

**THE SENTINEL WAY**



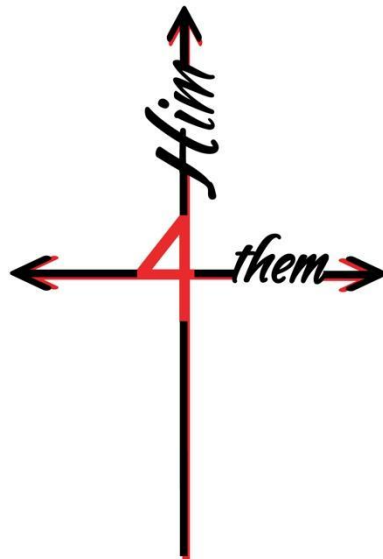


## MISSION & PURPOSE

The purpose of this basketball program is to produce well-rounded young men who are committed to serving God & others, hard-working students, and skilled as basketball players

Our coaching staff is dedicated to assisting these young men develop into responsible, accountable adults. We hope to provide them with a unique high school playing experience. We believe that in order to be great, you have to be different. There are few programs that separate themselves from the competition year in and year out. To accomplish this, we hold ourselves to the highest standards.

Character development is an essential part of our program as is academic success. Basketball is a temporary privilege for all players. ECS players will put the good of the team above themselves. And, they will learn the value of having a relationship with Christ.





## STANDARDS OF EXCELLENCE

1. 4 Him, 4 Them: We will strive to give our best in all we do as we are working for the Lord (Colossians 3:23). We will serve our teammates and others (Mark 10:45). Be Servant Leaders!
2. CHARACTER over reputation: We will value our character over our personal, team, or program's reputation. "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."-John Wooden-
3. Passion: We will be passionate about what we do. The coaches, players, managers, and trainers are committed to this program and are passionate about becoming the best team we can be.
4. Communication: We will communicate our thoughts and feelings to players, coaches, and parents. We will always be aware of how we are sending the message; let it be teammate to teammate and delivered with RESPECT.
5. Accountability: We will hold each other accountable for our actions and the results of those actions. When a player or coach is not giving 100%, we commit to let them know that they are the weak link and need to improve.
6. Work Ethic: We will give 100% effort in all that we do. We will strive to be the best we can be in the classroom, on the court, and as a person.
7. Integrity: We will do things the right way... even when no one is watching! We commit to being honest with each other at all times.
8. Respect: We will respect our teammates, classmates, co-workers, parents, coaches, opponents, officials, and ourselves.
9. Trust: We will trust each other 24 hours/day in everything we do on and off the court, from talking on defense, to trusting that guys are getting their rest and taking care of their bodies, to trusting that everyone is representing each other in first class manner at all times.
10. No Excuses: We either get it done or we don't; either way we move on and make sure the next possession, next quarter, or the next game is up to THE SENTINEL STANDARD!
11. Sportsmanship: We will win and lose with class. We will play the game with dignity, respect, and honor.
12. The Sentinel Way: We will commit to the teaching and the system that we have, trusting the coaching staff and holding yourself accountable to do things THE SENTINEL WAY.



## **PLAYER EXPECTATIONS**

### **Representing This School... and This Program**

Being a member of this basketball program is a privilege. It is not for everyone. This Program is unique in many ways. Players are treated like young MEN. The expectations are high. We expect a maximum effort on the court, in the classroom, and in the community. If you are a member of this basketball program, you should represent it well on and off the court.

### **Game Day Attire**

All players (Middle School, JV, & Varsity) are to wear a shirt, tie, and nice pants (no jeans) on home game days. Shirts are to be tucked in. Varsity & JV players will be provided “travel jackets” to wear on away game days. It is expected that all players follow this game day “dress code”. This outfit will be worn to school as well as to the game. Players may wear something else after the game if they wish to.

### **Grades and Classroom Behavior**

The minimum GPA required to participate in high school athletics is a 2.0. However, a 2.0 will not get you into college. The number one question asked about players by a college coach is, “what kind of grades does he (the player) have.” The better grades you have, the more opportunities you will have to play at the next level. Our coaches will check grades regularly to ensure our players are meeting team & program expectations. When expectations are not met, the team and player will face consequences.

### **Varsity, JV, & Middle School Game Day Support**

Our teams will support each other. This means we sit together during games and actively cheer on the other teams within our program. No cell phones, texting, tweeting, facebooking, ipods, head phones etc. ECS basketball players should be actively engaged and cheering on your teammates. Failure to follow guidelines could result in missing playing time.

