



# YOUTH BASKETBALL

SPRING/SUMMER 2020 TRAVEL BASKETBALL

PARENT MEETING

# H x B YOUTH BASKETBALL MISSION

Our mission is to help as many youth as we can reach their basketball goals. We are committed to excellence both on and off of the court. Our goal is to provide players with the knowledge, physical tools, and skills they need to excel in high school basketball, college, and possibly beyond. Our primary focus is to help develop the whole child by using the game of basketball as a platform to create positive, upstanding, productive, and community enhancing citizens.



# 4 COMPONENTS OF THE H x B COMPETITIVE PROGRAM

## 1. Basketball IQ:

We strive to instruct our children in a scholarly way, encouraging and enabling them to become students of the game, always learning and growing. Some examples of our commitment to this concept are as follows:

- *Thinking 1 or 2 plays ahead of what's happening now, intentionally making plays to set their teammates up for success, creating space, making the extra pass (when a higher percentage shot is available or if a certain player is "hot"), knowing when to take over a game, and anticipating movements on defense to make plays and many other concepts that are consistently taught at higher levels of basketball.*



# 4 COMPONENTS (CONT.)

## 2. Elite Level Training

Handles + Buckets, fully embraces this concept and base our training around it.

*Drills must be indicative of game situations, players must be pushed to excellence in all drills and skill work, Repetition is the ONLY way to improve in a specific skill, Fundamental and Advanced skills need to be worked on to propel players past their comfort zone – that is when true improvement takes place.*

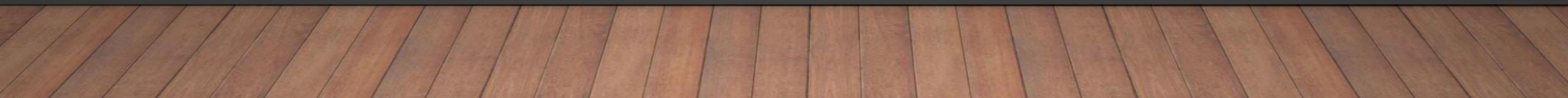


DLES+BUCKETS

# H x B TRAINEE TYGER

Tyger Campbell is one of the original H x B trainees. In his game back in high school you can see a lot of the elements we work on in clinics and individual sessions, and camps. It doesn't just happen, you have to drill it and make it instinctual.





# 4 COMPONENTS (CONT.)

## 3. Character:

We understand that there are many important life lessons that can be learned through basketball.

Through this multi-faceted game, we want to teach our kids:

*How to work hard, to compete, to deal with winning, to deal with losing, leadership skills, humility, teamwork, friendship, accepting criticism, accepting praise and dealing with adversity (to name a few). These are all things that are critical in building positive character.*



# 4 COMPONENTS (CONT.)

## 4. Long Term Success

What makes our program special is that we have a tradition of winning but do not stress that as our main focal point. There are many programs that focus solely on winning and everyone loves to come out on top. It goes without need for explanation, that it is awesome to win leagues, tournaments, and win trophies. With that being said, this is not the #1 focus nor is it the end goal of our program.

The goal is for the young player to reach their ultimate PERSONAL goals: play high school, college, or beyond. Every young player that is being coached to just be successful in the moment, suffer a gross disservice. Every child, should not just be trained to be good on their current AAU team, but be trained to play basketball at a high level now and for their future.

*“Winning is a natural by-product of running a great program”*

Wooden

HANDLES+BUCKET

STUDY





**b\_g\_hoops** With the spring tournament season underway parents and kids shouldn't think that traveling and playing in these tournaments is making players better. Yes players need to play, they need to learn to compete and everything that comes with playing games; but don't mistake being on the court in these games for player development.

Consider this scenario:

A player plays 5 games in a tournament.

If the games are 40 mins each there are a total of 1,000 team minutes to be played (5 games X 40 mins X 5 players on the court). If those 1,000 mins are divided equally over an 8 person roster that means each player will get 125 mins of court time. If we divide that time evenly between offense and defense then there will be roughly 63 mins spent on offense.

While your player is on the court for 63 offensive mins remember there are 4 other players on the court with them. So again averaging this out means your player will have the ball in their hands a total of 12-13 mins for an entire weekend.

One basketball mind I greatly respect [@coachsbrod](#) Tweeted a theory earlier today that players will only get a total of 50 shots over the course of a 5 game weekend tournament. While his number might be accurate consider this: what if your player is not a primary ball handler or is not a starter and does not play the same number of mins as the other players on the roster? The number of mins they will actually have the ball in their hands & the number of shots they actually get will be greatly decreased.

