



# **BASKETBALL PLAYER and PARENT HANDBOOK**

**Chugiak Youth Sports Association**

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## **Welcome to CYSA Basketball!**

The Chugiak Youth Sports Association's Board of Directors and volunteer coaching staff are looking forward to working with your child this year and we thank you for choosing our program. CYSA exists as a **PURELY RECREATIONAL LEAGUE for the benefit of teaching our youth basketball fundamentals and life lessons through sports.**

### **Our Mission**

Our mission is "developing healthy, confident kids in our community through recreational team sports". We believe in putting "Kids First!" in all of our activities.

### **Our Philosophy**

Throughout all of our programs, CYSA strives to emphasize participation over competition and education over performance. Our programs are open to participants of all ability levels with no try-outs and everyone gets to play as equally as possible. CYSA instills in our youth a lifelong appreciation for and involvement in sports and a desire to participate as a future contributor to our community. Our objective is to make sure that every child, no matter the skill level, has a positive and fulfilling experience in this league. In our league, if you participate...you win!

Our program is designed to teach the fundamentals of basketball while providing a positive and fun recreational experience. Children new to basketball will learn the fundamentals of the game and develop self-confidence in a team environment. Those who have previously played the game of basketball will continue their development of skills. Additionally, their active participation in the sport will help them begin to understand the importance of physical activity as a key ingredient to living a healthy life. Regardless of ability, all players get equal playing time. Our goal is to help everyone develop new skills and that will take priority over winning games.

### **Parents and Volunteers: The Key To Our Success**

The CYSA sports program serves more than 1,700 youth each year, providing many kids their very first experience with team sports. To continue serving our community, we need your help. Please contact the CYSA office to learn about available volunteer positions such as Coach, Assistant Coach, and Board Members. We also employ youth, 12 years old and up, to serve as referees in our league. These youth receive training and a moderate wage for their service.

### **Contact Information**

If you have any questions or concerns, please feel free to contact the CYSA office by phone (694-6559) or email ([admin@cysa-ak.org](mailto:admin@cysa-ak.org)). And most of all, HAVE FUN!

## CYSA Athletes' Code of Conduct

It is the view of CYSA that hard work, good sportsmanship and respect for others are key aspects of a successful athlete. In this spirit, I recognize that I must conduct myself, both on and off the field, in a way that demonstrates respect for my coach, team, referees, parents, spectators, and myself. I therefore resolve to:

- Accept accountability for my behavior and its outcomes, and recognize that poor behavior is detrimental to my team.
- Honor my obligations and promises to my coach and my team.
- Exercise self-control.
- Take pride in my team, our accomplishments, and myself but never at the expense of demeaning another person or group. I will be respectful to others in words and actions.
- Respect the efforts of others and praise them.
- Respect authority. I will accept and respect the calls of game officials and coaches.
- Play by the spirit, not just the letter, of the rules of the game and the rules of life.

## CYSA Parent's Code of Conduct

CYSA seeks to instill **positive character-building** traits in our communities' youth through the demonstration of good sportsmanship, respect for others, responsibility, fairness, caring and good citizenship. We ask that parents and their guests attending CYSA events help us by reflecting these character traits at games. When attending CYSA events, I therefore agree:

- I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating **positive support for all players, coaches, officials and spectators** at every game, practice or other sporting event.
- **I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing, taunting or using profane language or gestures, etc.**
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will teach my child to play by the spirit of the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, gender, or ability.
- **I will never ridicule or yell at my child or other participant** for making a mistake or losing a competition.
- **I will respect the officials and coaches** and their authority during games. I will never question, discuss, or confront coaches or referees at the game field. I will take time to speak with coaches at an agreed upon time and place away from players.
- **I will refrain from coaching my child or other players during games and practices**, unless I am one of the official coaches of the team.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.

In the event that a participant is not behaving in accordance with our Codes of Conduct, CYSA Staff and/or Volunteers will follow these steps:

1. Reasoning and negotiation (discussing problem with the coach, player, parent or spectator)
2. Removal of participant (coach, player, parent or spectator ) from specific activity (practice or game)
3. Meeting between parent, staff/volunteer, and player to discuss a behavior
4. One day suspension from the program
5. Removal from program

## **Communication Policy**

CYSA staff will use e-mail as the primary means of communication before and during sports leagues. **Please ensure that CYSA staff have an up-to-date e-mail address for you.** Rosters will be posted online the week prior to the season start as coaches are confirmed and scheduled. Game schedules will be available online on our home page ([www.cysa-ak.org](http://www.cysa-ak.org)).

