

# Parry Sound Jr. Stingers REP Parent and Player Handbook



# **STINGERS BASKETBALL MISSION STATEMENT**

Stingers Basketball's mission is to create a place where players have a positive atmosphere and where young athletes who want to be better basketball players have the opportunity to get better. Stingers Basketball is the vehicle that provides that opportunity for players to take their game to the next level. We exist to make a positive difference in the lives of our players. Our goal is to develop happy, healthy and confident players. We strive to provide a safe, fun and successful experience for every player.

## **COACHING/LEARNING PHILOSOPHY**

Stingers Basketball recruits many coaching and counseling techniques that are designed to effectively accomplish our training goals. In general, these techniques fall into the following main methods:

- Instruction – Learning to play basketball, or any sport, requires the guidance of an experienced coach who can communicate with the players to help them develop their skills.
- Repetition – While practice never leads to perfection, it does lead to improvement.
- Example – Watching our advanced players and learning from the examples of our coaches helps players understand what the end result of their hard work should look like.
- Teaching others – When players master a move or technique, they will be allowed to teach other players. By teaching others, the student teacher enhances their own learning experience.

**4 PURPOSE OF THIS HANDBOOK** The purpose of this Handbook is to familiarize both parents and players with Advantage Basketball, and to create expectations for the Advantage Basketball experience. For our program to be successful, the rules of this Handbook must be followed and will be enforced. We want to be known as one of the finest youth basketball programs available, and players' and parents' adherence to a Code of Conduct will help us reach this goal. We hope this Handbook will answer many of the questions that you may have. If you have questions or concerns that are not addressed in this Handbook, please contact your Team Manager.

## **COACHING GOALS**

Stingers Basketball has two main goals. The first is to provide quality instruction in all aspects of the game. This instruction will include both skills building but also the development of self-discipline, dedication, and confidence in each athlete, qualities that will assist them as they progress through life.

The second goal is to prepare those players that have the desire, athletic ability and academic standing to play at the high school and other competitive levels. We believe that a competitive athletic experience can enhance social development, contribute to mental and physical health and teach the values of teamwork and responsibility.

We are proud of the opportunity that we offer, and we feel the players involved will receive a positive experience. Our program is dedicated to providing all athletes with the opportunity to be successful.

Playing basketball with Stingers requires a strong commitment to the game, the team, and your teammates. It is important that everyone involved understands that each coach is willing to make this commitment in order for our athletes to become the best basketball players they can be. Participation in the Stingers Basketball program requires time, effort and financial resources, but we feel that it is well worth the investment. After your experience with us, we hope you and your athlete will agree.

## **STINGERS BASKETBALL SELECTION PROCESS**

Stingers Basketball evaluates prospective players at both formal tryouts as well as in other environments.

Players are evaluated on attitude, teamwork, and how they execute basic basketball skills such as defense, ball handling, shooting, etc.

We base our selections on how the athlete performs during an evaluation and what we perceive their potential to be.

We select athletes based on the following criteria (in no particular order): athletic ability, work ethic, drive, coachability, competitive attitude, skill ability, and potential.

## **STINGERS BASKETBALL PARENT/PLAYER/COACH RELATIONSHIP**

Stingers Basketball believes that great coaching is at the core of a great basketball program. All of our coaches have been selected because we believe they are qualified and bring unique talents to our program and our kids. One of the most important aspects of coaching youth sports is having good communications between players and their parents. We understand that basketball can be an emotional sport and sometimes parents are prone to issue instructions to their player from the stands. If these instructions are contrary to those of the coach, this will only cause confusion for the player. Please encourage your athlete to follow their coach's instructions and leave the coaching to the coach. We believe that parents need to align themselves with the coach in teaching their player how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young athletes about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser. When a player has a concern, parents have the responsibility of teaching their athlete the steps necessary to remedy the situation.

Other than situations involving safety or player abuse, the following steps should be taken if a player has a concern with the coach:

Step One: The player should discuss the problem/concern with the coach and try to arrive at a solution to the problem. (this is not appropriate for younger kids)

Step Two: The parent should ask for a meeting with 2 coaches other than the coaches of their child and schedule an appointment for the player, parent and coach to meet at an appropriate time. Under no circumstances is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The above procedure must be followed in dealing with any situation that may arise.

We hope that parents support their athlete(s) by attending their games and giving positive encouragement. We expect you to refrain from criticizing your child, their teammates, their coaches, or the officials. Stingers Basketball will NOT ALLOW THE COACHES, REFEREES OR PLAYERS TO BE BERATED by parents or fellow teammates. If you or your athletes refuse to follow the guidelines set forth, you may be asked to leave the program.

Please remember, our coaches are all volunteers giving up their time in order to give your child the gift of basketball. Please be appreciative and respectful.