**H+B IS UNIQUE**

**WE REFER TO OURSELVES AS A TRAINING  
BASED BASKETBALL PROGRAM THAT  
HAPPENS TO HAVE COMPETITIVE TRAVEL  
TEAMS AS AN ENHANCEMENT TO OUR  
PLAYERS' TRAINING**

**..PRACTICE AND SKILLS IS WHERE YOU GET BETTER..**

**HANDLES+BUCKETS**

# H+B COMMITMENT LEVELS

## Dr. William Glasser's 5 Levels of Commitment

- **GOAL - BEING AN ELITE LEVEL BASKETBALL PLAYER**
- **WHAT IS YOUR COMMITMENT LEVEL TO THAT GOAL?**
- **LEVEL 1: I DON'T WANT IT.**  
**LEVEL 2: I WANT THE RESULT, BUT DON'T WANT TO WORK FOR IT.**  
**LEVEL 3: I MIGHT, I'LL TRY, I COULD.**  
**LEVEL 4: I'LL DO MY BEST.**  
**LEVEL 5: I'LL DO WHATEVER IT TAKES!**

# H+B REGISTRATION INFORMATION

- **\$980**
- **TWO SETS OF CUSTOM UNDER ARMOR UNIFORMS (HOME + AWAY)**
- **SHOOTING SHIRT**
- **BACKPACK**
- **8-10 TOURNAMENTS**
- **40+ PRACTICES**
- **A FEW EXTRAS (SOCKS, HEADBANDS, ETC.)**
- **COACHES**

HANDLES+BUCKETS

# H+B PRACTICE SCHEDULE

TBD

HANDLES+BUCKETS

**H+B THOUGHTS**

# **YOUR BEHAVIOR AND ACTIONS SHOULD LINE UP WITH YOUR GOAL**

**SOMEONE SHOULD BE ABLE TO SEE YOUR ACTIONS AND KNOW WHAT YOUR  
GOAL IS WITHOUT YOU HAVING TO SAY ANYTHING**

**AS A PARENT, WHAT IS YOUR COMMITMENT LEVEL TO HELPING **YOUR** PLAYER  
REACH HIS GOALS?**

**HANDLES+BUCKETS**

# H+B TEAMS

3rd/4<sup>th</sup> Grade

7<sup>th</sup> Grade Blue

5<sup>th</sup> Grade Supreme

8th Grade

5<sup>th</sup> Grade Gold

6<sup>th</sup> Grade Supreme

6th Grade Blue

6th Grade Gold

7th Grade Supreme



Supreme Teams will travel a little more extensively to more exposure events

Blue and Gold Teams will play in more local tournaments

# H+B BASKETBALL (What we teach)

## **Defense**

Man to Man (Ball, Gaps, Help)

Needs to be learned properly to play at the next level

Zone 3-2





# H+B BASKETBALL (What we teach)

## Offense

Triangle Offense: Phil Jackson/Tex Winters Triangle Offense

- It works successfully regardless of your personnel (good bigs, good guards, etc.)
- You have to read and react
- It utilizes all players strengths and can hide weaknesses
- Teaches you basketball IQ

# H+B EXECUTIVE ADMINISTRATOR

## MARQUI JORDAN

- Send out texts/emails to parents from H x B Staff
- Field questions from parents
- Collect and maintain player documents
- Main Communication with parents
- Help pass out gear, materials to teams
- Know Teams schedule for every tournament



# H+B CONDUCT EXPECTATIONS (PARENTS AND PLAYERS)

- Please refrain from using foul language or acting inappropriately towards players, other parents, referees, and coaches. (Referees are paid to make bad calls)!
- **NEVER** meet up with coaches after the game to complain, vent, or discuss playing time!!! Please wait at least 24 hours to contact your coach to set up a meeting or have the discussion with them at the end of the following practice.
- Let's represent H+B positively at all times...locally and/or on the road!

# DOCUMENTATION & INFO. REQUIRED

- Copy of every player's Birth Certificate. We never know when we may be asked to provide proof of age at a tournament.
- Copy of every player's Report Card (needs to show grade level).
- Contact information from new families and/or existing families whose info. may need to be updated:
  - Cell Phone Number from one or both parents.
  - Email Address from one or both parents.
- I will collect this information on the day of the parent meeting...Date and time TBD!

## H+B COMMUNICATION

Each team has their own GroupMe chat group set up. This is what I use to send out game times/location and other pertinent information pertaining to the organization. If you're new to H+B, you will receive the GroupMe link to join your group in the near future!



# H+B TOURNAMENT EXPECTATIONS

- Tournament schedules usually come out on Wednesday night or by Thursday morning of every week! There is nothing I can do to expedite this process!
- Tournament schedules can be located on the Tourney Machine app. I send out game schedules to each team as soon as they are posted via GroupMe. I watch Tourney Machine often for possible schedule changes and location updates so that I can update you on the changes immediately. However, please download this app so that you can also keep track of your team!

