



**YOUTH BASKETBALL  
PARENT AND PLAYER  
HANDBOOK**



**FALL/WINTER 2022-2023**

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### **MISSION**

It is the mission of the Southbury and Middlebury Parks & Recreation Department to provide a basketball program serving young players, their families and the Southbury-Middlebury community at large by providing a fun, safe and enjoyable youth sports experience, enriching young lives with meaningful recreation and socialization.

### **PROGRAM GOALS**

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

### **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!

### **ALL EQUIPMENT WILL BE PROVIDED**

### **\*NO PERSONAL BASKETBALLS OR TOYS/EQUIPMENT ALLOWED\***

Personal items will be confiscated at the discretion of the program coordinator

## **ROLE OF THE PARENT**

- 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.
- 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.

## **ATTIRE**

- All players will be provided with a team shirt prior to "league" play; this team shirt should then be worn for each game.
- Appropriate t-shirt and shorts for "clinic" sessions and practices, if scheduled.
- Sneakers with appropriate ankle support.
- 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.

## **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.

## **INJURIES**

- Injuries should be reported to the coach immediately. If you take medication or have prior injuries, let the coach know.
- 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.
- At the discretion of the program coordinator, 911 will be called for any head injuries or injuries determined to be of a serious nature. Parents/guardians are responsible for all medical expenses.

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## **COMMUNICATION**

**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.

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 the coach with questions/concerns, then, if necessary, the Pomperaug Basketball Community League Director;
- 2) Coaches should first contact the PBC League Director or President with questions/concerns; and
- 3) If further assistance is needed, then contact the Parks & Recreation Director.

## **MISCELLANEOUS**

- **Controlled Substances:** Tobacco and/or alcohol use in or around any school building is prohibited.
- **Refunds:** All refund requests must be submitted to the town the participant registered through (Southbury or Middlebury) for consideration. Southbury registration refunds requests must be submitted to the Southbury Parks and Recreation Director, Michael E. Ganem and Middlebury registration refund requests must be submitted to the Middlebury Parks and Recreation Director, Betsy Anderson. Refunds will not be issued once the Basketball Program starts.
- **Cell Phones:** Cell phones will be turned off or put on mute/vibrate before a practice or game begins. Players are not to be using their phones while they are watching the game, unless it is an emergency. Keep this distraction away from the TEAM.  
**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
- **Discipline:** Parks & Recreation has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, participants, coaches, officials, spectators, or parents) at any program or event and same will be subject to partial or permanent suspension at the discretion of the Parks & Recreation Director.

# **HAVE FUN AND PLAY BALL!!!**

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