



# Decatur-DeKalb YMCA Youth Basketball Program



## Recreational Basketball League Handbook

2009-10

Dear Parents,

Welcome to the Decatur-DeKalb YMCA Youth Basketball Program. I am very committed to creating an environment where kids can grow, develop, learn the value of team work and most importantly, have lots of fun. As a parent you can also help make your child's YMCA Youth Basketball Program a special and successful experience. Volunteer coaches and team parents are always needed. If you are interested in helping, please contact the Sports Department.

I am very excited about the upcoming season and hope that you and your child will enjoy this experience. Please let me know if you have any special concerns, suggestions or questions.

Thank you for participating in the Youth Basketball Program, I look forward to a fun-filled safe season.

Sincerely,

Michael N. Duncan  
Sports Director

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### **Contact Information**

Decatur-DeKalb YMCA  
1100 Clairemont Avenue  
Decatur, Georgia 30030  
(404) 377-9622

Michael N. Duncan – Sports Director  
(404) 371-3305  
[michaeld@ymcaatlanta.org](mailto:michaeld@ymcaatlanta.org)

YMCA Website: [ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org)

Weather Hotline: (404) 687-2518

StatusMe Service: [www.statusme.com](http://www.statusme.com)



## **Decatur-DeKalb YMCA**

### **YOUTH BASKETBALL PROGRAM GOALS AND OBJECTIVES**

**The goals of Decatur-DeKalb YMCA sports are:**

- **To build self-esteem**
- **To teach social skills, values, communication, and human relations**
- **To teach physical skills, fitness, and health**
- **To develop responsibility and decision making skills**
- **To enhance leadership skills in youth and adults**
- **To build relationships among peers and between parent and child**
- **To support and strengthen family life**
- **To create a fun experience for children and their families**

**YMCA Youth Sports Programs are designed to meet these specific program objectives:**

- **To grow personally**
- **To build character values**
- **To improve personal and family relationships**
- **To appreciate diversity**
- **To become better leaders and supporters**
- **To develop specific sport skills**
- **To have fun!**



# **ITTY BITTY BASKETBALL PROGRAM**

## **GENERAL INFORMATION**

### **3 & 4 Year Old Age Groups**

#### **1. Selection of teams**

- All teams are randomly grouped together except for special requests. Special requests may be made for a specific coach or to be placed on the same team with another player.
- The YMCA policy is to promote fun and friendship during youth sports. This is why we try to grant all wishes from players to be with a friend or on a certain coach's team.

#### **2. Communication**

- Communication between coaches, parents, and the sports director is an important quality of a good sports league. It is very important that all parents keep in communication with their team's coach. Coaches are required to supply an email address and phone number to the Sports Director and to their team for communication purposes.
- Coaches need to contact all players and welcome them to their team once they receive their roster. Accurate phone numbers and emails should be collected as mistakes can happen during the typing of rosters.
- Coaches need to send out emails or make phone calls on a regular basis to inform players of upcoming practices, games, or a change of any sort. The more informed the player and/or parents are the more involvement you will have.

#### **3. Practice and Game Venues**

- Itty Bitty Basketball will play and practice on Saturday mornings from 8:30 a.m. – 10:00 a.m. at the Decatur-DeKalb YMCA Basketball Gym.
- The program will start on **Saturday January 9, 2010 and run through February 13, 2010.** The Itty Bitty Program runs for six weeks.
- The *first* week the players will practice only. The last five weeks the players will play in a game like situation.
- A game schedule will be given out letting parents know what time their child's team will play the five weeks of the season.

