

# **PARENT INFORMATION**

## **HOLY SPIRIT BASKETBALL 2019-2020**

Welcome to the Holy Spirit 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**

As a parent, you are a member of the team, and we encourage you to participate in the program. Your coach will need scorers/timers at games 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 JCYO league. Twice weekly practices begin on October 28. Practices will 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 7 and continue until early March.

### **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, OR
- The player's family is registered in Holy Spirit Parish.

### **Registration**

Registration fee for the 2018-19 season is **\$150 per player for the first child, \$135 for the second child, and \$120 for the third child until October 13. After October 13, prices increase by \$30 per child.** This pays for uniforms, equipment, facilities, referees, and more. Please register your child before October 13 so that we can determine the number of teams and recruit coaches.

If you are unable to provide payment at time of registration, please contact Hannah Steger at [cyo@holyspiritchurch.us](mailto:cyo@holyspiritchurch.us). Other options are available.

Registrations will be accepted in date order. **When a team has a total of 12 players, additional registrations will be accepted only if we receive enough registrations to form 2 teams at that grade level and if we have a volunteer coach for the team.**

Registration is available at [www.holyspiritchurch.us/cyobasketball/](http://www.holyspiritchurch.us/cyobasketball/) and will be completed through the SportsPilot website, as referenced on the Holy Spirit webpage.

### **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 3<sup>rd</sup> and 4<sup>th</sup> 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 3<sup>rd</sup> & 4<sup>th</sup> grade levels, teams shall be divided to have approximately equal skill level.
- By the 6<sup>th</sup> grade level, if we have sufficient players for 2 teams at a grade level, teams may 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.

### **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 28 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.

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.

**All practices are in the Holy Spirit gym until November 16. After November 16, practices may be at Holy Spirit or in a local public school gym. Practice times depend on the coach's schedule and available gym space.** Unfortunately, practice locations, dates, and times cannot be scheduled until weeks before the actual practice.

### **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, 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. They should never be out of your sight or control. Do not allow children to bounce balls, or play in hallways.*

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. Except for 8<sup>th</sup> grade, parents must provide shorts for their child. The short must be the red Holy Spirit PE short or equivalent. Players will not be permitted to play in a game without the standard uniform as outlined above.

### **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 Hannah Steger by email at [cyo@holyspirtchurch.us](mailto:cyo@holyspirtchurch.us) or by phone at 703-425-8778, ext. 3.

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