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2026-2027 MEN'S BASKETBALL

PROGRAM POLICIES, RULES & PROCEDURES MANUAL

1 Corinthians 12:12-20

[12] Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. [13] For we were all baptized by one Spirit so as to form one body-whether Jews or Gentiles, slave or free-and we were all given the one Spirit to drink. [14] Even so the body is not made up of one part but of many. [15] Now if the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason stop being part of the body. [16] And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason stop being part of the body. [17] If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? [18] But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. [19] If they were all one part, where would the body be? [20] As it is, there are many parts, but one body.

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General Code of Conduct

- *Do not embarrass the name of the school or this program in any way!*
- *Stay committed to "Our Process" of getting 1% Better Every Day (Spiritually, Academically, and Athletically)*
- *Absolutely NO HAZING!!*
- *ATTITUDE: Throughout the season, some things will go our way, and some will not. Please be optimistic and know that our players and coaches are doing their best.* ***NO EXCUSE FOR A BAD ATTITUDE BY PLAYERS OR PARENTS!!***
- *Our overall Team GPA Goal is a 3.5*

Practice & Attendance Policies

- *Players are expected to attend ALL practices, film sessions, and team events. We ALL make sacrifices to be a part of a team.*
- *Tardiness will not be tolerated. Players should arrive at least 15 minutes before practice and be fully dressed at the start of practice.*
- *If a player is going to miss a practice, film, or game, the Head Coach should be notified 24 hrs. prior if possible.*
- *If a player has an excused absence, he will not start the next game, or if he's not a starter, he will not play in the first quarter. If a player has an unexcused absence before a game, he will miss the entire game.*
- *Three unexcused practices will result in dismissal from the team.*
  If a player has (4) unexcused absences from class on a school day, he will not be allowed to play or practice on that day.
- *If you are injured, we still need you to be at practice to watch and learn if you plan to play in the upcoming games (unless you are contagious).*
- *Being late, forgetting practice gear, D's & F's, and/or detentions, etc., will result in some form of extra conditioning (Ex, The Hill, Paradise, or 22s).*

🚫 *Athletic Code of Conduct*

The following athletic code will be honored in our basketball program.

- *Alcohol, tobacco, or drug use will not be tolerated.*
- *If a violation occurs in the off-season, the HCA rules policy will be followed. Violations during the season will follow school guidelines and other considerations regarding extra punishment from the team.*
- *Understand that it is a privilege, not a right, to be a part of a team.*

🎓 *Academic Requirements & Policy*

- *Students must understand that they are Student-Athletes. No Book No Ball!*
- *Athletes must be eligible according to school & GHSA policy.*
- *Students must organize their time to attend all of our basketball functions and complete all of their schoolwork on time. Time management is critical.*
- *Athletes are expected to get to class on time, maintain good grades, and respect their teachers. No consistent D's and F's if you wish to remain a part of this program.*
- *Making a habit of being on the ineligible list could be grounds for dismissal from the team.*

🚌 *Team Travel Policy*

- *You must go with the team on the team bus to a game (Except MS Teams). You may, however, go home with your parents after the game, provided parents/guardians sign the player out. For a player to go home with someone other than their parents, clearance must be documented in advance.*
- *The expectation is that we will be a class act and take care of the property when we stay in hotels on road trips or travel and dine in restaurants. Our culture is that we will leave things better than how we found them.*
- *Pre-game meals will be provided by local restaurants for the Varsity, JV, and MS teams on weekdays. Details will be communicated each week.*

Injuries and Medical Policy

- *We will never question a player's injury or injuries because we know it's a part of the process. If you are hurt, you will need to seek medical attention. If a player continues to play, he will be expected to perform as if he were not.*
- *Players must report "all" injuries to their coach immediately.*
- *Players are responsible for meeting with the trainer and receiving treatment. Players need to see the trainer as early as possible before practice.*

Note from the Trainer: If your child sustains an injury, please come see Madison Highland before heading to the doctor. As a healthcare provider with Source Sports Medicine, affiliated with Northside Hospital, Madison can often help schedule an appointment with an orthopedic specialist for the same day or the following day, depending on when they contact the scheduler. While you are always welcome to see any orthopedic provider of your choice, please note that Madison will need a medical note outlining their diagnosis and care plan—this is separate from a standard school absence excuse, so please specifically request a note intended for the athletic trainer. If you have any questions, feel free to reach out at Madison.highland@hebronlions.org.