## H+B TOURNAMENT EXPECTATIONS (CONT'D)

- **PLEASE PLAN ON ARRIVING TO EVERY GAME AT LEAST 30 MINUTES BEFORE GAME TIME** for warm-ups and to get your player's mind game ready! Sometimes watching the game before their game get's their mind right!
- If your team is listed at the top of the schedule, you are the Home team which means you will wear the White uniform to that game. If your team is listed at the bottom of the schedule, you are the Away team which means you will wear the Blue (or the darker colored) uniform to that game.

# H+B TOURNAMENT EXPECTATIONS (CONT'D)

- Tournaments on the road –
  - I usually get decent rates when I book hotels such as Holiday Inn and Country Inn & Suites for tournaments on the road.
  - Hotels that I book usually will allow families to check in on Friday or you'll have the option of checking in on Saturday to save money. However, please keep in mind that each week, schedules don't come out until mid week and depending on how far we are traveling, you may be scheduled for an 8 or 9 o'clock game on Saturday morning. Checking in on Friday's can eliminate the stress of "what if we play early Saturday, or how do I know if I should or shouldn't book a room for two nights"...



## H+B TOURNAMENT EXPECTATIONS (CONT'D)

- To assist with keeping your expenses low while on the road, we often have team bonding meals. I can usually feed a family of four for dinner for about \$7 - \$10 per family which includes drinks and a dessert.

# HOTEL ETIQUETTE

We would like to maintain the good reputation that we have with all of the hotels that accommodate our H+B families. In order to maintain our good rapport, we ask that parents assist us by doing the following:

- Monitor children at all times while on hotel premises.
- Refrain from allowing players to run and play inside of the hotel.
- Assist with keeping noise levels down to reduce risk of complaints being made.

# H+B SUPREME TOURNAMENT SCHEDULE

## HXB Supreme

March 13 -15 4<sup>th</sup> Annual Mid State Team Appreciation Nashville

March 20-22 Battle of the Borders Louisville, KY

March 27-29 Hoopseen Tip-Off Suwanee, GA

April 4-5 Big Shots B-Maze Rocky Top Tip Off Gatlinburg, TN

April 17-19 6<sup>th</sup> Annual Mid State Music City Classic Nashville, TN

May 2-3 Hoops on the Bayou Hammond, Louisiana

May 15-17 George Hill Invitational Indianapolis, IN

May 30-31 Big Shot AAU Nash Vegas Franklin, TN \*A-Game

June 5 -7 Down by the River Memphis, TN

June 19-21 Aces Coca Cola Nationals Classic Garden Grove, CA



Supreme Teams will travel a little more extensively to more exposure events

# H+B BLUE TOURNAMENT SCHEDULE

## HXB Blue

March 6-8 21<sup>st</sup> Annual Volunteer Open Manchester, TN

March 13-15 4<sup>th</sup> Annual Mid State Team Appreciation Nashville, TN

April 4-5 Big Shots B-Maze Rocky Top Tip Off Gatlinburg, TN

April 10-11 7<sup>th</sup> Annual Mid State Next Generation Nashville, TN

April 17-19 6<sup>th</sup> Annual Mid State Music City Classic Nashville, TN

April 24-26 Southern Exposure Franklin, KY

May 8-9 4<sup>th</sup> Annual Mother's Day Off Tournament Nashville, TN

May 22-24 16<sup>th</sup> Annual DAWG Classic Lebanon, TN

June 19-21 Aces Coca Cola Nationals Classic Garden Grove, CA



Blue and Gold Teams will play in more local tournaments

# H+B GOLD TOURNAMENT SCHEDULE

## HXB Gold

March 6-8 21<sup>st</sup> Annual Volunteer Open Manchester, TN

March 13-15 4<sup>th</sup> Annual Mid State Team Appreciation Nashville, TN

March 27-29 Annual Mid State March Madness Franklin, TN

April 10-11 7<sup>th</sup> Annual Mid State Next Generation Nashville, TN

April 24-26 Southern Exposure Franklin, KY

May 8-9 4<sup>th</sup> Annual Mother's Day Off Tournament Nashville, TN

May 22-24 16<sup>th</sup> Annual DAWG Classic Lebanon, TN

June 19-21 Aces Coca Cola Nationals Classic Garden Grove, CA



## H+B LOS ANGELES TOURNAMENT

The Aces Coca-Cola National Classic Tournament is scheduled for June 19<sup>th</sup> – 21<sup>st</sup>. We strongly encourage the organization as a whole to attend! This is a wonderful experience and a great opportunity for our players to compete with teams that will bring a different level and style of basketball to our boys! As we always do when H+B travels on the road, we try to help families keep expenses low by working with hotels to accommodate us at a very reasonable rate. For this tournament, we will be staying at the Doubletree by Hilton-Orange County. Our rate will include parking as well as breakfast for the low rate of \$129 per night!!!

