

## LA SALLE PREP ATHLETICS – BOYS’ BASKETBALL

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### ATHLETICS DEPARTMENT MISSION STATEMENT

The mission of the La Salle Catholic College Preparatory’s Athletic Department is to educate student-athletes about the values associated with athletic competition and to help them reach their athletic potential. Student-athletes will represent the qualities of a Lasallian school to the community, while growing into men and women of excellent character.

### DESCRIPTION OF PROGRAM/NUMBER OF TEAMS

La Salle fields three teams, Freshman, JV and Varsity. La Salle’s Basketball Teams compete in league games, non-league games and tournaments. The Varsity Team has taken the opportunity to travel during Christmas Break in order to participate in tournaments around Oregon. Teams will practice and compete during Christmas and Thanksgiving Break. Teams typically field 12 players each, which makes boys’ basketball one of the most competitive sports at La Salle.

### HEAD COACH KEVIN BERRY’S PHILOSOPHY

To foster an environment where student athletes can succeed athletically through mastery of fundamentals while also learning skills that can be applied throughout life as well as on the court such as teamwork, dedication, and attention to detail.

### COACH BERRY’S BACKGROUND

2009-Present: La Salle Prep Varsity Boys’ Basketball Coach

2008-2009: Jesuit HS JV Girls’ Basketball Coach

2006-2008: Mt. Hood Community College Women’s Basketball Assistant Coach

2006-2008 Club Sport Basketball Academy Clinician

2004-2006: La Salle Prep JV Boys’ Basketball Coach

2001-2004: La Salle Prep Boys’ Basketball Assistant Coach

### COACH BERRY’S CONTACT INFORMATION

You may contact coach Berry by email (preferred) at [berry.kevin@gmail.com](mailto:berry.kevin@gmail.com) or by telephone at 503.853.9022.

### OPPORTUNITIES FOR PARENT VOLUNTEERING

Game Day Meal Coordinator

In Game Statisticians

Game Film Videographer

Official Score Book

Snack Shack Concessions during Home Games

Collecting the Gate at Home Games

### GENERAL PRACTICE TIMES/COMPETITIVE SEASON

Teams can expect to practice for up to a 2-1/2 hour time period between the hours of 3-9 p.m. during weekdays. Teams practice on some Saturdays and the Varsity will schedule practices on Sundays some time between 2-8 p.m. Due to space constraints, the Freshman and JV teams will rotate with the girls program and may practice off campus.

### TEAM PRACTICE AND PARTICIPATION

Members of the teams are expected to be at all practices and competitions. If for some reason you cannot make it, please contact the coach as soon as you are aware.

### EXCUSED/UNEXCUSED ABSENCE POLICY

Students are expected to make their studies a priority, but students are also asked to manage their time. Playing time and status on a team may be put in jeopardy with excused and unexcused absences. Absences the week of a contest or the day before a contest may result in an athlete losing a starting position or not competing in the next competition.

### PROGRAM-WIDE RULES/ CUTTING POLICY

Coaches will provide rules at the beginning of each season. If you have any questions about these, please consult the coach. Basketball is a popular and demanding sport at La Salle. Tryouts occur the first week of practice in November. Depending on turnout, cuts will be made either once or twice to develop the three teams of twelve players.

#### LETTERING CRITERIA

In general, athletes that make the Varsity Team earn a Varsity letter. If a JV player is brought up in the post season and makes contributions to the program, they may be awarded a letter. An athlete must complete the season in good standing with the program in order to letter.

#### EXPECTATIONS FOR STUDY HABITS

Basketball players will be asked to be creative about their study habits. There is ample time for doing homework while the other teams are playing as well as during the bus ride if one is physically able to do this. Students with later practices are highly encouraged to complete some of their homework between the end of school and practice.

#### PERSONAL CARE/SLEEPING/EATING CONCERNS

Athletes are expected to use smart nutritional practices. Athletes are asked to make sure they are eating breakfast every morning. In addition, when snacking, athletes are asked to use good judgment and limit their consumption of candy and soda. Please follow the food pyramid by including fruits, vegetables and grains in a well balanced diet.

A growing teenager needs sufficient rest. In addition, with daily practices and competitions, a teenager's body consistently requires at least 7-8 hours of sleep per night to guarantee their body gets the rest and replenishment it needs.

Further health guidelines will be provided to players once the season begins at the Team Orientation Meeting.



#### RECENT SUCCESSES

In the 2006-2007 season, the Boys' Basketball Team was one of the eight teams in the 4A classification to qualify for the State Basketball Tournament. La Salle lost in its first State Tournament game to eventual state champion Baker and lost its consolation bracket game against Yamhill-Carlton.

For 2008-2009, La Salle had seniors Willie Novak and Morgan Cliburn recognized as All League Honorable Mentions for the Capital Conference.