

PLAYERS HANDBOOK

2026-2027

Mission Statement & Philosophy

Our mission as coaches of the Estancia High School Boys Basketball Program is to develop a culture that inspires student athletes to apply themselves in the classroom as well as on the basketball court. By teaching our athletes the value of hard work, dedication, accountability, sacrifice, selfness, and teamwork, we believe that our athletes will learn lifelong skills and lessons that will not only prepare them for the upcoming season but for life beyond high school as well. The time and effort we as a group put in will prepare us for the upcoming season and prepare us to compete for an Orange Grove League Basketball title.

To achieve this goal of success, the coaches, players, and parents must all agree on what the goals and expectations are for those who are a part of the Estancia High School Boys Basketball Program. The following pages should answer most questions from players and parents about what is expected of them this year and how the Estancia program operates.

EAGLES TEAM PHILOSOPHY AND GOALS

All the coaches for the Boys' Basketball Program at Estancia High School have a history with Estancia High School basketball as either an alumni player, coach, or long-time coach within the community. Because of our connection to Estancia Boys Basketball, the entire coaching staff understands the uniqueness of the student body and how we can excel and remain competitive in spite of the school's small size. The members of the coaching staff have worked as a team to develop the program's philosophy that is focused on three core principles:

- **Character –** We believe that without strong character, a person cannot be truly successful in any endeavor, including basketball. Our focus is on Honesty, Responsibility. Communication, Accountability, Leadership, Sacrifice, Selflessness and Commitment.
- **Academics –** Success in the classroom allows for participation in sports, not the other way around. We are committed to coaching good students that also play basketball.
- **Teamwork –** We believe that excellent teamwork is essential to our success as a basketball team and learning to be a team player is essential to all individuals in their future successes. We understand the lifelong values and memories that are centered on the experience of being a part of a team that becomes a family. We teach that "team" is more important than the "self" and that the sacrifices you make will be rewarded ten-fold.

Estancia Eagles Basketball Staff

Varsity Head Coach: Xavier Castellano
Cell Phone: (714) 625-7644
Email: xcastellano@nmusd.us

Assistant Coach - Varsity: Mo Aguilar
Email: humblebeastbasketball@gmail.com

JV Head Coach: Cuby Vantich
Email: cvantich@nmusd.us

Assistant Coach – JV: Angelo Ursini
Email: aursini123@gmail.com

Freshmen Head Coach - Varsity: Troy Hall
Email: thall@nmusd.us

We as coaches want to keep the lines of communication open between players and parents. Players, please use our cell numbers for emergencies only and to communicate about practice with your coach. Parents, our time at home is for our families. If you need to contact us, please try and do so via email. Email should be used for housekeeping items only. In emergencies. Please contact Head Coach, Xavier Castellano.

Forms To Complete Before Season
*ALL FORMS MUST BE TURNED IN BEFORE AN ATHLETE IS ALLOWED TO PRACTICE!!!

- Physical & Insurance Form
- Athletic Eligibility Statement
- Player/Parent contract

Objectives Of the Boys' Basketball Program

- **Each player in the Estancia Boys Basketball Program will graduate with a high school diploma and learn skills that will impact their life forever.** Our Student Athletes will earn their diploma by following the plan set forth by counselors, teachers, and coaches. The skills that we hope to teach from our program is commitment, accountability, responsibility, honesty and the ability and strength to give something everything you have. I truly believe that the more you give, the more you will receive. For one to be successful in this life, you must be able to give it you are all and not be concerned with the opinion of others.

- **We will establish a level of excellence year after year.** All the players in our program must play at the highest level of intensity, aggression, and mental toughness. As a team we must always be the most united team, hardworking and toughest team on the floor. If we can do all these things, teams will hate playing us. I want teams to know that when they compete against our teams, that it is going to be a battle.

- **Basketball changed my life.** It made me a better person, it taught me to dream, work hard, how to give something my all and more importantly it taught me perseverance, mental toughness, how to compete and to never give up on myself. These characteristics that helped shape the person I am today were all taught and enforced by parents and coaches. I would like to instill these same characteristics into our student-athletes through this beautiful game.