#### **4. Uniforms**

- Uniforms will be issued to each team. Uniforms will consist of a basketball shirt & shorts.
- Players will be issued their uniform before their first practice on **Saturday, January 9, 2010.**

## 5. Basketball Gym Policies

- Small goals and mini basketballs will be out on the court at the beginning of practice/games.
- Basketballs will be issued to the coach at the beginning of practice from the gym supervisor. Please be sure to return all balls back to the gym supervisor at the end of your practice.
- Restrooms are available to all players in the boys and girls locker rooms. **Children are not allowed in the adult locker rooms.** Drinking fountains are also available in the locker rooms and in the main hallway.
- No food or drinks, except water, is allowed in the gym during practices. Snacks are allowed only on game days.
- No gum allowed in the gym. Please ask all players to dispose of gum before practice starts. This is for the safety of the child and to preserve the gym floor.
- Please clean up any trash or materials left after games and practices.
- A Gym supervisor will be present during all practices and games. If you have any problems or concerns please address the Gym Supervisor.
- If a player or coach is injured during practice or a game please notify the gym supervisor or front desk immediately. An incident report must be filled out at the time of the incident. Ice and medical supplies are available at the front desk.
- On game days, parents will be required to sign in at the basketball table if they are not facility members. Parents and guest of players that are not facility members are only allowed to be in the basketball gym during practices and games. **They are not allowed in any other area of the facility.**

## 6. Inclement Weather

- The Sports Director will make all decisions if games or practices will be cancelled due to inclement weather. Coaches and parents will need to check the website ([ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org)) call the Sports weather hotline in cases of inclement weather to see if games/practices are cancelled or delayed. **The weather hotline will be updated after 3:30 p.m. on weekdays, 8:00 a.m. on Saturdays.**
- The weather hotline phone number is **#404-687-2518**
- You will not be allowed to conduct practice or play a game if they are called off due to weather conditions even if the YMCA is still open. This is a safety precaution and must be abided by.
- It is the Coaches responsibility to make sure parents are aware of the weather hotline and how to access and use it.
- If a coach decides to cancel a practice it is their responsibility to contact their players and parents.

## StatusMe Service

Decatur-DeKalb YMCA has a new service that will *instantly* let you know the gym status for practice and games. An email or text message will be sent to you the moment a gym status has changed. ***This is a free service to the Decatur-DeKalb YMCA Facility and Program Members.***

Members using the *StatusMe Network* enjoy the following benefits:

### Member Benefits

- Have gym status information come to you the instant it changes rather than continually checking the YMCA web page or the weather hotline.
- Have status updates sent to all the email addresses and/or cellular text messages (SMS) you specify.
- Keep your email private from others. StatusMe sends emails and cellular text messages (SMS) individually to each person rather than in bulk.
- Opt In to receive information for only the club and the club facilities you select.
- Get status for "away" games from other StatusMe network clubs. Simply sign up for opposing club facility notifications for just the weekend of your away game.
- Opt In and Opt Out of club status information any day, any time.
- Use one system to receive notifications from all of your family's clubs using the StatusMe network.

It is very simple to set-up. You will go to the StatusMe website: [www.statusme.com](http://www.statusme.com)

Click on ***Join Now*** and follow the steps. Within a few minutes you will be set-up on the system. Once you are set-up, every time the gym status changes, you will be sent an email or text message.

# **YOUTH BASKETBALL PROGRAM**

## **GENERAL INFORMATION**

### **5 - 18 Age Groups**

#### **1. Selection of Teams**

- All teams are randomly grouped together except for special requests. Special requests may be made for a specific coach or to be placed on the same team with another player. Also if a player cannot practice on a certain night that is taken into consideration when placing them on a team. **(New) Each roster will consist of only 10 players. NO EXCEPTIONS**
- The YMCA policy is to promote fun and friendship during youth sports. This is why we try to grant all wishes from players to be with a friend or on a certain coach's team.

#### **2. Communication**

- Communication between coaches and parents is an important quality of a good sports league. It is very important that all parents keep in communication with their team's coach. Coaches are required to supply an email address and phone number to their team for communication purposes.
- Coaches need to contact all players and welcome them to their team once they receive their roster. Accurate phone numbers and emails should be collected from parents as mistakes can happen during the typing of rosters.
- Coaches need to send out emails or make phone calls on a regular basis to inform players/parents of upcoming practices, games, or a change of any sort. The more informed the player and/or parents are the more involvement you will have.
- If a coach is not communicating with a team, please advise the Sports Director so the problem can be eliminated.

