

PARENT INFORMATION

ST. TIMOTHY BASKETBALL

Welcome to the STS CYO basketball program. **Please review this information concerning the program before your child begins practice with his/her team.**

Goals

The goal of our program at STS is to provide a positive experience for each child. This includes developing basketball knowledge and skills, promoting self-confidence, learning how to be a contributing member of a team, physical exercise, and sportsmanship in a catholic setting. Winning games is a goal in any competitive sport, but winning is far secondary to the above.

The CYO program is considered a “house league” and not an AAU or travel program. The basketball program is open to players of all skill levels.

Team St. Timothy’s

Coaches, players, and parents are all part of the STS 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 STS team. We ask you to work together to create this spirit and atmosphere among all who participate in our program. If two or more teams are in one grade, we expect them to all treat each other as teammates and cheer each other on.

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 (NVJCYO.org). Twice weekly practices begin at the end of October. Practices may be scheduled on weekdays between the close of school and 9 P.M and on weekends prior to the start of games. Games will begin on the weekend of December 5th and continue until early March. League information and game results for all grades and divisions can be found on the league website (NVJCYO.org).

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 STS,
- Be enrolled in and attend the St. Timothy's religious education program,
- Be in an approved home school program with the family registered at St. Timothy's.
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Registration

Registration fee is \$95 per player. Players are also required to purchase their own game uniform which costs \$65 and includes a reversible jersey and reversible shorts. Please register your child before October 15th so that we can determine the number of teams and recruit coaches.

Registration is done online. To register please go to:

www.sainttimothytigers.com. You can pay via credit card or check (we prefer CC if possible). All fees collected for participation in the basketball program will be fully refunded if the withdrawal and request for refund are received by the CYO Parish Representative in writing (email) prior to November 1st. 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. 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 5th grade level, if we have sufficient players for 2 teams at a grade level, teams shall be formed by skill level (A and B team).
- Each grade will have a "lead" Head Coach and will be responsible for assigning players to teams.

- Starting in 5th grade teams will be placed in divisions to play against other teams of similar skill level with the intent of having competitive games regardless of skill level.

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 and must be VIRTUS certified.

Each coach has the authority to decide the position and playing time for each player following the NVJCYO guidelines (minimum playing times). We expect our coaches to give every child sufficient playing time.

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. Please refer to the Player Code of Conduct form and have your child read it carefully.

Practice

In practices, children learn basketball and are integrated into the team. Our goal is to provide 2 practices per team per week depending on gym availability (3rd & 4th grades may only have one). Practices are 60-80 minutes.

Basketball requires continuous teamwork and cohesion. Teamwork and cohesion are built in practices. **Players are expected to attend practice regularly. Participation in other extracurricular activities is not a valid excuse for missing practice. 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.

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! Please remember this is a Catholic league and as such we should conduct ourselves as Christians. 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 STS 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. If the issue isn't properly addressed by your coach, then you may contact the Parish Representative with your concern.

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.

Uniforms

When purchasing a uniform, please try and order a size that your child can wear for at least two years so you can minimize your cost. **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 our Parish CYO Representative.

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