compete for a roster spot. Cutting students is the hardest thing we as coaches have to do. Unfortunately, it is the nature of this sport.

Each student must understand that in a performance based culture, roster spots are earned on an ongoing basis. This begins with initial try-outs and concludes at the end of the season. It is very important to make sure your student is getting adequate nutrition, fluids, and rest.

# COACHES CRITERIA FOR PLAYER EVALUATION

## 1. ACADEMICS

Each player in our program is a STUDENT-athlete. The expectation is that each player adheres to and exceeds the eligibility requirements set forth by CIF, Central Unified School District and Central High School. If a student is NOT eligible academically, then they cannot play. Academics will take precedence to athletics in our program.

## 2. SKILL (Approx. Weight Assessed = 70%)

Student-athletes will be evaluated on whether or not they have the skill to play competitive high school basketball. Skill refers to their ability to defend, shoot, pass, dribble, rebound, and demonstrate high-level fundamentals.

## 3. BASKETBALL IQ

Refers to the student-athletes' knowledge of the game. This is critical, as each player will need to balance their skills and talents into an organized and structured setting. Our program will challenge these athletes mentally as they will be introduced to a wide variety of concepts, terminologies, and schemes.

## 4. COACH-ABILITY & ATTITUDE

The coaching staff are looking for young men who will accept our teaching and coaching. We expect every player to respect the decisions that we make as coaches, have a willingness to be taught and coached, and follow the philosophy of our program at all times. Attitude is extremely important within our program.

## 5. CHARACTER

It is our philosophy to keep student-athletes who will represent Central High School, themselves, and their family with the utmost character. It is a belief of our coaching staff that sports more than any other source demonstrates the true character of human beings. Therefore, we want our players to be selfless, encouraging to teammates, respectful of our opponents, officials, and fans and have fun when competing in the game of basketball.

## ACADEMICS

Participation in athletics is a privilege and not a right; certain standards of eligibility have been established by the California Interscholastic Federation (CIF). The Central High School boys' basketball program will endorse and implement the CIF rules and regulations along with the Central School District and Central High school academic policy for participation.

All student athletes must maintain a minimum 2.0 GPA in order to be a team member; however, we expect students to have a higher GPA than the minimum. As a team, we strive for excellence and have a team goal of a 3.0+ GPA each season.

The coaching staff will work with each student athlete to ensure they receive the necessary educational assistance. Setting specific and realistic expectations is important for individual and team success. On the basketball court and in the classroom, student athletes must learn to increase their capabilities to achieve their goals and ambitions. Our goal is to make sure our student athletes are fully prepared for life beyond high school.

Class truancy (skipping class) will result in disciplinary action, whether an entire class was skipped or just a portion. This consequence will be similar to an unexcused absence at practice.

Failure to perform in the classroom may result in dismissal or suspension from the team at the discretion of the Director of Sport.

Failure to perform in the classroom may also affect the coaching staff's decisions when teams are formed at the beginning of the season.

## DRUGS & ALCOHOL

We have a ZERO TOLERANCE POLICY for drug and alcohol use. 24-7/365!

Players are expected to follow all State and Federal laws regarding drugs and alcohol along with Central School District and Central High School policies.

On top of facing punishment from the police, school district and CHS, players who break this policy may result in dismissal or suspension from the team at the discretion of the Director of Sport.

Players are expected to come forward regarding any laws/policies that are broken regarding drugs and alcohol. We will not tolerate players hiding their issues.

## PRACTICE

- Players are expected to trust and listen to their coaches to learn; never negatively question a coach on the court or in public. However, players are expected to ask clarification questions regarding basketball skills, concepts, etc.
- Players are expected not to leave the floor without permission from the coach.
- Players are expected to have a clean and profanity-free mouth at all times.
- Players are expected to refrain from negative comments, trash talking and or physical confrontations with teammates.
- Players are expected to demonstrate a positive mental attitude along with positive and inspiring body language. Players that display a negative attitude will lose the privilege to practice and play games.
- Players are expected to compete with a consistent and maximum effort.
- Players are expected to improve their skill set each night before they walk off the hardwood.
- Players are expected to hustle in drills and never loaf on the hardwood.
- Players are expected to be on the floor at least 15 minutes prior to the start of practice.
- Players are expected to wear their Central Basketball reversible practice jersey and practice shorts.
- Players will not be shooting half-court or non-game shots before or during practice.
- Players are responsible for their personal items (i.e., cell phone, laptop, iPod, iPad, etc.) and should keep these items in a safe place during practice and games. The Coaching Staff are not responsible for lost or stolen goods.
- Players are expected to know the difference between “hurt” and “injured.” Hurt means you have obvious pain but you are capable to continue playing because the pain is manageable. Injured means you have pain that is not manageable and beyond your pain threshold where you need to seek medical attention (e.g., team trainer).
- Players that are considered “injured” will not be cleared to practice until the trainer or medical physician approves.
- Players are expected to ice after practice or during practice if they are injured.
- Players are expected to take care of school property and equipment including the locker room, main gym, bathroom, etc. No spitting or gum tossing in gym. We will clean the gym of all garbage after each practice.

