

Toddler/Youth Basketball

Overall program expectations

1. Fun
2. Learning core values - honesty, caring, respect & responsibility.
Sportsmanship, building up self-confidence, takes direction from coaches & program leaders, working with and alongside other kids.
3. Learning basic soccer skills: passing, dribbling, shooting and general concepts of the sport
4. This is non-competitive. No scoring, no standings. This is a no pressure program. We want the kids to only be concerned with having fun and getting 60 minute of exercise.

Parent Expectations

1. Be supportive of your children and others - again getting back to self-confidence and fun.
2. Be respectful of other kids, other parents, volunteer coaches and our staff.
If you do have an issue, please bring it to the attention of the staff.
3. Support our non-competitive environment.
4. Please be on time.
5. If you arrive early, please do not disrupt the current game.

Basketball Format

4-5 year olds and K-1st graders

Will have a 30 minute practice, followed by a 30 minute game

Practice will consist of drills, fun games, key concepts, skills, etc.

Games will have four 5-minute quarters.

Each child will have equal playing time. Half of the team will play the 1st & 3rd quarters and the other half will play the 2nd and 4th quarters. Depending on the division, most teams will have all of their players play the entire game.

Parents are encouraged to help their 2-3 year olds during warm-ups and drills.

2-3 year olds and 2nd-6th grade

With the number of kids signed up this season, we will hold it to look like more of a basketball camp/clinic. They will only be meeting on Saturdays where they will be also learning key concepts, skills, tons of fun drills and short games (such as 3 on 1 drills).

- For all divisions, at no time should any parent come onto the court to help their child score a goal.

Game times

9:00 am - 10:00 am	Lakers Clinic (2-3 year olds)
10:00 am - 11:00 am	Thunder vs. Spurs (4-5 year olds)
11:30 am - 12:30 pm	Warriors vs. Cavaliers (K-1st graders)
12:30 pm - 1:30 pm	Knicks Clinic (2nd -6th) (No Practice on Wednesdays)

Picture Day

February 3rd - Arrive and be ready for pictures no later than 30 minutes before your regularly scheduled game time. There are picture packets you can take today. These are completely optional. If you're interested, there are different packages available and you can pay by check, cash or credit card on picture day. They will also have packets available that day as well.

Attire

Players are to wear the proper color side of the jersey.
Dress in appropriate gym shoes, shorts/pants and their team shirt.

Volunteer Coaches

We do have a number of coaches. Again, please be respectful of our coaches. They are volunteers and are giving of their time.

Snack Schedule

Please see attachment

APPROVED HEALTHY SNACK LIST

All Fresh Fruits

All Fresh Vegetables

Pretzels

Graham Crackers

Baked Crackers

Goldfish

Chex Mix (no nuts)

Trail Mix (no nuts)

Plain Animal Crackers

Granola Bars (than 15 grams of sugar)

Mini bagels with cream cheese

String Cheese

Raisins or other dried fruit (unsweetened)

Canned Fruit (in 100% juice)

Yogurt

SNACKS TO AVOID

Candy

Peanuts

Fruit Snacks

Fruit Rollups

Cupcakes

Chips

Sports Drinks & Soda

Volunteer Coaches

Expectations as a coach

- As kids arrive, gather them as a team.
- When it is time to start, staff will lead warm-ups & stretches.

- Please assist your team during the warm-up.
- Staff will then demonstrate to both teams each skills, drill, game, etc.
 - Your job as the coach is to carry these drills out with your team. Staff will be around to assist the teams, as needed.
- When practice is over, assemble your team and decide which half of the kids to play the 1st and 3rd quarter and which half will play the 2nd and 4th quarters.
- Get the kids who are playing out on the court to wait for the staff's instructions for the game. Keep your bench engaged by cheering for your team...and of course, seated.
- Depending on how many kids show up, some kids may play 3 or 4 quarters. That's ok, as long as everyone plays a minimum of two quarters.
- Play will be 5 on 5, unless we do not have enough to field a team of 5.
- Assist the staff during the game to help the kids along.
- Handshake at end
- Short group meeting - hands in, great job, etc.

Special Notes

- Do not ever be alone with a child who is not your own. If a child needs to go to the bathroom, please notify their parent or guardian. If a parent is not available, please notify our staff.
- Remind parents whose turn it is to bring snacks for the following week.
- Do not encourage a competitive atmosphere, but please encourage a supportive environment where we constantly try to find something to affirm the child.
 - Efforts
 - Intention
 - Sportsmanship - helping a player up, telling another team that they made a great shot.

Thank you so much for volunteering to coach. We would not be able to run out sports programs without parents like you stepping up.

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