



YOUTH BASKETBALL PARENT AND PLAYER HANDBOOK



FALL/WINTER 2023-2024

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Contact Information & Chain of Command

Contact Information

Director of Southbury Parks & Recreation – Michael E. Ganem

- Parkrec1@southbury-ct.gov | 203-262-0633

Recreation Supervisor – Lexi Polasek

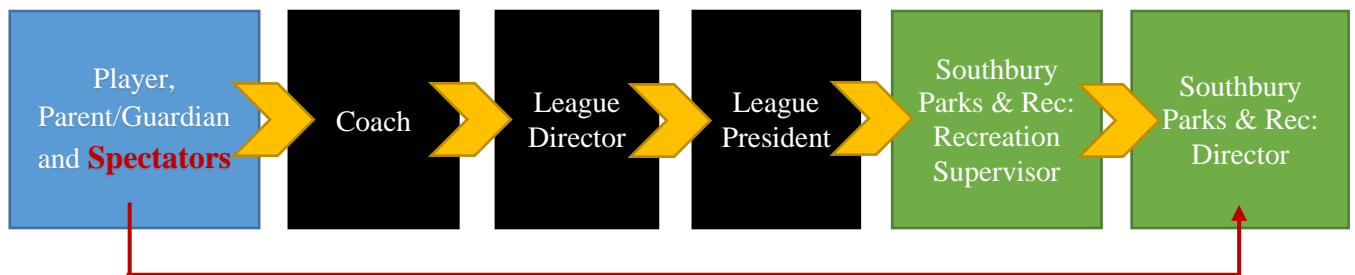
- Parkrec5@southbury-ct.gov | 203-262-0633

Pomperaug Basketball Community, League President – Todd Suhar

- Pomperaugbasketball@gmail.com

Chain of Command

Below is the chain of command, and the process by which to report issues or ask questions to would be (left to right). *If you are a spectator, you will report directly to the Director of Parks and Recreation*



Mission & Goals

The Mission

To provide a basketball program serving young players, their families and the Southbury community at large by providing a fun, safe and enjoyable youth sports experience, enriching young lives with meaningful recreation and socialization.

The Goals

- Progressively learn more about the game of basketball.
- Improve individual skills at an appropriate level.
- Team building.
- Respect for authority and each other: always be polite.
- Have healthy, positive and active fun with friends.



Roles & Expectations of Individuals

Role of the Coach

- Teach the game of basketball in a positive manner: correct and encourage.
- Promote a trusting atmosphere.
- Inspire players to reach their potential.
- Communicate with the players and parents.
- Treat players, staff and volunteers with respect.
- Represent the program and community in a positive manner.



Role of the Player

- Be a good teammate.
- Be coachable; listen to the coach, focus and make an effort to do what is asked of you
- 100% effort on the court.
- Play smart and communicate with teammates and coaches.
- Be accountable and responsible.
- Display good sportsmanship at all times.
- Represent the program and community in a positive manner.
- Enjoy the game and have fun!



Role of the Parent/Guardian and Spectators

- Be present and aware of your child's behavior at all times.
- Support your child on and off the court in a positive manner.
- Promote healthy eating and activity.
- Communicate injuries to the coach: sometimes children may want to hide injuries so they can continue to participate.
- Be a positive example at games, representing our program and community.
- Encourage and support ALL players on the team as well as the coach.
- Let the coach do the coaching; giving "extra" information/coaching may go against what is being taught and may confuse your child.
- Don't shout out directions to players that goes against the coach or official/referee.
- Understand the referees will make mistakes; handle yourself with class.
- Remember that the coach has not only your child, but the entire team in mind when making decisions.



Role of the Official

- Monitor the sport of basketball on the court.
- Enforce the rules of basketball amongst the players.
- Ask spectators to leave the facility if necessary
- Suspend players on the court from the game if necessary and report this to Southbury Parks and Recreation



- Provide communication to Book & Clock employees and coaches for fouls, technical reports and breaks/timeouts.
- Officials will NOT communicate with parents/spectators at all during the game, unless they need to ask you to leave.

Role of the Book & Clock Employee

- Start/stop the clock and update the scoreboard with fouls, scores and quarters.
- Focus on the game for all game data collecting in the scorebook.
- Provide scores/fouls and any other data to coaches only during breaks or at the end of the game.
- Book & Clock employees will NOT communicate with the public, players or coaches during the game.



