



WHO WE ARE

Indiana Ballerz is a youth AAU basketball program based in Indiana dedicated to developing disciplined, confident, and high-character student-athletes through structured training, competitive play, and intentional mentorship.

We are more than a team—we are a development system, a standard, and a long-term growth environment where athletes are shaped far beyond basketball.

We are not built for temporary moments, seasonal success, or highlight-driven identity. We are built for something deeper: discipline, consistency, and transformation.

Everything inside Indiana Ballerz is intentional—how we train, how we respond, how we compete, and how we carry ourselves when no one is watching.

When you wear the Indiana Ballerz name, with that name on the back you are not just joining a roster—you are stepping into a standard that must be earned, protected, and lived out.

Once a Baller, always a Baller.

OUR MISSION

Our mission is to use basketball as a platform to develop strong student-athletes who grow in discipline, character, academics, and leadership.

We are committed to turning **potential into purpose through structure, repetition, and mentorship that does not stop when practice ends.**

Through our program, we aim to:

- develop strong fundamentals and advanced skills
- build discipline, accountability, and leadership
- strengthen academic responsibility
- prepare student-athletes for high school, college, and life beyond sports

We do not measure success by instant results. We measure it by what lasts—habits, mindset, and growth over time.

OUR PURPOSE

Indiana Ballerz exists to provide what too many young student-athletes are missing today:

structure, consistency, and a real standard that does not bend for convenience.

This program was created because too many environments reward talent but fail to build discipline. Too many athletes are given opportunities without being taught how to sustain them.

We do it differently.

We provide:

- a stable environment where expectations do not shift based on emotion or circumstance
- consistent coaching that develops, corrects, and challenges
- a culture where effort, attitude, and discipline matter as much as ability
- a system where athletes are not protected from growth—they are guided through it

Indiana Ballerz is not built for comfort. It is built for development.

That means:

- learning how to respond when adversity shows up
- learning discipline when motivation disappears
- learning how to be coached without resistance
- learning that opportunity is directly tied to behavior and consistency

We are not a program that adjusts to athletes.

We are a program that develops athletes to meet the standard.

At Indiana Ballerz, we are not preparing athletes for games—we are preparing them for life.

FAITH & VALUES

Indiana Ballerz is a faith-based organization grounded in values that guide everything we do.

Faith is part of our foundation, but it is never required or imposed.

We welcome all backgrounds.

Our values are not symbolic—they are operational standards:

- Do the right thing — especially when it is inconvenient, unseen, uncomfortable or costly.

- Stay disciplined — because discipline builds what talent alone cannot sustain, and discipline is what sustains success when motivation fades.
- Respect everyone — this goes for coaches, teammates, peers, officials, opponents, but most importantly yourself. respect is not spoken, it is demonstrated through behavior.
- Remain accountable — ownership replaces excuses in this program. own your effort, attitude, mistakes, and growth without shifting blame.
- Operate with integrity — be consistent in every environment; your character does not change based on who is watching.
- Lead with courage — do what is right under pressure, even when it is unpopular or difficult. doing what is right matters more than doing what is easy.

These values are not aspirational nor are they decorative.

They are expected identity, and behavior inside this program.

If they are not lived, they are not present.

WE ARE STUDENT-ATHLETES

At Indiana Ballerz, “student-athlete” is not a category—it is a standard of living.

It represents how you carry yourself in every environment, not just the gym.

ACADEMICS COME FIRST

Academic responsibility is non-negotiable.

Student-athletes are expected to:

- take school seriously every day
- complete assignments with discipline and consistency
- show respect to teachers, staff, and your learning environments
- understand that academic habits directly impact athletic opportunity

There is no separation between school life and athletic life—only one standard carried into both.

DISCIPLINE IS TRANSFERABLE

What you do in one environment will show up in another.

- classroom habits become practice habits
- focus becomes performance under pressure
- responsibility becomes consistency

We do not treat discipline as situational.

We treat it as identity.

BASKETBALL IS EARNED

Nothing inside this program is automatic.

- playing time is earned
- roles are earned
- trust is earned
- leadership is earned

Representation is not given—it is maintained.

GROWTH OVER EXCUSES

We are not building perfection.

We are building:

- reliable consistency
- relentless effort
- player coachability
- accountability under pressure

Excuses do not develop student-athletes. Structure does.