- **This must be a pleasant experience**. Basketball is to be enjoyed, but it must also be done correctly. Once the correct environment and culture is established, coaches can teach players how to play this game at a level where they will be able to enjoy themselves. Once the culture, environment, fundamentals, responsibilities, and expectations are established, everything else will take care of itself.

PROGRAM GOALS

1. **Help develop important life skills**
2. **Provide a positive, enjoyable experience**
3. **Teach fundamentals of and build an appreciation for the game of basketball.**
4. **Build a program with a successful, winning tradition at all levels.**

PARENT GUIDELINES & EXPECTATIONS

1. Parents are not allowed to attend practices unless communicated with Head Coach and Athletic Director.
2. If there is an issue about your child's standing on the team, please use this process first.
    - Player & Coach conversation
    - Player & Parent & Coach conversation
    - Player & Parent & Coach & Administrator conversation
3. Parents, please do not approach a coach about an issue before or after practices or games. If there is an issue, please use the process above first.
4. Coaches will never talk about playing time, only about what the player can improve on.
5. Coaches will never discuss anything having to do with another player or talk about another player in comparison.
6. Our team will not only be judged by their performance and attitude on and off the court but also by those who support them. Have pride in your son, his teammates, and the school. Respect our opponents in victory and defeat, let us show the opposition the respect that we would want from them. Let us develop a tradition at Estancia of good sportsmanship and class within our basketball program.
7. Be supportive of the program. It is impossible for everyone to agree with every decision we make as a staff. Do not let a small difference of opinion keep us from working together to make this season and the program the best it can be.

SOCIAL MEDIA

We live in a world today where information is shared almost instantaneously. It is important that our players understand the role of social media and the potential consequences. All players are expected to be mindful of what they say and who they may be talking about. Once a message, picture, tweet, etc... has been posted, it cannot be taken back. There may be consequences to what is posted on a social media site. Parents are encouraged to have conversations with their student/athletes about the potential dangers of social media. When in doubt...do not post!!! We as coaches will not monitor social media but if something is brought to our attention, we will deal with it accordingly.

1. Assume nothing is private! (You write it, you own it)
2. The audience is vast: Parents, players, classmates, teachers, administrators, college coaches, employers, family members...anyone could potentially be in your audience.
3. NEVER POST PICTURES FROM THE LOCKER ROOM!
4. Complaining will not solve the issue. Talk to teammates or coaches directly.
5. Do not talk negatively about opponents – do not trash talk!
6. If you retweet something, you agree with it.
7. Your tweet is like a "press conference". Do not tweet something you would not say in public.

CHARACTERISTICS OF AN ESTANCIA BASKETBALL PLAYER

1. **Knowledgeable -** Each player will understand their role and accept any role that helps their team become successful. Players must know what their role on the team is and what our goals are.

2. **Coachable** - Players will be able to accept criticism and understand that it is necessary at times. Players need to be coachable but also understand that they will be motivated and praised by their coaches. We must be able to correct their mistakes and provide them feedback without players taking it personal.

3. **Accountable, Responsible and Committed** – These 3 traits are a must. Every player needs to be able to be accountable for their actions, understand the responsibilities that come with being a part of this program and they must all be committed. They must all be 100% committed to this program.

4. **Respect** – Respect is vital in our program. All players must respect their teammates, coaches, and staff at our school. The must respect the decisions made by coaches and the rules and expectations of the program.

5. **Honesty** – Be honest about your commitment, effort and attitude towards yourself and your team and your teammates. Always be honest with yourself, your teammates, and your coaches.

6. **Selflessness** – Players in our program need to be selfless leaders. Success cannot be individualistic. What is best for the team always must come first. Our players need to represent and lead this action.

7. **Enthusiasm** – Players need to enjoy what they are doing. We need our players to appreciate, respect and enjoy what they are doing. They need to be able to express this enthusiasm during practices and games.

8. **Toughness** – I want our players to be mentally tough and play with a chip on their shoulder. I want them to understand what they represent and what our school and team represent. Our players will fear no one, never give up and always battle.

