

MPOWR Protégé Handbook

MPOWR CULTURE was created with a simple vision, to introduce discipline and determination that creates efficient, versatile athletes. We are intentional about sowing seeds to help impact athletes’ lives and change the basketball culture.

Through youth basketball programs, mental performance coaching, and events athletes gain an arsenal of tools to use that strengthen their social, emotional wellness. Our organization is committed to the personal development of athletes, both on and off the court.

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COMMUNITY INITIATIVES

Athletic sponsorship

Athletes are given the opportunity to thrive despite their lack of resources. Sponsorship for seasonal basketball programs and free basketball classes for most ages. MPOWR Culture has given over \$34k in athletic sponsorship to young athletes and collegiate players.

Mental Performance Coaching

Athletes gain strategies to optimize their athletic performance, overcome personal challenges, and grow their perseverance. Mental Performance Coaching directly addresses mental blockers that interfere with athletes' focus and discipline. Expanding their mental fortitude is their competitive advantage.

MPOWR Protégé

MPOWR Protégé is not a recreational sports team. This team doesn't exist for players to join for activity. It's created for players who are passionate and have a desire to lead and compete. Players will develop, gain character, and learn to dominate the competition. Player development is a priority, which is why it's included in the membership fee and team structure. Our objective is to show players and families that playing basketball games alone doesn't improve skill. We will not rely on that solely. This requires families to trust our expertise.

MPOWR Culture's Spring – Summer Select Basketball Team is curated by Tavarus Blanchard. It's done so strategically, with the understanding of what athletes need to develop at every stage- not just physical growth, but the mental and social support. He brings his experience working with high level collegiate and professional athletes, his personal experience as a dominating and sought after athlete, and his background expanding athlete's mental fortitude.

COACH, TAVARUS BLANCHARD

MILESTONES & ACCOLADES

1995

Selected to play on a national travel team at age 11.

1998

Scored 53 points as a freshman at the district's holiday classic

2000

Played in a summer Pro-Am of professional, semi-professional and collegiate basketball players

2000- 2001

Gatorade State Player of the Year, AR

2002

Awarded Mr. Basketball of Arkansas,
McDonald's All-American nominee,
5A State Champion & MVP

2002- 2007

Recipient of Full Athletic Scholarship to Texas State

2007

TXST Men's Basketball Team Captain

2014

MPOWR Culture was formed to introduce discipline and determination that creates efficient, versatile athletes.

Tavarus began working as a Mental Performance Coach

STANDARDS & EXPECTATIONS

Every athlete is required to participate in practices, player development, tournaments, fundraising efforts, & pay monthly membership fees.

PROTÉGÉ ATHLETE STANDARD

1. Attendance

Each player is required to attend scheduled team practices, player development classes, and/or scrimmages. Attendance is one of the most important factors in building team camaraderie and cohesiveness. The expectation is for athletes to have 90% or greater attendance. Bottom line – we need everyone to be present to build.

Arrive to practice & player development classes 20 minutes prior to designated start time - ready to compete. Arrive to scrimmages 30 to 45 minutes prior to the start time. The arrival time depends on the distance & location of the scrimmage. Please adjust your travel times accordingly.

Arrive to games 1-hour prior to the scheduled game time fully dressed, with the appropriate Protégé game issued gear. Appropriate issued gear: home & away game uniforms, shooting shirt, team shoes, team socks, and team backpack.

MISSED PRACTICES/UNEXCUSED ABSENCES: If missing practices becomes an issue, playing time will be impacted. Attendance will be **privately discussed** with the parents/athlete and Head Coach. If you will miss any team function, inform us via email basketball@mpowr-culture.com. **Do not notify the coach or program director in a group chat or text message.**

EXCUSED ABSENCES: Illness, a family emergency, or a school function will be considered an excused absence if communicated in a reasonable time (within 24 hours of you finding out) directly to the Program Director.

2. Respect

Mutual respect is another Protégé standard; disrespect on any level will not be tolerated. The willingness to display respect and consideration for your teammate is non-negotiable. Do your best to use positive language, avoid negative mockery, and accept external perspectives. No talking when: (i) any coach is talking, or (ii) any teammate is talking to the team or asking a question.

Goofing off during practice is disruptive and unfair to your teammates and coaches. If disruptive behavior persists, be prepared for an appropriate

consequence (ex., pushups, running, being asked to sit out, etc.) and a private discussion with the coaching staff.

3. Sportsmanship

Player sportsmanship

Showing people common respect and communicating is an acceptable way to others.

4. Attire

Wear MPOWR training shirts to all *player development classes* and Protégé apparel to practice. Do not wear any outside team apparel to practice or classes. Games: **Always bring both sets of uniforms to each game.** Everyone will wear the same color shoes, same color socks, and team shooting tops. If you choose to wear compression gear under game uniforms and/or headbands, arm sleeves, etc.; it must be team colors. Please consult with coaches if you are ever unsure of what is required.

5. MPOWR Protégé Team Philosophy

We will grow together and be competitive as a team, if we practice and play the game as a *unit*. The commitment level required for us to be a successful team, mandates that **MPOWR Protege basketball be your highest priority, and no other team should be given a higher priority.**

Let's keep it simple: We do not accept and will not tolerate any Protégé athletes playing for a second team. Further actions will be taken if this takes place.