PLAYER DEVELOPMENT MODEL

We develop the complete student-athlete:

- **Skill development:** Building technical basketball abilities—shooting, ball-handling, footwork, passing, and decision-making. But it's not just about raw talent—it's about improving with intention, developing habits that lead to consistent performance.
- **Physical development:** Strength, conditioning, and injury prevention are key elements of an athlete's growth. We prioritize health and fitness because physicality is essential for peak performance and longevity in basketball.
- **Mental toughness:** The ability to stay focused under pressure, to fight through adversity, and to maintain composure during difficult moments. Mental strength is just as important as physical ability. We provide strategies for managing stress, staying confident, and performing when it matters most.

- **Leadership and character:** Leadership isn't just about being vocal—it's about leading by example. At Indiana Ballerz, we focus on developing athletes who take ownership of their actions, inspire their teammates, and lead in tough situations. Character is foundational to success in both sports and life.

We do not believe in shortcuts—only repetition, correction, and consistency over time.

At Indiana Ballerz, **player development** is more than just improving basketball skills. It is about **developing the complete student-athlete**—one who excels on the court, in the classroom, and in life.

TRYOUTS & EVALUATION PROCESS

Indiana Ballerz evaluates student-athletes through a complete development lens, not just athletic ability.

While skill, size, and performance are factors, they are not the only things considered when selecting or placing student-athletes.

We evaluate each student-athlete based on:

- Basketball skill level and potential
- Effort and willingness to compete
- Coachability and ability to receive instruction
- Attitude during competition and practice
- Body language during adversity or mistakes
- How they treat teammates, coaches, and others
- Discipline, focus, and consistency
- Overall character and presence on and off the court

We believe how a student-athlete carries themselves is just as important as how they play.

A player who is highly skilled but lacks effort, respect, or coachability may be placed differently than a less experienced player who shows strong discipline, attitude, and growth potential.

Our goal is not to build the most talented group—it is to build the right group of student-athletes who represent the culture of Indiana Ballerz.

We are committed to developing talent, but also developing habits, mindset, and character.

PROGRAM STRUCTURE

Every season in Indiana Ballerz is designed with **intentionality and purpose**. We build our program with a clear vision in mind, making sure each phase of the season contributes to long-term growth and consistent improvement.

Our **program structure** is organized into four key stages:

1. **Tryouts & Evaluation:** This initial phase is where we assess not only basketball skills but also character, effort, and attitude. We do not select athletes based only on performance, but we also evaluate **who they are as people** and their potential for growth. The selection process is about creating the right mix of athletes who will represent the program's culture and standards.
2. **Structured Development Phase:** During this phase, the emphasis is on building fundamentals and developing mental toughness. Every practice, drill, and session is designed to challenge athletes to improve. We focus on **consistent progress** in skill development, physical fitness, and mental fortitude. This is where habits are established—habits that lead to long-term success.
3. **AAU Competitive Season:** The competitive phase of the program tests what has been learned and allows athletes to apply their development in real-game situations. This stage provides opportunities to compete at a high level, but with the focus still on **development over victory**. Winning is important, but **growth in performance**, **decision-making under pressure**, and **team dynamics** are the real benchmarks.
4. **Tournaments & Exposure Opportunities:** In this phase, athletes have the chance to showcase their skills in tournaments and leagues. This offers exposure to scouts, coaches, and programs that can help further their careers. While the stakes are higher, we ensure that each athlete remains **grounded in the core values**—discipline, effort, and leadership—while striving for excellence.

Throughout the entire season, we maintain **clear expectations** for effort, behavior, and development. Structure is what allows us to create consistent opportunities for growth and achievement. By maintaining high standards, we ensure that athletes always know what is expected and what they need to do to improve.

At Indiana Ballerz, we are not simply preparing athletes for games—we are preparing them for life. Every phase of our program builds upon the last, shaping athletes who are not only skilled but also **well-rounded, disciplined, and resilient**.

PRACTICE STRUCTURE, EXPECTATIONS & STANDARDS

Indiana Ballerz practices are structured, intentional, and designed to develop disciplined student-athletes through repetition, accountability, and competitive development.

