



## Program Details

Bulldog Basketball is a private club not affiliated with any school district. It is a feeder program for students living in Fort Zumwalt South school district. The club is run by a staff of highly skilled coaches to develop basketball players and junior coaches for Fort Zumwalt South High School. It is a well-known fact that teams and players who play together earlier and longer will have greater success overall. The opportunities to generate winning basketball programs and scholarship opportunities start early on. Jr Basketball programs have grown in popularity over the years. Our program is different in that it works directly with the High School coaches to bring same philosophy and the fundamentals to put the kids who work hard in a great position to succeed. Coach Cater has redesigned the program, coaches' instructions and introduced skills clinics to specifically focus on development. We will work with players to development skills and attitudes that will both help them in basketball and in life. This is a volunteer organization, the coaches and supportive staff will be chosen by the director and assigned specific tasks toward the team or program. Each year the coaches will be evaluated, and at the direction of the program director continue with their role or support the program in another fashion. Bulldog Basketball is committed to player development and helping both players and coaches with this task. Coaches are instructed to develop players, teach the game and win games. Problems with personalities or personal issues will not be a factor. Bulldog Basketball reserves the right to replace coaches, players, parents or staff as it feels necessary to accomplish these goals.



Summer Camps and Tryouts will be held once a year in June and September. The teams we put together will generally be in two leagues and a couple of tournaments. The club director will be responsible for the management of the teams, leagues, direction and operations of the club on a daily basis. Information and registration will be posted on the team website [www.FZSbasketball.com](http://www.FZSbasketball.com). We also welcome and invite our young players to watch and support our High School program and see what being a bulldog means to the community. Our successful history and tradition of being a Bulldog is a special thing. We want them to feel a sense of pride and tradition as being a bulldog, being a team and being a bulldog family.

**We are all “BULLDOGS”**

## **Program Philosophy**

Our program's philosophy and number one goal is to develop players and prepare them for High School and beyond. This means that they will get playing time but it will not be equal. We believe the experience of game pressure is an important aspect of development but we must also balance that with the success of the team. Our programs goal is to be competitive at every level both mentally and physically. Your son will be given every opportunity to improve his skills and learn many valuable life lessons along with what is expected of them in high school. If he takes advantage of the extra programs provided, he will greatly increase his chances of success playing at the next level. Competition is a critical part of player development, mental toughness, and team sports. Each grade level will be instructed along with the coaches to deliver the right balance of fun and competition to help them grow, learn and succeed.

## **Coaches**

1. Coaches are the biggest representative of our program and influence of each of our Bulldogs. Professionalism and respect are essential to this role and should be demonstrated on and off the court with players, parents and officials.
2. Coaches are responsible for the development of every kid on the team and their participation in the program. Our number one focus is to develop better basketball players and people while having fun and working toward these common goals.
3. Coaches should be available to discuss the wellbeing of your child and their development. We will not argue game strategy, or playing time. We have a sound system of basketball and believe in it 100%.
4. Playing time is not guaranteed however, since our development and competitiveness as a program are very important. Each coach should try their best to play 3 quarters of the game as fairly as possible while keeping the score close and then winning the game in the fourth quarter. This sometimes very difficult but overall a general guideline to allow kids to compete for playing at the end. Intensity, rebounding, defense, turnovers, and scoring ability are factors need to win and will influence coaches decisions of who they need in the game. Coaches may have other reasons important to the team not listed but ultimately they do have reasons.
5. Coaches will be positive but insist that players always give their best effort regardless of the result or outcome of the game. The results will change as we become better in practice and as their work harder in practice. Winning happens when we have the right attitude and preparation to meet the opportunity we are challenged with.
6. Coaches will report to the director on any players playing on other basketball teams. We will not have a hard rule for this but ultimately we are responsible for developing "Bulldogs" and our program must be a priority during School Seasons. (Fall/Winter)
7. Team Parents – Coaches, please get the help of one parent on your team to assist with team administrative support. Team Parents and Coaches will be a temporary part of our Bulldog Basketball Staff for communications and instructions.

**Let us all strive for perfection and settle for excellence!  
In life, in the classroom and on the court!**

## Players and Parents

First let me say that I hand pick each of my coaches and make sure they have the same philosophy as I do with the same goals in mind. Every one of my coaches will do the right thing by your child and by our program. Please show them respect and trust their decisions.