### **Injured, Sore, or Sick**

ECS is blessed to have a full time athletic trainer on staff. Rebecca Lapp is available during the last period of the school day, after school, during practice time, and every home game. She is qualified to diagnose most injuries that may occur due to participation in sports. If a player is feeling sore, believes they are injured, or are feeling sick, they should follow these steps:

- 1.) Notify your head coach
- 2.) Meet with Rebecca Lapp, ECS’s athletic trainer, to figure out what is going on.
- 3.) Follow Rebecca’s instructions. If she believes you need to see a doctor, she will help coordinate with parents.

\*\* Missing practices or games because of an “injury” without following these steps will result in more missed games and possible dismissal from the team.



## “Discipline is the highest form of Love”

### Grounds for Immediate Dismissal From The Team

The following things will not be tolerated and may lead to dismissal from the basketball program for the remainder of the season.

1. Drug or Alcohol use.
2. Disrespect
3. Theft
4. Fighting

\*\* There may be offenses that differ from these that the staff views as a “dismissible offense”

*The Evangelical Christian School Basketball Program will not slam the door on anyone who is willing to redeem himself. If a player is dismissed from the team for that season, he may rejoin the team the following year under strict supervision and guidelines.*

### Late For Practice / Missed Practice

Unexcused Late For Practice:

- 1<sup>st</sup> Offense – Run one mile after practice
- 2<sup>nd</sup> Offense – Run two miles after practice
- 3<sup>rd</sup> Offense – Run two miles & do not play or dress out for the next game
- Continuation- Dismissal from the team for the remainder of the season

\*\*For lateness to be excused, the player must have a note from a teacher or his parents stating why he is late. He must have the note in his hand when he enters the gym.

Unexcused Missed Practice

- 1<sup>st</sup> – 3<sup>rd</sup> Offense – Player will not play or dress out for the next game.
- 4<sup>th</sup> Offense – Dismissal from the team for the remainder of the season

\*\*The only excuse for missing a practice completely is a medical or family emergency or serious illness that keeps a player from attending school that day. **In any case where a player will miss practice, the parent must e-mail or call Coach Guttery at school. Or, a player can call coach Guttery’s Cell Phone. This should occur prior to the practice or game.**

\*\*\*\**Having to study is NOT a valid reason for a student athlete to miss or be late to a practice. Students need to learn to effectively manage their study time around practice times. If a teacher is only available for help during practice time, communicate with your head coach prior to being late to practice.*

\*\*\*\**Family Vacation is NOT a valid reason for missing a practice. Your family may decide that your family vacation is more important than a practice... but the player will miss a game for each practice missed.*



## Players - This TEAM:

Our goal is to be the best we can be AS A TEAM. Everyone on this team will have a different role. I can assure you that if one person does not fulfill their role on this team, then we will fail to meet our goal. Your talent will be judged objectively and you will be given a role that the coaching staff feels will most benefit the team. Your role may be to score points, play defense, give a better player a needed rest, help the team improve by working hard in practice, or even as an emotional leader on the bench. Whatever your role is, accept it for the good of the team.

One thing that makes the ECS Basketball program unique is that we are more than a team... we are a program. The JV team will be in attendance for Varsity. The Varsity team will be at the JV games to support them. Middle school players are encouraged to attend each other's games and JV/Varsity games as family schedules permit.

If we are going to have a successful program, we must work together and support each other in our successes and failures. **Each team's success is equally important.** It is an expectation within this program that we cheer for and encourage each other.

## Be a great TEAMMATE



The ECS coaching staff wants to help players learn how to be great teammates. Here are some specific things that we coach our guys to do during a game that will make them a great teammate.

1. **Point to the Passer**
  - When a teammate makes a nice pass that result in you scoring, POINT to them and tell them "nice pass"
2. **Stand for a Teammate**
  - When a teammate comes out of the game, all players need to stand and acknowledge their effort
3. **Form Team Huddles**
  - During a break in the game, players should form a tight huddle. Only the truth can be spoken in these huddles. Get to the point. Identify mistakes and reinforce team play.
4. **Pick up a Teammate**
  - When a teammate dives on the floor or takes a charge, and there is a break in play, 4 players should be there to pick him up.
5. **Substitution Communication**
  - When a player checks into the game, they should bring the towel of the player they are checking in for. They should meet with this player before entering the game and discuss defensive match-up and offensive position.
  - After the substitution occurs, the player on the bench should continue to encourage and cheer for "his guy" (the guy that came in for him).