## **Recreational Team Formation Policy**

In an effort to balance CYSA recreational teams, CYSA shall form teams in a manner consistent with CYSA policies. Team formation will be based on player abilities (as provided the previous season) in consideration with gender, height, and age balance among the teams. School attendance area will be taken into account, as long as it does not conflict with the previous considerations. CYSA will attempt to honor requests regarding practice night conflicts.

CYSA will not guarantee placement on a specific team or with a specific coach. Our belief is that teams need to be formed for the benefit of all players; for this reason, we may often need to refuse special requests that limit our ability to balance teams. We believe that no matter what team a child is placed on that he or she will have an opportunity to play in a fun and positive environment.

## **Scorekeepers**

CYSA is dedicated to keeping our registration fees reasonable. One method to keep these low fees is by asking each team to provide a volunteer scorekeeper for each game. This reduces costs and keeps fees low. If you are interested, please let your child's coach or team parent know. We need your help!

## **ASD Gym Rules and Policies**

The use of ASD facilities plays a critical part in our programs continuing. To ensure that the facilities are available to us in the future, PLEASE:

1. NON-MARKING shoes only.
2. Never allow your children to climb or hang from any equipment in the gyms.
3. Dispose of all trash in the receptacles provided.
4. No smoking, tobacco products or alcoholic beverages are permitted.
5. Park only in the designated parking lot. Do not park in "no parking" or "fire zones".
6. Please keep other children from going onto the courts during play or practices.
7. Our permits are for the gym spaces only; please do not allow children to run through or play in the halls.

## Practice and Game Day Essentials

1. All players **MUST** wear appropriate, **non marking shoes** to practices and games.
2. Players should have a water bottle for practices and games. No food or drinks other than water are allowed in the gym per ASD policy.
3. Parents may be asked to provide drinks and snacks for their teams on game days on a rotating schedule coordinated by your Team Parent. Snacks are optional and we encourage healthy choices. (No snacks in the gym.)
4. Uniforms (shirts) are provided by CYSA and must be worn to games.
5. No jewelry of any kind is allowed; earrings cannot be taped.

## SPONSORSHIPS

CYSA is a 501(c)3 non-profit, charitable organization run by parent volunteers. The registration fee paid by each player covers only a portion of our total expenses. Sponsorships and donations allow us to organize, equip and conduct our programs while keeping the player fees as low as possible. It also enables us to continue offering scholarships to families who are unable to pay the registration fee, ensuring that every child who wants to play, can!

If you or someone you know would be interested in making a financial contribution, please use the sponsorship form found at the end of this packet.

All donations are tax deductible. The Board of Directors knows you have many choices when it comes to taking care of your family's needs, and we hope you will show your appreciation to our sponsors by doing business with them. We are involved in the "PICK, CLICK, GIVE" campaign as well! Please consider contributing a portion of your Alaska PFD to help sustain our programs!

## Miscellaneous

One of the biggest problems we have to deal with as parents is the fear of failure for our children. This is a natural instinct. However, because this is an EMOTION it can often get out of control very quickly. The information here will help you enjoy the game of youth basketball more and allow your children to love the game without undue parental pressure or fear. It is intended to deliver some necessary "common rules and understandings" that keep everyone happy.

### **Are we late again?**

Please try and have your child to practices and games at least on time, if not early. Coaches make a very big commitment to our children! They spend a great deal of time prepping for practices and games. And in keeping with our values of teaching life lessons to our youth, PLEASE show your coaches and teammates respect by showing up to practices and games on time and ready to give 100%! Players who are consistently late are telling their team they really don't care. Showing up late is also distracting to drills in progress.

### **We have to miss a game or a practice.**

There is a lot more to life than basketball. If you have a prior commitment or something that comes up, simply call the coach and let them know in **ADVANCE**. Coaches spend time on lineups and drills, etc, so out of respect for their time, please try and let them know of an absence far in advance, if possible.

### **What is said after the game?**

Please make sure that you do your best to keep a positive attitude after the game (both in the car and at home.) It is very easy to talk negatively about referees, other spectators, or a player or coach. We urge you to remember that **basketball is a GAME**. And **CYSA is a RECREATIONAL LEAGUE**. Please choose to ignore any negative talk you hear and choose instead to take every opportunity to teach your child life lessons of good sportsmanship and humility. Everyone makes mistakes. If you hear a child speaking negatively, try to channel their energies to what was good about the game. Always try to point out positive aspects of the game and not dwell on referees or scores.

