

HANDBOOK OF CHAMPIONS

NIGHT HAWK BASKETBALL

**BUILDING TRADITION ONE VICTORY
AT A TIME**

REGION 7 CHAMPIONS 2019, 2020, 2021

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Dear Player:

I would like to welcome you to the Night Hawks Basketball Program. I am looking forward to this season of Night Hawks basketball. You will be asked to make sacrifices and give all you can possibly give to this program. This means you will practice hard and encourage others to do the same. Hard work translates into success. As your coach, I promise to never quit on you and will do everything in my power to make your hard work pay off.

I cannot guarantee that all of you will be stars on the basketball court, but I do know that with the right attitude you can achieve most anything. We will set goals for ourselves as a team. We will work tremendously hard together, as a team, to achieve these team goals.

Our number one goal is to build a strong tradition with this program. We don't just want to win, but to win with honor and respect for the game. We will pursue victory with honor and represent ourselves, our schools, and our communities with nothing but class.

I want to make basketball enjoyable for you. I want you to understand that it is a privilege to wear the Night Hawk uniform. You are going to push yourself to become the best player you can be, but without ever forgetting about your love of the game and why you play this great game, because it is FUN.

Here is a quote from a former NBA coach, Hubie Brown that I find to be so true. "Teams with athletes that have ability make for many wins, but teams consisting of athletes with dependability make seasons memorable." I believe we have athletes with a great deal of potential and ability, but if we can come to depend on one another to give max effort then we can build something special.

Coach Pierce



NIGHT HAWKS PROGRAM PHILOSOPHY

Basic Beliefs

A. Work to become a better person. A class act with goals higher than ten feet.

- How reliable are you?
- How much character do you have? Do you do the right thing when no one is watching?
- How respectful are you?
- How much courage do you have?
- How hard do you work? Do you have the discipline to bring extreme effort every day?
- What attitude do you bring to our program?

B. Prepare yourself to leave school with a quality high school education.

- Be attentive and cooperative with your teachers and classmates.
- Work to manage your time and become organized.
- Work to become ready to operate successfully in society.

C. Play in a Championship Basketball Program.

- Develop your individual skills.
- Improve your strength and conditioning.
- Trust our style of play and team concept
- Concentrate and prepare for every opponent.
- Enjoy the atmosphere

The Game

A. Performance is the only thing that counts.

- Potential makes no difference. Players must make plays.
- Don't just try to get by – Devote yourself only to those plays which will win the **championship game** for you.

B. Basketball is a game of fundamentals. Are you an excellent fundamental player?

- How well do you screen to get others open?
- How well do you get yourself open?
- How well do you defend?
- How well do you rebound?
- How well do you shoot?
- How many bad shots do you take?

C. Most important factors in winning basketball.

- Defense.
- Rebounding.
- Execution and shot selection.
- Turnovers.
- Team Attitude. A team playing with a competitive greatness. People putting team above their personal interests.

D. Eliminate losing first, THEN you can win.

- Defense:
 - No lay-ups.
 - Don't foul.
 - No 2nd Shots – We must REBOUND.
 - No open shots – Contest all shots.
- Offense:
 - Missed Free Throws are killers.
 - Turnovers are suicide.

E. Mistakes which often lose close games.

- Missed free throws. Breathe and relax.
- Failure to handle the ball effectively – Turnovers
- Failure to Rebound. End of possession.

Relationships

A. Player-Coach

- My door is always open – When you have questions, concerns, or ideas please share them with me.
- My belief is all people need two things: Discipline and Motivation. You will get both. Be able to take tough coaching – your coaches are trying to make you better. Don't let motivation and praise fool you – improvement in your game is always necessary.
- Loyalty has no compromise – Keep quiet about our business.
- If we have to make a decision between you and the integrity of the program that decision has already been made.
- Devote yourself to the best effort all the time.
- Understand that everyone contributes to the program in many different ways. Not all of which include playing time.
- Be responsible. We will not do something for you that you can do for yourself.
- Discipline and sacrifice come from within, they are perhaps your greatest talents.
- Every new day people are allowed to choose what their attitude will be and how much effort you will put forth into worthwhile projects. What an opportunity!
- Be everything you expect your coaches and teammates to be.
 - Enthusiastic
 - Loyal
 - Mentally tough

B. Player-Player

- Same rules as above apply.
- Leadership involves:
 - An enthusiasm for hard work.
 - Sacrifice and Dedication.
 - Willingness to risk.
 - Mental toughness.
 - A team-first attitude.