## PARENTS' ROLE

To have a top-notch high school basketball program, we not only need a maximum effort from the players and coaches, but strong support from the parents. Each of your sons only gets to go through this wonderful experience once. It is my hope that they will learn much more from this experience than how to play basketball. Parents can help their children learn life-long lessons from basketball.

When it comes to playing basketball at ECS, players should care more about pleasing their coaches than pleasing their parent(s). Many parents have been involved in coaching their son for most of their basketball career. All of our coaches chose this career because of our love for kids and the game of basketball... not to coach our kids. Parents; enjoy watching your son play the game that he loves... no matter how he performs.

### **Being Objective:**

To be objective is defined as not being influenced by personal feelings, interpretations, or prejudice; an objective person forms their opinion based on facts; they are unbiased

I have never met a parent, including myself, who is objective about their kid. It is the coaches' jobs to be objective about the skills and effort put forth by each player on the team. Our coaching staff is committed to being objective in our decisions with regards to this basketball program.

This means we will play the players that we feel will give us the best chance of winning. The ECS coaching staff believes that the best defenders give our team the best chance of winning. So, a player's ability to play team defense is one of the most important factors in determining their playing time.

### **Meeting With Your Son's Coach**

In following with ECS policy, The Sentinel Basketball Program will defer to the "Matthew 18" principle for conflict resolution. If a player is unhappy with anything about this program, then I want them to come and talk to a coach about it. Prior to any meeting with a parent, I expect to have had the player voice his concerns to a coach. If we are not able to work it out in this meeting, a parent meeting can be scheduled with the coaching staff. When meeting with a coach, the following guidelines must be followed.

1. The meeting must be set up by a phone call or e-mail to your son's coach at least one day prior to the meeting. *We are busy and have tight schedules. We will be more than happy to meet with you but need to know in advance, so we can plan our schedules accordingly. **No meetings will be held after games. All phone calls must be made to ECS.***
2. Coach Guttery will be present at all meetings. *I want to keep up with all of our player's concerns, Varsity, JV and middle school. This entire program must work together to be successful. As the Director of Basketball Operations, I must be aware of any concerns that the program is facing.*



3. **None of the coaches will discuss your son's playing time.** *We are more than happy to discuss your son's basketball skill, work ethic, leadership skills, and dedication. As coaches, we are always doing what we feel is right for the TEAM. We are also being objective in our decisions regarding playing time.*
4. We will not discuss anything regarding another player. *Under no circumstances will the coaches discuss anything at all about any other player on the team.*
5. *In most parent meetings, your son will need to be present. It is our experience as coaches that the only way to truly resolve an issue is to get all parties in the same room and communicate together.*

## **Practices & Parents**

Teenage boys are easily distracted by almost anything. Our coaching staff will provide plenty of instruction during practices. The last thing a player needs is to get additional coaching tips from parents, relatives, or friends who are watching practice. Parents need to trust our coaching staff and the job we are doing.

If parent's want to attend a practice, and **your son wants you to be there**, we will allow it. But, you must arrive 15 minutes prior to practice, stay during the entire duration of practice, and not be a distraction (cell phone). Please have your son ask his head coach ahead of time if you plan to attend a practice.

The purpose of these policies is simply to limit distractions.

## **Referees**

I have never seen a referee change his call because a parent, coach, or player argued. I have seen referees hold a grudge or make calls against a team because of constant complaining from parents, coaches, or players. Please remember that middle school and high school referees do not get paid much and are sacrificing time away from their families to do this low paying, thankless job.

I want referees to appreciate the sportsmanship, effort, and attitude of our ECS coaching staff, players, and parents because we are always looking for ways to be "set apart". We all represent this school and what it stands for. Please remember this and try to maintain a positive attitude towards the referees. There will be "bad calls" in every game just as there are "bad calls" that happen in real life. Life isn't fair and neither are all basketball games. We cannot change the call, we can only change our reaction to the call.





## DEFENSE

### “Defense Wins Championships”

**Philosophy:** Our goal is to be a team that constantly applies defensive pressure to the opposing team. We will dictate the pace of the game with our defense.

Playing good defense is a combination of effort, technique, and conditioning. We spend a lot of time teaching players proper defensive positioning and technique. Our practices and workouts will ensure that our players are in great condition. **A player’s effort is the most important factor in determining whether he is a good defender.**

90% of our in-game substitutions are defensive related. If a player wants to stay on the floor, they need to continue to play defense with great effort and technique.

