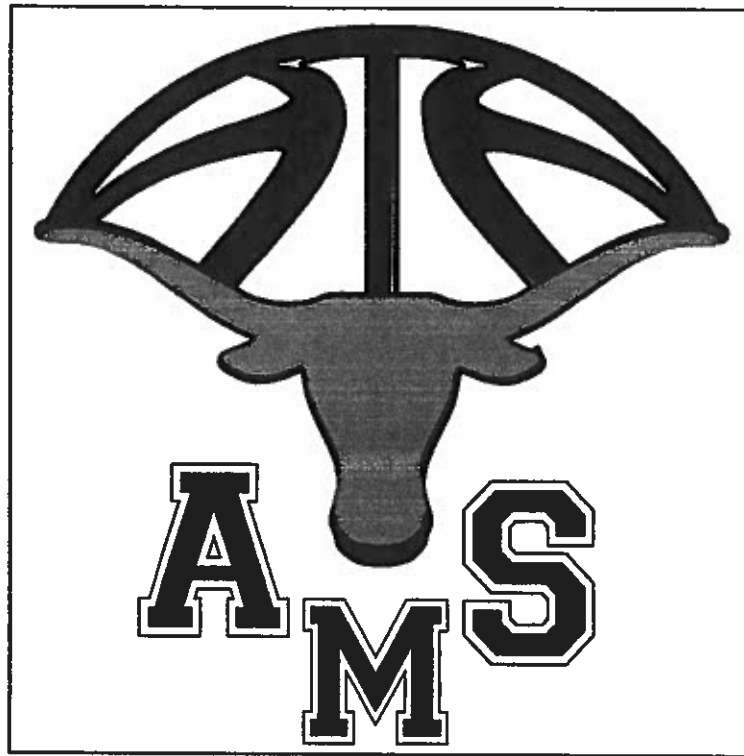


# LONGHORN BASKETBALL



## Boys Basketball Parent Handbook

8th Grade Coaches: Tim Klein - Head 8th Grade

Kyle Taylor - Assistant 8th Grade

Contact Information: Tim Klein - (785) 263 - 1590

[tklein@abileneschools.org](mailto:tklein@abileneschools.org)

Best time to contact: Mon - Fri. from 1:30-3:00 pm

Evenings between 8:00 - 9:00 pm



# **Five Longhorn Core Values**

**1) Confidence and belief**

**2) Communication and trust**

**3) Character**

**4) Commitment and work ethic**

**5) Competitiveness**

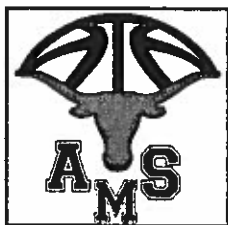
Longhorn Players and Parents:

**PHILOSOPHY - BE SOLID**, is the philosophy of the Abilene Middle School Boys Basketball Program. Being Solid means on the court and off the court, in the classroom and out of the classroom, and in the community and out of our community. Examples in winning and losing, no matter the outcome, character is shown through preparation for the competition. As a coaching staff, we will do our best to put the Athletes first, Winning second and that will place our athletes in a winning position. Best practice is to let the coaches coach, players play, the officials officiate and your parenting will be easier. We have coaches that are teachers, that is a great opportunity for your student/athlete to be successful. Support the program and support your athlete by listening to them. While knowing the coaching staff is going to consider the rights of others before their own feelings, and the feelings of others before their own rights.

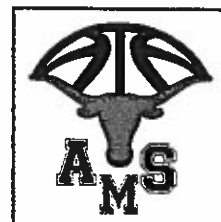
**PRACTICE** – The 8th boys will be released at 3:00 pm daily to go to the locker room to dress for practice or will need to find somewhere to go till late practice begins 5:00 pm. You will need to have a place where your athlete will go if the LATE practice occurs, it is the parent's responsibility. Players will need to dress for the weather and wear a coat, wind pants, stocking hat and gloves (this is to prevent sickness, which will lessen practice and playing time). Please contact Coach Klein at the High School,(785) 263-1260, if the sickness/medical appointments will prevent your player from being at school or practice. "PRACTICE IS REQUIRED." PHYSICALS MUST BE ON FILE!