Official team practices are currently held at:

McCormick's Creek Elementary School

Practice Schedule:

- Tuesdays and Thursdays
- 7:00 PM – 9:00 PM

Practice times may adjust during:

- tournament seasons
- special events
- training opportunities
- facility scheduling changes

Any schedule updates will be communicated through official team communication channels.

Practice is not simply attendance.

Practice is preparation.

Every session inside Indiana Ballerz is designed to:

- develop basketball fundamentals and advanced skill work
- improve conditioning, movement, and physical discipline
- build mental toughness under fatigue and pressure
- teach athletes how to respond to correction and adversity
- create consistent habits that transfer into games and life

Student-athletes are expected to arrive:

- on time
- prepared mentally and physically
- properly equipped
- ready to work immediately

Arriving late, unprepared, distracted, or disengaged disrupts the standard of the environment.

PRACTICE EXPECTATIONS

Student-athletes are expected to:

- listen immediately when coaches are speaking
- maintain focus throughout drills and instruction
- practice with energy, effort, and urgency

- encourage teammates positively
- accept correction without argument or negative body language
- compete with discipline and self-control
- remain engaged even when not actively participating in drills

Practice habits become game habits.

Game habits become life habits.

We do not separate discipline from development.

They work together.

Lack of effort, repeated distractions, disrespect, or refusal to be coached may result in:

- conditioning or corrective accountability
- removal from drills or segments of practice
- reduced playing opportunities
- temporary suspension from team activities
- additional leadership review if behavior becomes repetitive

COACHABILITY STANDARD

Coachability is one of the most important qualities inside Indiana Ballerz.

Student-athletes are expected to:

- respond to correction maturely
- make adjustments quickly
- maintain eye contact and attentiveness during instruction
- avoid excuses, arguing, or blaming others
- demonstrate growth through action, not words

Correction is part of development.

Resistance to coaching slows growth.

Athletes who consistently demonstrate:

- coachability
- discipline
- effort
- accountability
- consistency

build trust within the program over time.

PRACTICE GEAR REQUIREMENTS

All student-athletes are expected to arrive with proper practice gear at every session.

Required practice gear includes:

- basketball shoes appropriate for indoor play
- practice shorts and athletic shirt or team-issued gear
- water bottle or hydration container
- basketball for designated workouts when requested
- any braces, supports, or medical equipment required for participation

Student-athletes should avoid:

- wearing jewelry during practice
- wearing slides, crocs, or non-athletic footwear onto the court
- wearing clothing that creates safety concerns or distractions
- arriving without required equipment or preparation

Athletes are expected to maintain:

- cleanliness
- organization
- responsibility for personal belongings
- respect for team equipment and facility property

MENTAL APPROACH TO PRACTICE

Indiana Ballerz practices are built to challenge student-athletes mentally as much as physically.

There will be:

- difficult days
- correction
- fatigue
- frustration
- adversity

Those moments are part of development.

We expect athletes to:

- push through discomfort responsibly
- maintain composure under pressure
- support teammates during difficult moments
- stay disciplined even when tired or frustrated
- respond instead of reacting emotionally

Growth does not happen through comfort.

Growth happens through consistent response under structure.

Practice is where identity is built long before game day arrives.

PLAYER COMMITMENT

Commitment in this program is not partial.

Student-athletes are expected to:

- remain committed to team responsibilities
- communicate absences appropriately
- show effort regardless of situation
- stay engaged in development at all times

We understand life happens.

But communication is required—and consistency is expected.

ATTENDANCE & PUNCTUALITY

Attendance reflects commitment.

Student-athletes are expected to:

- arrive on time to all practices, games, tournaments, meetings, and team functions
- be mentally prepared before scheduled start times
- communicate absences or emergencies as early as possible
- understand that repeated lateness affects trust, preparation, and opportunity

Repeated unexcused absences or tardiness may impact:

- playing time
- team role
- travel participation
- overall standing within the program

Being present matters.
Being prepared matters more.

COMMUNICATION

- communication must remain respectful at all times
- concerns are handled outside of practice and games
- sideline interference is not permitted
- coaches communicate all official decisions

Respect protects the environment. Structure protects the culture.

PARENT & SIDELINE EXPECTATIONS

Indiana Ballerz expects all parents, guardians, and supporters to contribute to a respectful and disciplined environment.

