

2009-2010
Foresters Travel Basketball
Manual

River Forest Park District

401 Thatcher Avenue • River Forest, IL 60305 • 708.366.6660

www.rfparks.com

PHILOSOPHY

The Foresters Traveling Basketball Program was formed to bring the best River Forest players together to play against the best in the Chicago area and to take their skills to another level. **The Foresters Traveling Basketball Program does not guarantee that your child will be given equal playing time.** However, it is the goal of the program that each player participates in a meaningful fashion with regard to all aspects of the program, including playing in games and tournaments. Among the criteria that will be considered in determining who will be a coach will be the willingness to ensure that all players participate meaningfully.

The coach will make all of the decisions for that given team. Playing time will be based on ability and other intangibles, such as commitment to the team and being on time to practices and games. Encourage your child, work with him/her, and tell them to ask the coach what they can do to improve.

PROGRAM GOALS

1. Emphasize a higher level of competitiveness.
2. Teach individual skills.
3. Focus on the development of team concepts and ideals.
4. Teach players to be respectful to each other, opponents, and officials.
5. Learn to win or lose with class and good sportsmanship.

YOUTH BASKETBALL ADVISORY COMMITTEE

A Youth Basketball Advisory Committee, consisting of up to 7 volunteer residents, will oversee both the Park District recreation and travel basketball programs. The Advisory Committee will review program policies and make recommendations to the Park District Board of Commissioners, and serve as the selection committee for determining the players for the travel league teams after consultation with the coaches and consideration of their recommendations. The Board will meet on the second Tuesday's of each month, as needed, between the months of September and April. The Athletic Supervisor will serve as the Park District liaison on the Board, and will continue managing the day to day operations of the program.

TRYOUTS

There will be tryouts for boys 4th – 8th grade & girls 5th – 8th grade.

1. Registration is open to River Forest Residents only.
2. It is mandatory that that your child is registered, sign the program wavier, and make full program payment no later than 48 hours prior to the tryout date. If ten resident players have not registered for a specific team within 48 hours of the tryout date, non-resident registration will be accepted to reach the maximum ten players.
3. It is mandatory that your child attend the tryouts to be considered for the team. Failure to attend the tryouts will disqualify your child from participating in the Foresters Travel Basketball Program. Being at tryouts shows that your child is committed to being part of a team.

4. You may only register for the grade you are in, and participants will not be allowed to play up or down a grade level. An exception to this rule will be considered if all the following criteria exists:
 - a. The player cannot play at their grade level, due to low registration numbers and the inability of that grade level to field a single team.
 - b. There is roster availability at the next higher grade level, due to less than 10 players registering for higher grade level team.
 - c. The player gets no preferential treatment over non-residents who also could try out for the higher level team, due to less than 10 players registering for that team.
5. All players who attended the tryouts will be contacted by the Park District Athletic Supervisor on their status of making the team. Players who did not make a team will be contacted first.

All tryouts will be at Roosevelt Middle School (7560 Oak Avenue) in the North Gym, with the dates and times posted below. Tryouts will be physically demanding. The primary basis of team selection is the ability to perform related basketball skills. A qualified selection committee has been formed, and the committee will evaluate the talent of each player during tryouts. The selection committee will make the final decision on the players to be selected for each team, however, the coaches opinion will considered as part of the process. Parents are asked to drop off their son or daughter for the tryout and pick them up at the completion of the tryout. No parents will be allowed in the gym during the tryouts.

A maximum of ten (10) players will be on each team. The philosophy of the Park District is to form the very best possible A-team. If we have enough quality players to field a second team (B-team), we will do so; however, there is no guarantee that a B-team will be fielded.

Tryout Schedule

You must attend at least one of the tryout dates

Saturday, October 24, 2009

7 th grade boys	9:00am – 10:30am
5 th grade boys	10:30am – 12:00pm
4 th grade boys	12:00pm – 1:30pm
6 th grade boys	1:30pm – 3:00pm
8 th grade boys	3:00pm – 4:30pm

Sunday, October 25, 2009

7 th , 8 th grade boys	9:00am – 10:30am
4 th , 5 th , 6 th grade boys	10:30am – 12:00pm

Saturday, October 31, 2009

5 th grade girls	9:00am – 10:30am
6 th grade girls	10:30am – 12:00pm
7 th grade girls	12:00pm – 1:30pm
8 th grade girls	1:30pm – 3:00pm

Sunday, November 1, 2009

7 th , 8 th grade girls	9:00am – 10:30am
5 th , 6 th grade girls	10:30am – 12:00pm

Supplementary tryout dates may be added

LENGTH OF SEASON: November – March

The season will start shortly after tryouts and will run until approximately mid-March. Teams can expect to play at least 20–30 games (leagues & tournaments). Games will be played around the Chicago area. Games/tournaments are usually on Friday, Saturday and Sunday. Some teams might have an occasional weekday game.

Each team may have 1 – 2 weeknight practices, 1–1 ½ hrs in length. If gym time allows, additional practices can be called at the discretion of the coach. The River Forest Park District asks if you have any questions or issues; please address them with the coaches before or after practice. Every minute of practice time is valuable. We ask that you let the coaches coach, and any sideline coaching is prohibited.

