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Organizational Goal:

The Chisago Lakes Area Recreation Association basketball programs are designed to provide a structured and enjoyable basketball experience for all participants. The programs will work to develop in each participant a sense of healthy competition, hard effort, good sportsmanship, physical conditioning, confidence, respect for the game of basketball and a strong sense of team.

Purpose

The Chisago Lakes Area Recreation Association basketball program (Hoops Club, Organization) is a non-profit community organization that exclusively promotes boys and girls competitive youth basketball primarily through the organizing and administration of traveling teams, including fund raising for financial support of youth basketball in the Chisago Lakes area.

Objectives

The Hoops Club will

- Work to build a unified Chisago Lakes Basketball Program Atmosphere working with LARA, Middle School and High School basketball programs;
- Seek to get more boys and girls, parents and coaches involved in basketball programs at all grade levels;
- Create year round opportunities for boys and girls to develop their basketball skills.

Eligibility

Any boy or girl that resides in the Chisago Lakes School District and is homeschooled or attends the Chisago Lakes School District, is eligible to participate in the team selection process. A boy or girl who resides outside of the District or who attends a school outside of the District which does not have a supporting high school basketball program, and who plans to attend Chisago Lakes schools in the future, is eligible to participate if a spot on a team is available

Organizational Design

- The Chisago Lakes High School boys and girls Varsity programs set the parameters for the LARA Basketball Programs
- The LARA Basketball Program will be designed to be a progression in skill building and player development toward the Varsity level
- All programs will follow this common guide for players and coaches, and it should be understood that coaches will adopt the philosophy and agree to coach with the goals and objectives clearly understood. While coaching styles will differ, and have to vary by age level and individual team make up, working with a common guide will assure continuity
- Program Building:
 1. All LARA basketball opportunities are unified by a common philosophy, with commitment by coaches to a common approach to the game
 2. The Varsity Head Coach for each gender is the philosophical leader of the programs, setting the direction and parameters for the program
 3. All coaches will receive this Handbook document and attend any orientation and training sessions to make sure they understand the program design

4. Varsity coaches should periodically check-in with the coaches and players during the season
 5. Varsity coaches will attend and observe, when possible, selected practices and games
 6. Adopt a Team: Varsity Coaches will be strongly encouraged to have Varsity and Junior Varsity players “adopt a team” and periodically assist coaches with teams in 5th through 8th grade
 7. Coaches should be expected to provide good opportunities for the varsity players to assist in practices
 8. Schedules should be set so varsity players and coaches can plan the dates and prepare accordingly
- Hoops Club programs will provide considerable effort to focus on basketball fundamentals. The specific fundamentals will be prioritized by the Varsity Head Coach for the gender, but will include at a minimum:
 1. Triple threat
 2. Ball handling
 3. Jump stops
 4. Setting and using screens
 5. Shooting
 6. Pivoting
 7. Passing
 8. Lay ups, especially left hand
 9. Use the backboard
 10. Defense: Communication; help-side defense

- Age-Specific Goals

1. It is assumed that the LARA basketball program will work on these items, so that players entering 4th grade have developed pertinent skills:

- Build interest and numbers
- Develop basic individual fundamentals, especially ball handling, shooting, passing, defense, rebounding and terminology
- Basic introduction to the rules of basketball.
- All players participate equally
- At least one practice per week with parent coaches

2. 4th-5th Grade:

- Compete in organized games – this is an important stage as it is the first real introduction of tough competition in different venues. It is important to emphasize the program philosophy of hustle, aggressive and confident play, teamwork, and fair play
- All players should get equal playing time. If a game is close, a coach may choose to depart from the equal playing time policy during the fourth quarter of the game, and playing time will be evened out during the course of the tournament
- Focus on advanced individual fundamentals--all top ten fundamentals should be part of each week's practice
- An increasing emphasis on team play, including game skills and philosophy (hard effort, hustle and be aggressive on defense. Attack the basket and move the ball on offense.) Encourage all players to handle the ball and be involved
- Introduction to the Varsity coaches selected offensive approach
- Introduce basic sets and plays
- Introduction of zone defense and full court press defenses
- Introduction of transition plays
- Balanced competition in team selection

3. 6th-7th-8th Grade:

- Be competitive in tournaments

- All players will average one quarter of playing time per game over the course of a tournament; after that playing time is at the discretion of the Head Coach
- Continued emphasis on team play, including game skills and philosophy Encourage all players to handle the ball and be involved
- Begin to identify “roles” for various players (such as post, point guard, shooting guard, etc.) , with appropriate skill development for those roles
- Continued strong development of advanced individual fundamentals--all top ten fundamentals should be part of each week’s practice, but with insistence that players master fundamental skills
- Further develop game skills and Philosophy. Master the appropriate offenses designated by the Head Varsity Coach
- Understand game situations and how to handle them (how to play with a lead, when to foul...)
- Mastery of zone defenses and full-court presses