**GAMES** – Game day clothing will be a shirt, tie, dress pants or some type of nice clothing. There will be an option of game day clothing for away games which will be discussed with players by the coaches. It will be decided by the team at a later date or we will stay with the home game clothing being a shirt and tie or nice clothing, nice jeans (no Holes or Faded).

**GOAL** - The main goal of the Abilene Middle School Basketball program is to enhance and support the Abilene Boys Basketball program. This is accomplished through playing and abiding by the philosophy set forth by middle school coaching staff. **Be Solid**, on and off the court, in the classroom and in the community, which is the main goal that will be impressed upon the young men at this level. Our job is to prepare them for the next level, enhance skills and teach the disciplines of the game of basketball and life. This program has risen to the top of the N.C.K.L. and the goal is to stay there. In order for this program to continue to stay at the top, our players, coaches, parents, and school officials must continue to work together. Everyone working together will allow our goal to become accomplished.



**WINNING BUILDS CONFIDENCE  
CONFIDENCE BUILDS SUCCESS  
SUCCESS BUILDS CHARACTER  
CHARACTER BUILDS TRADITION  
TRADITION LASTS FOREVER**



## **EXPECTATIONS OF LONGHORN BASKETBALL PLAYERS**

The following regulations apply to every athlete who is part of Abilene Middle School boys basketball program. All these regulations are designed to improve our performance.



### **COMPETENT RULES**

- \* Dress neatly and clean at all times. (Shirttails tucked in.)
- \* Keep your hair cut neat at all times. (Middle of the ear or shorter.)
- \* Be clean-shaven everyday, especially Game day.
- \* Jewelry is not allowed during basketball activities or trips.
- \* No hats worn inside buildings.
- \* Team members are to dress up on the day of a game.
- \* Dress according to weather conditions with proper attire.
  - \* Bedtime should be a reasonable time every night



### **CHARACTER RULES**

- \* Attend every class on time.
- \* Be Respectful of Everyone you come in contact with throughout the day
- \* Remember that your JOB is education and basketball is secondary.
- \* You are expected to be in all classes the day of a game.
  - \* Remember what you do on and off the court reflects on your PROGRAM.



### **CARING RULES**

- \* Profanity has no place in our practices and games.
- \* Observe the following rules while running drills: 1) Game Speed, 2) No Criticism of Teammates, 3) Make up Mistakes on the other End.
- \* Do not sit down, unless told to by one of the coaches.

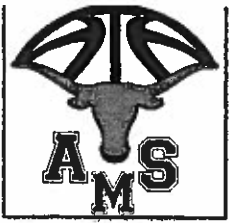


### **COMPETITION RULES**

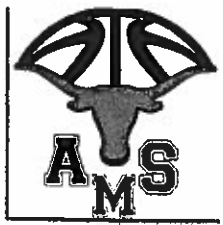
- \* Treat opponents and officials with respect.
- \* Maintain self-control at all times, stay between the lines.
- \* We don't allow moodiness in practice, in a game or on the bench.
- \* When not suited up, sit directly behind the players' bench, if possible.
- \* Report 10 minutes(Longhorn Time) ahead of the scheduled time for practices, team meetings, and away games, the bus will not wait.
- \* Recognize a good performance by pointing at a teammate.



**KSHSAA Eligibility Rule** - Any AMS student/athlete who failed three subjects from the previous semester will be ineligible for this season according to KSHSAA rules.