PLAYER RULES & EXPECTATIONS

The Estancia Boys Basketball team players are expected to conduct themselves in a positive manner at school, practice, home games, away games, and in the community at all times. Any conduct that brings shame or embarrassment to the program will be confronted and action will be taken to correct the behavior. I am a strong believer that attitude reflects leadership.

Every student/athlete who is a part of our program must act in accordance with the rules and guidelines set before them and represent Estancia High School in an honorable manner. This is one of the key points to the future of the Estancia's Boys Basketball Program.

WE EXPECT OUR PLAYERS TO BE MODEL STUDENTS, ATHLETES & CITIZENS. WE WILL BE AGGRESSIVE IN PURSUIT OF THESE GOALS.

Our desire is that your child learn life lessons throughout their time here that can be used for life beyond high school. The harshest possible penalties will be imposed on those players who cannot abide by this code of conduct. Also, the highest rewards will be handed out to those players that do abide by our code of conduct.

Below are the Rules and Expectations for all players in our program.

Training Rules

Drinking, smoking, or use of illegal drugs (including steroids) will not be tolerated. Disciplinary action will be in accordance with Estancia's C.I.F. policy for any violation. We expect all players to take part in our off-season training unless they are involved in another sport. We believe that hard work, dedication, accountability, and being a responsible teammate will turn our individuals into a championship caliber team. If a player is caught, or known to be drinking, smoking, or using/providing illegal substances they will be immediately suspended and possibly expelled from the team and school. A meeting will also be held with the parent, student-athlete, and coach regarding this situation.

Attendance

All players must attend all practices and games unless excused by his coach, parent, or teacher. **Missing practice or a game will affect a player's playing time.** This policy is not meant as punishment but rather it is intended as a reward to those players who consistently attend practice. Although these rules may seem to be harsh, they are needed to help build accountability, responsibility, and team unity on and off the court. Family, School, and Faith come before everything else and are considered reasonable excuses for an absence. Missing practice for any of these reasons will be excused and will enable you to stay on the team. It does not guarantee playing time when you come back. Players who miss practices are consistently late, and who do not communicate with their coaches are subject to suspension or removal from the Estancia Boys Basketball Program.

Practice

Players need to arrive ready and dressed for practice, jerseys tucked in, 15 minutes prior to the actual start time of practice. If practice starts at 10 am, be in the gym ready to go by 9:45am. Players need to secure rides to and from practice and are required to bring their own appropriate attire for the weather. "I didn't have a ride" is not an excuse for being late or missing practice. **PLEASE COMMUNICATE WITH YOUR COACHES AND TEAMMATES TO SECURE A RIDE.**

All players should **always** have their **practice jerseys, shorts, white socks,** and **basketball shoes** when attending **all practices.** Players who show up for a practice without the proper equipment will be considered unprepared and this will be treated as an unexcused absence. **Arm Sleeves, Headbands, Wristbands, or anything other than what is required to play basketball WILL NOT BE ALLOWED TO BE WORN**. Expectations will be made for medical reasons.

Games

Varsity, Junior Varsity, and Frosh/Soph teams will be issued game jerseys, shorts, and a team bag. Each player is responsible for turning in all gear at the end of the season. All players will be required to wear white socks at all games and practices. All players must take the bus to and from the game. Exceptions will only be made through prior communication with the Coach if players are not able to ride the bus. Players will not be allowed to go home with anyone other than their parents.

Dress Code

All players are expected to dress neatly and presentable on game days. All Freshmen & JV players are expected to wear the team issued polo, t-shirt, or sweatshirt. Varsity will be required to wear their team polo and travel sweats on away games. Coaches and Captains will decide what form of team gear will be worn on home game days.

Starting Lineups

Starting lineups for the Varsity, Junior Varsity, and Frosh/Soph teams will be determined by the coaching staff on an ongoing basis. **The criteria for determining starters will be effort, attitude, attendance, and behavior in the classroom and in the community. In short, the players who start will not necessarily be the "best" players, but those who have shown the most commitment**. If a parent has a question about their son's playing time, they should first talk to their child about his effort and attitude during practice before consulting the coach.

