

WISCONSIN RAPIDS BASKETBALL

Practice Standards — Cage Club / Wisconsin Rapids Red Raiders

Our practices will reflect the identity of our program: tough, competitive, connected, and detailed.

Every day we step on the floor is an opportunity to improve. Practice is not something we survive — it is where we build the team.

WE EXPECT IN PRACTICE:

- Compete on Every Possession
- Energy and Body Language
- Game Reps
- Accountability
- Talk Constantly
- Next Play Mentality
- Physical Toughness
- Building Your Resume for Gameday
- Attention to Detail

THE STANDARD:

The goal of practice is simple: leave the gym better than we walked in. Every day. Every rep. Every possession. Because great teams are built in practice long before they are revealed on game night.

Practice Guidelines

- Do not arrive more than 15 minutes before the start of practice.
- Parents should make sure a coach is in the building before dropping off their player for practice.
- All players must get picked up on time. Coaches should not have to wait for players to be picked up.
- No bouncing/throwing basketballs in hallways or commons areas — wait until in the gym.
- Players should stay in the area of the gym and not wander into school hallways, classrooms, or onto stages at certain schools.
- Players should not enter the gym for practice until the coach instructs them to enter.
- Jerseys worn for every practice (shorts optional for practice).
- Please communicate with your team's coach if your player will be absent from practice, arriving late, etc.
- Bring an indoor basketball to practice.
- Please clean up any garbage on the ground before leaving.
- Keep basketball bags and water bottles outside the gym floor.
- Please be respectful and helpful to all school staff and workers while we are in their buildings.
- Please leave PE equipment where it is in the gym, and do not touch the Learning Targets on the whiteboards. Players should not erase anything on the whiteboards, as they are used for PE class.
- Never prop doors open.