



Children's Basketball League

Coaches Packet

After reading through the information, if you have any questions, contact;

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Coach Meeting

The coaches' meeting is scheduled for Tuesday, October 23. The coaches meeting will be held via Zoom. During this meeting we will go over the league rules, your team roster, practice schedules and additional league details. Please contact the families with contact information. **New this year, the park district will contact families to confirm team placement.**

Coach Expectations

As a coach you are looked upon as a teacher, leader, role model and parental figure by the players on your team. Do not underestimate the effect or influence (positive and negative) you can have upon a child. In coaching young players, winning or losing should be the least important thing for both you and the players. Soon enough, children will be exposed to the competitive nature of sports. Your goal should be to teach the children about the actual sport and instill upon them a love for the game. If your players enjoy themselves and want to play again next season, you should consider yourself a SUCCESSFUL coach.

COACH CODE OF CONDUCT

As a coach within the New Lenox Community Children's Basketball League, you agree to follow the code of conduct below:

- As a coach, I understand I am a role model and will be held accountable to a code of behavior.
- Place the emotional and physical wellbeing of the players ahead of a personal desire or external pressure to win.
- Do my best to provide a safe playing environment for all children.
- Lead by example by demonstrating fair play and sportsmanship to all involved.
- Provide a sports environment for my team that is free of drugs, alcohol, tobacco, and abusive/inappropriate language.
- Respect the game and communicate with league officials in an appropriate manner.
- Be knowledgeable of the league rules and regulations.
- Encourage team members to play by the rules and respect the rights of other players, coaches, fans, and officials.
- Be responsible for my own behavior and the behavior of my team members, their parents and fans.

Failure to comply will result in disciplinary actions being taken to resolve the issue. Actions may include but are not limited to verbal warnings, ejections and/or suspensions. Incidents will be handled how staff deems appropriate based on the severity of the incident.

Teach Good Sportsmanship

Good sportsmanship should not only be taught to the players on your team but also to the team parents. Teaching good sportsmanship starts with you as the coach. Players and parents feed off your energy on the sideline. If you are erratic with the referees or the other team, the players and parents will follow suit. If you are cool, collected and cheering on your team, everyone else will do the same! During your practices and games, stress these details:

- Help an opponent off the ground
- Say "good game" and high five the other team at the end of the game
- Treat the referees with respect by respecting their call and saying "yes sir/ma'am"
- Cheer for your own team and not yell at the opposing players or coaches

Kids play sports because they want to have fun with their friends! They are not focused on winning. When they get older and into high school, they won't care or sometimes even remember that they didn't win a game. Keep your focus on coaching good sportsmanship, basketball fundamentals, hard work ethic and most of all having fun!

Coach behavior with referees

When a referee makes a call on the court, respect their decision. If you have a question with the call that was made, ask a question in a respectful manner. Yelling at the referee – “SHE HIT HER ON THE ARM!” is not acceptable and you will not get a response from them. If you need more clarification, this will be discussed when there is a stoppage in play. If the referee has the time to give you an answer at the end of the play, then they will. Do not expect to get a response during the play as their priority is what is happening in front of them.

Some of these referees previously played in our Children’s Basketball League. So, one day, your child could be in the referees’ shoes. Before you start giving them a hard time, stop and think – would I want a coach yelling at my child when they are out there trying their best? For a lot of these kids, it is their first job. They are going to make mistakes and miss calls, LET IT GO! Use that situation and turn it into a learning experience for your players. Control the controllable. You can’t control what the referee is going to call or not call – but you can control how your team responds to the next play.

We are currently looking for teams to scrimmage on Sunday, Nov. 24. Let me know ASAP if you are interested in this scrimmage. I will send more information as we get closer to the date. This will be a great help to our referees to get some reps before the first game.

Children’s Basketball League Rules

As the coach you are responsible for knowing the rules and discussing them with your team. The updated rule book can be found on the Team Sideline website under the “Downloads” tab.

Team Information

Team Rosters will be emailed to the coaches once we have the teams finalized. When contacting your team, go over the following information:

- Team Number & Name
- Practice Schedule
 - Day of the week
- Confirm their contact information
- Give them your contact information
- Discuss the time and date of your Parent Meeting.
- **Please don’t share the contact information from the roster with the entire team. The information on the roster is just for the coaches.**

Practice Information

- **Practices will start the week of November 3rd.**
- Teams will practice for one hour, once a week at the gyms within School District 122 & 210.
- **Please do not arrive for practices no more than 5 minutes before they are scheduled to begin.**
- Practice schedules can be found on the Team Sideline website under the “Downloads” tab.
- Due to circumstances beyond the NLCPD control, practice locations and times may vary and change throughout the season because of scheduling conflicts with the schools.
 - If there are changes within the practice schedule, the team will be emailed. When you see this email, make sure to follow up with your team so everyone is notified.
 - Due to sharing facilities with School District 122 & 210, please be patient with your practice start times. There may be instances where your practice may not start on time due to the school’s scheduled activities.