COACHES

The coaches are all volunteers. It is expected that a parent of a team member volunteers to coach that team, however, an individual who does not have a child on the team may also be considered. A parent of a team member who volunteers to coach their child's team, and completes the season as the coach, (head coach only) will be reimbursed their child's registration fee at the completion of the season. In order to be a coach, you must submit an application to the Park District, and the Athletic Supervisor will interview each candidate. Coaches will be selected based on experience, the interview, previous Park District coaching evaluations, and the willingness that all players participate meaningfully.

Job Description

1. **Purpose of the Job:** To provide instruction on the basic fundamentals of basketball emphasizing sportsmanship and fun.
2. **Working Hours:** The Volunteer Coach is expected to conduct a 1 ½ -hour practice once a week, and coach a 1 ½ -hour game once a week.
3. **Qualifications:** 16 years of age or older. A minimum of 2 years experience in an organized basketball program as either a player or a coach. Good knowledge of the game of basketball. Able to relate to participants and parents. Must have a desire to work with children. Must be dependable and patient.
4. **Essential Functions:**
 - a. Coach up to 10 players.
 - b. Help players develop their individual skills while keeping a focus on the team as a whole.
 - c. Follow the River Forest Recreation Basketball Manual.
 - d. Respect all players, parents, officials, facility staff, and Park District staff.
 - e. Communicate with the Athletic Supervisor regularly on program matters.

Important Information

1. **Coaches Conduct:** Coaches must agree to and sign the River Forest Park District Coaches Conduct Pledge before they are allowed to coach. Failure to abide by the coaches pledge may result in asking for your resignation as a coach.
2. **Training:** A mandatory meeting for all Forester Travel Coaches will be held at the Depot, 401 Thatcher Avenue, on October 22, 2009. If you cannot attend this meeting, please contact the Athletic Supervisor at 708-366-6660x104 to set up an alternate clinic time.
3. **Coaches Evaluation:** All coaches will receive an evaluation at the end of the season based on parent completion of a Coached Evaluation Form, and an evaluation by the Athletic Supervisor based on on-site visits and interaction with the coach.

GENERAL INFORMATION

All teams will practice at local school gyms. Please remember the following items if your team is practicing in a school gym:

1. Respect all facility officials.
2. Do not move any equipment that is set up in a gym. If equipment needs to be moved, please seek out a facility official to move it.
3. Do not prop open the school doors.
4. Coaches are responsible for their team spectators. Good Sportsmanship is a necessity (see discipline).

DISCIPLINE POLICY

Any player can be ejected from the game if the official detects use of foul or abusive language, unsportsmanlike conduct, or other actions contrary to the philosophy of the league.

Any participant whose behavior disrupts a program or in any way endangers him/her or other participants will be disciplined and may be suspended or dropped from the program in accordance with the following considerations. Coaches will verbally correct any misconduct and will report all misconduct to the River Forest Park District's Athletic Supervisor.

The Athletic Supervisor shall have the authority to restrict and/or prohibit participation from the Travel Basketball Program.

1. **First Occurrence:** The Athletic Supervisor will issue a written warning to the participant for disruptive behavior and any potential consequences. A letter will be sent to the participant's parents, with return acknowledgement required.
2. **Second Occurrence:** The Athletic Supervisor will issue either a second written warning, a suspension, or removal of the participant from the team for disruptive behavior. The Athletic Supervisor will notify the Park District Executive Director. A letter will be sent to the participant's parents, with return acknowledgement required.

3. Third Occurrence: A letter will be sent to the participant's parents notifying them that the Park District can no longer be responsible for the actions of the participant and must therefore drop them from the program.

Behavior that would warrant disciplinary actions include, but are not limited to the following:

1. Fighting
2. Verbal abuse of a participant, coach, or official.
3. Swearing
4. Refusal or intentional failure to follow instructions
5. Failure to remain on the premises
6. Misuse of park property/equipment
7. Misuse of team or rental property/equipment
8. Possession or under the influence of alcoholic beverages or drugs
9. Failure to comply with established Youth Basketball policies and rules as well as league/tournament policies and rules.

Any authorized representative of the River Forest Park District has the authority to dismiss any participant from Park District property (owned or rented) whose behavior is reasonably deemed to be disruptive of Park District programs or activities, or is likely to cause or does cause injury to Park District property or persons using said property. The River Forest Police Department will be contacted in situations when compliance with an authorized representative's request is not forthcoming and/or when the safety of the representative and/or participant is in jeopardy.

PARENT'S CONDUCT

1. Do not impose your dreams on your child
2. Be supportive of your child.
3. Accept your child's abilities and limitations.
4. Acknowledge your child's fears.
5. Your comments should be positive, otherwise please keep your comments to yourself.
6. Be supportive and loyal to your child's team.
7. Support your child's coach and allow him/her to coach the team.
8. Honor the bond between your child and their coach.
9. Do not criticize the officials.
10. Help set realistic goals, stressing team-work versus winning

SPECTATOR CONDUCT

When cheering for your child and their team, please remember to exhibit good sportsmanship. Teaching good sportsmanship is a major goal of this program. If players see spectators being poor sports, they will think it is an appropriate behavior. Yelling at officials and opposing players and coaches is not acceptable. Parents not exhibiting good sportsmanship will be asked not to attend games by the Park District.