## **PARENT/PLAYERS' CODE OF CONDUCT**

Stingers Basketball is committed to all of its players exercising good sportsmanship at all times. Our program philosophy is that our athletes should represent their team in a positive and respectful manner. We also would not want spectators to embarrass our players and the team with inappropriate behavior. In addition to the above Code of Conduct, all spectators are expected to adhere to the following:

1. Absolutely no foul language
2. Parents should cheer for all players on their child's team in a positive manner, not against our opponents in a negative manner.
3. Show respect to those around you.
4. Support your coaches.
5. Refrain from harassing referees and/or event staff.
6. As a member of a Stingers team, we expect all players to display high standards of behavior and sportsmanship. All players are expected to follow these general rules and Code of Conduct.

I THE STINGERS TEAM MATE WILL READ, UNDERSTAND AND FOLLOW LISTED RULES.

7. I will not transport, possess, or drink any alcohol nor take illegal drugs of any kind; (if I am found to be using illegal drugs and/or drinking alcohol, I will be terminated immediately from the team).
8. I will treat the coaching staff respectfully at all times.
9. I will respect the game of basketball and give it my all during practice and games.
10. I will be respectful and courteous to my teammates.
11. I will be respectful in public and display good character as a representative of STINGERS.
12. I will not participate in any horseplay, which may injure my teammates or me.
13. I will not exhibit conduct which is inappropriate as determined by comparison to normally accepted behavior.
14. If I have a problem with a teammate, I will talk to the coaching staff to attempt to solve the problem.
15. I will be committed to being a team player, always remembering "we" goes a lot further than "I".
16. I promise when I step on the court I will always remember that "It's Time to Go to Work AND Have FUN".

17. Players are required to arrive 10 minutes prior to practice and be on the court ready to run at start of practice, 1 hour prior to a game or as otherwise directed by your coach.
18. Poor conduct such as: foul language, physical or verbal intimidation of any individual, fighting with other teams/players, vocal outbursts or cyber bullying are not permitted and may result in removal from the team.
19. A technical foul by a player or parent for poor sportsmanship will immediately cause the removal of that player/parent for the remainder of the game. Poor sportsmanship will not be tolerated.
20. Demonstrate sportsmanship. Play fair. Set an example. Rise above poor behavior. The way in which you conduct yourself has a long lasting effect on everybody around you. That's what practicing good sportsmanship is all about.
21. Value the instruction of your coach. You may think your coach is the best, the worst or somewhere in between. It makes no difference. If you're on the team, your job is to listen attentively to what your coach is saying. Coaches volunteer their time to work with your team. Don't waste that time.
22. Appreciate your teammates. Every player on your team has certain strengths and weaknesses. Be patient with your teammates as they improve their games — just as they will be patient with you improving your game. Basketball is a team sport. Success can only come when the entire team works and plays well together.
23. Never question an official or express your feelings at a call. Officials are part of the game. It is your job as a player to overcome adversity whether it is the opposing team, the physical facilities or the officials. Never talk back or show up an official. Remember being an official is not an easy job and mistakes happen.
24. Take time to learn the rules. If you don't know the rules you don't know the game. Enjoy the journey! Win or lose, enjoy every moment on the court both during the games and during practice. Basketball should be challenging, tiring, hard work and fun.
25. I will be on time to practice with my shoes on and be ready to run at the beginning of practice.
26. I will come to practices and games prepared with all of my equipment and a full water bottle.

## **PARENTS CODE OF CONDUCT**

As with our players, parents also represent Stingers Basketball. We expect parents to act with a higher set of standards than we expect from our players. Parents are the role models.

1. Act as a leader. Leaders are people whose actions inspire others. A leader treats their children's teammates, your peers, the coaches, opponents and officials in the same manner you would like to be treated. That means respect, dignity, and total sportsmanship at all times. If you set the example the players will follow the example you set.
2. Do not draw attention from the players. Youth basketball is for the kids. If you find yourself becoming too emotionally involved in what's happening on the court, take a step back and relax.
3. Value your child's commitment. Get your kids to practice and games on time. Make sure they have their uniform and sneakers. Help them eat and drink right before, during and after the game. The more your children see you acting responsibly, the more they will do the same.
4. Act in a respectful manner. Nothing is better for a young player than having their parents on hand to watch them play. And nothing is worse for a player than hearing a parent using foul language, booing, taunting, screaming or making comments at, or about, players, coaches, fans or officials (that includes your team as well as your opponent). Offer applause and cheers of encouragement for both teams following a good play or a great effort, otherwise keep quiet.
5. Never question an official or express your feelings at a call vocally. Officials are part of the game. Parents should demonstrate proper behavior to the players. It is not the parent's job (or the players) to officiate the game. Accept the call and move on. Remember being an official is not an easy job and mistakes happen and are part of the game.
6. Total motivation through confidence. Try and identify a positive from every game or practice to help build confidence. A young player's sense of achievement is the greatest motivator. Don't analyze your young player's performance following every game. They know how they played and if you give them the opportunity and situation they will open up to you. If you do, chances are they will avoid talking to you at all after games or worse yet, not want you at the games at all. Let your children come to you for advice.
7. Allow the game to be fun. So help make it that way. Keep smiling. Encourage enjoyment and participation over results. If it's not fun, something's wrong.
8. Good communication is key. If you must, talk with the coach after the game. Or better yet, wait until the next day if you have an issue to discuss. Let the heat of the moment pass. Never make a scene in front of the team, as it's embarrassing for you, your children and the coach. And chances are nothing will get resolved.
9. Enjoy the journey and put winning and losing into perspective. Games have winners and losers. Keep reminding your child about this reality and the need to deal with both outcomes.