- Leaders spend a lot more time worrying how to make their teammates better players.
- Your teammates are the women you truly “grow up with”.
- Balance cooperation and competition.
- Understand and respect individual differences.
- Help each other to improve as a person, student, and player.

Evaluation of Personnel

A. Types of players:

- Difference-Makers.
 - Players with talent, work ethic, attitude, and heart
- Winners.
 - Those who won't hurt the team.
 - Have a great heart and the attitude which allow teams to reach their destiny.
- Losers.
 - Those who are talented, but have a poor attitude.
 - They are not willing to pay the price for greatness.

B. Coaches put more emphasis on how well the team does while a player is playing, rather than how well each individual does.

C. The best players are not the best shooters, the tallest, most athletic, or quickest players. They are the people who....

- Move without the ball.
- Pass efficiently.
- Screen and use screens.
- Take good shots.
- Defend.
- Rebound.
- Know their role.

D. The leaders of a team are the players who work at their game year-round. They understand how important improvement is within their game.

Hey, Want to Ruin the Team??

Do you feel like flushing the whole season down the toilet???

Players with an “At-Risk” Mentality...

There are players who have great ability, but lack the commitment to all areas needed to be a total success in our program. These players have all the talent and ability in the world. They are capable of making spectacular plays on occasion, but are inconsistent and undependable. They are moody and usually lack emotional control. They get selfish and act immaturely in difficult situations. They will go in the tank when they don't get what they want or when things don't go their way. They often want to bring forward the exception to the rule. These players are just good enough to lose with...

These people are not worth the risk...

Immaturity/Spoiled people – People lacking self-confidence/having self-image problems. Could also be someone who “passes the buck”. They lack accountability. They become undependable when they don't get what they want or when things don't go their way, their spirit is broken.

Con man – They often want to bring forward the exception to the rule; simply stated, they are too smart for their own good. These rugged individuals can ruin a team; they will often pit teammate against teammate so they can feel more powerful.

Prima Donna – Selfish, arrogant people, who feel the rules don't apply to them. They have powerful personalities and have developed a certain following of people. They can poison the atmosphere within a program.

Chaotic Lifestyle – Easily influenced people who often put themselves in the wrong environment. They lack discipline and order in their personal lives. They are moody and typically lack emotional control. In difficult situations, they are selfish and act immaturely.

