



9/18/24

Good morning Frisco basketball family,

I want to welcome all of you to another promising season. We are excited about this year and have been putting in hours in the gym in preparation for this season. We usually have a parent meeting to go over important information but I have decided to put everything in this document so that you may refer to it if you have any questions. I apologize for the length of the document and I'm just going to list things bullet by bullet, but I hope to cover everything so that we don't have to meet.

SCHEDULES:

We have now finalized our schedule and it is linked here. You will notice one final change. The second scrimmage is now at Flower Mound High School on November 5th.

[2024-2025 Frisco Boys Basketball Schedule](#)

I am also linking our holiday practice schedule. Please note that we have practices and games over the Thanksgiving break and winter break.

[Holiday Practice Schedule](#)

COMMUNICATION:

Player to Coach: Not only are we teaching about the great sport of basketball but we are also trying to prepare our young men for life. One of those skills is conflict resolution and being able to come to us as coaches and communicate the issue at hand. We work hard to build up our young men and part of that process is being able to talk with us about issues they have. Meetings with parents can be conducted after a player has come to the coach and discussed the issue.

Notification of absence: It is the expectation that players notify coaches as early as possible prior to an absence for practice. There is quite a bit of planning involved in planning practices prior to

the practice and absences have a huge influence over changing the practice schedule. Notification can be made via email or through our SportsYou app.

SportsYou APP:

We will once again be utilizing the SportsYou app for our most effective and quick communication when there may be a change to a game or practice. Please set your devices to receive notifications from the SportsYou App. Download the SportsYou app, click on join team, and enter the following code: **LBWJ2QSR**

TRANSPORTATION:

Players are expected to ride to and from games on the team bus. Freshman and JV players will return from away games at the conclusion of the varsity game. Freshman and JV players typically ride together while the varsity team is on a separate bus.

GAME TICKETING:

All ticketing will be done online this year using HomeTown Ticketing. There are multiple options for tickets including season tickets and flex passes. All information for ticketing can be found at the following link.

[District Ticketing Information](#)

Tickets can be purchased at the following link.

[Purchase Tickets Here](#)

OFFICIALS AND FAN CONDUCT:

We have a crisis on our hands. The state of Texas has a significant shortage of high school officials for all sports, but especially for basketball. We met with our chapter which I would consider the best chapter of officials in the state of Texas to discuss some of the challenges they are facing this year. Most chapters in the state have told their school districts that they will not be able to cover many sub varsity games this year. Our chapter, while very strained, believes that it will be able to cover all games this year due to some of the changes some districts made to their scheduling. We have a great relationship with our chapter and we are confident that our games will be covered.

That being said, we will have some brand new officials in many of our sub varsity games. They are receiving tons of training from our chapter but will still need to gain some experience. It is NOT the right of a fan to yell and scream at officials. That is NOT part of the game or part of the fan experience. PLEASE treat our officials with respect as that is the only way they will stay in the profession. If they leave the profession and we don't have officials for our games, THERE WILL BE NO GAMES.

Basketball across the country has the reputation of having the most unruly fans. There are some schools in our immediate area that many officials will refuse to work at because of their history with that school's fan base. Let's make sure Frisco High School is not one of those schools.

[UIL Code of Conduct Link](#)

INJURY PROTOCOL:

Your son's safety is our number one priority. We will not play kids that are suspected of being injured. Most injuries are not life threatening. We ask that you follow our injury protocols as our trainers here on campus are very highly trained and skilled. If your son is injured we will have them report to our trainers. If there is any suspicion of a more serious injury such as a fractured bone, they will immediately call you and have you go to a doctor. In most cases, our trainers can give treatment to pulls and strains. We have a very strict concussion protocol that we adhere to as well. Our trainers ask that your son utilize the SportsYou app to contact them and come in for morning treatment. They must come in the morning for treatment and analysis in order to be treated again during our athletic period.

PLEASE NOTE: Once your son is seen by a doctor, we must have a follow up doctor's appointment that releases your son back to activity.

FISD RULES AND EXPECTATIONS:

Eligibility: Students must be passing all classes at the end of specific recording periods to be eligible to compete in basketball. Students that have failed one or more classes at the end of one of these recording periods will have three weeks to bring their grades up. They must be passing ALL courses at the end of the three week period to regain their eligibility.

Dress: UNIFORMITY- We will dress the same, look the same, travel the same, and do everything as a team on game days. Your son will have a travel suit checked out to them that they are to wear for away games. They are to have matching socks for games. They are to have appropriate shoes for games. They are to be dressed appropriately on the bus. We will cover all these rules with the players. Players may wear an undershirt under their uniform for games but it

must be sleeveless and in the appropriate color, white for home games, royal for away games. You may purchase undershirts, socks, and shoes from our team shop. Please note that neither our program nor our booster club makes any money from the team shop. The team shop provides items at a discounted price from our principal vendor. Please note that our seniors picked an alternate team shoe which has been communicated to the players and it is not one that is on the team shop. The team shoe is not a requirement but having a shoe that represents our school colors is a requirement. The Team Shop link will be provided as soon as I get it from our vendor.

[FISD Athletic Handbook](#)

OUTSIDE WORKOUTS:

Basketball is one of the most grueling sports and very taxing on the body. We take great pride in monitoring our athletes and understanding when we need some time off. Overuse injuries are at an all time high in our youth and high school sports. Basketball has become almost a year-round sport. Because of that, our staff has gone to great lengths to provide rest time at different times of the year. We do that with the intention of requiring full effort for the times that we are working out. At this time of the year we highly recommend that there be NO additional outside workouts. One of two things will happen. Either your son will unknowingly conserve energy for their second workout which then means they are not giving full effort or your son will give full effort and greatly intensify the risk of an overuse injury. Our staff has a combined 95+ years of experience (yes, we are getting old) so please trust in our expertise of not only the sport of basketball, but also the management of activity of your son.

[Article on Overuse Injuries](#)

[Dr. James Andrews-Overuse Injury Prevention](#)

QUESTIONS:

Please let me know if you have any questions about the above information. We look forward to having a great season and our staff greatly appreciates the sacrifices you make so that you and your son may be a part of our basketball family.