Player Communication

It is the responsibility of the student/athlete to communicate with their respective coach. If a player is going to be late or miss practice, it is the players' responsibility, not the players parent or his teammates, to communicate directly with the coach. Failure to do this will result in the player being held accountable.

1.) **EVERY PLAYER WILL GIVE MAXIMUM EFFORT:** Every player is expected to give their best. Hard work, sacrifice, dedication, and maximum effort is what will push our teams and everyone in our program to become great. This is expected on the court and in the classroom.

2.) **EVERY PLAYER WILL BE COMMITTED:** Every player will commit themselves fully to their team, teammates, coaches, studies, and family. I expect everyone to commit themselves to being the best person, player, teammate, and student they can be when representing our program on and off the court.

3.) **EVERY PLAYER WILL BE RESPONSIBLE & ACCOUNTABLE:** Now that you are a part of the Estancia Basketball Program, everything you do reflects your team, teammates, coaches, and school. I expect everyone to act in a responsible manner and make good, healthy decisions. Mistakes are made; mistakes can be corrected but every student/athlete that is a part of this program will be held accountable. You and you alone are responsible for communicating with your coaches if you are going to be late or miss practice. Any help you might need, PLEASE COMMUNICATE WITH YOUR COACHES. WE ARE HERE TO HELP YOU.

4.) **EVERY PLAYER IS EXPECTED TO GROW INTO A SELFLESS LEADER:** Great leadership is not selfish or self-centered. Great leadership is not about the leader at all, not about his recognition, promotion, or prominence. Great leadership, wherever it occurs, is about service to a worthy cause. Great Leaders are selfless!!! They are teammates who facilitate the success of others. In other words, help those around you become great. Expect greatness from yourself, lead by example and demand greatness from those around you.

5.) **EVERY PLAYER WILL SHOW RESPECT:** Every player must respect their teachers, school, school staff, teammates, coaches, opponents, referees, family, and themselves. Without respect, the success we are striving for will not happen**.**

6.) **EVERY PLAYER IS RESPONSIBLE FOR COMMUNICATING WITH THEIR COACH DIRECTLY:** We want every player to learn the importance of communication. Therefore, we ask that each player text or call his coach directly in the event they are going to be late or miss a practice / game. We also expect every player to communicate with the coach directly about any issues concerning playing time, role on the team or any concerns they may have. In case of emergencies, we understand parents calling in for their child, but please help us in teaching your son the importance of communication.

7.) **EVERY PLAYER IS EXPECTED TO DISPLAY A POSITIVE ATTITUDE / BODY LANGUAGE:** Mistakes are made by everybody, do not let them define you. Learn from them, move on, and correct them. No need to display negative body language every time something does not go your way. Learn from your mistake and try again with a positive, healthy attitude.

8.) **EVERY PLAYER WILL BE COACHABLE:** The Basketball coaches at Estancia High School come from a diverse background of basketball knowledge and experience. We expect our players to listen to and respect our coaches. We expect our players to trust the directions, rules and expectations given to them. We will not tolerate players who talk back, question directions and who make it about themselves rather than the team. Any player who displays these kinds of behaviors will not be a part of the Estancia Basketball Program. PARENTS. . . WE KNOW YOU LOVE YOUR KIDS AND WE KNOW YOU ARE ONLY TRYING TO HELP BUT PLEASE DO NOT COACH FROM THE SIDELINES. THIS DOES NOT HELP YOUR SON. IT ONLY ADDS PRESSURE AND CONFUSES THEM. Let the coaches coach and the players play.