TEAM PRINCIPLES

● TO BE ON THE TEAM

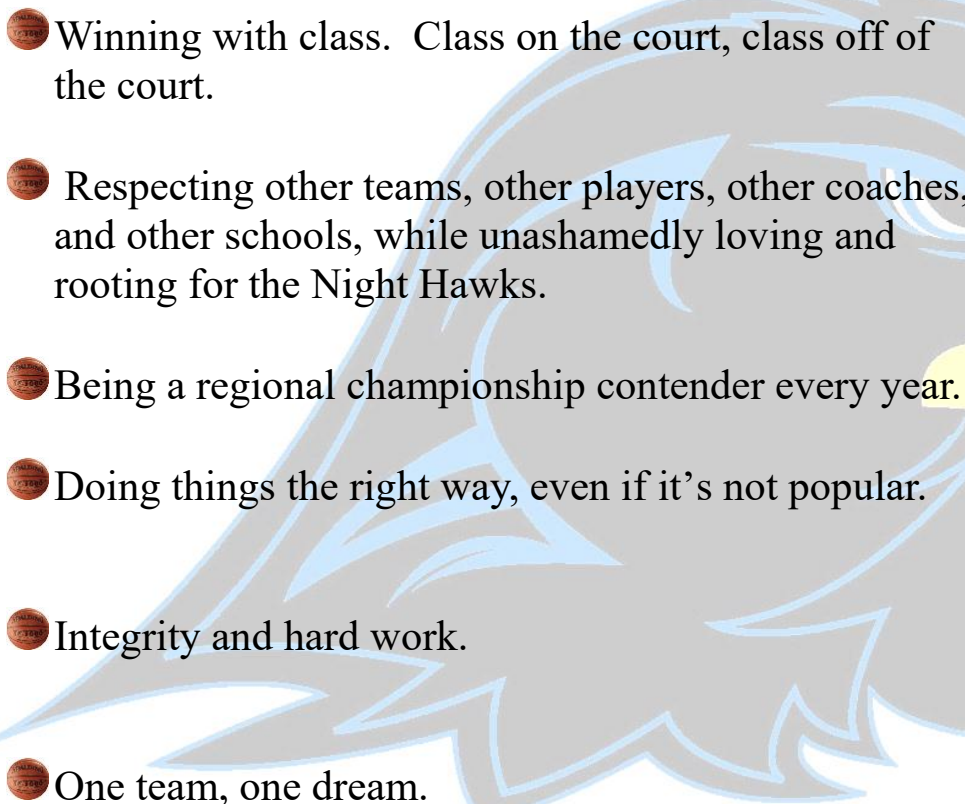
- **Attitude.** We must take on an attitude that craves improvement.
- **Communication** is the key to every successful relationship in the world. Use honesty in all instances with all people. Seek and share information with your coaches, teammates, and others at every opportunity.
- **Set your Priorities.** Establish a sense of purpose. Be accountable to yourself, your family, your team, and your coaches. It takes great self-discipline, commitment, and sacrifice to handle outside influences.

● To WIN HERE

- **Develop your edge.**
 - We have a vision of excellence. We have a passion for hard work. Our energy and enthusiasm will go unmatched.
- **Build our TEAM.**
 - We take care of each other; we look out for one another. We will work to root out all negative influences on our team, such as, Cliques and At-Risk mentalities. We are fiercely loyal and must work to make our team pride obvious to others.
- **Compete at your highest level every day.**
 - Teams with sustained intensity achieve more. Their mental toughness proves out at the most critical moment. We will exert our will on our opponents -
The Aggressor Always Wins!

- **Finish with a Flourish.**
 - When the pressure is on, we act with poise, concentration, and aggressiveness. We make quick adjustments to stressful circumstances. We focus on the process of winning, not the outcome. When the pressure is on... WE THRIVE!!

Being a NIGHT HAWK is about...

- 
- Winning with class. Class on the court, class off of the court.
 - Respecting other teams, other players, other coaches, and other schools, while unashamedly loving and rooting for the Night Hawks.
 - Being a regional championship contender every year.
 - Doing things the right way, even if it's not popular.
 - Integrity and hard work.
 - One team, one dream.

“What you are as a person is far more important than what you are as a basketball player”

John Wooden











Night Hawks Individual and Team Records

Individual Records:



| | | | |
|---|----------------|------|---------------------------|
|  Most Points scored in a game - | Samantha Oase | 33 | 1-2-21 vs. Harding County |
|  Most Rebounds in a game – | Samantha Oase | 21 | 3-6-21 vs. Glenburn |
|  Most Assists in a game - | Abbie Kludt | 14 | 2-2-17 vs. Beach |
|  Most Steals in a game – | Abbie Kludt | 9 | Twice |
| | Casey Joppa | 9 | 2-13-15 vs. Mott-Regent |
| | Molly Holt | 9 | 12-3-16 vs. Strasburg |
|  Most 3 pointers in a game – | Taylor Burwick | 7 | 2-21-17 vs. Glen Ullin |
|  Most Blocks in a game - | Samantha Oase | 8 | 1-11-18 vs. Richardton |
|  Most Rebounds in a season - | Samantha Oase | 314 | 2020-2021 |
|  Most Points in a season - | Samantha Oase | 555 | 2020-2021 |
|  Most Assists in a season - | Abbie Kludt | 143 | 2016-17 |
|  Most Blocks in a season - | Samantha Oase | 69 | 2019-2020 |
|  Most 3 pointers in a season - | Bailee Pierce | 69 | 2020-2021 |
|  Most Steals in a season - | Abbie Kludt | 100 | 2017-18 |
|  Most Points in a career - | Samantha Oase | 1698 | 2017-2021 |
|  Most Rebounds in a career - | Samantha Oase | 1071 | 2017-2021 |
|  Most Assists in a career - | Abbie Kludt | 472 | 2014-19 |
|  Most Steals in a career - | Abbie Kludt | 414 | 2014-19 |
|  Most 3 pointers in a career – | Bailee Pierce | 159 | 2018- |
|  Most Blocks in a career - | Samantha Oase | 259 | 2017-2021 |