- Team Selection

1. LARA will sponsor traveling teams at the 4th, 5th, 6th, 7th, and 8th grade level for boys and girls
2. For each gender the team selection committee shall consist of the Head Varsity Coach for that gender and or one or more assistant varsity coaches selected by the Head Varsity Coach and or community members without a child in that particular program, selected by the LARA Basketball director or the LARA Board of Directors
3. All grades will have the same selection process
4. The selection process shall be fair and understandable to each potential player, with independent judges trying to accurately assess the skill level and abilities of each potential player, in an attempt to determine which team would be best suitable for each potential player
5. The selection itself will be comprehensive and organized in a safe environment and independent judges will assess individual player skills including, but not limited to: shooting (and lay-ups); dribbling; passing; and quickness. “Team” concepts are also evaluated and include, but not limited to: defense (and defensive “help”); blocking out; running the floor; and offensive understanding
6. Traveling Coaches shall not make selections of their own grade level
7. Sessions are closed to everyone except players and the selection committee. Parents may not attend selection process sessions

8. The LARA Hoops Club Director shall select the days for team selections. The selections shall be available to girls and boys on at least one Saturday, with a makeup session within one week of the Saturday. Selections shall be made only after the make-up session is complete
9. Selections will be made by October 10th of each year
10. Girls and boys can only participate in the selection process for their grade level unless there is a shortage of players in the grade level above
11. Girls and boys cannot play on more than one Hoops Club Traveling Team
12. Depending on numbers and available coaching, not every potential player may be placed on a team. However, best efforts will be made to place every potential player on a team.
 - LARA teams will be designed to involve as many girls and boys as want to participate, and team selection will not be exclusionary; that is, there should be teams formed as long as there are players and sufficient coaches (e.g. 30 kids, form 3 teams, if there are 3 coaches available)
 - When there are enough participants and more than one team is formed at a grade level teams should be divided by ability into an A & B (and C, if enough players). This may be modified when agreed to by the coaches and LARA Basketball Director.
13. The ideal number of players on a team is 8 – 10. The Selection Committee has the discretion to include more players on the team.
14. At the discretion of the Selection Committee, and if needed to fill a team, a player can fill a spot at a team at a higher grade level, but cannot replace a player at that grade level.
15. If fewer than 10 players try out for a team, the Head Coach is authorized to recruit players from that age group and select and place additional players for his/her team.

- Coaches

1. Leadership: The High School Varsity Coaches establish guidance for the CL program coaching philosophy, in order to create continuity as players mature. LARA Coaches are expected to adopt this philosophy in their coaching.

2. Coach Selection
 - Hoops Club Traveling Team Head coaches are unpaid volunteers that spend a great deal of time working with young players and on organizing their team. The rewards for coaching can be considerable, but there is a significant time commitment (300+ hours per year) and other challenges to consider.
 - Application -- Individuals interested in coaching, and that have not already coached in LARA, must obtain and complete a coaching application, available on the downloads page at www.clhoopsclub.org .
 - Coach Selection
 3. If there is only one qualified candidate for a head coaching position, the Basketball Director will make the decision.
 4. If there are more than one qualified candidates for a Head Coaching position, a Coach Selection Committee comprised of the Boys and Girls High School Varsity Head Coaches and the Director of Basketball will make the decision.
 5. The Coach Selection Committee may conduct head coaching interviews prior to naming head coaches.
 6. If no qualified head-coaching candidates apply to coach a grade level team, the Director of Basketball will lead an effort by LARA to recruit a qualified individual to coach the team. If this effort fails after a reasonable amount of time then there will not be a team for that grade level that season.
 - Assistant Coach Selection -- Head coaches may select assistant coach (es)
- Expectations of Head Coaches
 1. Clinic Participation - In the event LARA sponsors coaching clinics, coaches will be encouraged to attend the clinics.
 2. Coaching Philosophy – The High School Varsity Coaches establish guidance for the LARA coaching philosophy, in order to create continuity as players mature. LARA Coaches are expected to adopt this philosophy in their coaching. This guidance covers at least these areas: Program age-specific goals and objectives, program design, character building, offensive and defensive approaches to the game; and teaching of basketball fundamentals.
 3. Training – Coaches recruited to (or selected by) LARA should be oriented to the guide, preferably by the Head Varsity Coach or the Director of Basketball. A coach’s clinic may be a good forum for this.

- Coach's Code of Ethics – Each Coach will agree to the following:
 1. I am a coach of a youth team, and know that the game is for kids, not adults.
 2. I will place the emotional and physical well being of my players ahead of my personal desire to win.
 3. I will abide by the rules and guidelines of LARA.
 4. I will treat each player as an individual, taking into account the large range of emotional and physical development of children at different ages.
 5. I will assure a safe playing situation for my team.
 6. I will develop goals for my team, and those goals shall assure that the experience of the players will:
 - be fun,
 - build player confidence,
 - develop players' fundamental skills,
 - focus on effort, and
 - emphasize teamwork
 7. I will organize practices, and assure that they are fun and challenging for all players.
 8. I will be an example of fair play and good sportsmanship.
 9. I will know the rules of basketball, I will teach the rules to my players, and I will follow the rules.
 10. I will coach using techniques appropriate to the age and skills of my players
 11. I will demand a drug, alcohol and tobacco-free environment for my team.
 12. I will maintain ongoing communication with parents of players and respond to their concerns and questions.