Dress and Uniform Policy

- *We are very big on uniformity (team shoes, socks, practice gear, shirt, travel gear, etc.). Take care of the uniform we give you. It is expected to be returned in good shape, or you will be charged for it.*
- *Varsity, JV, and Middle School will wear Travel/Warmups to games. Middle School will wear their HCA uniform to the games during school days and their basketball travel suit on non-school days.*
- *All teams are expected to wear their team-issued practice gear to practice every day. <u>This is not optional.</u> All players may wear compression shirts and shorts. They must be solid black or white for games.*
- *Varsity & JV players must wear team shoes during competition. During practice, team shoes are optional.*
- *For competitions, Varsity & JV will wear required team shoes, socks(white or black), and their team uniform. The home team will wear white, and the away team will wear black.*

💰 *Program Needs & Support Opportunities*

- *Healthy Snacks & Waters*
- *Home & Away Scorekeepers (Varsity, JV, MSA, MSB)*
- *Home Game Clock Keepers (Varsity, JV, MSA, MSB)*
- *Back-up Home Shot Clock Keeper (Varsity)*
- *Concession (Varsity, JV, MSA, MSB)*
- *Any amount of monetary donation*

To sign up for game day operations: https://hoops.hebron.team

**All proceeds will go towards helping to offset the cost of Breakfast, Team Outings, Team Camps, Lay Coaches' Stipend, Training Equipment, and Guest Speakers.*

⏱️ *Playing Time Policy*

- *Parents should not address coaches regarding playing time concerns before, during, or after a game or practice.*
- *Varsity/JV – The best players, as determined by the head coach, will play the most; their backup will play a decent amount; players at the bottom of the depth chart will get worked in when times/situations permit, as determined by the head coach.*
- *9th Grade -The best players will play the most; their backup will play a decent amount; players at the bottom of the depth chart will get worked in when times/situations permit, as determined by the head coach. We understand that 9th grade is more about development. Keep in mind that we are trying to win as well as develop.*
- *Middle School – The best players will play the most; their backup will play a decent amount; players at the bottom of the depth chart will get worked in when the situation permits, as determined by the head coach. We understand that Middle School is more about development. Keep in mind that we are trying to win as well as develop.*

⭐ *Player Role IDs & Rotation Definitions*

KEY STARTER: 85-100% PLAYING TIME

- *IMPACT PLAYER*
- *THIS IS A PLAYER THAT WE CANNOT AFFORD TO HAVE OFF THE COURT*
- *MUST BE PHYSICALLY AND MENTALLY CAPABLE OF PLAYING THE FULL GAME, ONLY COMING OUT FOR SPECIAL CIRCUMSTANCES.*

STARTER: 50-84% PLAYING TIME

- *ALSO, A PLAYER THE TEAM CANNOT AFFORD TO BE OFF THE COURT, BUT FOR 1 OR MORE REASONS HAS A THRESHOLD OF PLAYS (HEALTH, PHYSICAL CONDITIONING, MENTAL, ETC..) THIS PLAYER WILL HAVE A PREDETERMINED ROTATION WITH A KEY BACKUP.*

KEY-BACKUP: 10-49% PLAYING TIME

- *THIS PLAYER WILL UNQUESTIONABLY PLAY A PRE-DETERMINED AMOUNT OF THE GAME BASED ON THE VARIABLES BETWEEN HIMSELF AND THE STARTER AND THE CONDITION OF THE GAME.*

BACKUP: 0-9% PLAYING TIME

- *THIS IS A PLAYER THAT WE HAVE IDENTIFIED AS SOMEONE WE WOULD LIKE TO DEVELOP AND WHO HAS A CHANCE TO BECOME A KEY BACKUP, STARTER, OR KEY STARTER AT SOME POINT DURING THEIR CAREER.*

ALL PLAYERS ARE EVALUATED DAILY, AND STATUS MAY CHANGE DAILY.

ALL PLAYERS WILL BE EXPECTED TO PREPARE TO PLAY WINNING BASKETBALL!

📣 *Positive Parent Playbook: Behavior Guidelines for the Stands*

The appropriate behavior for parents in the stands of a basketball program should revolve around ***positive support, respect, and letting the players and coaches handle the game.***

Be a Positive Spectator, Not a Coach or Official

- ***Cheer Positively:*** *Encourage ALL players on your child's team and show appreciation for good plays. Keep your comments supportive and constructive.*
- ***Avoid Coaching from the Sideline:*** *Do not yell instructions ("Shoot!", "Pass!", "Guard him... etc."). This confuses your child, other players, and the coach, negatively impacting performance.*
- ***Let the Kids Play and the Coaches Coach:*** *Allow the athletes to make decisions and learn from their mistakes. Anxiety will increase if they fear being criticized for every error. We have no perfect coaches on staff. Nor are there any perfect coaches in the country, nor are there any perfect parents. Be confident in the fact that we have worked hard to prepare and are coaching to develop these young men and win.*

Know Your Role and Communicate Appropriately

- ***Your Role is Parent/Spectator:*** *You are not a player, coach, or official. Focus on being a supportive parent and role model. Someone your son(s) can be proud of.*
- ***Keep Criticism Private and Positive:*** *Do not criticize or talk negatively about a teammate's performance to your spouse or other parents in the stands. The children and other parents can often hear or sense this negativity.*
- ***Focus on Effort and energy, not simply what they did wrong:*** *When talking to your child after the game, ask about their day. Academic performance. Did anyone make them laugh or mad? If you must talk about the game experience, Simple phrases like* ***"I love to watch you play"*** *are often the most meaningful. Avoid dwelling on the win/loss or critiquing their performance. If you must get into details, focus on their effort, energy, and being a great teammate.*
- ***Communicate with the Coach Respectfully:*** *If you have a legitimate concern, schedule a private meeting with the coach away from the game environment. We* ***DO NOT*** *discuss playing time. Despite the fact, we will discuss academic performance, character issues, and mental health.*

By adhering to these behaviors, parents help ensure a safe, supportive, and fun environment where young athletes can learn and develop into the men God has called them to be.