### **“That stupid Ref!”**

Are you aware that most youth referees are learning just like your child? They are members of our community who have come up through our programs just like your child is doing. And did you know they often do twice the work as a professional referee...most college/NBA games have a referee and two additional officials to assist them! Most of our youth games have one or two referees who do it all!

**Never, and we mean never**, criticize a referee for making a mistake or bad call. It is disrespectful and not conducive to the lessons CYSA strives to teach our youth. In addition, would you want a spectator criticizing your child in that manner? Please put yourself in their shoes! We hope your child will become a CYSA referee in the future...so, think about how you would feel if that young referee was your own child! Also, it is very likely that the referee's family may be sitting next to you!

### **Why did he take Tommy out? Why is Susie playing defense, she's a center?**

CYSA's policy is that all children should have equal playing time as much as possible. They should also have the experience of playing different positions. This is part of the growing and learning experience and is vital in our sport. Position management is at the discretion of the coach and we hope you will honor his/her abilities.

### **I have a problem. Should I talk to the coach?**

If there is ever a problem with a child, parent or anyone around the courts, please feel free to talk to the coach. If you have a problem with the coach, **do not address it with other parents or players**. Talk to the coach about the matter in private or if you need further assistance, please contact the CYSA office.

### **Basketball homework?**

Most youth sports coaches agree. We wish we had more practice time. We encourage all parents to spend time with their child at home working on basic skills such as dribbling, passing, shooting, and getting the “feel of the ball in their hands.” This “homework” not only helps the player improve, but also creates a great bonding experience between parent and child. Try to keep these at-home sessions fun and positive! Don't demand grueling practice sessions and/or use them as punishment.



Dear Prospective Sponsor,

CYSA is the oldest and largest recreational organization in the Chugiak/Eagle River area with over 1,700 boys and girls, ages 3 to 18, participating in our programs last year. Our mission is to develop healthy, confident kids in our community through recreational team sports.

The registration fee paid by each player covers only a portion of our total expenses. Your generous financial support of CYSA allows us to organize, equip and conduct our youth sports programs while keeping the player fees as low as possible. Your support also enables us to continue offering scholarships to families who are unable to pay the registration fee, ensuring that every child who wants to play can! All donations are tax deductible.

**Sponsorship levels include:**

**“Hall of Fame Sponsor” \$1,000 Contribution**

- Your company name prominently displayed on two teams' jerseys
- Your company name, address, and phone number listed on our website
- Your company's website URL active on our website
- "Hall of Fame" Sponsor Appreciation Plaque, team picture
- Up to 4' X 6' banner on display at game locations for season (sponsor must provide banner)

**“All-Star Sponsor” \$500 Contribution**

- Your company name prominently displayed on one teams' jerseys
- Your company logo, name, address, and phone number listed on our sponsors page at [www.cysa-ak.org](http://www.cysa-ak.org)
- "All Star" Sponsor Appreciation Plaque with team photo

**“Play Maker Sponsor” \$350 Contribution**

- Your company name prominently displayed on one teams' jerseys
- "Play Maker" Sponsor Appreciation Plaque with team photo
- Your name listed on our sponsors page at [www.cysa-ak.org](http://www.cysa-ak.org)

**“Gift Giver Sponsor” Any level of Contribution**

- Your name listed on our sponsors page at [www.cysa-ak.org](http://www.cysa-ak.org)

All sponsorships, no matter the size, are **greatly appreciated** & valuable to the operation of our programs!

**Name of Sponsor:** \_\_\_\_\_

**Contact Person:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

*Please circle or advise us of any preferences:*

Player Name \_\_\_\_\_ Coach Name \_\_\_\_\_ Jersey Color (if available) \_\_\_\_\_

Division (circle one):    K        1-2        3-4 Boys        5-6 Boys        7-8 Boys        3-4-5 Girls        6-7-8 Girls

Gender (circle one):    GIRLS        BOYS        ANY

**Please make your check payable to CYSA and mail a copy of this letter with your check to: CYSA, 11723 Old Glenn Highway, Suite 103, Eagle River, AK 99577. Please contact Katrina Arledge at 694-6559 or [admin@cysa-ak.org](mailto:admin@cysa-ak.org) if you have any questions.**

Thank you for your time and consideration.  
Our players, parents, and volunteer coaches  
thank you for your support of the youth in our community!