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# **Braham Basketball**

## **2023-2024**

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# Girls Coaches

Head Coach - Zach Loy

[zloy@braham.k12.mn.us](mailto:zloy@braham.k12.mn.us)

J.V. Coach - Chris Grote

[cgrote@braham.k12.mn.us](mailto:cgrote@braham.k12.mn.us)

8th/C-team Coach - Becky Swanson

[bswanson@braham.k12.mn.us](mailto:bswanson@braham.k12.mn.us)

7th Grade Coach - Kelsey McFarland

[kmcfarland@braham.k12.mn.us](mailto:kmcfarland@braham.k12.mn.us)



# Boys Coaches

Head Coach - Jeff Eklund

[jeklund@braham.k12.mn.us](mailto:jeklund@braham.k12.mn.us)

J.V. Coach - Kyrrah Albers

[kalbers@braham.k12.mn.us](mailto:kalbers@braham.k12.mn.us)

8th/C-Team Coach - Troy Fredenburg

[fredenburg@nalc.org](mailto:fredenburg@nalc.org)

7th Grade Coach - Nick Hohn

[nhohn@braham.k12.mn.us](mailto:nhohn@braham.k12.mn.us)



# Communication: Boys

- Coach Eklund
  - [jeklund@braham.k12.mn.us](mailto:jeklund@braham.k12.mn.us)
  - (651) 335-6858
- Twitter
  - Boys - @brahamboysbb
- Facebook
  -
- Remind
  - Contact Number: 81010
  - Text: @bomberbbb

# Communication: Girls

- Email
  - [zloy@braham.k12.mn.us](mailto:zloy@braham.k12.mn.us)
- Phone
  - Zach Loy - (715) 764-0766
- Remind
  - Contact Number: 81010
  - Text: "@brahambas"

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# Roles

## Athletic Director

- Transportation
- Compliance officer with MSHSL
- School Board Liaison for Coaches
- Budget Manager

# Roles

## Coaches

- 7-12 program oversight
- Supervision (bus, locker room, etc)
- Abide by MSHSL and BAS policies
- Challenge players, coaches, selves daily.
- Practice/game planning
- Make decisions based on what is best for the **WHOLE** program
- Do our best daily

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# Roles

## Players

- Have a positive attitude & effort
- Be a positive role model for others
- Be supportive of all players in program
- Play for the name on the front of your jersey
- Change your best daily.



# Roles

## Parents

- **Positively support entire program**
- **Be an ambassador of the Braham community**

# Braham Basketball

- *Players will attend all, practices, meetings, games, & conditioning sessions, on time unless excused.*
- *Players are not to schedule work, outings, or meetings during scheduled practice or scrimmage sessions.*
- *All players will travel to & from games as a group unless given permission by the Head Coach to do otherwise.*
- *Report all injuries & illnesses to the Head Coach immediately.*
- *Team members take pride in the locker rooms & all equipment by taking personal responsibility for all items. Leave the campground better than when you arrived!*

# Braham Basketball

- *Players must represent Braham Basketball in a positive manner on & off of the court by displaying good conduct.*
- *Respect your teammates, coaches, parents, opponents, officials, & yourself.*
- *Players must attend class & adhere to academic standards/responsibilities. We recommend all players to sit in the first two rows in the classroom unless a seating chart is used.*
- *Players that do not work up to their potential in the classroom or who have poor attendance may lose the privilege of practicing and/or playing.*
- *A positive attitude is expected by all team members. A bad attitude has negative consequences.*
- *Commit to becoming a better athlete & a better team. You're either in or out; nothing in between. Make good choices every day.*

# Expectations:

- Be respectful
- Be on time
  - Late to practice (unexcused)
    - *Running*
    - *Drills*
    - *Playing time*
    - *Starting*
  - Missing a practice/game (unexcused)
    - *Make up time*
    - *Miss part/whole game*
    - *Removal from team*
  - ISS
    - *Running*
    - *Drills*
    - *Playing time*
    - *Starting*
  - OSS
    - *Cannot practice/play*

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# Grades

As a coach, our purposes are typically all the same: **to develop the young people we work with into successful, contributing members of society.**

Our purpose for being in school is NOT to become an athlete, but to eventually become successful afterwards, whether that involves sports or not.

Reminder that if a student has an 'F' for a quarter grade, they are to miss two weeks of play or two contests - whichever is longer.

***Hold your student-athlete(s) accountable!***

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# Saturday Morning Basketball

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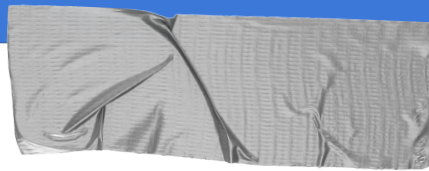
Saturday Morning Basketball will begin November 4, 2023.

- Grades KG-3 --- 9:00 a.m. - 10:00 a.m.
- Grades 4-6 --- 10:00 a.m. - 11:00 a.m.

Boys & Girls basketball players 7-12 are expected to be ready to help with **BOTH** Saturday Morning Basketball & the Youth Tournament.

This is a way to give back to the community that has supported us & made so many things possible for kids throughout the years.

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# Braham Youth Basketball Tournament

- Girls
  - January 27, 2024
  
- Boys
  - January 28, 2024

Our youth program is free to whomever wants to participate. Our youth tournament raises over \$13,000/yr. for our kids!

If you'd like to volunteer, please contact:  
Amanda Johnson - -  
[brahamyouthbasketball17@gmail.com](mailto:brahamyouthbasketball17@gmail.com)

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## Team Meals

- What is it?
- Why?
- Who (eats it)?
- Who (makes it)?
- THE REAL QUESTION: Who would like to take it on?