## AMS LONGHORN TEAM STANDARDS



### **1. DRUG/ALCOHOL/TOBACCO/MEDICINE POLICY:**

Certain standards of social behavior are expected from the athlete since they are a more visible representative of our school and community than the non-athlete. The athlete is also involved in a physical activity that necessitates that they be more aware of keeping their bodies in top physical condition. Students who participate in extracurricular activities or in curricular activities that perform or compete outside of the classroom setting must abide by the following rules:

There will be no possession or use of alcohol, tobacco, and/or illegal or unauthorized drugs during the school year (this does not include prescription medicines being used as specified by a physician). If it is observed/verified by a law enforcement official, a participant's coach, administration, or a faculty member that the participant has possession of and/or has used alcohol, tobacco, and/or an illegal or unauthorized drug during a school year, the following disciplinary action will be taken:

1. **First violation of Alcohol/Tobacco/Medicine Policy:** A participant will be ineligible to compete for two calendar weeks of active school time not to exceed four competition dates within that two week period. Participant must enroll in and be in good standing in an approved evaluation/education class paid for by the student or family. Enrollment in class/evaluation must be verified with administration before being allowed to compete/participate again. Failure to complete class/evaluation by determined date will result in suspension from competition until completed.

Note: The two calendar week suspension date will start with the first competition date the participant would be eligible to participate in. Participant is expected to practice during time of suspension.

A participant may have their length of suspension reduced to one calendar week not to exceed two competitions if they self-admit their possession or use of alcohol or tobacco to their coach/athletic director prior to participant being questioned about incident.

2. **Second violation of Alcohol/Tobacco/Medicine Policy:** A participant will be ineligible to compete for the remainder of that season of activity, and miss seven competition dates of their next season of competition. \*\*\*see POINTS OF CLARIFICATION, page 11, for more on this

A formal evaluation for alcohol/tobacco dependence must be completed before being allowed to compete again in any athletics at Abilene Middle School. Evaluation will be paid for by the participant or family.

3. **Third violation of Alcohol/Tobacco/Medicine Policy:** If a student-athlete has a third violation of the policy, the student will become ineligible for any athletic teams for the remainder of their middle school career.

### **2. ILLICIT DRUG VIOLATION:**

1. **First violation of Illicit Drug Policy** for illicit drugs will result in participant being suspended from participating in extracurricular athletics/activities/public performances for one calendar year starting from the day of ruling.

A formal evaluation for drug dependence must be completed within the one year period before being allowed to compete again. Evaluation will be paid for by the participant or family.

2. **Second violation of Illicit Drug Policy** for illicit drugs will result in the participant being suspended from participation in all extracurricular activities/athletics/public performances for the remainder of their middle school eligibility at AMS, and participant will be listed as "not in good standing" for the purpose of extracurricular activities/public performances/contests.

### **3. ELIGIBILITY:**

Student eligibility will be determined on both a quarterly and weekly basis. Students must pass five subjects of the previous quarter to be eligible for the following quarter. During each season, eligibility of athletes will be checked every Monday morning. Anytime a student athlete has 2 F's, he or she will be placed on Step 1 of the following eligibility protocol:

**Step 1:** If a student has any combination of 2 F's, they will be put on probation for that week and are still eligible to participate with the focus on improving their grades.

**Step 2:** If a student continues to have any combination of 2 F's after the weekly probation and when the weekly eligibility report is run, they will then be ineligible for any games/contests for that week.

**Step 3:** If a student continues to have any combination of 2 F's after the probation and week of sitting out games/contests, then they will need to turn in equipment and be dismissed from the team for the remainder of that sports season to focus on their academics.

If a student athlete is on Step 1 or 2 and then is not on the report the following week, they regain their full eligibility status until any future weeks with 2 F's. Hopefully, this doesn't occur, but if it does, the student would begin the eligibility protocol all over again.

### **4. STUDENT ABSENTEEISM:**

Students absent from school from noon on (12:00 p.m.) for reasons other than school sponsored or school approved activities should not expect to attend, practice or participate in any school activities which occur that day. This includes late afternoon or evening events. Check with the principal/athletic director **FIRST**. A student who is absent from noon on will not be allowed to attend practice or participate in activities that night unless special permissions is granted by a building administrator. Students who fail to follow this policy will be required to miss the following practice/contest equal to the infraction. Students will be excused for doctor's appointments, funerals, etc. when parental notice is made with the AMS office. Athletes are to leave the building through the outside doors near the boys or girls locker room. They should not return to their school locker after practice.

