

**5th/6th GRADE GIRLS
BASKETBALL
2010**



PARENT HANDBOOK

Geneva Park District

Youth Basketball Leagues

The Geneva Park District's Youth basketball is designed as a comprehensive program for girls in grades 3-8. It is much more than a sports league, it is a program that requires a lot of energy from a thoughtful, creative, concerned group of parents and volunteer coaches.

Youth having fun is the key. That key opens doors to friendships, individual physical skills, personal values, and closer families.

The basketball leagues involve practice, fair play discussions, games and family involvement. It starts with a team of young players and a volunteer coach. Each individual sets her goals and works toward them with the help of her teammates, coaches and family.

The role of the basketball parent is very important. Your child needs your ear, your encouragement, your participation, your patience and your understanding. Winning is not everything. It is part of competition, but each child needs your help in keeping it in perspective. Each child grows at a different speed. Let each child set her own goals and then help them to reach their goals.

The experiences youth have with sports set attitudes towards sport and recreation for life. We hope the Geneva Park District basketball experience will help each child learn to do her best and have fun!

Geneva Park District Youth Sports Philosophy

The Geneva Park District Youth Sports Philosophy states that every child should have a chance to play equally and fairly no matter what her skill or ability level. Our main goal is to teach your children the skills and fundamentals of basketball but, most of all, they should have fun.

Please remember to respect your child's coach and the league referees. Coaches are individuals who are volunteering their personal time and effort to provide a safe and fun learning experience. Also, please remember that referees are human and will make mistakes. Please respect their calls and be polite when talking to them as they will do the same to you.

The Geneva Park District

Girls' Basketball Coach's Job Description

Reports to:	Athletic Supervisor
General Function:	To provide leadership as a coach and serve as a positive role model for Geneva's basketball participants.
Qualifications:	Must be 18 years of age or older (Head coach). Must be at least a Junior in High School (Assistant coach). Must participate in the preseason coaches meetings and trainings. Must have an interest in working with young people and helping them to set and accomplish their goals. Must have basic knowledge and be willing to learn more about the sport being coached.
Responsibilities:	Provide an enjoyable experience that enables players to have fun. Provide a safe experience for the players. Teach the fundamentals and sport skills.
Specific Tasks:	Attend all trainings and coaches meetings. Attend all team practices. Communicate important information regarding practices and games to all players and their parents. Assume responsibility for all equipment provided for the team. Have the team pick up any mess they made at both games and practices. Follow emergency procedures and complete accident reports as necessary. Dress and act appropriately at all times, serving as a positive role model for youth.

Important Information

Program Director: Mike Contreras
Athletic Supervisor
262-2212

Season Begins: 5th and 6th Grade – Week of 1/11

Games Begin: Approximately 3-4 weeks after the first practice.

Uniform Distribution: All girls will receive their t-shirts prior to their first game. They will be distributed to the coaches at their practices.

Picture Day: February 27th, 2010
(All coaches will be notified of their exact time prior to the date.)

Pictures will be returned to Geneva Park District and then distributed to each team prior to the end of the season.

Administrative Information

Program Director: Mike Contreras
Athletic Supervisor
262-2212

All Girls' Basketball League coaches are volunteer coaches and are generally parents of daughters in the leagues. The Geneva Park District would like everything to go as smoothly as possible with all aspects of the league. Please keep the following suggestions in mind when dealing with the coaches.

1. **Treat the coaches with respect** → They are giving their time freely and willingly to work with your child as well as the rest of the team. Give them the courtesy to let them know when your child will miss a practice or game.
2. **Do not tell the coach how to coach** → First of all, the coach volunteered for the job, so let him/her coach. Secondly, not all people agree on how to coach the specific skills and the progression of those skills. If you disagree with the coach's techniques, please talk to the coach and find out why he/she is doing things in a particular manner. If you still disagree, pleasantly offer some suggestions or get in there and help out.
3. **Be involved in your daughter's experience** → The coach has only limited time when he/she can work with the team. Spend some time watching the practices so you can go home and work on the skills that were taught. Your daughter will benefit from the extra practice. The coach will benefit in that he/she will not have to reteach the same skills over and over again. The team will benefit from the ability to play together better. Last, but not least, your family will benefit from spending more quality time together.
4. **Let the coach coach** → During the game, the coaches should be the only ones giving instructions to the girls. They are the ones that are teaching them what to do and how to do it together. Instructions yelled from the stands only serve to undermine what the coaches are attempting to do and, in turn, confuse the girls on the field. Support all the players playing by cheering loudly and positively, but think before you decide to make any comments to the girls, coaches, or umpires.