Basketball League Procedures

“24 Hour Rule”

Parents sometimes disagree with a coach's decision, coaching style, officials' decisions or game rules. Parents have to understand that the coach represents the entire team, not only one player, and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child's sports development from game emotions. For this reason, we have adopted the "24 HOUR RULE", which simply states that the coach/staff will not discuss game situations until 24 hours after the game has passed. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and "cool off" if necessary.



Grade Level Accuracy

Southbury Parks and Recreation offers programs for patrons based on either age or grade. For those offered by age: the participant’s age must be achieved as of the start of the program (unless the program specifies otherwise). For those programs offered by grade: all school-year activities are based on the student’s current enrollment; all summer-time activities are based on the student’s rising-fall enrollment. School aged children will have their profile automatically adjusted at the end of June to their rising grade level.

Any patron falsely or erroneously enrolled in a program is subject to removal from the program without refund. By participating in our program, you consent to verification of enrollment with Region 15 schools.

Parent/Guardian & Spectator Policy

Spectators are expected to follow their roles (listed on page 3) and overall be a role model for all of the basketball players on the court. This policy also applies for any spectators (including parents/guardians) which can be found on page 6. In the event any person in the stands/sidelines of a practice or game, that goes against the roles and zero tolerance policy, will be asked to leave the facility. If the behavior continues, the individual(s) may be banned from attending games/practices, and Southbury Parks & Recreation will call 911 for support.

Revised 8.29.2023

Shoe & Sneaker Guidance

All players need to bring appropriate sneakers with ankle support. Southbury Parks & Recreation Administration team and the Facility team ask all players to bring a change of sneakers to all practices and games. You do not need 2 pairs of sneakers, you can wear any “shoe” to enter the facility. The sneaker you need to change into needs to be clean/not touched from the outdoor elements (i.e. water from rain/snow and salt/sand/dirt placed down during the colder months). Avoiding tracking in the outdoor elements will help keep the courts safe from falls, slips and trips and keep the longevity of the courts.



If you do not have 2 pairs of shoes, you can bring a towel to wipe off your sneaker in the foyer (before entering the courts). Coaches, parents/guardians and spectators are expected to clean off their shoes in the foyer of the Facility buildings before walking on the sideline of the courts.

Personal Basketballs, Toys and Electronic Devices

Personal electronic devices will be turned off or put on mute/vibrate before a practice or game begins. Any toys or personal basketballs need to be left in the parent/guardian’s vehicle. Players are not to be using their phones while they are watching the game/practice, unless it is an emergency.



Players should not be bringing personal balls or toys inside a Facility. Keep this distraction away from the TEAM. Southbury Parks & Recreation is not responsible for any personal items.

Personal items will be confiscated at the discretion of the program supervisors.

Team Assignments & Scheduling

Team assignments which includes requests for being placed on a specific team and/or day/time for practices/games cannot be considered. All details of basketball, which include, but are not limited to, the dates, times, and locations for evaluations, practices, games, and playoffs along with who your child’s coach/team is, will be posted on our MyRec website. Parents/Guardians need to check our MyRec website for all scheduling details regularly. Coaches always have final say over practice schedules and Parks and Recreation office will not always have the most up to date information for your specific team.

General Policies & Procedures

Injuries Requiring Medical Attention Policies/Guidance

Injuries should be reported to the coach immediately. If you take medication or have prior injuries, let the coach know before the start of your practice/game. If the injury is significant and warrants emergency medical attention (including head injuries), 911 will be called at the discretion of the coach/Southbury Parks & Recreation employee. Parents/guardians are responsible for all medical expenses. Any injury that requires minor treatment will be handled on the sideline with the player and coach/adult. To maintain a safe playing area, all players are to adhere to the following **BLOOD RULE**: Any player who is bleeding must be substituted for until the bleeding stops. Any game official, coach, or program staff member has the authority to remove



the player. Any and all blood soiled clothing must be changed before a player is allowed to return to the game or practice. Re-entry of the player must be approved by program staff.

Zero Tolerance Policy

Southbury Parks and Recreation has a zero tolerance policy for stealing, bullying, unsportsmanlike conduct or behavior by an individual (players, participants, coaches, officials, spectators, or parents), or causing physical harm to others. Southbury Parks and Recreation reserves the right to suspended players from any program/league (including Travel/Recreational Basketball), without refund, if these behaviors are identified at the discretion of the Parks & Recreation Director.

Depending on the severity of the situation, a player may be given a partial suspension from the program, with an opportunity to improve their behavior. If the situation is a distraction to the team or a safety issue, the player may be subject to a permanent suspension from the basketball program. **No refunds will be issues if any suspensions, or removal from the program takes place.**

“Carry Out What You Carry In”

If you bring anything inside the Facility, the expectation is you will bring it with you when you leave. This applies to all individual’s personal items and also any and all trash. If you bring a cup of coffee you should take out the empty cup.