Parents and spectators are expected to:

- support all student-athletes positively
- allow coaches to coach without interference
- avoid confrontational behavior with officials, opposing teams, or spectators
- demonstrate emotional control during competition
- represent the program with maturity and respect

Sideline coaching creates confusion and disrupts development.

Student-athletes must be allowed to receive instruction directly from program coaches.

Unsportsmanlike behavior from spectators may result in:

- removal from the event
- restricted attendance at future events
- review by program leadership

The environment around our athletes matters.

Adults are expected to protect that environment.

COACHING AUTHORITY

Coaches are responsible for development, structure, and decision-making.

- coaches determine roles, rotations, and playing time
 - leadership sets final roster decisions
 - decisions are based on development, not emotion
 - student-athletes are expected to respond with maturity
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PLAYING TIME PHILOSOPHY

Playing time inside Indiana Ballerz is developmental, competitive, and earned over time.

Playing time may be influenced by:

- practice attendance
- effort and consistency
- coachability
- attitude and body language
- defensive effort and team play
- discipline and accountability
- game situations and matchups

No student-athlete is guaranteed equal playing time.

Our responsibility is to:

- develop athletes correctly
- make decisions that support team growth
- prepare athletes for competitive environments
- prioritize long-term development over temporary emotions

Athletes are encouraged to focus on:

- consistent improvement
- daily habits
- mental toughness
- response to coaching
- team-first behavior

Entitlement weakens development.

Consistency strengthens opportunity.

FEES, PAYMENTS & REFUND POLICY

Program fees support:

- training and development
- facilities and gym access
- tournament entry and travel
- uniforms and equipment
- league registration
- program operations

PAYMENT EXPECTATIONS

- fees must be paid on schedule
- payment plans may be available but are not guaranteed
- participation may be limited if accounts are not current
- communication is required in hardship situations

FUNDRAISING SYSTEM

Fundraising is not secondary—it is part of how we build opportunity.

We understand that every family situation is different, and financial barriers should not automatically define access when commitment and character are present.

Fundraising exists to expand opportunity, not create pressure.

We organize:

- team fundraising initiatives
- individual fundraising opportunities
- community sponsorship efforts
- seasonal program drives

Funds directly support:

- tournaments and exposure opportunities
- travel and logistics
- training resources
- uniforms and equipment
- facility and program costs

This system exists to ensure committed athletes are not limited by circumstance.

TRAVEL & HOTEL EXPECTATIONS

Student-athletes are expected to represent Indiana Ballerz with discipline during all travel events, tournaments, and overnight stays.

While traveling, athletes are expected to:

- follow all team schedules and curfews
- respect hotel property and public spaces
- remain in assigned areas unless approved by coaches or guardians
- demonstrate maturity and self-control at all times
- represent the program positively in every environment

Behavior that may result in disciplinary action includes:

- damaging hotel or facility property
- excessive noise or disruptive behavior
- leaving assigned areas without permission
- disrespect toward hotel staff, guests, or tournament personnel
- unsafe or irresponsible conduct during travel

Violations may result in:

- restricted participation
- removal from team activities
- financial responsibility for damages
- suspension or dismissal from the program

Travel is an extension of the program environment.

The standard does not change outside the gym.

REFUND POLICY

Once a student-athlete is placed on a roster and the season begins, program resources are immediately committed.

This includes:

- tournament entries
- uniforms and equipment
- gym rentals
- scheduling and coaching commitments

NON-REFUNDABLE CONDITIONS

- voluntary exit
- disciplinary removal

- excessive unexcused missed participation
- scheduling conflicts

EXCEPTIONS (RARE)

- season-ending injury
- extreme hardship
- program cancellation

All decisions are final and made by program leadership.

COMMITMENT PRINCIPLE

Commitment is mutual.

When we invest in a student-athlete, we expect the same level of commitment in return.

COMMUNITY IMPACT

Indiana Ballerz exists to be more than a basketball program.

We are a structured environment built for student-athletes who need consistency, guidance, and accountability in their lives—not just on the court.

Many of the athletes who come through our program are not just looking for basketball development—they are looking for structure, stability, and direction. We understand that. And we take that responsibility seriously.