GENEVA PARK DISTRICT
GIRLS' 5TH/6TH GRADE
LEAGUE RULES

1. A game will consist of 4 quarters. Each quarter will be 6 minutes with a regulation clock.
2. Half time will be no more than 3 minutes.
3. Each team will be allowed 3 time-outs per game. Time-outs will be no longer than 60 seconds. Each team will get one additional time-out in overtime.
4. The “bonus situation” (1 & 1) begins on the 7th team foul in a half. The “Super bonus” (2 shots) will begin on the 10th team foul in a half.
5. Five (5) fouls per player per game. On the fifth foul the player is disqualified.
6. A player receives 2 foul shots if fouled in the act of shooting.
7. Each player should play equally during each game.
8. A jump ball will be used to start the game and in overtime, otherwise, alternating possessions.
9. Overtime will consist of 2 minutes (regulation clock).
10. During foul shots, no player may enter the lane until after the ball touches the rim or backboard.
11. A player may take a step in (approx. 1 foot) while shooting a foul shot. The shooter should still wait until the ball hits the backboard or rim before advancing toward the ball.
12. Teams must play man-to-man during the game. **Double-teaming is not allowed outside the lane.**
13. Pressing may only be used during the last two minutes of each half and in overtime, but only if the pressing team is not winning by 10 or more points. . Example: Team A is beating Team B 22 to 12. Team A cannot press or double team but Team B will be allowed to press or double team. (As always, double-teaming is allowed in the lane area at any time.)
14. Baskets made behind the arc will be counted as three (3) points.
15. An official women’s size basketball will be used (the ball has “5/6” marked on it).
16. Players on offense may not be in the lane for no longer than 5 seconds (**will be referred to as 3-second violation by the referee**).
17. Unsportsmanlike conduct will not be tolerated (foul language, etc.). 1st offense in a game (during the season) - technical foul and ejection. 2nd offense in a game (during the season) – technical foul, ejection and sit out next game.
18. All rules not stated above will follow IHSA rules and regulations.

Questions call Mike at 262-2212.

GUIDE TO GYM USAGE

The season schedule will be provided to each coach and player. Games and practices are scheduled the Park District in various gyms throughout Geneva. We will use at least one of the following gyms this season:

1. Western Avenue School (W)	1500 South Western Avenue
2. Harrison Street School New Gym (HN)	201 North Harrison Street
3. Harrison Street School Old Gym (Old)	201 North Harrison Street
4. Heartland (HT)	3300 Heartland Drive
5. Mill Creek (MC)	0N900 Brundige Drive
6. Williamsburg (BG)	1812 Williamsburg Avenue
7. Fabyan (FAB)	0S350 Grengs Lane
8. Coultrap (CT)	1113 Peyton Street

The schedule will identify where each practice and/or game is located. The gyms will be opened by Park District personnel. Coaches will not need to open any gyms and therefore will not be given keys to the gyms.

The gyms are used through permission of the School District; therefore, our relationship with the schools is very important. In order for our continued use of these gyms, it is imperative that coaches, players, and parents abide by specific gym rules. These rules are in effect whenever a team practices or are playing a game.

Gym Rules & Procedures

1. An adult coach must be present at all times during practices/games to supervise the players. Coaches should arrive approximately 15 minutes early to practice so you are the first one in the gym.
2. Players are not allowed into school halls, gym closets, offices, or other school areas. Players must use hallways if using the restrooms; however, coaches should supervise the hallway during this time.
3. Coaches may use the designated gym closet to obtain practice pinnies or first aid.
4. Food and drink are not allowed into the gyms, except for water bottles. Coaches and players must throw away garbage before they leave the gym.
5. Balls must be placed back on the ball rack or into the ball bag after practice. Do not leave gym balls scattered throughout the gym area, even if another team is practicing right after your team.
6. Coaches must conduct practice for the time allotted. Any changes in the practice schedule must be reported to Mike Contreras prior to your practice. Parents must also be notified to any schedule changes before the designated practice time.

In a word, coaches should respect our school's property. In order to maintain our relationship with the schools, everyone must do their part to ensure that the gyms are adequately supervised and maintained.

Parent Responsibilities

Responsibilities to the Child

1. Find out what your child wants from sport with respect to their sport participation. Most children want the opportunity to choose, first whether to participate at all, and then in which sport and at what level of competition. They want to set their own participation goals.
2. Parents should provide a supportive atmosphere conducive to their children's participation. What parents must be alert to; however, is the subtle difference between creating a positive atmosphere for sport participation and pressuring or nudging their children into sports.
3. Parents are responsible for determining when their children are ready to begin playing sports, for setting limits on their participation, and for ensuring that the conditions for playing are safe.
4. Parents need to protect their children from abusive coaches. They should know what kind of person they are turning their children over to. They should evaluate whether coaches conduct themselves in ways that are beneficial to their children. Parents always have the right to approach the program director about conditions that could be physically or psychologically harmful.
5. Parents have the enormous responsibility to help their children develop realistic expectations of their capabilities in sports. This means that parents must have realistic expectations about their children. Children with unrealistically high expectations are often frustrated in sports, for even when they perform near their capabilities, their aspirations remain unfulfilled.
6. Parents have the responsibility to help their children interpret the experiences associated with competitive sports. Parents particularly can help children understand the significance of winning and losing.