- Players are expected to attend every regular and post-season practice. Excused absences will be given out to players who contact their head coach 24 hours in advance with a realistic reason. Contacting assistant coaches is unacceptable. Unrealistic reasons are going to another sports game, going to a girlfriend's house, going to the weight room, etc. Realistic reasons are group projects, study hall, family emergency, family reunion, sick, etc.
- Players with excused absences are allowed to play in the next game but will not "start" and their playing time has the possibility of changing due to the lack of practice time that week. If you do not attend practices, you fall behind in all areas (i.e., skill, IQ, team terminology, unity, etc.)
- For every one unexcused absence, that player will sit out at least the one quarter of the upcoming game. If a player does not call the head coach before a practice and we have games that week, the player will sit out one quarter of the first game. Commitment to teammates and coaches are one of our top priorities.

## ATTENDANCE

- Attendance at all games, practices, meetings, conditioning sessions, and team events are *mandatory*.
- Players are expected to arrive at least *15 minutes* early to the start of practices, meetings, conditioning sessions and team events.
- Players are expected to attend every regular and post-season practice. Excused absences will be given out to players who contact Head varsity coach **24 hours in advance** with a realistic reason. Contacting assistant coaches, if you are a Varsity player, is unacceptable. Unrealistic reasons are going to another sports game, going to a girlfriend's house, going to the weight room, etc. Realistic reasons are group projects, study hall, family emergency, family reunion, sick, etc.
- Excused and unexcused attendance in practice will be dealt with according to what is previously stated in the practice guidelines (i.e., non-starter, loss of playing time, etc.).
- Excused and unexcused attendance for games will be dealt with on a case per case basis.
- Varsity players will travel together and are expected to watch the first ½ of the JV home/away game before heading to locker room.
- JV and freshman players are expected to watch the entire Varsity game home or away unless leaving with a parent.

## PLAYING TIME

- The determination of playing time is entirely up to the head coach and is dependent upon many factors. These factors are both measureable and subjective. On top of these factors, Varsity, JV and freshman have different levels of play regarding pace, talent and objectives.
- As the head coach, it is one of my top priorities to make personnel decisions and provide our team with the best chance for success during any given competition.

- Playing time can be affected due to actions that are **not tolerated**, such as: complaining to officials, technical fouls, ejections, fighting on the court, over emotional, arguing with teammates, arguing with a coach, being uncoachable, missing or late to practice etc.
- The coach cannot guarantee that any player will play at all during the season or how much they will play.

## TRAVEL ATTIRE

The objective is to look professional, presentable and represent Central High School with class. *Look great, feel great, play great!*

- **Away Game Attire** - Players are expected to wear black pants, white long-sleeve button shirt, and an orange to their belt line (no bow ties). Players are expected to wear business casual dress shoes (i.e., not basketball shoes, running shoes, slippers or sandals). On some away games, we will wear sweat suits instead.
- **Home Game Attire** - Players are expected to wear Central sweat suit and white t-shirt. Players are expected to wear running shoes or slippers.

If a member of the team does not have such apparel, and cannot afford it, he needs to talk to the Director of Sport 72 hours well in advance to discuss other fundraising options.

## GAME ATTIRE

- The objective is to look uniform and as a team. Players will wear team issued warm-up shirt and pants, jersey, and shorts for all home/away games. **Game jersey will remain tucked in at all times.**
- **Elbow sleeves, leg tights, wristbands, armbands or headbands are not allowed** unless given permission by the Director of Sport.
- Players are not allowed to roll up shorts.

## SPIRIT PACK

- Spirit packs are additional items that allow the team to look uniform. The spirit pack contains game day polo, sweat suit jacket and pants, backpack, socks, and shoes.

## TEAM SHOES

- Each player within the program will be encouraged to purchase Nike team shoes. Team shoes allow all Varsity, JV and freshman players to look united on the court. It is highly recommended that each player wears these team issued shoes unless there is a doctor note stating the player needs to wear a different shoe.

## SOCIAL MEDIA

- Coaches will monitor all player social media activity but will encourage players to disengage in this activity during the basketball season. Players should remain focused on the task ahead. College scouts look at social media accounts to determine a player's character. This is a new recruiting tool.

## AWAY TRIPS

- **Players are *required* to stay with the team at all times on away trips.**
- Players who leave the travel party or violate District policies, no matter the circumstances, will have their parents called and sent home immediately along with being suspended from the team.
- All Central Unified School District policies are in effect when traveling. Overnight Field Trip request forms must be signed by parents and students when traveling and staying overnight for game play.