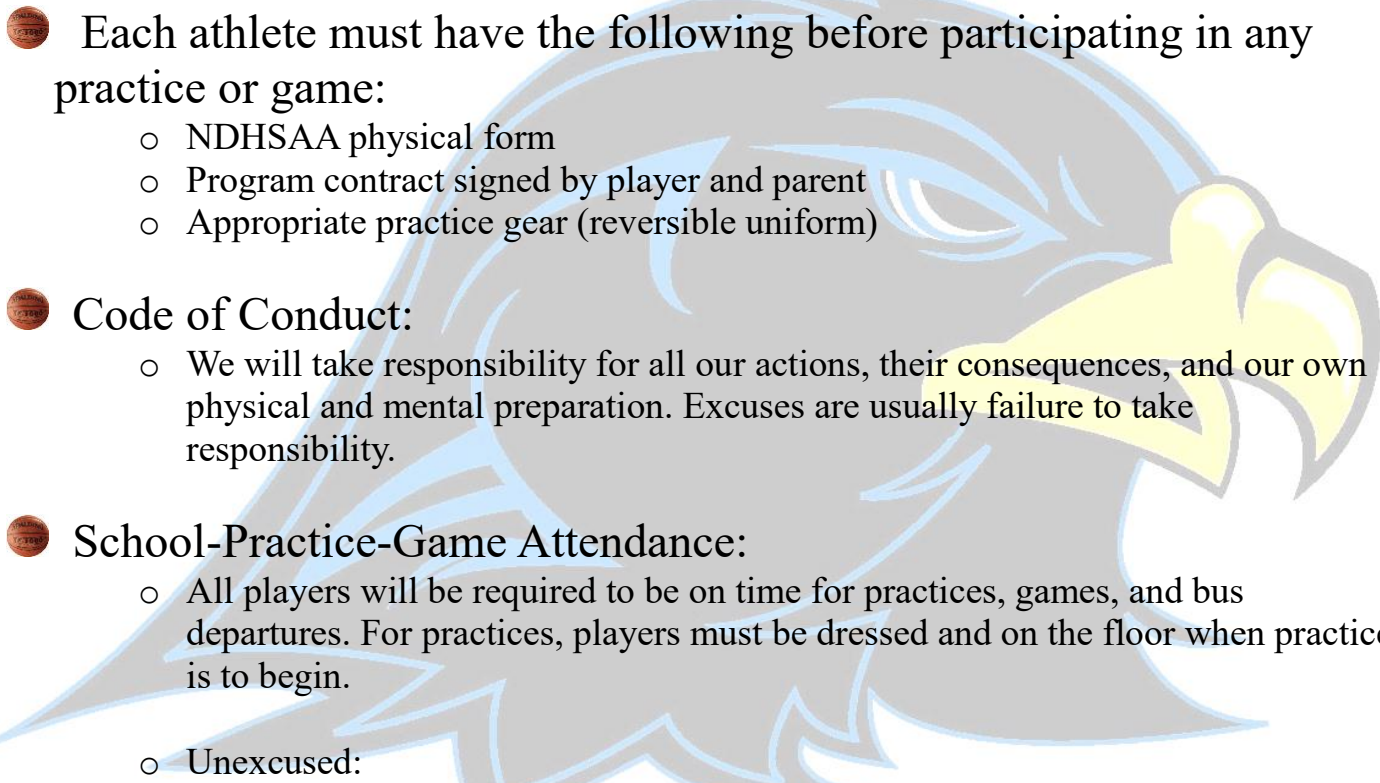
Team Records:

