

PARENT INFORMATION

HOLY SPIRIT BASKETBALL 2015-2016

Welcome to the Holy Spirit junior JCYO basketball program. **Please review this information concerning the program before your child begins practice with his/her team.**

Goals

The basketball program is a component of the comprehensive approach to youth ministry in the parish and in the diocese. The sports programs play a significant role in the development of Catholic values in our youth. Our programs should encourage healthy physical activity, develop skills, and foster cooperation, respect, teamwork, sportsmanship, responsibility, leadership, competitiveness, fairness, and courtesy. Winning games is a goal in any competitive sport, but winning is far secondary to the above.

Over the years, we have been blessed with many fine coaches and players. Some players have played on varsity teams in high school and a few have earned college scholarships; however, the development of “star” players is not a goal of this program. If this is a goal for you and your child, we suggest that you explore local AAU programs.

Team Holy Spirit

Coaches, players, and parents are all part of the Holy Spirit team. We compete against teams from other parishes, not among ourselves.

Teammates help teammates. We don't berate, scream at, put down, or taunt other members of our Holy Spirit team. We ask you to work together to create this spirit and atmosphere among all who participate in our program.

Parent Participation

You are a member of the team and we encourage you to participate in the program. Your coach will need scorers and timers at games, drivers, and help with other activities.

Most importantly, playing is a privilege and a responsibility. We encourage parents to establish rules, goals, and consequences that children must meet in order to retain the privilege of playing. Inform the coach of these rules and goals so that the coach can support you. Remind your child that each player has a responsibility to the team and to teammates. Every player on the team is important. A player who loses the privilege of playing because of his/her behavior lets down his/her team and teammates.

League, Practice and Game Times

Our teams play in the Northern Virginia Junior CYO league. Twice weekly practices begin on October 25. Practices may be scheduled on weekdays between the close of school and 9 P.M. Starting in mid-November, teams are assigned regular practice times.

These days and times are consistent throughout the season except when gym closures require changes.

Games begin on weekends on December 5 and continue until early March.

Note: This season, games will be played on December 19 and 20.

Eligibility

Players must be in grades 3, 4, 5, 6, 7, or 8, and must meet **at least one** of the following criteria:

- Be enrolled in and attend Holy Spirit School,
- Be enrolled in and attend the Holy Spirit religious education program,
- Be in an approved home school program with the family registered in Holy Spirit parish
- The player's family is registered in Holy Spirit parish.

Registration

Registration fee for 2015-16 is \$125 per player until October 18, and \$150 per player after October 18. This pays for uniforms, equipment, facilities, and referees. Please register your child before October 18 so that we can determine the number of teams and recruit coaches. Registrations received after October 18 may be accepted on a space available basis.

PLEASE REGISTER AND PAY ON-LINE AT:

<http://holyspiritchurch.us/ministries/youth/cyo-sports/>

or

Complete the registration form, enclose a check payable to "Holy Spirit" in the amount of \$125 per player, and mail to: Chuck Woods, 7513 Long Pine Drive, Springfield, VA 22151. All fees collected for participation in the basketball ball program will be fully refunded if the withdrawal and request for refund are received by the Basketball Coordinator and Holy Spirit Youth Sports Coordinator in writing prior to October 18. On or after October 18, no refunds will be made. If you register a child in the basketball program after October 18, all registrations are final and no refunds will be allowed. If your family has a problem paying for the registration, please let us know.

Formation of Teams

NVJCYO rules allow for grade levels 3 through 8. Each team must have a roster of least 8 players. Children may play on a team at a higher grade level, but they cannot play at a grade lower than the grade attended at school. Except at 3rd and 4th grades, NVJCYO suggests that we divide teams so they can play in divisions at different levels.

Our program has the following guidelines for forming teams:

- At the 3rd & 4th grade levels, teams shall be divided to have approximately equal skill level.
- By the 6th grade level, if we have sufficient players for 2 teams at a grade level, teams shall be formed by skill level.
- Coaches are responsible for assigning players to teams.

Be assured that we are committed to providing a good experience for every child, regardless of what team they play on.

3

Coaches

We are blessed to have many volunteer coaches for our program. Some are new; some have been coaching basketball for many years. All of our coaches love children and sports.

Each coach has the authority to decide the position and playing time for each player.

Discipline

Your child's coach may establish team rules and consequences. Encourage your child to adhere to the team rules. Players who violate team rules may be suspended or have their playing time reduced.

Practice

In practices, children learn basketball and are integrated into the team. Practices also constitute the bulk of a child's playing time. Twice per week practices will begin October 25 and continue throughout the season. Practices are 60 – 90 minutes each. Everyone plays in practice. Most games are 28 (clock) minutes long and only 5 players can be on the floor at the same time during a game!

More than most sports, basketball requires continuous teamwork and cohesion. Teamwork and cohesion are built in practices. **Players are expected to attend practice regularly.** Playing time in games may be reduced if a child routinely misses practice.

Please contact the coach if your child will not be at practice. Parents are encouraged to attend and help in practices.

When you or your designee take your child to practice, accompany the child to the gym and ensure that the coach is present before you leave the gym. The coach is not responsible for your child until you do this. Please pick up your child, promptly, when practice ends.

Playing Time

Over the course of the season, coaches are expected to provide ample playing time for each child. How this happens will depend on minimum play rules in the league, who is present at games, match ups with opponents, the score, and a variety of other factors.

Behavior at Games

Please come to games and cheer for your child and the team! Don't heckle the opposition. During games, do not yell at your child or give your child instructions. Children need to

make their own decisions on the court and the instructions that you give may be contrary to what the coach is telling the team.

There is an acting commissioner at each league game. This person will introduce themselves at the opening prayer. If you have a concern about an incident that occurs during a game, you can take this concern to your Holy Spirit coach and/or the Acting Commissioner. **If a negative incident occurs, avoid contact with the opposing teams coaches and fans and the referees.** Such contact during a dispute usually makes matters worse, not better. NVJCYO has procedures and resources to correct problems that occur at games. Please let those in charge investigate and correct any problems.

Food, drink, and extraneous ball playing are forbidden in our facilities Please keep your children in sight and under your control at all times during games.

Do talk with your coach about the skills he/she is teaching and play ball with your child. Children develop more rapidly when parents and family play with them.

Uniform Shirt

We provide a uniform shirt. **Wash the uniform in cold water and drip dry.** Hot water or a hot dryer will cause the numbers to peel.

Contact

We are committed to providing a safe environment and a positive experience for each child. If there are problems or concerns, attempt to resolve them with the coach. If you see specific misconduct, contact the program coordinator.

Chuck Woods
Holy Spirit Basketball Coordinator
jcwoods2@verizon.net
703-644-4548

Rev 8/24/2015