#### **3. Practice and Game Venues - 6 & Under and 8 & Under Age Groups**

- 6 & under and 8 & under age groups will practice **once** per week for one hour at the YMCA. Practices times are M-F, 5:30-6:30 p.m. and 6:30-7:30 p.m. Coaches' sign up for practice times that best fit their schedules since they are volunteers.
- Practices will start in **November, 2009** and end the week of **February 8, 2010**.
- Games will be played on Saturday mornings. Games locations will be announced. Games will be played **December 12, 2009 and December 19, 2009, January 9, 2010 through February 13, 2010**
- There will be a two week holiday vacation from **December 21, 2009 through January 3, 2010** for both practices and games.

#### **4. Practice and Game Venues – 10 & Under and Above Age Groups**

- 10 & under and above age groups **may** practice **twice** per week for one hour or once per week for an hour and a half at the YMCA (Depending on gym space). Practices times are M-F, 5:30-6:30 p.m., 6:30-7:30 p.m. and 7:30-8:30 p.m. on Monday - Fridays. Practices will start in **November, 2009** and end the week of **February 8, 2010**.
- Games will be played on Saturdays. Teams will play all home games at the Decatur-DeKalb YMCA on Saturday afternoons. Away games will be at various locations throughout Atlanta. Game times for home and away games will vary according to each facility's availability. Games will be played in **December 2009 through February 2010**. Dates and times will be determined at a later date.
- Due to inclement weather, there may be an occasional Friday night or Sunday afternoon make-up games.
- There will be a two week holiday vacation from **December 21, 2009 through January 3, 2010** for both practices and games.

#### **5. Schedules**

- Schedules will be posted to the website [ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org) by **Friday, December 4, 2009**. Schedules will also be given out at practices.
- 8 & U and above will have games scheduled against other YMCA teams, church teams, and local city recreation teams. DDY teams will be scheduled against opponents within a 30 mile radius.

#### **6. Uniforms**

- Uniforms will be issued to each team. Uniforms will consist of a reversible jersey and shorts.
- Coaches will be issued their team's uniform one week prior to their first game. It is the coach's responsibility to then issue each individual uniform to their players.
- Please make sure to follow the size listed for each player. Uniform sizes are ordered from each player's registration form. If a parent has ordered a wrong size for a player, please bring it to the Sports Director's attention.

#### **7. Basketball Gym Policies**

- Only players and coaches are allowed on the gym floor during practice times.
- Restrooms are available to all players in the boys and girls locker rooms. **Children are not allowed in the adult locker rooms.** Drinking fountains are also available in the locker rooms and in the main hallway.
- No food or drinks, except water, is allowed in the gym during practices. Snacks are allowed only on game days.

- No gum allowed in the gym. Please make sure your children dispose of gum before practice starts. This is for the safety of the child and to preserve the gym floor.
- Please clean up any trash or materials that you or your children leave after games and practices.
- A Gym supervisor will be present during all practices and games. If you have any problems or concerns please address the Gym Supervisor.
- If a player or coach is injured during practice or a game please notify the gym supervisor or front desk immediately. An incident report must be filled out at the time of the incident. Ice and medical supplies are available at the front desk.
- On game days, parents will be required to sign in at the basketball table if they are not facility members. Parents and guest of players that are not facility members are only allowed to be in the basketball gym during practices and games. They are not allowed in any other area of the facility.

## **8. Inclement Weather**

- The Sports Director will make all decisions if games or practices will be cancelled due to inclement weather. Coaches and parents will need to call the Sports weather hotline in cases of inclement weather to see if games/practices are cancelled or delayed. The weather hotline will be updated after 3:30 p.m. on weekdays, 8:00 a.m. on Saturdays.
- The weather hotline phone number is **#404-687-2518**
- You will not be allowed to conduct practice or play a game if they are called off due to weather conditions even if the YMCA is still open. This is a safety precaution and must be abided by.
- It is the Coaches responsibility to make sure parents are aware of the weather hotline and how to access and use it.
- If a coach decides to cancel a practice it is their responsibility to contact their players and parents.