On home game days, athletes must be supervised by coaches if staying on site while waiting for their game/contest.

All practices are to be held on school days if possible. Saturday practices are allowed with advanced scheduling and tolerance of pre-communicated family obligations. No mandatory practices will be held on Sunday. Holiday practices will be held in accordance with the KSHSAA rule.

In the event of school cancellation for inclement weather or other circumstance, practice will be cancelled too.

### **5. SQUAD SELECTION / PLAYING TIME:**

Abilene Middle School does not make "cuts" in athletics. Great efforts are made by the coaches and school to maximize the opportunities for students.

**At the A-team level:** Coaches are expected to field a competitive team with considerations such as but not limited to talent, work ethic, attendance, and team/group structure. The emphasis should be on competing at a high level with intent to win/score well in an ethical and sportsmanlike manner. Choosing the members of the athletic squads is the sole responsibility of the coaches.

**At B-team levels:** emphasis will be on skill and competition development. Playing time at these levels will be provided as appropriate to skill level, attendance, work ethic, future prospect, and opportunity. Because we do not "cut" these teams will often be larger than the A-team and playing time becomes more limited per athlete.

**Playing time does not mean equal in time to all.** Skill level and safety considerations will be taken into account when determining playing time along with game scenarios. It is important for participants to realize that practice is where skill development and opportunities for increased playing time are mainly achieved.

## AMS LONGHORN BASKETBALL TEAM STANDARDS (Con't)

### 6. EXPECTATIONS OF PARTICIPANTS:

Participants are expected to be good role models and represent Abilene Middle School in a positive manner at all times.

Participants are expected to put forth their best efforts in participating in their chosen sport and receive constructive criticism from coaches with the understanding that coaches are responsible for developing each as an individual player while making decisions based on practice effort and the situation that is best for the team.

Participants are expected to be positive leaders at Abilene Middle School. Extra-curricular athletics are a privilege, not a right. Negative behaviors in the school and community carry-over into an individual's standing on the team.

Participants are expected to follow team rules and instruction from all coaches.

### 7. PRACTICE REQUIRED:



**Skipping practice** (Defined as not showing up to practice with no advance notice by a parent otherwise athlete is gone.) While posthumous notification is appreciated, each incident will count as a skip since AMS is responsible for the whereabouts of the student.



The athlete will miss a quarter of play per accumulated skip during the season up to **THREE skips. All unexcused practices are made up with appointed Klein Time.**



**ISS(In School Suspension)** -The athlete will be ineligible to participate in practices/competition during the assigned ISS dates. **OSS(Outside School Suspension)** - The athlete will be ineligible to participate in practices/competition during the assigned OSS dates. In cases of OSS, the student will also be ineligible for 1 competition date immediately following the dates served.



If a student/athlete has been sick, absent, or injured, he must have a note from his doctor or his parent(s) to be excused from practice. If he wants to practice he must be able to pass a physical test presented by the Coaches.



If a student/athlete is asked to leave the court during practice due to inappropriate conduct, the coaches will meet with the athlete to discuss, after the situation. If the athlete is asked to leave again, the parents will be notified and asked to meet with the coaching staff and athletic director. If the athlete is asked to leave for a third time, dismissal may be imminent.

8. **PRACTICE TIMES:** Practices will be held at various times throughout the season on a weekly rotation basis coinciding with 7<sup>th</sup> Grade Boys practice. All practices are rotated between the 3:15-7:15 pm on a weekly basis. Some practices may occasionally run 15 minutes longer. **A Monthly/Weekly Practice Schedule will be handed out.** Holiday and Saturday practices will be discussed as optional and scheduled appropriately with all KSHSAA breaks.



9. **AWAY GAMES:**

\*Every player will ride the bus to the game. No TALKING on the way to game, cell phones will be left in travel bag or backpack, not allowed in locker room. Athletes may use the phone on the way home or after game if used appropriately.

\*Any players who wants to go home with parents after an away game must get the Longhorn sign out book signed by a parent and given back to Coach Klein.