9.) **EVERY PLAYER WILL UNDERSTAND THEIR ROLE:** Like life, basketball is not fair. Not everyone will play an equal number of minutes, not everyone will get to play in the games and not everyone will get the same number of shots, trophies, or individual awards but everyone is expected to show the same amount of effort, dedication, responsibility, sacrifice and commitment as everyone else on this team. The only thing guaranteed to anyone who makes it on a team in our program is a uniform. Players who understand and can accept their roles will continue to be a part of the program. If the most important thing to a player is playing time, points scored and other individual, personal accomplishments then this may not be for them. We are looking for players who are willing to compete, sacrifice and work hard for the greater good. Parents, if your son can accept their role then so should you. If he wants a greater role then the player needs to ask the coach what he can do to make that happen and then he needs to put the work in to make it happen. This is a great life lesson for them. As a teacher who is trying to help kids graduate from high school, get into college, and find a job I can assure you that trying to make things fair for your child is not going to help them in the ultra-competitive, not fair at all real world. Everything they do in life will be competitive so I believe they should get used to it now.

10.) **EVERY PLAYER NEEDS TO ENJOY WHAT THEY ARE DOING:** The hard work, commitment, sacrifice and expectations we demand for your child to display is not always fun, but it is through these actions that success can become possible and where the love for this game is generated. Please!!! Help us in helping your child understand that he needs to trust the process. Nothing in life that is worthwhile is easy. Put the time in, work hard, do not be afraid to fail and enjoy the process. If you can trust your coaches, teammates, and yourself, you will love being an Estancia Basketball Eagle. Stay committed and this will become an experience that will last a lifetime.

Failure to meet these expectations will result in suspension or removal from the Estancia Boys Basketball Program.

PRACTICE GUIDLINES

- A schedule of practice times is provided in your handbook. We will do our best to follow the schedule, but it is subject to change. We will communicate with players about any necessary changes. Our calendar will also be emailed to parents.
- You are expected in the gym dressed and ready to go at the scheduled start of practice.
- Attendance at practice is mandatory. If you cannot be there, you must talk to the coaches personally or it will be unexcused. If you are not in school, you are expected to call your coach and let them know the nature of your absence.
    - Excused absences include family emergencies, religious obligations, and school obligations. Any other reasons must be cleared through the coaching staff prior to being absent. Even excused absences may affect your playing time and standing on the team.
- Tardiness is unacceptable and will not be tolerated.
- Any injuries must be taken care of before practice begins. See the coach and/or trainer.
- Once you see a doctor, you must have a signed release from the doctor before you can practice or play.
- If you are not directly involved in a drill or scrimmage, watch the action. Encourage, Praise, and Learn by Watching!!
- No cell phones are allowed at Practice!!!
- Practices are closed to outside personnel.

GAME GUIDELINES

- Home Games
    - Players are show up to games 1 hour and 30min's prior to game time.
    - Responsibilities – FRESHMEN
        - Dry Mop and Wet Mop the floor
        - Set up the scorer's table, chairs, score clock and possession arrow
        - Have Game Balls ready for the night's game
        - Make sure everything is working
        - 2 players need to do the Score Book for the JV Game
    - Responsibilities – JV
        - 2 players need to do the Score Book for the Freshmen Game
        - Set up the Camera for the Varsity Game
        - 2 players need to film the Varsity Game
- Away Games
    - Players are show up to the Bus for Away Games 20min's prior to bus time departure.
    - Responsibilities - FRESHMEN
        - Bring Ball Bag to Game (4 Basketballs)
    - Responsibilities – VARSITY
        - Bring Ball Bag Home
        - Bring Video Camera to and from Game

DISIPLINE GUIDELINES

Players in our program are responsible for following all rules and regulations of the Estancia Boys Basketball Program. In addition, the coaches have decided that the following discipline policy will be followed when team rules have been violated.

- **UNEXCUSED ABSENCE FROM PRACTICE (Skipping practice)**
  - First Offense – 1 game suspension
  - Second Offense – Suspension from team, meeting with parent and player
  - Third Offense – Removal from Team

- **UNEXCUSED LATE FOR PRACTICE**
  - First Offense – Team will run
  - Second Offense – Team will run / Meeting with Coaches / ½ Game Suspension
  - Third Offense – Meeting with player and coaches / Full Game Suspension
  - Fourth offense – Removal from Team

- **DISRESPECTFUL TO STAFF, PLAYERS or COACHES**
  - First Offense – Full Game Suspension
  - Second Offense – Suspension from teach until parent, player and coach meeting can take place
  - Third Offense – Removal from team

