

PELLA HOOPS CLUB HANDBOOK

Pella Hoops Club Vision Statement (What)

To unify local youth travel basketball teams under a Pella Community Schools umbrella structure (Pella Hoops Club) in order to increase participation and to improve the development of youth basketball players for the betterment of the players, as well as the high school and college programs that many of them will hopefully transition to.

Pella Hoops Club Mission Statement (How):

To provide a unified youth basketball program aligned with Pella Community Schools that focuses on:

1. **Culture:** Creating a healthy, positive culture that pursues excellence both on and off the floor
2. **Individual Development:** Providing skilled coaches and supporting materials to improve individual basketball skills/fundamentals to prepare players for the future
3. **Team Development:** Providing a competitive team environment through tournaments and scrimmages that are appropriate for the skill level of each player

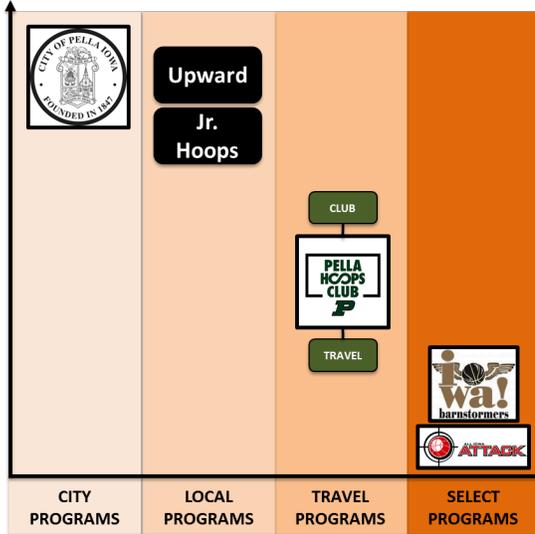
Pella Hoops Club Strategy (How different):

Pella Hoops Club is intended to complement existing options for youth basketball but is also positioned differently than most of those programs. PHC places more focus on skill development and preparing players for high school and college than local rec or similar programs would aspire to, but with not quite the investment level that one might find in “select” programs you see in larger urban areas like Des Moines. Players or parents more interested in a **participatory** experience rather than a **developmental** experience may find other programs to be a better fit.

VALUE PROPOSITION

Positioning Map of Basketball Options

Focus on maximum participation, fairness and positive experience for all



Focus on individual Skill Development for High School & beyond, learning how to compete and win. Higher Time Investment (Practice, Tournaments).

Pella Hoops Club Eligibility (Who):

GRADES:

- 3rd through 8th grade

SCHOOLS:

- Kids currently in the Pella Community School system
- Kids being homeschooled but who intend on enrolling in the Pella Community School system in the future
- NOTE: Board may approve exceptions to this rule to help fill rosters.

Pella Hoops Club Calendar (When):

- JULY New PHC season begins
- AUG Player and Coaches Registration opens
- AUG Skills Evaluation & Team Construction
- SEPT Uniform Ordering
- SEPT Gym Scheduling
- OCT Coaches & Players Clinics
- NOV Tournament Season begins
- MAR Tournament Season ends (some teams may choose to play a Summer schedule separately)
- APRIL Parent & Coaches Survey
- MAY Review and approval of PHC By-Laws, Code of Conduct and Handbook
- JUNE New Board Members nominated and voted on

Pella Hoops Club Structure:

PROGRAM OPTIONS: PHC aspires to have 1-4 teams per grade per gender for each group between 3rd and 8th grade.