- On the practice schedule, there may be a box that is highlighted yellow. This is to indicate that your team's scheduled practice has a changed time or location than your typical practice schedule.
- Parents will not be allowed in the gyms during practices. This policy is implemented because:
 - To limit the distraction of the parents in the gym from the players.
 - To allow more space in the gym when there are multiple teams practicing at the same time.
 - Parents are to return to their car. At the end of practice, parents will need to sign out their child with the NLCPD staff.
 - Let Tammy know if there is a player on your team with any behavioral conflicts.

Parents Meeting

Before your first game, schedule a team parent meeting. Parent Meetings are vital to a successful season as it makes you more approachable as a coach and the parents can feel more connected to the team. Since parents will not be allowed in the gym during the practices, please host your parent meeting outside of the gym in the hallway. At this parent meeting, here are some details to go over:

- Introduce yourself to the parents and let the parents introduce themselves to the team
- **Remind families that they must walk into practice at the end to sign their child out, regardless of level**
- Set up a group chat with the team
 - This will make it much easier to communicate with everyone, especially if there is a last-minute cancellation
- Explain your values of a coach and your goals for the season
- This is a great time to ask for more help!
 - Maybe there will be a practice or game that you cannot make.
- Discuss the behavior you expect out of them as a sport parent.
 - Winning isn't everything. It's about learning the game, trying hard and having fun!

Uniforms

New this year, the jerseys will be sublimated with colors specific to each team. Players names will also appear on the backside of the jerseys. When washing your jersey, avoid using any fabric softeners. This will help the screen print stay intact and prevent peeling. Jerseys have been ordered and usually take 4 weeks. I will notify you when the jerseys can be picked up from the office.

Weather Cancellations

In the case of inclement weather, cancellations will be posted on the following platforms:

- NLCPD Facebook Page – www.facebook.com/NLCPDPAGE
- NLCPD Team Sideline website – www.teamsideline.com/sites/newlenoxparks/home
 - It will be listed under the "Cancellations" logo

Due to the high volume of players within the league, phone calls for cancellations will not be made. Depending on the time of the cancellation, an email may or may not be sent. If a cancellation occurs, we ask the coaches to send a group text to the team, so everyone is notified.

Picture Day

Picture Day is scheduled for Sunday, December 14th located at Lincoln-Way West High School. Pictures will be taken before your game in the up-stairs balcony of the main gym. The picture day schedule and the online order link will be emailed a few weeks prior. Picture times for your team will be emailed a few weeks prior. All orders are placed online; there are no forms to hand out.

All pictures will be shipped to the address listed on the order.

End of Season Player Evaluations

An evaluation must be turned in for each team! It is extremely important that you take this process seriously as I use these evaluations to help create the teams for the next year. Towards the end of the season, I will send you an evaluation for your team. Fill this form out and send it back to me no later than **February 1st**.

End of Season Party – Sunday, February 22nd

Towards the end of the season, I will send out a document for you to fill out if your team would like to participate in our End of Season Party. If your team participates, the party will be located at LW West in the upstairs balcony of the main gym. Only one form should be turned in per team. **Payment and forms are due by Sunday, February 8th.** Forms and payment can be emailed to basketball@newlenoxparks.org or dropped off at our Administration Building, 701 W Haven Ave.

MOJO SPORTS

We're teaming up this season with MOJO SPORTS, a free app for coaches that helps you plan age-appropriate practices for your team at the tap of a button. To download the app, search MOJO Sports in your phone's app store.

Once you download the app, it will ask you some questions regarding your team's age and roster size. After you create your team, it will automatically generate practice plans specifically tailored for your team's needs.

Trophies/Medals

Trophies or medals will not be given out to the players at the conclusion of the season. We ask that coaches do not do this on their own, if you find it necessary to purchase your team trophies, please hand out the trophies at an off-site location. In the past, this caused confusion with our basketball families, they assumed it was the Park District and called the office very upset. We appreciate your understanding.

Team Sideline Downloads Tab

The "Downloads" tab from the Team Sideline website will contain a lot of useful information about the season. Below are the documents that it will include:

- League Rules
- Practice Schedule
- End of Season Evaluation
- Picture Day Schedule
- Coach Code of Conduct
- Sport Parent Code of Conduct