| | | |
|--|------|-------------------------------------|
|  Best Final Record - | 24-3 | 2018-19 |
|  Most points in a quarter - | 35 | 2-2-17 vs. Beach |
|  Most points in a game - | 84 | 2-2-17 vs. Beach 1-10-19 vs. R-T |
|  Most 3 pointers made in a game - | 13 | 2-21-17 vs. Glen Ullin |
|  Most Rebounds in a game – | 55 | 12-9-11 vs. Richardton |
|  Most Assists in a game – | 32 | 2-2-17 vs. Beach |
|  Most Steals in a game – | 31 | 1-4-13 vs. Bison |
|  Fewest points allowed in a game - | 10 | 1-13-18 vs. Bison |
|  Best final season scoring average - | 60.2 | 2018-19 |
|  Lowest opponent season scoring average - | 38.4 | 2018-19 |

Eligibility Requirements for Athletes

All athletes will follow the Athletic Handbooks of their home school. All athletes must conform to all state regulations as well as either Hettinger or Scranton School Policies.

Team Rules

- 
- Each athlete must have the following before participating in any practice or game:
 - NDHSAA physical form
 - Program contract signed by player and parent
 - Appropriate practice gear (reversible uniform)
 - Code of Conduct:
 - We will take responsibility for all our actions, their consequences, and our own physical and mental preparation. Excuses are usually failure to take responsibility.
 - School-Practice-Game Attendance:
 - All players will be required to be on time for practices, games, and bus departures. For practices, players must be dressed and on the floor when practice is to begin.
 - Unexcused:
 - Any player with an unexcused absence for any period during the school day will not be allowed to participate in any practice or game that day.
 - Any missed game or practice that is not excused prior to the game or practice is considered unexcused.
 - 1st Offense – Sit out one half of a game
 - 2nd Offense – Sit out one game
 - 3rd Offense – Removed from the team
 - Excused:
 - Any student with an excused absence during the school day (except for sickness) may participate in practice or a game that day.

- Tardiness:
 - The following rules will be applied if an athlete is late for practice and is not excused:
 - 0-10 minutes late – Player will run one 16 and 1 after practice
 - 11-20 minutes late – Player will run one 20 and 2 after practice
 - 20+ minutes late – Same as unexcused absence – sit half of next game

Dress Code:

- Uniform attire:
 - All players will wear travel uniforms to and away from games
 - We represent the schools and should dress in a way that will bring pride and respect to our program and communities.
- Shoes:
 - We will not purchase team shoes, but game shoes are expected to be in team colors of Black, White, and Royal Blue.
- Practice attire:
 - All players will be required to wear practice reversible to each practice.

Practice Duration:

- Practices should not exceed two hours in length. The players have many other commitments and we will take those commitments into consideration when scheduling practices.

Transportation:

- All players are encouraged to ride to and from games on the bus. If a player needs to ride home with parents after a game, the parents must sign out their player on the travel form or make arraignments with the coach prior to the departure for the game.

Social Media

- All athletes and players are required to always be mindful of what is said and posted on social media sites such as Facebook, Twitter, YouTube, or via email and text.
- Any violation of using these social medium sites by posting lewd, inappropriate, compromising, illegal or unacceptable pictures and statements will be met with suspension.

Not every event can be covered in a handbook. Any other incidents that take place during the season will be resolved at the discretion of Coach Pierce in collaboration with the athletic director.

NIGHT HAWK BASKETBALL PRACTICE EXPECTATIONS

- **THE WORLD STOPS WHEN PRACTICE BEGINS**
 - Leave your luggage in your locker
- **ESTABLISH A HABIT OF INTENSITY AND EFFORT**
 - Don't be a light switch, be a generator
- **CROSS THE LINE WITH A PURPOSE EVERY DAY**
 - Don't practice on cruise control
- **PRACTICE WINNING**
 - If you don't get it, you will not succeed
- **THE COURT IS OUR CLASSROOM**
 - Let's play chess when they are playing checkers

Motivating Yourself

Our reaction to failed attempts at success often determines whether our ultimate goal will ever be reached. Henry Ford once said “Failure is only the opportunity to begin again more intelligently.” Consider the following story the next time you fail.