Responsibilities to the team

1. Parents should cooperate with the team's coaches by turning their child over to the coaches and supporting their actions as long as they are providing a physically and psychologically safe environment.
2. Parents are responsible for informing the coaches of their child's physical and mental condition whenever this condition may place the child at risk. Parents should inform the coach of any allergies or special health conditions their child has. Parents should also make sure their child brings any necessary medications to competitions and practices.
3. Parents need to make sure that their children behave when participating in the sport and discipline them when they do not. When a child misbehaves, parents should grant coaches the right to discipline the child within reasonable limits.
4. Parents should provide the equipment their child needs to play the sport safely. They also need to be sure the equipment stays in good repair and is used properly by their child.
5. Parents should behave appropriately as spectators. (Look at the following page)
6. Parents should feel obliged to help conduct the sport program in which their child participates. There are many ways to help out that do not take a lot of time.

Kids Speak Out: Violence In Youth Sports

S.I. FOR KIDS received more than 3,000 reader-survey responses from its May, 2001 story “Kids Speak Out” Violence In Youth Sports.” Here’s what youngsters had to say:

Is it fun to play organized sports? Yes: 96% No: 4%

Do you think there is too much violence in youth sports? No: 57% Yes: 43%

Have you seen out-of-control adults at any of your games? Yes: 74% No 26%

What kind of bad behavior have you seen?

Parents yelling at kids: 37%

Parents yelling at coaches or officials: 27%

Coaches yelling at officials or kids: 25%

Violence by adults: 4%

What usually causes the outbursts?

Questionable calls by an official: 53%

How you or your team is playing: 22%

Something a coach says or does: 7%

Something a parent says or does: 7%

Who loses control most often?

Coach: 56%

Players: 27%

Dad: 12%

Mom: 5%

What emotion do you feel most when adults misbehave at a game?

Embarrassment: 36%

Disappointment: 25%

Anger: 23%

Fear: 16%

Do you think violence and trash-talking in pro sports influences kids?

Yes: 64% No: 36%

What’s the best way to get parents to behave?

Have their kids tell them to relax: 48%

Ban them from games if they can’t control themselves: 36%

Have them sign a code of conduct: 15%

Source: Sports Illustrated For Kids, August, 2001 issue

Geneva Park District

BASKETBALL SEASON

The Geneva Park District hopes that your child has a very enjoyable season playing basketball and that they learn many new skills and fundamentals. Below are important policies and procedures for yourself and your child to be familiar with as you head into the season.

Your child should:

1. **BE ON TIME!** Arrive to practices or games at least 5 minutes before the scheduled start time.
2. Make a commitment to go to every practice and game.
3. Listen to the coach. Players should stay on the bench while they are not playing and pay attention to what is happening on the court.

The following policies are extremely important and must be read and understood by the parents and participants.

A. UNSPORTSMANLIKE CONDUCT RULE: If any player uses foul/vulgar language, throws/kicks equipment or behaves in any manner that is deemed detrimental to her team, coach or league, that player will:

1st violation -- Sit out the remainder of the current game or the next scheduled game if the violation occurs at practice or after a game. The coach will notify the Supervisor and the Supervisor will notify their parents.

2nd violation -- Sit out the remainder of the game and the next scheduled game. Parents will be notified. Player must be dressed and sitting on the bench during their suspension.

3rd violation -- Be dropped from the team. Parents will be notified

B. ATTENDANCE POLICY: Any player who does not attend a practice/game without a **pre-excused** reason will forfeit equal playing time at the following game. Players must notify their coach at least one day in advance in order to be pre-excused. The reason for the absence does not have to be disclosed.

Geneva Park District Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.

I will place the emotional and physical well being of my child ahead of a personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all youth sports events.

I will remember that the game is for youth -- not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching or providing transportation.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

***This form must be signed and turned in to your coach on or before the first practice. Please keep a copy for yourself and place it somewhere that is always visible.**

Parent Signature

Parent Signature

Date

EMERGENCY INFORMATION & CONSENT

*(Please fill out and give to your coach the first day of practice)
(Coaches are to hold on to these sheets in case of an emergency)*

Athlete's Name _____

Address _____

Primary Email Address _____

Phone _____

Father's Name _____

Address _____

Employer _____

Phone _____ Work Phone _____

Mother's Name _____

Address _____

Employer _____

Phone _____ Work Phone _____

Family Medical Insurance:

Carrier _____ Group _____

Policy# _____ Group# _____

Family Physician's Name _____

Physician's Address _____

Physician's Phone _____

Allergies (list): _____

Serious Medical Conditions (list) _____

I/we hereby grant consent to any and all health care providers designated by the Geneva Park District to provide my child any necessary medical care as a result of any injury/illness. This consent includes transportation to/from health care providers.

Date

Parent/Guardian Signature

Date

Parent/Guardian Signature