\*No student will go home with another student's parent without prior arrangements being approved by the Administration. (24 hour notice by an e-mail to Mr. Berns is required. Then it will be passed onto Coach Klein.)

10. **LOCKERS** in the locker room must be closed and locked at all times. The School or Staff are not responsible for items in an unlocked locker.

11. **NEGATIVE COMMENTS from parents will not be tolerated after a practice or a game.**(Refer to Communication Policy below.)

**Communication Policy**(regarding communication with the Coaching Staff)

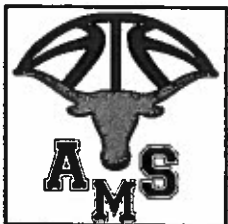
Our Team goal is to increase our communication as a Team. In order for this to occur we must have cooperation between Players, Coaches and Parents.

**First Step:** Player should ask for a good time to talk to with the Head Coach. We(Head & Assistant Coach) will sit down with the Player and promise to hear any concern or question. If we cannot find a common ground then the next step is a Parent meeting, that will be called by the Coaching Staff.

**Second Step:** Parents will meet with the Coaching Staff. This will need to happen after a practice. If we cannot find a common ground, we will have a meeting with the Athletic Director/Administration.

**Important Step:** The first two steps will need to be followed before the Athletic Director/Administration will meet with the Coaching Staff and Parents. The problem can be solved through a team effort of cooperation and win-win attitude of everyone involved!

12. **Enjoy the Journey, Encourage the passion, Enhance the Learning, Endure the Hardship, Embrace the Tradition but don't Embarrass the Longhorn Program.**



**WINNING BUILDS CONFIDENCE  
CONFIDENCE BUILDS SUCCESS  
SUCCESS BUILDS CHARACTER  
CHARACTER BUILDS TRADITION  
TRADITION LASTS FOREVER**



## THE LONGHORN SYSTEM

We must all firmly believe in what we are doing and that:

1. It is not how much we do that is important, but how well we do it. There are no real secrets to the game of basketball.
2. No system will be successful unless the players are well grounded in fundamentals and are able to execute them so quickly that they seem to be done instinctively.
3. Team play from both the offensive and defensive points of view comes from integrating well-conditioned players who have mastered the fundamentals into a smooth-working and cohesive unit.

I believe in the fast-break style of basketball and the Big D (Defense). I believe in pressure man-to-man defense and full-court presses. That leads to an attacking offense and a bending defense. Since I believe in both of these endurance styles of basketball, physical conditioning and team play are necessary. It would be impossible to expect five ballplayers to continue this style of basketball for a total game. Using this style, more people will play and develop their talents. I know that this type of ball pleases the fans, pleases the players, and allows more players to get playing time.

I also believe in teaching the fundamentals of basketball. I don't believe enough time can be spent on the fundamentals. Any successful basketball team can properly execute the fundamentals quickly. You must react instantly to the situation without having to stop and think about it. The only way that this can be accomplished is through drills. The entire foundation for sound play is the quick execution of basic fundamentals.

As a coach, I would like for anyone who sees our team play to be able to walk away thinking: 1) that was one of the hardest working group of ball players they had ever seen, 2) the team was very unselfish in their play, 3) the players were confident in the execution of the game plan, and 4) the players reacted to and adapted well to any changes the opposition presented. With those four ideas in mind, I expect the best from all of you as we work together to make these our goals.

In any game there are going to be outstanding individual performances. There are many different areas in which any of you can be outstanding. Find the area—defense, rebounding, passing, setting up the offense, motivation, scoring—that our team needs the most and pick that as your area. No ball team is stronger than its weakest link and every player has a job to perform for the betterment of the team. Even if your job is twelfth on the B-team, you must perform your duty. Each of these areas is of utmost importance to the fulfillment of the team. Not everyone can excel in all areas, but everyone should try to do his best. Each player has a set of talents that must be developed. I do not wish to slight my duty in developing the talents and responsibilities that have been given to me. **BE SOLID** on and off the Court, in ALL aspects of life and the game.