More details to come as the LA tournament gets closer...



# H+B HOTEL INFORMATION

## **Battle of the Borders Tournament – Louisville, KY March 20th-22nd**

Country Inn & Suites – Louisville East  
1241 Kentucky Mills Drive  
Louisville, KY 40299

Call (502) 261-9434 - to book your room and mention that Handles and Buckets group block. You can reserve a room for a one-night or a two-night stay checking in on Friday or Saturday if you'd like. The room rate is \$96.00 per night which includes 2-Queen Beds and a hot breakfast!

**Deadline to Book: February 24<sup>th</sup>**

## **Hoopseen Tip-Off Tournament – Suwanee, GA March 27<sup>th</sup>–29<sup>th</sup>**

Country Inn & Suites – Lawrenceville, GA  
989 Duluth Hwy  
Lawrenceville, GA 30043

Call (770) 339-1991 - to book your room and mention that Handles and Buckets group block. You can reserve a room for a one-night or a two-night stay checking in on Friday or Saturday if you'd like. The room rate is \$85.00 per night!

**Deadline to Book: March 13<sup>th</sup>**

# H+B HOTEL INFORMATION (CONT'D)

## **Big Shots B-Maze Rocky Top Tip Off – Gatlinburg, TN April 4<sup>th</sup> -5<sup>th</sup>**

Holiday Inn Express  
308 Henderson Chapel Road  
Pigeon Forge, TN 37863

Call (865) 428-8600 - to book your room and mention that Handles and Buckets group block. You can reserve a room for a one-night or a two-night stay checking in on Friday or Saturday if you'd like. The room rate is \$151.99 per night which includes 2-Queen Beds and a hot breakfast! ***This is the best rate that I could get at a decent hotel considering it will be Spring Break weekend which is one of their busiest weekends!***

**Deadline to book: March 4<sup>th</sup>**

## **Hoops on the Bayou – Hammond, LA May 2<sup>nd</sup> - 3<sup>rd</sup>**

Holiday Inn Express – Hammond  
1819 SW Railroad Avenue  
Hammond, LA 70403

Call (985) 662-3877 - to book your room and mention that Handles and Buckets group block. You can reserve a room for a one-night or a two-night stay checking in on Friday or Saturday if you'd like. The room rate is \$104.00 per night which includes 2-Queen Beds!

**Deadline to book: April 19<sup>th</sup>**



## H+B HOTEL INFORMATION (CONT'D)

### George Hill Invitational – Indianapolis, IN May 15<sup>th</sup>-17<sup>th</sup>

Details Coming Soon...

### Down By the River – Memphis, TN June 5<sup>th</sup>-7<sup>th</sup>

Country Inn & Suites – Wolfchase Cordova  
2270 North Germantown Parkway  
Cordova, TN 38016

Call (901) 386-1110 - to book your room and mention that Handles and Buckets group block. You can reserve a room for a one-night or a two-night stay checking in on Friday or Saturday if you'd like. The room rate is \$100.00 per night which includes 2-Queen Beds and a hot breakfast!

**Deadline to book: May 5<sup>th</sup>**

## H+B HOTEL INFORMATION (CONT'D)

### Aces Coca-Cola National Classic – June 19<sup>th</sup>-21<sup>st</sup>

Doubletree by Hilton Orange County Airport  
7 Hutton Centre Drive  
Santa Ana, CA 92707

Call (714) 656-1659 - to book your room and mention that Handles and Buckets group block. You can reserve a room for a one-night or a two-night stay checking in on Friday or Saturday if you'd like. The room rate is \$129.00 per night which includes 2- Queen Beds, hotel parking, and a continental breakfast!

**Deadline to book: June 5<sup>th</sup>**

# H+B STAFF

Tony Campbell: Founder/Director



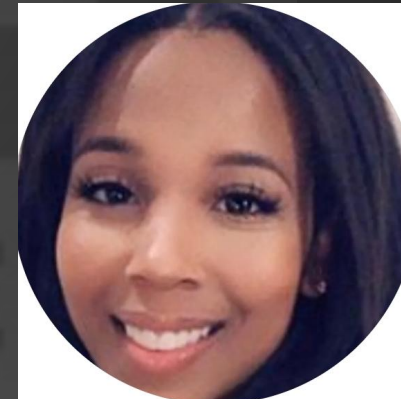
Tey Campbell: Director/Trainer/Coach

Teyha Campbell: Director/Coach/Operations



Jennifer Campbell: Marketing/Public Relations

Darrin (DT) Turner: Trainer/Coach



Bryant Hall: Coach

HANDLES+BUCKE

# H+B ENDING THOUGHTS

It is the relentless pursuit of improving oneself, that in itself builds character.

Tony Campbell