- **LATE FOR BUS**
  - First Offense – Starters will not start. Reserves will not play 1st quarter. Team will run the next day
  - Second Offense – Starters / Reserves will not play half the game.
  - Third Offense – Full Game Suspension
  - Fourth offense – Removal from Team

- **IMPROPER ATTIRE FOR GAME DAY**
  - First Offense – Starters will not start. Reserves will not play in the 1st quarter. Team will run the next day
  - Second Offense – Starters / Reserves will not play half the game.
  - Third Offense – Full Game Suspension
  - Fourth offense – Removal from Team

- **UNPREPARED FOR PRACTICE – Missing Uniform**
  - First Offense – Coach will help player find the correct items needed. Whole team will run.
  - Second Offense - Player will be suspended from Practice. Not allowed to play in the next game.
  - Third Offense – Removal from the team

- **UNPREPARED FOR GAME – Missing Uniform**
  - First Offense – Will Not be able to play in Game
  - Second Offense - Player will be suspended
  - Third Offense – Removal from the team

CONTRACT FOR ESTANCIA EAGLES BASKETBALL PLAYERS AND PARENTS

I, _____, have chosen to play high school basketball for Estancia High School. I have read the team handbook and promise to follow the rules of both Estancia High School and its Basketball Program. I further agree to follow and abide by any and all additional rules laid out by the coaching staff during the season.

AS A PARENT OF THE ABOVE-NAMED PLAYER I HAVE READ THE TEAM HANDBOOK AND I PROMISE TO DO THE FOLLOWING:

1. Influence my child to abide by the contract they have signed.
2. Be an example of good sportsmanship at games by making positive comments about players, keeping criticism of the officiating to a minimum and treating fans of our opponents with respect.
3. Be patient and respectful of coaches in dealing with playing time and strategy.
4. Teach my child to deal with the coaches directly regarding any issues that may develop individually or with the team.
5. To make sure my child is striving to be the best they can be both on and off the court.
6. To make sure my child is at practice and games on time.
7. Support my child, his teammates, his coaches, and his school in a first-class manner at all times.
8. To respect all decisions made by the coaching staff.

WE, THE COACHES, PROMISE TO DO THE FOLLOWING. . .

- Treat each player like we would want our own child to be treated.
- Be examples of good sportsmanship, character, and citizenship.
- Teach your son the skills needed to become the best player he can be.
- To develop a TEAM and teach the benefits of learning and becoming one. . .

We know that being part of this Basketball Program will require sacrifices, discipline, and commitment if we are going to be successful. We are working to achieve an extraordinary team with extraordinary successes which demands extraordinary efforts on all parts of our players lives. In the classroom, at home, on and off the floor. In return for this dedication, we have an opportunity to create an experience that can affect our lives forever.

Our goal is to field a team that consistently demands more of themselves, and that plays like a team. We will play to WIN and playing time and game substitutions will be made with that in mind. Remember that playing time is not equal and is earned through practice and performance. The players of this program are EXPECTED to work harder, have more discipline, hustle, enthusiasm, teamwork, and dedication than any other team we may face. We also expect positive behavior in the classroom, in their families, with their friends, in the community, and finally, on the basketball floor. This is not a goal…THIS IS AN EXPECTATION.

I understand that by representing the Estancia High School Boys' Basketball Teams, I will abide by these expectations, as well as the rules and guidelines in the team handbook.
Student – Athlete Signature _____ Date _____.

I understand that my child, as a part of the Estancia Boys Basketball Program will abide by these expectations, as well as the rules and guidelines in the team handbook. I agree to give them all the possible help to support them, their coaches, and their team.
Parents Signature_____Date _____

Parents Name _____Date _____

As coaches we promise to provide the best possible experience for your child we can. Focusing not only on the finer points of the game of basketball but developing the best possible student-athlete we can in the classroom, in the community and on the basketball floor.

Respectfully,

Xavier Castellano
Estancia Eagles Basketball
Varsity Head Coach