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## **9. Rescheduling of Games**

- If a team cannot play a scheduled game it is that team's coach's responsibility to notify the Sports Director.
- The Sports Director will notify both coaches and reschedule the game for another time and/or day.
- If a team does not show up to scheduled games without notification to the Sports Director and opposing coach, disciplinary actions will be taken against the coach.

## **10. State YMCA Basketball Tournament**

- Each year Georgia State YMCAs host a YMCA State Basketball Tournament. This tournament is for age groups 10 & under and above. The tournament will be held on **February 26-28, 2010**. The tournament is held in Suwannee, GA. This is an option for teams who would like to attend an end of season tournament.
- All team's interested need to notify the Sports Director for paperwork and rules

# **YOUTH BASKETBALL PROGRAM**

## **GAME RULES**

### **5 – 18 Age Groups**

#### **Players:**

##### A. Playing time

- Each player must participate a minimum of two quarters each game. If a player arrives at half time, he/she is required to play only one quarter.
- All players are expected to attend practices as well as games. If a player can not make a game or practice, parents are asked to notify their coach.
- Players must play whether they show up to practice or not. They may not be disciplined for missing a practice or game.
- If all ten players are not present for a game, extra quarters should be given out equally. Additional playing time should not be a reward for the more advanced players.

##### B. Positions

- All players should have the opportunity to play all positions by the end of the season.
- Players should take turns dribbling the ball down the court for skill improvement.

#### **Coaches:**

- Coaches will remain on their half of the court on the sideline.
- **6 & Under Coaches only** will be allowed on the court during the game to help instruct the players. Coaches must stay out of the way of the players.
- All coaches must pass a criminal background check before they will be allowed to coach a team at the Decatur-DeKalb YMCA.
- Coaches may ask an official or acting official to explain any call that they do not understand. Parents do not have the authority to do this. This does not apply to judgment calls but rules only.
- Coaches are expected to help referee the game if an official does not show.

#### **Equipment:**

- All players must wear athletic type shoes
- All players must wear the team designated jerseys at all games. Jerseys should be tucked in during play.
- Basketball sizes will be as follows:
  - 6 & U – Junior size ball
  - 8 & U – Women’s size (28.5)

Both age groups will play the small court length for games. They will use a basketball rim adaptor that will sit on the regular basketball rims. This will put the height of the rim at 8’6” and 2’ closer to the free throw line.

- 6 & Under will shoot free throws from a line 2 ‘ closer than the original marked free throw line.
- 8 & Under will shoot free throws from the original marked free throw line.



## IMPORTANT DATES YOUTH BASKETBALL PROGRAM 2009-10

August 31, 2009	Youth Basketball Registration Begins
November 14, 2009	Last Day to Register for Youth Basketball Program
November 16, 2009	Late Registration Begins (\$10.00 Late Fee will be Assessed)
November TBA, 2009	Mandatory Coaches Meeting for age groups 5 – 18
November TBA, 2009	Parents Meeting for age groups 5 – 18 <b>The meeting will start at 7:00 p.m.</b> <b>MCA Conference Room</b>
December 4, 2009	Game schedules will be posted to website by this date
December 7-11, 2009	Uniforms will be available for pick-up during practice
December 12, 2009	1 <sup>st</sup> Game of the Season for 6-8 & U age divisions only
Dec. 21- Jan 3, 2010	HOLIDAY BREAK – No Practice or games during this time
January 4, 2010	Practice Resumes
January 5, 2010	Mandatory Coaches Meeting for Itty Bitty Basketball Program
January 7, 2010	Itty Bitty Basketball Parents Meeting (3 – 4 yrs old) <b>The meeting will start at 7:00 p.m.</b> <b>YMCA Conference Room</b>
January 9, 2010	Itty Bitty Basketball Program Season Begins (3-4 yrs old)
February 13, 2010	Conclusion of Youth Basketball Season (May vary be age Group)
February 26 – 28, 2010	GA State YMCA Basketball Tournament for 9 - 18 age divisions who are interested in playing. Games will be played at Suwannee Sports Academy, in Suwannee, GA.