The structure for these teams varies slightly by grade and is shown here for the 2024-25 season:

PROGRAM	GRADE LEVEL (2023-24)	APPROXIMATE NUMBER OF PLAYERS	PRACTICE TIME PER WEEK	ROSTER SKILL MIX	NUMBER OF TOURNAMENTS (MIN-MAX)	REGISTRATION COST ***	UNIFORM COST (LASTS AROUND 2 SEASONS)*	UNIFORMS
	3rd	7-10	1-3 hrs/wk	BALANCED	5-7	\$235	\$49	Top only
	4th	7-10	2-3 hrs/wk	BALANCED	6-9	\$285	\$49	Top only
	5th	7-10	2-4 hrs/wk	STRATIFIED	7-10	\$335	\$98	Top and Shorts
	6th	7-10	2-4 hrs/wk	STRATIFIED	7-10	\$335	\$98	Top and Shorts
	7th	7-10	2-4 hrs/wk	STRATIFIED	5-7	\$235	\$98	Top and Shorts
	8th	7-10	2-4 hrs/wk	STRATIFIED	5-7	\$235	\$98	Top and Shorts

PROGRAM COSTS: Costs for the program, somewhat subsidized by the PHC Tournament, are below for transparency:

GRADE LEVEL (2023-24)	TEAM ACCOUNT				PHC ACCOUNT				TOTALS BY GRADE								
	AVG # TOURN	COST PER TOURN	TOURN COSTS PER TEAM	TEAM STUFF PER TEAM	GYM FEE PER TEAM	SKILLS FEE PER TEAM	SCHOL INSUR WEB COACH	TOTAL ADMIN	TEAMS	TEAM COSTS	ADMIN COSTS	TOTAL COST PER GRADE	COST PER TEAM	AVG # PLAYERS	FEE REQUIRED PER PLAYER	PLAYERS BY GRADE	REVENUE BY GRADE
3rd	6.0	\$200	\$1,200	\$50	\$438	\$485	\$304	\$1,228	4	\$5,000	\$4,910	\$9,910	\$2,478	8.0	\$310	32	\$7,520
4th	7.5	\$200	\$1,500	\$50	\$438	\$485	\$304	\$1,228	4	\$6,200	\$4,910	\$11,110	\$2,778	8.0	\$347	32	\$9,120
5th	9.0	\$225	\$2,025	\$50	\$438	\$485	\$304	\$1,228	3	\$6,225	\$3,683	\$9,908	\$3,303	8.0	\$413	21	\$7,085
6th	9.0	\$225	\$2,025	\$50	\$438	\$485	\$304	\$1,228	4	\$8,300	\$4,910	\$13,210	\$3,303	8.0	\$413	40	\$13,400
7th	6.0	\$225	\$1,350	\$50	\$438	\$485	\$304	\$1,228	2	\$2,800	\$2,455	\$5,255	\$2,628	8.0	\$328	15	\$3,525
8th	6.0	\$225	\$1,350	\$50	\$438	\$485	\$304	\$1,228	5	\$7,000	\$6,138	\$13,138	\$2,628	8.0	\$328	38	\$8,930
									22	\$35,525	\$27,007	\$62,532				178	\$49,530
										57%	43%						

PAYMENT PLAN: At this point PHC does not have an option to make payments over time, but will consider requests.

UNIFORM COSTS: Uniform costs are handled separately from program costs, since players often don't need new uniforms each year (usually every 2 to 3 years). All uniforms will be reversible.

- **Uniform Jersey Top** – required for all teams. Club & Travel will use same design. **Roughly \$60.**
- **Uniform Shorts** – required only for Travel teams. **Roughly \$50.**

Pella Hoops Club will try to coordinate exchanges of uniforms from older players who have graduated from the program or have outgrown their uniforms, as an alternative to purchasing new uniforms.

SCHOLARSHIPS:

SCHOLARSHIP BUDGET ☐ Scholarships to be funded through fundraising.

REDUCED LUNCH: Players who are eligible for the Pella Community School's reduced lunch program will receive an automatic scholarship of \$100 which will be applied to their program fees.

- Projected Cost: 15% of applicants = 152 x 15% = 22.8 players x \$100 = **\$2,280**

MULTIPLE FAMILY MEMBERS: Parents who have multiple children registered for the Pella Hoops club will receive an automatic scholarship of \$50 for each additional child (2 children = \$50; 3 children = \$100, and so forth)

For families needing further consideration due to costs, they may reach out to the Board to request further financial support if any is available, and the Board will review those requests on a separate basis.