## TEAM BUS

- **All Varsity, JV and freshman players must ride the team bus to away games. All Varsity, JV and freshman players must ride the team bus back to Central High School after the Varsity game concludes unless the parent signs out his/her player. Players can only leave with the parent unless stated otherwise on the emergency card.**
- **Traveling to our away game is a time for concentration and mental preparedness.** Players are expected to refrain from horseplay, loud conversations and other distractions.
- There are no assigned or saved seats.
- Players are expected to show courtesy and respect to bus drivers and fellow passengers. This includes following all established bus rules and keeping the bus clean.

## FILM SESSIONS

- **Players are expected to watch game film on a consistent basis.** As a coaching staff, we will videotape each varsity game and upload it to Hudl. There will be team and individual film sessions.
- **During team film sessions, players are expected to attentively listen to the coach along with writing down notes to improve team and individual performance.**
- Film sessions will shed more light on our performance good or bad; players are expected to maintain a positive attitude regarding criticism from the coaching staff. These sessions are used as a tool to help you!



## JEWELRY

- To ensure everyone's safety, **no jewelry will be worn at any time during practice, game, walk-thru, etc.** Please keep all valuables locked up and secure. Coaching staff is not responsible for lost or stolen jewelry.

## HEADPHONES

- Players can wear headphones. Some players use music to mentally prepare for a game. Headphones/media players are allowed in the locker room but prior to the coach talking, head phones should be put away. The locker room is the time to review game plan and prepare to play. Enjoy the time together with your teammates and coaches. We will have pre-game music playing in the locker room along with pre-practice music on the court. Coaching staff is not responsible for lost or stolen headphones.

## CELL PHONES

- No cell phones during team meetings, practices, meals, pre-game, etc. except for emergencies.

## Central High Boys Basketball Coaching Staff/Contact Info

Position	Name	Phone	Email
Director of Sport/Head Varsity Boys Basketball Coach	Greg Streets	(559) 970-8706	<a href="mailto:gstreets@centralusd.k12.ca.us">gstreets@centralusd.k12.ca.us</a>
First Varsity Assistant	Karlos Grier	(559) 907-4849	<a href="mailto:Karlos.g11@outlook.com">Karlos.g11@outlook.com</a>
Second Varsity Assistant	Jervis Cole	(559) 307-9100	<a href="mailto:jerviscole@gmail.com">jerviscole@gmail.com</a>
Game/Video Manager	Alex Landucci		
Head Junior Varsity Coach	Justin Lea	(559) 906-4195	<a href="mailto:leajustin@hotmail.com">leajustin@hotmail.com</a>
Second JV Assistant	Justin Lea		<a href="mailto:tpaige@centralusd.k12.ca.us">tpaige@centralusd.k12.ca.us</a>
Head Freshman Coach	Henry Madden Jr.	(559) 309-0765	<a href="mailto:hmadden98@gmail.com">hmadden98@gmail.com</a>
First Assistant	Robert Bustos	(559) 393-9335	<a href="mailto:robertbustos10@yahoo.com">robertbustos10@yahoo.com</a>

## Feeder Program and AAU

Central Unified School District Elementary and Middle schools are critical to the future success of the basketball program. We must keep our kids in the district and keep them involved in activities and events throughout the district. There are several activities and events planned for the community.

### **Feeder Night**

Another event is feeder school night at Central home games. Elementary and middle school would be recognized at home games. We could have a skills competition, three-point shooting contest, and other fun activities as well to showcase the talent in the district during half-time.

### **Feeder Basketball Camps**

Grizzly Boys Basketball would like to have at least two feeder camps per year; spring and summer. This is also another opportunity for feeder coaches to train their players while working with a high school basketball coaches on basketball fundamentals.

### **AAU**

After the end of the high school basketball season starts AAU season. The AAU season will begin in March and continue through Memorial Day weekend. This time of the year, feeder teams are created from athletes in the Central District to play in local and national basketball tournaments. The first tournament starts the last weekend in March. Teams are made up of 4th – 8th grade players. Grizzly Boys Basketball would like to encourage feeder team coaches to participate in AAU. If a feeder coach has never coached AAU then the feeder coach would be placed with a seasoned AAU coach to learn the AAU process and benefits. This will also allow the feeder coach to see the basketball development and growth of the player they coach.

### **Central High School Coaches/Players**

Central High School coaches and Varsity players will attempt to attend one/two elementary and middle schools. We want to include all coaches and bring all elementary and middle schools into the Central Basketball family. The success of the Central Basketball program truly depends on the relationship we establish with our feeder schools. Without these relationships, Central Unified loses athletes to other schools and this must stop.