1. Team Rules- All players are expected to adhere to the general rules set by their coaches and the program. All rules will be enforced equally at all levels of play. Rules will be in line with life lessons, safety, league, and High School expectations.
2. Attendance – Please make practices and games a high priority. We need everyone at practice to teach the proper skills and game preparation.
  - a. Try to schedule doctor's appointments and other appointments, after practice, or on weekends.
  - b. Grades are very important and will be a big factor in high school. Players are advised to use their time wisely during the season. Parents are advised to monitor this time usage. Studying for a test is no reason to miss basketball, plan ahead. Their commitment to school and managing sports will be essential in high school. Smart students make smart basketball players. School and Sport (Basketball) should be the focus in season. Video games and other activities are all secondary after you do your best on your homework and spend some time on your season skill (Basketball).
  - c. Missing practice or a game unexcused will result in one of the following penalties; sitting out part of the next game, not dressing for the next game, suspension or dismissal from the team.
3. All players will wear the appropriate clothing entering and leaving the gym. This includes hoodies and long pants, sliders or spare shoes vs. basketball shoes. Basketball game shoes are not to be worn outside.
4. All players must have a Gatorade water bottle and proper basketball. You should have the water bottle on the bench and at practices filled with water.
5. Parents may attend practice as a spectator unless working with the coach and staff. We will be conducting highly productive practices and need to stay on point to maximize the opportunity of gym time. Please have you players their 15min before practice to dress, stretch and be ready.
6. Playing for other teams or other sports is not encouraged however we understand that players have other commitments. Please work with your coaches and communicate with them your circumstances. Depending on the age level, multiple sports can affect the physical state of a young body. Playing for other basketball teams may be allowed however grades, and school basketball is the priority. Coach Cater will provide overall philosophy and an understanding on a case by case basis.
7. Do not ask about playing time. Schedule time before or after practice to discuss how they can improve. Coaches are balancing the pace and score of the game to win at the end. Everyone will play but if coaches need certain talents on the floor, this ties into asking the question. Coach, what do you need me to improve? And how?
8. Playing up a grade level – please discuss this directly with Coach Cater, he will evaluate each player on a case by case basis. He will decide what is best based on the development and skill level of the player.

## **Team Club Rules:** ( *Coaches may add additional rules on their own*)

1. All Players must have 2 things - a quality basketball, and Gatorade water bottle. Bring to Practices & games.
2. Be on time! Being on time is being 15min early. We arrive early so that we can prepare to go to work when practices, games, or training starts.
3. Communicate with your team Coach - Anytime you will be late, missing, or unavailable, notify your coach with as much notice as possible. This does not mean the reason is excused but is a curtsey that is required.
4. Follow Instructions – Coaches will tell you what they expect of you, it's your job to follow these directions with enthusiasm. This helps the team, you and your development
5. Listen – No talking when coaches are talking, look them in the eyes and pay attention.
6. Be a good representative of “Bulldog Basketball” This means be respectful and conduct yourself toward team mates, coaches, parents and other teams accordingly.
7. NO Trash Talking – Opponents are Off Limits
8. Officials - NO comments or body language directed at/to the Officials
9. Run ON and OFF the court
10. Technical Fouls – We don't get Techs! 1st T = 25 laps @ prior/after practice, 2nd=50 laps, 3rd =dismissed. ALL technical fouls on Players/Coaches will be reported to the Director (Coach Cater) by the coaches for discussion within 12hrs of the occurrence.

*"BE HUMBLE AND BE HUNGRY" - CoachCater*

## **Communications**

Bulldog Basketball communications will be posted to our website as well as email and or text messages. More instructions will be available on the website but please make sure that you register with our program and follow the guidelines as best you can. If at any time you have questions, please contact your coach and or the program director (CoachCater) for clarifications.

## **Official Website**

[www.FZSbasketball.com](http://www.FZSbasketball.com)

We are all focused on developing players for Fort Zumwalt High School Basketball. This website will promote Junior Bulldog news and information. Our club is the beginning of your bulldog experience and will allow you to receive important information via email, text or phone calls. This is a fantastic opportunity for your players and the HS coaches to get to know each other and for them to learn the proper skills and guidelines to being a BULLDOG.

## **Fees and Refund Policies**

The program is designed to develop High School basketball players by organizing teams, leagues practices and tournaments. Costs associated with this will be shared by the teams and number of players. (8-10)

After tryouts players will be assigned a team and responsible paying for Club and TLP payments. Club fees will cover services, insurance or operational fees incurred by the club. TLP (tournaments leagues and practices) fees will include any leagues, tournaments or practices that will be included with the program. Typically practices are provided at no cost but gym time is not always guaranteed. Each year this will be itemized out in the program flyers sent to the parents. Our goal is to keep costs down while providing a greatest possible development opportunity and program for the kids.

Bulldog Basketball has a NO REFUND policy. All moneys collected are allocated toward a shared cost of operations or fees associated with basketball based on the number of kids per team or age division. We understand that there are unforeseen circumstances in which a player may not be able to participate. For this reason Bulldog Basketball may offer a ONE time transfer to another season.

## **Chain of Command**

If a problem arises, here is the chain of command to follow: First, bring your problem to the appropriate grade level coach and discuss it. Usually a proper time to discuss a problem is not directly following a game. Our coaches will not engage in emotional conversation with a parent after a game. Make an appointment with the coach, when all emotions are calmer. If you are not satisfied, then the next level of discussion will be with CoachCater, the club director. If for any reason you are not comfortable with your coach, you may contact CoachCater directly.



*Directed by:*

*Coach Cater*

coachcater4@gmail.com  
(636) 448-3225