There are *five* fundamental qualities that make every team great: communication, trust, collective responsibility, caring, and pride. I like to think of each as a separate finger on the fist. "Any one individual is important. But all of them together are unbeatable." *Coach Krzyzewski*

PARENTS/GUARDIANS/FAMILY MEMBERS EXPECTATIONS

1. Most game and practice communication will be through the Band app. Scan the QR code to download the app & join our group
2. If you have concerns about your child's development, playing time, health issues, etc., call, text, or email to schedule a time to discuss such matters in private. **Never come up to a coach during, before, or right after a game, practice, or player development class to discuss this.**
3. Be your child's support in every way possible. Players have enough pressure on their shoulders; they don't need additional weight on them. Refrain from



ridiculing or yelling at athletes or other participants for making a mistake or losing a competition. Cheer for all MPOWR Protégé players.

4. Please do not coach your athlete or the team from the sideline. Refrain from using improper language towards refs and opposing fans/players. Allow the referees to ref the game.

FUNDRAISING

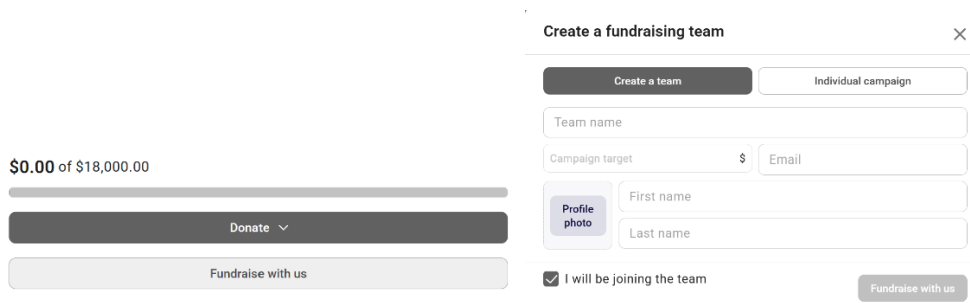
Peer-to-Peer campaign via Zeffy. Each family will create a campaign that you can customize. A team or individual campaign is available.

Deadline: Create and customize by Saturday, February 29th

Peer-to-peer fundraising timeline: 6 weeks



1. **Tell Your Story:** Your family has been directly impacted by MPOWR Culture. Detail your experience and connection with this organization.
2. **Connect Your Village:** Send personal correspondence via email, text, and phone calls to friends, family, and colleagues explaining the mission, why you are fundraising, and how they can help!
3. **Use Social Media:** We often have a larger reach to people online. Post about your campaign on Facebook, Instagram, and LinkedIn. Include the images or videos with the campaign link and your compelling story.
4. **Regular Updates:** Determine a specific amount you want to raise. Keep your supporters informed with frequent updates on our progress and any milestones reached. Regular updates are encouraging and remind people that it's not too late to contribute. A timeline works well, so people know a window of time they can contribute.



The screenshot shows the 'Create a fundraising team' form. On the left, there is a progress bar showing '\$0.00 of \$18,000.00' and a 'Donate' button. The main form has a title 'Create a fundraising team' and a close button. It features two tabs: 'Create a team' (selected) and 'Individual campaign'. The form includes fields for 'Team name', 'Campaign target' (with a '\$' symbol), and 'Email'. There are also fields for 'First name' and 'Last name' under a 'Profile photo' section. A checkbox labeled 'I will be joining the team' is checked. At the bottom right, there is a 'Fundraise with us' button.

PLAYER COMMITMENT

As an athlete, I recognize that it is a privilege to play team sports. I understand the importance of good sportsmanship, hard work, putting forth my best performance to help the team succeed, and encouraging others to do their best.

I understand and agree to adhere to the following:

- I will work hard, be coachable, desire to grow spiritually, and have a mindset to enjoy my participation with my team.
- I will show respect to my coaches, staff, parents, volunteers, and teammates. My speech and conduct will demonstrate my desire to honor coaches for the work they do and the positions they hold.
- I will respect the officials who ref the games we play and watch. I understand that officials are human and will make mistakes. Those mistakes may cost us a game, but I will not respond with poor sportsmanship.
- I will show respect for private and public property.
- I will demonstrate a commitment to team spirit by encouraging athletes while avoiding offensive gestures and language.
- I will display character, accountability, honesty, and integrity.
- I will work hard to do my best to perform all my duties as part of this team.
- I understand that playing time is not guaranteed and may be affected by attendance.
- I will fully commit to participating in all scheduled team events (practices, player development, community service, games, etc.) for the entire spring and summer season.

Athlete (Print): _____ Date: _____

Athlete (Signature): _____

PARENT FINANCIAL RESPONSIBILITY

MPOWR Protege Basketball Team 2025 Season runs from February 22 - July 31. When you commit to participating, you are committing to the entire season, unless otherwise approved by the Head Coach.

Monthly Membership Fee:

Every Athlete is required to pay a monthly \$355 commitment fee. This fee includes Uniforms, Tournament Entry Fees, Gym Rentals, Equipment, Team Photos, & Player Development.

Payment Transactions:

All payments with MPOWR Protégé Basketball Team should be paid at www.mpowr-culture.com/pringing-plan. Select "MPOWR Protege" After enrolling, payments will be automatic.

Late Payment:

- A. Please see Shayla Blanchard if you require an extension to make payment or need assistance.
- B. Any MPOWR Protégé Basketball Team athlete account that is past due without making arrangements or following through with arrangements for more than 7 days will be removed from their team and will not be allowed to participate in practices or games until the account is made current. After 30 days of a delinquent account, athlete may be replaced and as a reminder all fees paid are non-refundable.
- C. Payment Obligation: If any time during the season you remove your athlete from MPOWR Protégé Basketball Team you will still be financially responsible to pay for the remainder of the season.
- D. If a player is removed from the MPOWR Protege Basketball Team for any reason, all property; including both sets of uniforms, shooting shirt, practice uniform, and backpacks must be returned to the organization within 5 days.

Parent (Print) _____

Parent (Signature) _____ Date _____