

# ***YOUTH BASKETBALL***

*ROGERS COMMUNITY-SCHOOL RECREATION ASSOCIATION*

## ***COACH'S MANUAL***



# **GETTING KIDS IN THE GAME!**

## **Mission Statement**

It is the mission of the Rogers Community-School Recreation Association to provide a variety of activities and sports that promote health in both mind and body, through fellowship and good sportsmanship.

## **League Basics**

The Rogers Community School-Recreation Association (RCSRA) Board of Directors is charged with establishing policies and guidelines that govern our youth recreational sports programs. This group of individuals takes this responsibility very seriously, keeping in mind that the ultimate goal is for every child to have the opportunity to participate, regardless of athletic ability or financial status.

The RCSRA and Rogers Recreation Department staffs implement the policies and guidelines established by the RCSRA Board of Directors. The League Directors constantly strive to make each experience a positive influence in the participant's life.

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## **Website**

The Recreation website is a valuable resource that we use for conveying information. Forms used by the league, game schedules, rules, cancellations due to inclement weather, and other announcements and information can be found at [www.rogersar.gov](http://www.rogersar.gov).

## **Coaching Procedures**

1. Prior to attending any practices or games, each head coach and assistant coach must complete a volunteer coaching application. The application can be found on the website or at the Rogers Activity Center.
2. Head coaches will contact the parents of the players on their teams as soon as possible after the coaches meetings, to notify them of the time that the first practices will be held.
3. Each head coach should hold a parent/child meeting prior to or at the beginning of the first practice. At this time the coaches can communicate what they expect of the players and the parents, as well as what the players and parents can expect of them. At this time, the coach can hand out a team phone tree, roster, and any additional team information.
4. Head coaches choose the time and location of practices. Practice times will be arranged at the coaches meeting. A scrimmage, meeting, or team assembly is considered to be a "practice".
5. Head coaches should arrive a few minutes early to practice in order to be ready to begin at the scheduled practice time. Coaches are encouraged to create a schedule for each practice, to ensure that each practice includes sessions devoted to conditioning and skill development.

6. Practice sessions will be an hour and a half for grades six through eight and one hour for all other grades.
7. UNREGISTERED players are NOT allowed to participate in any practices or games.
8. Each team is responsible for picking up after each practice or game.
9. EQUIPMENT: Coaches and players are encouraged to use any equipment that they may have. If you do not have your own equipment, contact the League Director and some will be assigned to you. Coaches are required to turn in gear at the end of the season. The league provides each player a game shirt.
10. Coaches DO NOT assign players to teams. Any parent who approaches a coach regarding team placement should be referred to the League Director.
11. Coaches are the only ones on the court that can talk to the officiating staff. Please communicate this to the parents and spectators of your team.

### **Dealing with Parents**

Communication is essential to successfully controlling any situation that may develop during the season. Communication begins with you making the first move. Have a parent meeting to discuss the plans for the team and upcoming season. Also set the ground rules and code of conduct. This parent meeting is imperative. The best way to avoid problems is to make sure everyone is on the same page and understands the rules.

As a coach it is important to let players know that you believe in them, whether they are the star of the team or the least talented player. Remember, coaching is not about winning or losing...it is about providing an opportunity for each child to experience the game.

### **Team Parent**

There are several functions throughout the season that require coordination. These events will be much easier for you to manage if you have an efficient team parent who can organize the players and parents. Team parents can help bring snacks and drinks for games and practices, organize team meetings, keep accurate records in the team scorebook, be an extra hand at practice, etc.

### **Program Evaluations**

Program evaluations are extremely important and help us evaluate and plan for the next season. Please fill out and encourage all parents to fill out a parent evaluation form at the end of the season. The forms can be found on the website or at the Rogers Activity Center and turned into the front desk.

### **Weather Cancellations**

**If schools are closed due to bad weather, all practices and games are cancelled.** If school is cancelled on Friday, games still have the opportunity to be played on Saturday. We post weather cancellations on our rain-out line (631-0336) (Press option #1), Facebook (Rogers Parks & Recreation) and website (<http://www.rogersar.gov/1101/Parks-And-Recreation>). Cancellations will be posted by 4:00pm for weeknight games and by 8:00am on Saturday games. If you would like to receive instant text messages and/or emails on all sports cancellations, go to

([www.rogersar.gov](http://www.rogersar.gov)) and sign up for Notify Me (Rainouts And Cancellations: Parks and Rec and Recreation Youth Basketball).

### **Rogers Youth Basketball Code of Conduct**

All coaches, players, spectators, and league staff shall be treated with courtesy and respect at all times. Also all facilities that the program uses needed to be treated with respect and left the same as they were found. Only registered players are to use the facility. Siblings and friends of players must be carefully watched by their parent or guardian. Failure to follow gym rules will lead to dismissal of the team.

#### **Coaches**

1. All coaches shall promote and maintain good sportsmanship at all times, including at all practices, games and team functions.
2. Coaches shall comply with the league code of conduct and any additional league rules set down by the league staff.

#### **Players**

1. Players are required to attend games, practices or league functions.
2. Players must be on time for practices and games.
3. Players or a players parent need to contact their coach if they cannot attend a practice or game.
4. Complete uniforms must be worn at every game.
5. Players must behave appropriately. Good sportsmanship is mandatory at all times.
6. Commitment to, and respect, for your teammates and coaches are required.
7. Players may not abuse or throw any equipment.
8. If a player has a problem regarding the team, the player or parent must speak to the coach first. If the problem is not resolved then they should speak to the League Director.

#### **Parents/Spectators**

1. Parents/spectators should encourage players and not disrespect players, coaches or officials.
2. Parents/spectators should always support coaches and players, and coaches should never be second-guessed.
3. Coaching advice should not be disputed.
4. Spectators are not to be on the players' bench or near the bench area or in the playing area.

#### **Disciplinary Guidelines:**

Enforcement of the league playing rules shall be the sole responsibility of the officiating staff assigned to the game. Enforcement of additional code of conduct rules shall be the joint responsibility of the League Director, officiating staff assigned to that game, any league staff present at the game, and RCSRA administrative staff.

Violations of conduct rules for coaches, fans and players include (but are not limited to) the following:

*Fighting*  
*Foul language*  
*Derogatory remarks made to officials, coaches or League officials*  
*Cheating or fraud of any kind*  
*Destruction of league or city property*  
*Continued use of improper equipment or wearing of an improper uniform*

If a coach, player, or fan is ejected from a game, he/she must leave the building. In addition to ejection from the game, the individual may receive an additional suspension and/or penalty assigned by the league director.

### **Top Ten Things To Remember When Coaching**

- 1. All the Players and Coaches Should Have FUN!*
- 2. Be Organized*
- 3. Have a Plan*
- 4. Be Flexible Enough to Change the Plan if it's Not Working*
- 5. Enlist the Help of Other Parents*
- 6. Remember to Focus on the Positives*
- 7. Keep the Players and the Action Moving*
- 8. Break Down Concepts/Drills into Small Manageable Portions*
- 9. Keep Your Sense of Humor (You will Need It)*
- 10. Keep Your Sanity – It's Only a Game!*