## **Benchmanship and Crowd Support**

There is a part for every member on our team. If you are not playing in the game, then we want each of you on the bench or in the crowd analyzing the opponent that we are playing so while the game is going on, you're involved in the game. What move can our players use on the opponent that will get us the clear rebound, pass or shot? What do they like to do most often when they get the ball and where do they go at a certain time? What does their offense do, so when your player gets home you can ask them. Do they screen to shoot? Where or when are they screening? How can we pressure the pass before they receive it? How quick are they compared to us? When do they look tired? If you do these things, then you will be able to talk to your player when they get home from the game. You and your player will be able to keep a positive outlook whether we win or lose, your job will become easier as a supporter.

We don't want any **talking** at the officials, opponents, or the other fans during the course of the game. Cheer for our team, our teammates, compliment the good passes, warn them of a defensive man coming up from behind them (yell "Wolf"). You will surely want the same encouragement when your player enters the game.

Make room in the stands, invite your neighbors when the team plays at home. As a player comes off the floor, cheer for them, as they will be tired. They should be cheered and encouraged. Don't distract or try to talk to them during a timeout. They need to listen to one voice of instruction, not two of confusion. During timeouts we want the five that were on the floor sitting on the bench or standing on the floor with the rest of the squad standing on the floor behind or around them. Listening to the Coaches instructions given in the huddle. They need to be in the huddle because we want them to know what strategy will be used during the next few minutes, or the rest of the game. Help the Coach by letting them **listen** to what is going on as your player might be the next substitute going into the game. If they don't know what is going on, they will not execute and chances of being successful decline.

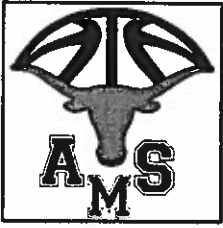
When a player exits the game they should sit by the Assistant Coach/Head Coach to get encouragement. When the player arrives at home they need to be encouraged and not questioned. There is no room for negativity on the bench and no room for it in the crowd, at home, in school or the community. **WE** are all on the same **TEAM**, your **PLAYERS** and our **SCHOOLS**. It takes a **VILLAGE** to create a **CULTURE** of **CARE**.

**T.E.A.M.**

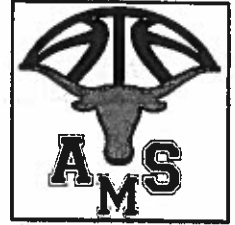
**Together Everyone Achieves More**

## **LONGHORN HIGH CARB MEAL/SNACKS**

- Spaghetti & Tomato Sauce
- English Muffin Pizza's
- Break Sticks with Pizza Sauce
- Popcorn-air pop-spray with butter, flavor pam or Wt. Watchers Spray
- Pretzels – Sprinkle with a small amount of salt
- Chex mix – 1 cup each wheat, corn, rice chex  
1 ½ tsp. margarine – melted  
½ tsp. Worchester sauce – add to melted butter  
1/8 tsp. Lowrey's seasoned salt – add to melted butter
- Drizzle marg. Over chex microwave in high about 2-2 ½ minutes stir and turn halfway through (pretzels can be added)
- Saltine Crackers
- Dinner rolls or plain bread or break sticks (if low in fat)
- Fruit Juices \*Banana and Low Fat Pudding (sugary)
- Low Fat Frozen Yogurt (High Sugar) \* Make with low fat frozen yogurt instead of ice cream
- Make milk shakes with frozen yogurt & fruities – like frozen strawberries, bananas, pineapple, etc.
- Bean burritos (watch for SBD's on the bus)
- Baked beans (no bacon) – beans may not be as "digestable"
- Beans with corn bread and other stuff
- Snack master sandwiches
- Red beans with rice topped with picante sauce
- Oatmeal with toast (skim milk or brown sugar)