- Projected Cost: 15% of applicants = 152 x 15% = 22.8 players x \$50 = **\$1,140**

PROGRAM GUIDELINES:

The PHC uses the **NBA / USA BASKETBALL YOUTH BASKETBALL GUIDELINES** as a guide for setting standards for practice times, game participation, and overall season length. They can be found here: <https://youthguidelines.nba.com/>

Age	Grade	Game Length	Max Games Per Day*	Practice Length	Practices Per Week	Min # Rest Days per Week	Max Hrs/Wk in Organized Basketball	Months per Year of Organized Basketball
Ages 7-8	1-2	20-28 min	1	30-60 min	1	2 days	3 hours	4 months
Ages 9-11	3-5	24-32 min	1 to 2	45-75 min	2	2 days	5 hours	5 months
Ages 12-14	6-8	28-32 min	2	60-90 min	2 to 4	1 day	10 hours	7 months
Ages 15+	9-12	32-40 min	2 to 3	90-120 min	3 to 4	1 day	15 hours	9-10 months
GRADE		PLAYING TIME						
1 st – 5 th		Equal playing time in periods 1-3. Coach's discretion in the 4th period and overtime.						
6 th – 12 th		Coach's Discretion						

* Many tournaments may have 3 games in a day, so this may be unavoidable. Coaches should monitor player minutes accordingly.

Pella Hoops Club Team Construction:

For grades with enough players to form multiple teams, the Pella Hoops Club recognizes the tradeoffs between building “**balanced**” teams and “**stratified**” teams that are separated by skill level.

Benefits of Balanced Teams:

- Balanced teams can avoid the feeling of superiority or inferiority that can come with stratified teams
- Team rosters could remain constant over time, with minimal changes unless kids join or leave the program

Benefits of Stratified Teams:

- Stratified teams allow coaches to tailor practices to the skill level of the players they have, rather than having to spend time on drills that are too complicated for some, or too easy for others. Without this, higher skilled players may ultimately defect to non-school programs if they feel it would improve their development.
- Stratified teams may present more opportunities for less skilled players to make plays with the ball (dribbling or shooting) without feeling pressured to defer to the more skilled players on the floor.
- Stratified teams allow each team to play in tournaments more appropriate for the skill level of its players, allowing all players to develop faster.
- Most programs focused on development and not just the participatory aspect of youth basketball use stratified teams. Some start in 3rd, some in 4th and some in 5th, but most of them are structured this way.

Taking all of these tradeoffs into account, the Pella Hoops Club model for team construction is as follows:

1. SKILL EVALUATION SESSIONS (August)

- All kids in 3rd through 8th grades
- Evaluated in individual, 1 on 1, 3 on 3 and 5 on 5 drills
- Evaluated on ball handling, shooting, defense, attitude, athleticism and teamwork
- Evaluated by experienced individuals not affiliated with the teams being constructed
 - i. Helpers may include some of the players' coaches, but they will not do any of the evaluations

2. TEAM CONSTRUCTION (August)

- All kids from Pella Community Schools (current or future) who register will be placed on a team
- Skill Session evaluations, as well as past player experience, will be used to construct teams as follows:
 - i. 3rd and 4th graders will be placed on **BALANCED** teams of similar skill level, and are new each year

- ii. 5th through 8th graders will be placed on **STRATIFIED** teams that are created new each year
- Board members will partner with coaches to make team assignments once Skill Evaluations are done.

COACHING ASSIGNMENTS & EXPECTATIONS:

ASSIGNMENTS: Coaches from prior seasons, who are in good standing, will in most cases be re-assigned to the team they coached the prior season. The Board reserves the right to replace coaches if they feel it is in the best interest of the program. Most teams will have 1 Head Coach and at least 1, but no more than 3, assistant coaches.

Coaches wishing to apply for openings on existing teams or to coach newly formed teams, will be asked to register in August and will be evaluated after team construction is complete.