It was late afternoon and a skinny young man was dashing down the steps at his school to check out the bulletin board by the gym. His heart was pounding as he saw the list that was tacked to the board. This list would tell him if his dream of making the high school basketball team would be realized. He read the list again and again, each time with the same result – his name was not there. He had failed. That day, the moment, would change his life.

For the next year, regardless of the weather, he practiced 4-6 hours every day. There were many nights that he was all alone under the moonlight, practicing every move, every shot that he needed to make next year’s team.

The ending is a happy one. He did make the team – and Michael Jordan, on the heels of failure, went on to become the greatest basketball player of all time.

“Those who dare to fail miserably can achieve greatly.”

- Robert F. Kennedy

**Don't be
AFRAID
To Fail**



Girls Basketball Player-Parent-Coach Contract

I, _____, want to play basketball for the Night Hawks this season. In exchange for the privilege of being on the team, I promise to do the following:

1. adhere to all of the training rules listed in the player and school activities handbook
2. commit myself to pursuing victory with honor by demonstrating high standards of ethics and sportsmanship
3. accept and understand the seriousness of my responsibility, and the privilege of representing myself, my team, my school and my community with honor
4. learn the rules of the game
5. respect the integrity and judgment of the game officials
6. do what is right
7. do the best that I can
8. treat others the way I want to be treated
9. win with humility; lose with grace

As a parent of the above named player, I realize that I am part of the team and promise to do the following:

1. influence my child to abide by the contract they have signed
2. report any failure by the athletes to live up to the contract they have signed
3. be an example of good sportsmanship at all team events
4. represent myself, the team, the school, and the community with honor

We, the coaches, promise to do the following:

1. exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards
2. respect the integrity and personality of the individual athletes

- 3. abide by and teach the rules of the game**
- 4. describe and define respectful and disrespectful behavior**
- 5. respect the integrity and judgment of the game officials**
- 6. display modesty in victory and graciousness in defeat**
- 7. make sportsmanship a priority**

We know that being a part of this basketball program will require sacrifices, adjustments, and extraordinary commitment on the part of the players, their families, and the coaches. However, we are working to achieve an extraordinary team success which demands extraordinary effort on all of our parts. In return, we have an opportunity to create a positive experience that could affect our lives forever.

The players will be constantly evaluated on their demonstration of coach-ability, hustle, mental and physical toughness, loyalty to team, unselfishness, and their desire to improve. Our goal is to field a team of players that consistently demand more of themselves, than is demanded by the coaching staff.

In every game situation, our team will play to win. Game substitutions will be made with that solely in mind. However, there will be situations where a player may be pulled from the game, despite their ability to contribute.

The members of this team are expected to work harder and with more discipline, hustle, enthusiasm, teamwork, and dedication than any other team in this state. This is not a goal, this is an expectation.

I understand that as a part of this team, I agree to abide by these expectations described on this contract.

Player signature _____

My child has shared with me these expectations and I agree to give them all possible help to meet them successfully.

Parent signature _____

As head coach of this program, I agree to abide by the expectations listed on this contract.

Coach Pierce _____

NIGHT HAWKS FORMULA FOR SUCCESS:

- Shoot 60 shots a game.
- 1/3 of our shot attempts should be 3 pointers. Shoot 20 3's, make 6 of them.
- Shoot 20 free throws, make 12 of them.

This leaves us with 40 2 point shots. A lot should come from around the basket, so make 16 out of 40. Given that a lot of these will be lay-ups, that is not a very high percentage.

The points that we generate are broken down below.

- Six 3's = 18 points
- Sixteen 2's = 32 points
- Twelve FT's = 12 points
- Total = 62 points

We would generate 62 points on a night where we shoot 36% from the field (22 out of 60) and 60% from the free throw line. These are very attainable goals for our team.

On a night where we shoot 40% from the field and 60% from the free throw line we would score 72 points. This will win every game we play.

Even on a night where we shoot 30% from the field, (18 out of 60), and 50% from the free throw line, we can still generate 50 points per game. At the high school level, with our defensive ability, we can still win a lot of games.

The real key is to get those shot attempt numbers to 60 or more per game. We do this through pushing the ball for 32 minutes, getting to the offensive boards, and most importantly using our defensive pressure to get turnovers and increase the tempo of the game.

COACHES CONTACT INFORMATION

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