**ABILENE MIDDLE SCHOOL  
BOYS BASKETBALL  
"Our best offense is Defense."**



**FOR CARE OF YOUR SON'S UNIFORM**

**FOLLOW OUR WASHING INSTRUCTIONS.....**

- **DO NOT** wash white and colored uniform together
  - **DO NOT** overload washing machine
- Use cool or lukewarm water (110 degrees F)
- Use mild detergent or soap (pH not to exceed 8.0)
  - **DO NOT** Bleach
  - Use a cold water rinse
- **Air dry** uniforms. **DO NOT** machine dry.
- **DO NOT** fold or stack soiled or damp uniforms together
  - **DO NOT** dry-clean or iron the uniforms

## **Abilene Longhorns: Players and Models**

There are little eyes upon you,  
And they are watching night and day:  
There are little ears that quickly  
Take in every word you say;  
There are little hands all eager  
To do anything you do;  
And a little boy who is dreaming  
Of the day he will be like you.

You are the little fellows idol;  
You are the wisest of the wise,  
In this little mind about you,  
No suspicions rise.  
He believes in you devoutly,  
Holds that all you say and do;  
He will see and do, in your way,  
When he's a grown up like you.

There's a wide-eyed little fellow,  
Who believes you're always right,  
And his ears are always open,  
And he watches you day and night;  
You are setting an example  
Every day in all you do,  
For the little boy who's waiting  
To grow up to be like you

# **LONGHORN CODE**

## **Abilene Middle School Boys Basketball**

I have chosen to be a part of the Abilene Middle School Boys Basketball program. In doing so, I am sincerely interested in contributing my best to the success of the program. This will require me to conduct myself in a manner that is according to the following code of ethical behavior. By following this code, I will set an example in school, in the community, at home, on road trips, and on the basketball court so all ages will look up to me and respect me. In doing this, I am showing the **BE SOLID** philosophy that will lead to respecting myself, and creating a positive atmosphere for this basketball program.

- 1. I will always put the welfare and success of the Team ahead of my personal wants or ambitions.**
- 2. I will make school a primary goal to getting an education; I will study hard to maintain my eligibility. This will require me to keep up on my schoolwork and respect my teachers/staff with a win-win attitude.**
- 3. I will strive to follow the "Be Solid" philosophy in all I do, working on my weaknesses by turning them into my strengths.**
- 4. I will respect, cooperate, be sincere, and loyal to the Abilene Middle School Boys Basketball Program, my Coaches, and my Teammates.**
- 5. I will strive to maintain and promote the element of good sportsmanship on and off the court.**
- 6. I will be responsible for all athletic equipment and facilities entrusted to my care or use, knowing I should return or leave them better than I found them in all possible situations.**
- 7. I will follow all training rules and discipline myself to be mentally and physically alert. I realize that breaking training rules is a sign of personal weakness and is letting the program at Abilene Middle School down as well as my teammates. Training rules are:**

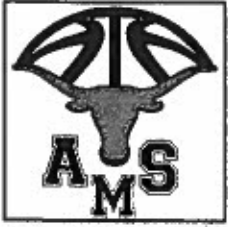
- \* - LIMIT the drinking of pop or any other carbonated drinks because of the effects on the body.**
- \* - Follow the Conduct policy set forth by the Abilene Middle School athletic program, which is listed in the Parent handbook, provided at the Parent Meeting. I am aware of all consequences if a violation occurs.**
- \*- Coaches, Coaches Council, and the Athletic Director will deal with other actions or attitude problems unbecoming of a representative of the Abilene Middle School basketball program.**

This code has been set forth with the purpose to allow me, the athlete, the privilege and honor of being a part of this program, to give me full opportunity of being a competitor, and to instill desirable traits of citizenship. Having read the preceding rules and philosophy, I will do my best to abide by them.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Athlete

As the parent or guardian of the athlete, I will provide the positive encouragement and the support necessary for him to maintain this code to support the Abilene Middle School Boys Basketball Program.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent or Guardian