- Players
 1. Player Responsibilities.
 - Players are to attend all scheduled practices and games. Failure to do so may reduce playing time in games.
 - Players are responsible for their behavior on and off the court.
 - Players are encouraged to set a good example by displaying good sportsmanship, since they represent the team, the Hoops Club, and the Chisago Lakes community.
 - Players should be supportive of their teammates and coaches.
 2. Attendance at Practices.
 - Players are expected to arrive on time for practice. If a player is going to be late or miss a practice the head coach must be notified as soon as possible.
 - Players with continued unexcused missed or late practices can expect to lose playing time. Unexcused missed or late practices may result in the following discipline:
 - First incident - one game suspension;
 - Second incident - two game suspensions; and
 - Third incident – potential suspension from the team, pending review with the parent, the coach and the Board.
 3. Coaches and/or parent representatives will notify players of changes or cancellations in practice times
 4. Excused absences shall be defined to include the following:
 - Absence due to illness of the player
 - Absence due to a serious illness or death of a family member
 - Family vacation
 - Absences due to scheduled school or church activities
 - Absences due to schoolwork or assignments (subject to time management).
 5. Unexcused absences shall be defined to include the following:
 - Failure, in a timely fashion, to advise the Head Coach of the absence
 - Failure to obtain, in advance, the approval of the Head Coach.
 - Absence due to conflict with other sports/teams during the winter basketball season

- Player Code of Ethics –I hereby pledge to live up to the following LARA Players' Code of Ethics:
 1. I will do my best at all practices and during all games
 2. I will listen to my coaches while at practices and at games.
 3. I will practice good sportsmanship by treating all players, coaches, parents and officials with respect.
 4. I will not use profanity
 5. I understand that I will be warned for the first offense and, at the discretion of the coach, can be suspended from play for the remainder of the current practice, current game or for the following game
 6. I will do my best to help my parents get me to games and practices on time.
 7. I understand that improvement comes from practice and sometimes I may decide to practice on my own, away from scheduled practices and games.

- Parents
 1. Parents Code of Ethics -- I hereby pledge to live up to the following Chisago Lakes Hoops Club:
 - I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
 - I will place the emotional and physical well being of my child ahead of any personal desire to win.
 - I will insist that my child play in a safe and healthy environment.
 - I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all. I will demand a drug, alcohol and tobacco-free environment for my child and agree to assist by refraining from their use at all youth sports events.
 - I will remember that the game is for children and not for adults. I will do my very best to make youth sports fun for my child.
 - I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
 - I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.

- I understand that the Chisago Lakes Hoops club reserves the right to dismiss at any time a player who by the conduct of their parent significantly creates problems for the team or after verbal warning continues to disrupt practices or games.

- Coach/Player/Parent Relations

Coaches are ultimately responsible to the Hoops Club Board. Most concerns will be minimal if the bylaws and guidelines are being followed by the coaches and understood by players and parents.

1. If a player or parent has a question or concern, it should be discussed with the coach. (These discussions should take place after the “emotion of the moment” has passed and in a relatively private setting.) All discussions should be open, honest, and respectful.
2. If a resolution cannot be made, either party should contact the Hoops Club President. The President will review the situation with both parties and try to resolve the issue.
3. If necessary, either party can request a review by the entire Board of Directors. The decision of the Board is final.

Basketball Opportunities

There should be local year-round basketball activities available and coordinated through Hoops Club. Local teams should be formed for each season. If not enough players from a given grade are interested, they can move up and combine with another grade. We should attempt to keep our kids playing together and developing a CL program atmosphere. Players should be expected to participate in as many basketball opportunities as possible.

Example:

- Fall season beginning in September with tourneys in MYAS;
- Basketball season for LARA, Middle School and Hoops Club teams
- Spring basketball league for 5th and 6th grade
- Spring season with tourneys in MYAS
- Summer: 10,000 shot club, camps, & summer leagues

The fall and spring season efforts should be challenging to the players, and be able to keep players engaged in the local program. Some boys and girls will always be drawn to AAU teams and other intense programs, but the local program should offer an affordable and time-sensitive alternative that allows players to challenge themselves.

Boys and girls should be encouraged to participate in more than one sport; outside of basketball season, best efforts should be made so that opportunities for organized basketball fit around other sports schedules.

Drug, Alcohol and Tobacco Policy -- The basketball program demands a drug, alcohol and tobacco free sports environment. Coaches and parents will refrain from the use of drugs, alcohol or tobacco before or during practices and games.