We provide:

- a consistent environment where expectations do not change day to day
- mentorship that goes beyond basketball instruction
- accountability that builds responsibility, not fear
- structure that creates stability in environments where it is often missing
- a place where growth is expected, supported, and earned

We are not here to simply produce athletes.

We are here to help shape young people who can carry themselves with discipline, confidence, and purpose in any environment they enter.

We measure impact not only by wins, but by:

- how athletes carry themselves in adversity
- how they respond to structure

- how they grow in discipline and maturity
- how they begin to believe in their own potential through consistency

That is the real scoreboard of Indiana Ballerz.

PROGRAM REALITIES & EXPECTATIONS

This program is built on structure, standards, and accountability.

Every student-athlete who enters Indiana Ballerz must understand one core truth:

opportunity here is not automatic—it is developed and maintained.

- playing time is earned through effort, consistency, and trust
- effort carries equal weight to talent in long-term development
- coaches make decisions based on what builds the team and the athlete correctly over time
- standards remain consistent so athletes always know where they stand

We do not operate based on emotion, favoritism, or momentary performance.

We operate based on development, accountability, and long-term growth.

We do not lower expectations when things get difficult.

We guide athletes through them.

Because the goal is not temporary success.

The goal is lasting development and real growth under structure.

DISCIPLINARY STANDARDS

Indiana Ballerz holds all student-athletes to behavioral standards that protect the culture, safety, and integrity of the program.

Behavior that may result in disciplinary action includes:

- disrespect toward coaches, teammates, officials, or staff
- bullying, harassment, or intimidation
- fighting or threatening behavior
- dishonesty or theft
- inappropriate social media conduct

- repeated defiance or disruption
- destruction of property
- possession or use of drugs, alcohol, vaping devices, or weapons

Disciplinary action may include:

- verbal correction
- reduced playing time
- temporary suspension
- removal from practices or events
- permanent dismissal from the program

Leadership reserves the right to determine appropriate consequences based on:

- severity of behavior
- pattern of behavior
- safety concerns
- impact on the program environment

Discipline is not punishment for failure.

Discipline is correction that protects growth and standards.

ZERO-TOLERANCE BEHAVIOR POLICY

Certain behaviors directly violate the culture, safety, and integrity of Indiana Ballerz and will not be tolerated under any circumstance.

Indiana Ballerz maintains a zero-tolerance standard for:

- physical fighting or assault
- bullying, intimidation, or harassment
- threatening behavior or verbal abuse
- hate speech or discriminatory behavior
- intentional damage to property
- possession or use of drugs, alcohol, vaping devices, or weapons
- behavior that places the safety of others at risk
- repeated actions that disrupt the environment or culture of the program

These behaviors do not represent:

- discipline
- leadership
- accountability
- Indiana Ballerz culture

Any student-athlete involved in severe behavioral violations may face:

- immediate removal from practices, games, or events
- suspension from team activities
- loss of playing opportunities
- permanent dismissal from the program

Program leadership reserves the right to determine consequences based on:

- severity of behavior
- safety concerns
- repeated misconduct
- overall impact on the team environment

We believe accountability protects the culture.

Every student-athlete deserves an environment built on:

- safety
- respect
- discipline
- trust

SOCIAL MEDIA & DIGITAL CONDUCT

Student-athletes represent Indiana Ballerz both in person and online.

Social media behavior must reflect:

- discipline
- respect
- self-control
- good judgment
- program standards

Student-athletes may not:

- post content that promotes violence, bullying, hate, or illegal activity
- disrespect teammates, coaches, opponents, officials, or programs online
- share inappropriate images, language, or behavior connected to the program
- create unnecessary drama or conflict through digital platforms

Online behavior can affect:

- team trust

- leadership opportunities
- program representation
- future academic opportunities
- future athletic opportunities

Character does not disappear behind a screen.

CODE OF CULTURE

Culture at Indiana Ballerz is not something we announce.

It is something we live every day through behavior, effort, and response.

Our culture is defined by:

- development over comfort
- discipline over emotion
- accountability over excuses
- respect in every environment
- competition done the right way
- character that holds under pressure

We do not measure culture by what is said.

We measure it by what is repeated when no one is watching.

At Indiana Ballerz, we believe:

- talent may open doors, but character determines how long you stay in the room.
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WHAT SUCCESS LOOKS LIKE HERE

Success is not defined by statistics alone.

