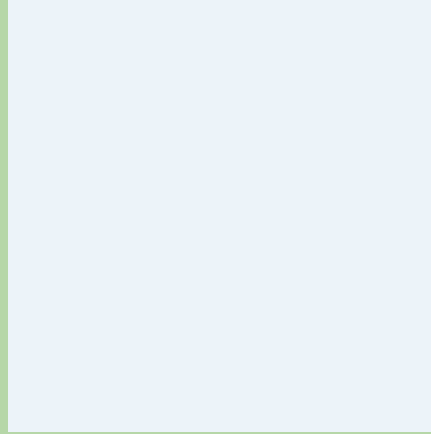


# 2024-25 Season



## **Parent & Player Meeting**

# Coaching Staff

Coach Sean Comer - Varsity Head Coach

Coach Royce Friedmann - Varsity Asst. Coach

Coach Demetrius Cash - JV Head Coach

Coach Nick Goss - Freshman Head Coach

# Objectives of the Staff

- Ensure Student-Athletes Graduate with a GOAL
  - Remember, we are here for an education!
- Teach the Game
  - Life Lessons Learned through Basketball
- Have an Excellent Experience
  - Maintaining a Positive Environment



# Team Philosophy - The 4 C's

- Character - “Be more concerned with your character than your reputation. Your character is what you really are, while your reputation is merely what others think you are.”
  - On & Off the Court
- Classroom - “Education is the most powerful weapon you can use to change the world.”
  - Behaviors that Prioritize Academics
- Comradery - “A player who makes a team great, is more valuable than a great player.”
  - We can go FAR...but we can go FARTHER together!
- Community - “Community is the foundation for success.”
  - The Backbone of Support

# 10 Characteristics of A Mustang Student-Athlete

1. **Coachable**
  - a. We are not calling you “out”, we are calling you **UP!**
2. **Selfless**
  - a. Team goals take precedence over individual goals.
3. **Responsible & Accountable**
  - a. Responsible for the decisions we make.
4. **Optimistic**
  - a. Always looking on the bright side.
5. **Emotionally Intelligent**
  - a. We must control our emotions, even while playing at an incredibly high level.
6. **Passionate**
  - a. Be passionate about what you do! How you do anything is how you do everything.
7. **Resilient**
  - a. Tough times don’t last, tough people do!
8. **Motivated**
  - a. The continuous pursuit for success, stay patient.
9. **Humble & Poised**
  - a. In times of success, credit is due to all those involved.
10. **Competitive**
  - a. Have joy in the hard fought battles, be at your best when your best is needed.

# Practice Guidelines

1. **Players must arrive 15 minutes before scheduled start time.**
  - a. **If you're on time, you're LATE!**
2. **Attendance at practice is Mandatory**
  - a. **Excessive absences/tardies will affect your playing time.**
3. **Practice schedules are sent out on the Remind App.**
4. **Practice schedule changes will be communicated from the Coaching staff.**
5. **Communicate schedule conflicts ASAP**
  - a. **Please provide a 24 hour notice to the coaches for all prior arrangements**
6. **Participation & Effort**
  - a. **Participation & Effort is expected from all players. It's in your control!**
7. **Sideline Watching**
  - a. **Be Engaged! Cheer on your teammates, you never know when it might be your turn.**
8. **Slamming or Kicking balls during practice will not be tolerated.**

# Parent Guidelines

1. Have pride in your son, his teammates, and the school.
2. Please respect our opponents in victory and defeat.
3. Please help us develop a tradition of good sportsmanship within our basketball program.
4. It is impossible for everyone to agree with every decision we make as a staff. Do not let a small difference of opinion keep us from working together and creating a great season/program.
5. Parents are not allowed to attend practices unless communicated with the Head Coach and Athletic Director.
6. If there is an issue about your child's standing on the team, please use this process first.
  - Player & Coach conversation
  - Player & Parent & Coach conversation
  - Player & Parent & Coach & Administrator conversation
7. Coaches will never talk about playing time, only about what the player can improve on.
8. Coaches will never discuss anything having to do with another player or talk about another player in comparison.

# Volunteering & Fundraising

## Free-Throw-A-Thon & Photo Day:

- Sat., Oct. 26th 8-11AM
- FTAT Money will be collected on Nov. 15th

## Banner Sponsors

- \$750 BUSINESS BANNER SPONSOR
- Donate food, money, or item(s) of value of < \$500

## Friday Night Parking Monitor (4-8pm)

- Supervise the CMHS back lot
- 1 adult volunteer needed
- 5 players needed
- Sep. 6 - Nov 15 Fridays only

## Snack Bar (Home games)

- 2 Parents/Players per shift to work
- *\*You are able to watch the game while working\**



# Parent Involvement

Thank you all for making the 2024 Fireworks Booth a huge success!

- Friday Night Lights Parking lot Monitor
  - 4-8pm Fridays @ CMHS
- Home Games Snack Bar Staffing
- Banner/Business Sponsors
- Team Meal Donations
- Booster Participation:
  - Asst. Treasurer
  - Snack Bar Coordinator
  - Vice President
- Please attend our next Booster Meeting if you would like to fill one of our vacancies.

# Wrap-Up

For updates please make sure you're signed up for the Remind app.

Find this Presentation & Flyers on our Website: [cmhsbasketball.com](http://cmhsbasketball.com)

Please sign & turn in the Student-Athlete Contract on your way out!

Holidays:

- All: Nov. 26-28 (Thanksgiving), Dec. 22-25 (Xmas), Dec. 31 (NYE)

Questions?

**Let's Have A Great Season! GO MUSTANGS!**