#### **Middle School Defense:**

A player must learn how to play effective man-to-man defense before he is ready to attempt a zone. For this reason, our middle school teams will only play man-to-man defense.

#### **Junior Varsity Defense:**

The JV team’s primary focus must be to play GREAT man-to-man defense. This will be our primary defense. A zone press or half-court zone may be used in special situations.

#### **Varsity Defense:**

It is important to prepare our varsity players for the next level. College coaches want to see high schooler’s that know how to play effective man2man defense. We will play mostly man2man defense with some zones and zone presses mixed in.

### DEFENSE BASICS

#### ● **4 POSITIONS - Man 2 Man Defense**

- **Ball Defense** – If your man has the ball
  - Left Hand up (to guard against shot), Right hand out (to deflect the pass)
  - knees Bent, Butt Down... eyes on waist of offensive player
  - Force offensive player to dribble towards his left and/or away from middle
- **Gap Defense** - If 1 pass away on left side of floor
  - In between man and ball.. pointing to both
  - Discourage driving lane from ball handler
  - Ready to “fake & fade” to guard man you are matched up with
- **Post** - If guarding a post player
  - Front/Deny post entry passes
  - Ready to “fake & fade” on the drive
- **EAT** – Finish every defensive possession with a “hit & get”, and relentless pursuit of the ball on a rebound



## OFFENSE

**“Our go-to guy is the open man”**

**Philosophy: Our “go-to” guy is the open man.** Our goal is to increase the pace of the game whenever it is to our benefit. We think we are in better shape than other teams and are used to playing at a faster pace. We will also make the “extra pass” whenever it is for a better shot.

Players are encouraged to always be in “attack mode” looking to score. A player is more likely to be taken out of the game for passing up an open shot than for missing a shot. In fact, a player is never taken out of game for missing a shot. **90% of substitutions are defensive related.** Multiple turnovers or contested shots could also lead to a player being taken out of the game.

### **OFFENSIVE BASICS:**

- Order of Operations:
  1. Shoot (if open)
  2. Pass
  3. Dribble (last option)
- If an open man is closer to the basket than the ball-handler, pass it to them.
- Never put the ball above your head. Emphasize triple threat position at all times.
- Always look to score.
- A turnover is a missed opportunity to score. Teach the players the value of the possession.
- If you must dribble, attack the basket.
- A good basket cut or screen are 2 things that make a good offensive player... they may never make it to a stat sheet, but coaches notice.
- The man coming off the screen must run his man into that screen.
- Players must know their role (strengths and weaknesses). The coach must let players know what their strengths and weaknesses are and what their role is in the offense. Some are shooters, some are slashers, some are rebounders and screeners, and some can do it all.

### **Middle School Offense:**

At the middle school level, we want to keep our offense as simple as possible. We will focus on running an effective fast break, secondary break, and half court motion offense.

### **JV Offense:**

The JV team will focus on running the fast break and secondary break very well. The JV team will run most of the same offenses as the varsity team.

### **Varsity Offense:**

Our primary focus will be to beat teams down the floor. If we can attack the basket or get a post feed before the defense gets set, we have our best chance of scoring an easy basket... or getting an offensive rebound. Our half-court offense will focus on teaching kids how to read the defense, move without the ball, and set screens.



## Separated from the Rest

The ECS Basketball program provides a unique experience to its members. The administration and coaching staff work very hard to make sure this is a high level basketball program!

1. An extensive web site... ([www.ECSsports.org/basketball](http://www.ECSsports.org/basketball))
2. Team Twitter updates
3. Team Facebook Page
4. Team Instagram Page
5. A home game announcer for JV & Varsity games
6. Varsity team chaplain
7. Sentinel Squad... the best student section in SWFL!
8. Top of the line gear (travel suits, shoes, practice uniforms, game uniforms, etc.)
9. Pre-game meals (varsity)
10. Hudl film breakdown after regular season games
11. Tournaments/events in which we participate
12. Summer Team Camps
13. Dedicated/Private ECS varsity basketball locker room
14. Strength & Conditioning Coach
15. Middle School, JV, & Varsity teams support each other!
16. 7 coaches with over 100 years of high school and college coaching experience combined.
17. Dedicated team manager for every team.
18. Off-season and summer programs to assist player development
19. Individual and team stats kept at every varsity game and posted on maxpreps.com
20. Individual post-season evaluations.