Success in Indiana Ballerz is defined by who you become through the process.

Success looks like:

- discipline in situations where no one is watching
- consistency in effort regardless of circumstance
- growth in skill, mindset, and maturity
- leadership through actions, not words
- the ability to respond to adversity with control and focus

We want every student-athlete to leave this program with:

- stronger habits
- stronger discipline
- stronger character
- stronger identity

Success is not only what you achieve in basketball.

Success is what stays with you when basketball ends.

HEALTH, SAFETY & MEDICAL RESPONSIBILITY

The health and safety of every student-athlete is important to Indiana Ballerz.

Parents/guardians are responsible for:

- providing accurate medical information
- informing coaches of injuries or health concerns
- ensuring athletes are medically cleared when necessary
- maintaining updated emergency contact information

Student-athletes are expected to:

- report injuries honestly
- avoid hiding medical issues that could create further harm
- follow recovery expectations and medical guidance
- communicate when physically unable to participate safely

Indiana Ballerz reserves the right to:

- limit participation due to safety concerns
- require medical clearance before returning to activity
- prioritize long-term athlete health over competition

Long-term health will always matter more than short-term competition.

FINAL CONSTITUTIONAL CLOSING

This is the foundation of Indiana Ballerz.

Not just a program—but a system of development built on sacrifice, structure, discipline, and long-term growth.

Every section in this handbook exists to reinforce one truth:

We are building more than just basketball players.

We are building habits. We are building discipline. We are building identity. We are building true student-athletes.

The goal is not short-term performance.

The goal is long-term transformation through consistent expectation, correction, and support.

What happens inside this program is intentional.

What is expected is clear.

What is taught is repeated.

What is built is earned.

And what is carried forward lasts beyond basketball.

WHO ARE WE?

We are not defined by a gym, roster, or season.

We are defined by a standard.

We are the ones who show up when it is hard.

We are the ones who respond instead of react.

We are the ones who build discipline when no one is watching.

We are the ones who turn structure into growth.

We are not here to blend in.

We are here to stand for something.

When everything is stripped away—what remains is identity.

And ours is clear.

Who are we?

The Indiana Ballerz.

INDIANA BALLERZ BASKETBALL

Building Discipline. Building Leaders. Building Futures.

RECRUITMENT & EXPOSURE DISCLAIMER

Indiana Ballerz provides competitive opportunities, development, mentorship, and exposure environments designed to help student-athletes grow.

However, participation in the program does not guarantee:

- college recruitment
- scholarships
- media exposure
- athletic advancement
- placement on future teams

Exposure is earned through:

- consistent development
- academic responsibility
- discipline
- performance
- character
- work ethic over time

Our responsibility is to provide:

- opportunity
- structure
- development
- mentorship
- competitive environments

What each athlete does with those opportunities is their responsibility.

Indiana Ballerz may use photographs, video, social media content, and promotional materials that include student-athletes participating in program activities.

These materials may be used for:

- program promotion
- social media content

- highlight videos
- marketing and recruitment efforts
- website or branding purposes

Indiana Ballerz will make every effort to:

- represent student-athletes appropriately
- protect the integrity of the program
- maintain respectful and positive representation

Participation in the program acknowledges understanding of this section unless otherwise communicated in writing by a parent or guardian.

PARENT / GUARDIAN ACKNOWLEDGEMENT PAGE

By enrolling a student-athlete in Indiana Ballerz, parents and guardians acknowledge that this program is built on structure, accountability, and long-term development.

We understand that participation in this program requires commitment not only from the student-athlete, but from the family as well.

Parents/guardians acknowledge that:

- Indiana Ballerz is a development-based program, not a recreational league
- Playing time, roles, and decisions are made by coaching staff
- Communication must remain respectful and appropriate
- Concerns are addressed privately, not during games or practices
- Expectations regarding attendance, effort, and behavior are consistent

We also acknowledge that student-athletes will be held to standards of:

- Discipline
- Effort
- Respect
- Accountability
- Growth mindset

Parent/guardian support is a critical part of the environment we are building.

We are committed to working together to help each student-athlete grow in character, discipline, and ability.

Student-Athlete Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Student-Athlete Signature: _____

Date: _____