Cancellation & Refund Policy

If entire programs are cancelled, you will receive an email notifying you of the cancellation. All registrants will receive a full refund. Should a single day of a multi-day program be cancelled there is no refund as the value is based on the totality of the program. A refund request is a form that can be found on Southbury Parks and Recreation’s website (southburyct.myrec.com). All refund requests must be submitted to the Southbury Parks and Recreation Director, Michael Ganem. Refunds will not be issued once the Basketball Program starts.

Weather Policy

If school is canceled for inclement weather, practices for that day are also canceled. Updates will be posted on Facebook: Pomperaug Basketball Community @PomperaugBasketballCommunity and/or the Southbury Parks and Recreation’s website in the red “ALERT” bar at the top of the website (only visible if there is a cancellation) on southburyct.myrec.com.



Controlled Substances Policy

Tobacco, cannabis, and/or alcohol use in or around any school building is prohibited.

Special Accommodations

If your child needs special accommodations, please send requests in writing to the Southbury Parks and Recreation Director, Michael Ganem.

Revised 8.29.2023

Financial Assistance

If your family needs financial support, reach out to the Director of Social Services, Mary Silverman for an appointment via e-mail at socialservices@southbury-ct.gov.

Lost and Found

Southbury Parks and Recreation staff, coaches and other volunteers are not responsible for personal items/belongings. Lost items will remain at the facility.

What to Wear/Bring

Uniform

A player's uniform will be considered as socks, sneakers with ankle support, gym shorts, t-shirt (for practices) and provided league shirt for games. All players will be provided with a team shirt prior to "league" play; this team shirt should then be worn for each game.

Sneakers

Change of sneakers to wear on site, with appropriate ankle support. Players should plan to carry their sneakers with them to practices/games and change into these sneakers in the Facility school building foyer. (Review the Sneaker/Shoe Policy on Page 7).

Water

Bring a refillable water bottle, labeled with your child's name, to all practices and games.

Miscellaneous

No jewelry, including earrings, shall be worn by any player, except for medical alert identification, which shall be secured with athletic tape so that no sharp edges are exposed while still leaving the medical alert visible.

REMINDER: Leave personal basketballs and toys at home!



Communication

Parents/Guardians Initiating Communication

To help keep communication smooth and productive, there is a certain line of communication that we ask everyone to follow:

- 1) Parents should first contact their child's coach with questions/concerns,
- 2) Then, if necessary, parents may contact the Pomperaug Basketball Community League Director;
- 3) Coaches should first contact the PBC League Director or President with questions/concerns on behalf of the parent/guardians;
- 4) If further assistance is needed, then parents may contact the Parks & Recreation Director via email at parkrec1@southbury-ct.gov, please include details of previous conversations with coaches and league directors.

Communication from Southbury Parks & Recreation

Our website address is: www.southburyct.myrec.com.

Southbury Parks and Recreation will communicate with parents through one or many of the following methods:

1. Parents need to check MyRec regularly for updates/announcements and alerts
 - a. Alert banner posted on MyRec, especially for cancellations and location changes
2. E-mail blasts through MyRec
3. Personal e-mail from office administration
4. Phone call from the Parks & Recreation office

Most of our communication methods will be through e-mails or alerts posted on our website.

NOTE: If you have a sbcglobal e-mail address, you may not get our e-mail blasts. Southbury Parks and Recreation recommends making a new e-mail account and updating your profile on MyRec.



Alert Banner on MyRec Details

If there are any cancellations or location changes for games, or practices, Southbury Parks and Recreation will issue an e-mail blast through the website and put the “alert” on the website up. The alert bar will appear at the top of the screen, in a red banner and will only appear if there is a cancellation or major announcement.

Coach Communication

Southbury Parks and Recreation will not e-mail parents directly/individually with details involving:

1. Team assignments/placement details
2. Practice days/times/locations
3. Game days/times/locations

These specific details, along with any personalization for your child’s team will come directly from your child’s coach.

Parents are asked to be patient during the time frame from evaluations to the start of games. All parties involved with team sorting are working on scheduling as efficiently and quickly as possible. When the placements are finalized, player first name and last name initial, with their team color/name will be posted on our MyRec website, along with an e-mail blast through our website. The same process will be for practice and game days/times. Any specific details will come from your coach directly.

Absences

Please notify the coach if your child is unable to attend any practice or game. This courtesy is important to the coach's planning and ability to lead the team.