All coaches will be run through a background check and abuse awareness training every 2 seasons. Then, based on information they submitted during registration about their past experience and approach to coaching, as well as any personal experience the Board may have had with them in the past, the Board will place coaches with the teams as constructed.

BEHAVIOR: Coaches will sign and be expected to meet behaviors as laid out in the PHC Code of Conduct, and any reports of them not meeting these guidelines will be followed up by discussions between the Board and the Coach – and possibly related parties as necessary - to understand and rectify any behavioral inconsistencies with the Code. If the behavior is still found to not be in compliance, the Coach will be removed.

Behavior by players or parents that does not comply with the Code of Conduct should initially be addressed by the coaching staff, who is authorized to take disciplinary action. If issues persist, or if there is a major disagreement between the coaching staff and parents, a Board member can be called in to consult on the issue. The goal is for coaches, players and parents to all represent our PHC program and our community in the most favorable fashion.

PLAYING TIME: Distribution of Playing Time is expected to be reasonably even for each player over the course of the season, but not necessarily in every game or tournament. Per the NBA / USA Basketball Guidelines the distribution should be more even in grades 3 through 5 - especially in the first half of games - than it may be in 6th grade and beyond. Issues about playing time should first be discussed with the Coach, and then can be appealed to a Board member if dissatisfaction persists.

PRACTICE GYM SCHEDULING:

The Pella Community School system has a limited amount of gym capacity, and school programs get priority over the Pella Hoops Club or other outside groups. Due to capacity limitations, the Pella Hoops Club has arranged for 3rd party gyms such as Pella Rec Center, but these do come at a cost which has been reflected in the program fees.

Once Team Construction is complete, and Coaches are assigned, coaches will be assigned practice times and locations. Minor adjustments will be considered to accommodate conflicts but there are no guarantees as gym space is extremely tight.

CALENDAR:

- The winter calendar for PHC gym scheduling is considered to be November to early March

DURATION:

- Teams will be given 2 practice slots per week during the winter calendar
 - Some teams may be asked to combine practices once a week, depending on overall capacity
 - Middle school teams will be given 1 slot during their season, with which they can schedule optional practices only. Once their original MS schedule is complete, they will get 2 practice slots.
 - Middle school teams are limited to 2 weekend tournaments during the original MS schedule.
- Time slots will be 1-2 hours long, with the standard being 1.5 hours

PRIORITY:

- Not all coaches will get their ideal time slots. We will do our best.
- Younger ages will get priority for earlier time slots, as we will not want them practicing past 7 or 8pm.

SCHOOL CLOSURE:

- School gyms will be unavailable any days the schools are closed – Holidays or weather days – but the 3rd party gyms may still be available
- On days when school is cancelled due to weather, teams practicing in 3rd party gyms may still hold practice but it must be OPTIONAL, to allow parents to determine on their own the safety of participating.

TOURNAMENT SCHEDULING & TEAM FINANCES:

TOURNAMENT SCHEDULING: Tournaments will be scheduled by the team's coaching staff. Advice on which tournaments to schedule can easily be found by emailing more experienced coaches and using the websites available to find tournaments. Coaches must work to schedule the number of tournaments (5+ or 8+) parents are expecting during the winter season, and allow for situations where 1 or 2 may be canceled due to weather or lack of participants. If we do not meet those minimum commitments (5 or 8) for tournaments, then refunds would be made to parents on a prorated basis.

TEAM ACCOUNTS: Teams will be assigned an account at Marion County bank, and a checkbook, in order to make payments for tournaments or buy basketball materials. These funds are not for team outings or social events. If a coach uses cash or a credit card to make a payment, they may reimburse themselves from the team account, but should be aware that the PHC Treasurer may audit team account transactions at the end of the season.

- Materials purchased with this account remain property of the PHC
- Funds remaining at the end of the winter calendar will be brought back into the main PHC account
- If a coach leaves the PHC program, they should return any materials purchased to a Board member