📱 *Social Media Policy and Guidelines*

*Student-athletes, Coaches, and Parents are asked to use **discretion** when participating in social media. For good or for bad, you are always **"on the clock"** when it comes to representing HCA Men's Basketball and our programs.*

Representation and Public Image

*Student-athletes represent HCA Men's Basketball and are in the public eye more than other students. Assume **anything you post on your personal account** could be read by a wide range of individuals, including:*

- *HCA staff and teammates*
- *NIL Opportunities*
- *Classmates and opposing teams*
- *Prospective student-athletes and alumni*
- *Parents or other family members*
- *Media members*
- *Future employers or coaches*
- *Law enforcement*

Content Specifics

*When posting video edits, please be mindful of the **background music**. Although the music may fit, the lyrics can often be inappropriate and reflect poorly on the program.*

📱 *Follow Us On Social Media!*

Stay connected with the team by following our official accounts:

- ***Twitter:*** `@hebron_hoops`
- ***Facebook:*** `Hebron Hoops`
- ***Instagram:*** `hebron_hoops`

High School Practice Schedule Details

High School (Varsity, JV)

- ***Location Rotation:*** *Practices will* ***rotate weekly*** *between the* ***Hebron Center*** *and* ***Lions Arena****.*
- ***Detailed Schedule:*** *Please refer to* ***The HUB or the Hebron Hoops Schedule site:*** https://hoops.hebron.team *for the detailed schedule, including specific times and locations.*
- *Note: Practices and times are subject to change.*

Middle School

- ***Regular Practice:*** *Regular practices will be held during* ***regular school hours****.*
- ***Additional Sessions:*** *Additional practices may be scheduled at the Head Coach's discretion.*
- ***Detailed Schedule:*** *Please refer to* ***The HUB or the Hebron Hoops Schedule site:*** https://hoops.hebron.team *for the detailed schedule, including specific times and locations.*
- *Note: Additional practices and times are subject to change. Please stay connected through The HUB.*

💸 Estimated Program Fees

Basketball	Cost	Billing
Athletic/Participation Fee	JV & Varsity - $150 Middle School $150	Drafted 11/20 Drafted 11/20
Activity Fee - estimate Includes (food, travel, gear, banquet, program fee, etc.)	Varsity - $750 JV - $550	Drafted 12/20 Drafted 1/20
Activity Fee - estimate Includes (food, travel, gear, banquet, program fee, etc.)	Middle School - $350	Drafted 12/20 & 1/20

**Students who play on multiple teams will have their activity fee adjusted.*

HCAA

The HC Athletic Association (HCAA) is the official athletic organization of Hebron Christian Academy. It exists to promote and support all athletics. The goal is to enhance the experience of all HCA athletes on all levels and teams beyond what the athletic budget can provide. The HCAA is a parent-operated organization with oversight by the athletic and administrative departments of Hebron. ***All athletic families are encouraged to join the HCAA to reap the membership benefits of free and quick entrance to all home athletic events and other association perks.***

📞 *Coaches' Contact Information*

Head & High School Staff

- ***Derrick D. Mason*** *(Head Men's Basketball Coach)*
  - *Email: derrick.mason@hebronlions.org*
  - *Cell: (706) 498-7676*
- ***Lyle Jones*** *(Head JV & Assistant Varsity Coach)*
  - *Email: lyle.jones@hebronlions.org*
  - *Cell: (828) 371-8702*
- ***Greg Robinson*** *(Assistant Varsity Coach)*
  - *Email: RAP1220@gmail.com*
  - *Cell: (718) 668-4144*
- ***Brandon Smith*** *(Assistant Varsity & Assistant JV Coach)*
  - *Email: bdsmit3726@gmail.com*
  - *Cell: (470) 213-7884*

Middle School Staff

- ***Sam Bowman*** *(Head MS A-Boys Basketball Coach)*
  - *Email: sam.bowman@hebronlions.org*
  - *Cell: (470) 538-0956*
- ***Porter Josephson*** *(Assistant MS A-Boys Basketball Coach)*
  - *Email: porterdj139@icloud.com*
  - *Cell: (770)364-8333*
- ***Walter Crews*** *(Head MS B-Team Coach)*
  - *Email: waltercrews@icloud.com*
  - *Cell: (470) 218-7464*

Athletic Trainer

- ***Madison Highland*** *(Lead Trainer)*
  - *Email: madison.highland@hebronlions.org*
  - *Office: (770) 963-9250*