## **PLAYING TIME AND PRACTICES**

We know that all players want to play and many concerns by players and parents involve the amount of playing time that is allocated to the player.

The following sets our general philosophy on playing time.

- Playing time is not guaranteed, is not equal and must be earned.
- Practices are 100% mandatory. Playing time is based on the player's performance at practice. If you are not at practice, for whatever reason, it is difficult to earn playing time. Your coach will determine who plays and how much. They will take into account many factors in coming to that decision but the decision is theirs.
- Parents are always welcome to watch practice: however, leave the coaching to the coaches. If your player finds you a distraction the coach may ask you to come back at the end of practice.
- Be on time and prepared with all equipment and a full water bottle! This means arrive early and be on the court ready to run at practice time. Practices will usually be two times per week. They will last normally for 1 ½ to 2 hours. You will be notified of practice times and locations by your coach or Team Manager. We will make every effort to not change practice times and locations: however, things happen!! Please be flexible and cooperative. If a player must miss a practice, the player must call the coach or team manager as soon as possible. Athletes who miss practice are missing valuable information and potentially may have their playing time affected by consistent absences or tardiness.



## **GENERAL INFORMATION:**

1. Players/parents commit to the season and the fees for that season.
2. If a player quits their team before the end of the season for any reason, there are NO refunds.
3. If a player needs to miss for any reason, you must contact the coach and team manager ahead of time. To emphasize player responsibility, we do not want the parents to call on behalf of their athlete. It is the player's responsibility!

## **STINGERS BASKETBALL FINANCIAL COMMITMENT**

Participating with Stingers takes a commitment from both the parents and the players. As a team, we will try to conduct fundraising activities to keep cost to a minimum. For the season, team fees are due no later than the **21st of October**. If you are unable to pay your fees, please contact the one of Parry Sound's many service clubs or Helping Kids Play. Team fees will cover the cost of gym rental fees, referees, tournaments and games that your athlete will participate in throughout the season. If you know of anyone who would want to sponsor a team please speak to your team coach or manager.

Season fee= rep fees are \$300 - \$350

Fundraising = in order to keep our rep fees this low it is mandatory for our teams to participate in several fundraising activities. Many REP teams in other areas have costs of \$500-\$1500 per year. Please understand that we will need your support in these fundraising endeavours.

Ontario Cup - end of April or Early May – watch the OBA website for this information.

STINGERS TEAM AGREEMENT/PLAYER CONTRACT PLEASE INITIAL AT EACH CORRECT SPOT. BY INITIALING YOU ARE AGREEING THAT YOU COMPLETELY UNDERSTAND AND AGREE TO EACH STATEMENT AND CONTRACT AGREEMENT THAT PROCEEDS YOUR INITIAL.

**\*\*PLEASE READ EVERYTHING YOU ARE SIGNING SO THAT THERE IS NO CONFUSION\*\***

Initial: \_\_\_\_\_ I understand that there is a Team Fee per season. This goes to pay for games, tournaments and other team costs such as Ontario Basketball registration, equipment and coaching certification. There is no refund on this one time seasonal Team Fee.

Initial: \_\_\_\_\_ I understand that we need to pay team fee, and turn in the waiver/ medical release, liability form, parent/player contract, and financial responsibility form.

Initial: \_\_\_\_\_ I understand that if I do not meet the obligations defined in the paragraph above my athlete may not be able to participate in team practice or any Stingers events.

Initial: \_\_\_\_\_ I understand that all games and tournaments held outside of the Stingers program are out of Stingers control. Such as game times, gym locations, and cancellation of the games and tournament. Game times, gym locations and cancellations will be communicated to all parents as soon as possible.

Initial: \_\_\_\_\_ I understand that communications with the team will be done through E-Mail/text and/or Facebook. It is the parent's responsibility to check E-Mail/text and Facebook on a regular basis.

Initial: \_\_\_\_\_ I understand that the best form of communication is to text your team manager or coach.

Initial: \_\_\_\_\_ I understand that playing time is not guaranteed and must be earned with commitment and production.

Initial: \_\_\_\_\_ I acknowledge that I have received read and discussed with my athlete the information in the Player/Parent handbook.

I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. I acknowledge that I have received, read and discussed with my child the information in the Player/Parent handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization.

A player may not begin his/her season with a Stingers Basketball Team until all required forms are signed and submitted to the Team manager.

The forms include: Handbook Acceptance, Waiver and Medical Release, code of conduct, and financial Responsibility.

Player Name \_\_\_\_\_

Player Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

We like to post photos of teams on our Facebook page and group, by signing below you give Stingers the right to post photos of your athlete.

PARENT SIGNATURE \_\_\_\_\_