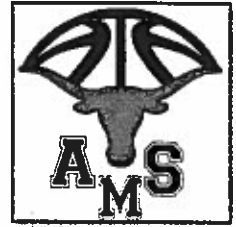


# ABILENE MIDDLE SCHOOL

500 NW14th, Abilene, KS 67410

(785) 263-1471

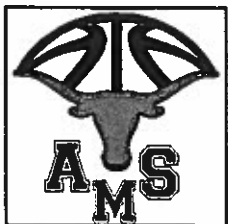
*Home of the Longhorns*



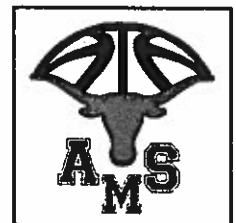
*"Our Best Offense is Defense."*

## 8th BOYS BASKETBALL SCHEDULE 2019

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME/ORDER</u>
1-03-19	Topeka-MPHOM(AMS GYM)	HOME	4:00 pm A
1-07-19	Clay Center MS(AHS GYM B)	HOME	4:30 pm/AB
1-08-19	Susan B Anthony MS	HOME	4:00 pm/AB
1-10-19	Marysville MS	Away	4:30 pm/AB
1-15-19	Eisenhower MS	Away	3:30 pm/AB
1-17-19	Great Bend	Away	4:00 pm A/B
1-22-19	Chapman(AMS Gym)	HOME	4:30 pm A/B
1-24-19	Salina South	Away	4:30 pm A/B
1-29-19	Salina Lakewood	Away	4:30 pm A/B
1-31-19	Fort Riley MS(AMS Gym)	HOME	4:00 pm/AB
2-05-19	Junction City MS(AMS Gym)	HOME	4:00 pm/AB
2-07-19	Concordia MS(AMS Gym)	HOME	4:30 pm/AB
2-12-18	Wamego MS	Away	4:30 pm/AB
2-18-19	NCKL League Tourney	Marysville	TBA
2-21-19	NCKL League Tourney	Marysville	TBA



**WINNING BUILDS CONFIDENCE  
CONFIDENCE BUILDS SUCCESS  
SUCCESS BUILDS CHARACTER  
CHARACTER BUILDS TRADITION  
TRADITION LASTS FOREVER**





# Going Three Different Ways

## The Loser

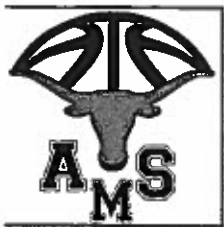
- "I ain't followin' no rules, but I'll use my head and be sure I never get caught."
- "I'll dog it in practice and pace myself."
- "I'll fake it on defense and thrill the crowd with some shot they just won't believe."
- "Coach gets on the me a lot- why pick on me?"
- "They're lucky I'm here! I've been a starter for years."
- "I ain't sittin' on no bench."
- "Man I just want to dream!"

## The Average

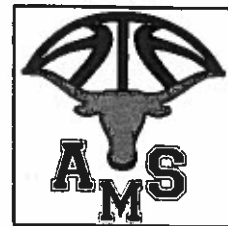
- "Oh, I'll give up some things, part of the time, if it isn't too hard or too much."
- "I'll run 'till I'm tired, then I'll coast so I can stay in longer."
- "The night of the game I'll really put out 'cause I'd like to win and go places."
- "I like to scrimmage in practice, however, the rest of it is dull."
- "I don't care much for defense and the coach is too hard."
- "The Coach is always complaining and he talks too much."
- "The Coach thinks he knows it all."
- "I don't want all the active, man, I just want to PLAY!"

## The Champion

- "I'll get my mind and body ready every day."
- "I'll give up whatever it takes and work till I'm tired, then I'll work some more."
- "I'll push myself in practice like I would the night of the game."
- "I'll observe the winners and learn all I can from them."
- "I'll put the team first and take the load off my back."
- "I'll try my best all of the time and shoot for the top and I'll appreciate all of the help I can get."
- "I'll try not to forget about others and also give of myself."
- "I don't want to settle for anything less than the best, man!"
- "I'll have a WINNING ATTITUDE!"



**ABILENE MIDDLE SCHOOL  
BASKETBALL FOUNDATIONS**



**1. BE SOLID**

**2. PLAY GAME**

**SPEED**

**3. PLAY SMART**

**4. BE DISCIPLINE**



