

# Parent Information Packet



**Recreation  
Lives Here**

## **Basketball**

## Parent Philosophy



Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best is a direct reflection on your parenting.

## Program Philosophy

The Town of Windsor Parks and Recreation's role is to provide your child with an opportunity to learn, grow, develop skills, meet new friends, and also experience the excitement and fun associated with participation in youth sports.

### Top 12 reasons kids play sports

#### Girls

1. To have fun
2. To stay in shape
3. To get exercise
4. To improve skills
5. To do something I'm good at
6. To be part of a team
7. For the excitement of competition
8. To learn new skills
9. For the team spirit
10. For the challenge of competition
11. To go to a higher level of competition
12. To win

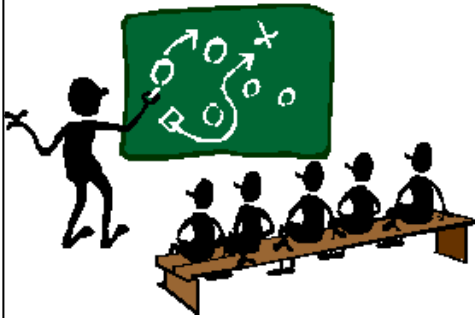
#### Boys

1. To have fun
2. To improve skills
3. For the excitement of competition
4. To do something I'm good at
5. To stay in shape
6. For the challenge of competition
7. To be part of a team
8. To win
9. To go to the higher level of competition
10. To get exercise
11. To learn new skills
12. For the team spirit

Visit [www.teamsideline.com/windsor](http://www.teamsideline.com/windsor) for schedules, rules, facility maps, and more.

## Basketball Meetings

### Coach's Meetings - Windsor Rec. Center



Coach Meeting - Basketball

Assessments  
(4<sup>th</sup> – 8<sup>th</sup> Grade)

Team Selection (4<sup>th</sup>-8<sup>th</sup>)

## Meeting information

### Parent Meetings

#### TEAM SIDELINE MEETING

Youth sports education includes Team Sideline Training, training to access on-line schedules and team rosters and reviews sport parents' expectations and etiquette.

#### SPORT SPECIFIC BASKETBALL MEETING

At this meeting parents will get information on recreation basketball including; rules, assessments, games, practices and more.



# Basketball Assessments

**Grades 4th—8th grade (2<sup>nd</sup> & 3<sup>rd</sup> grade aren't assessed)**

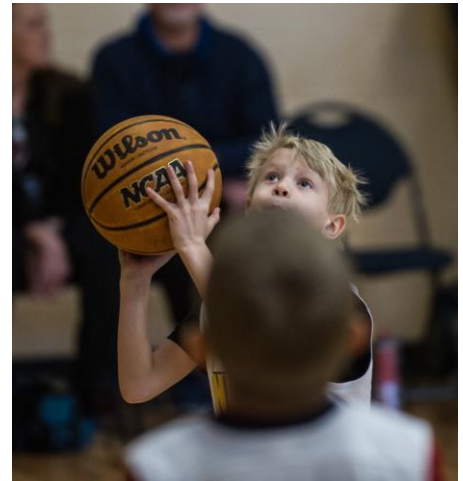
**Windsor Rec. Center - Main Gym & Aux Gym**

## ASSESSMENTS ARE MANDATORY

Again, this year the Windsor Parks and Recreation Department will be assessing 4th—8th grade players on shooting, passing, defense, offense, and athleticism. P&R staff along with current coaches will then place players on teams in hopes for equal competition.

**Please do your best to have your child at assessments, and they must participate the entire time.**

If your child cannot make scheduled assessment, call Tiki at (970) 674-3509.



## Assessment Dates / Times

**4<sup>th</sup> & 5<sup>th</sup> grade**

**6<sup>th</sup>-8<sup>th</sup> grade**



# Parks and Recreation League

## Purpose / Objectives

League Windsor Parks and Recreation Youth Sports

Purpose: The purpose of the league is to provide your child with an opportunity to learn, grow, develop skills, meet new friends, and also experience the excitement and fun associated with participation in youth sports.

Intent: The driving factor for all participants, including coaches and parents should be the enjoyment of the game. The league follows the (PAYS) Parent Association of Youth Sports philosophy, which is a combination of education, motivation and positive reinforcement that are essential to making the child's experience one to remember.

**Volunteer Coaches** are held to a high standard and are registered through the Windsor Parks and Recreation Department. The league trains coaches through the (NYSCA) National Youth Sports Coach Association. By virtue of the NYSCA training and certification program coaches are trained in their responsibilities of youth sports and are required to pass a background check, complete an insurance liability form and sign a Coaches' Code of Ethic Pledge. Coaches' are reminded that in youth sport the consideration of the children should be placed above all and that as a NYSCA volunteer coach they are held accountable to a Code of Conduct.

**Parent Volunteers** (non-coaches) are also very important to the success of the league. Parents are encouraged to help during practice and games, organize snack lists, and help support the team in many different ways. Since parent volunteers do not complete a background check they are not ever put in charge of coaching the youth, nor are they left in charge of or alone with, any youth or group of youths.

**Parents** are instrumental in helping their child have a rewarding youth sports experience.

**Before game:** Do not add stress to your child by asking him questions or make statements that can cause fear of failure.

Example Avoid: Let us get a hit tonight.

Try: Are you looking forward to playing tonight?

**During game:** Lend positive support and encouragement to all players on the

team. Along with lending encouragement and support, proper behavior for parents and spectators during the course of the game is very important. **Keep emotions in check.** Address unacceptable behavior.

**After game:** Allow disappointment, maintain appropriate behavior, don't dwell on the negative, and try to keep the mood light, take them out for their favorite treat.

**Commuting:** Parents are responsible for getting players to the field for practice and games on time. Please help other parents with carpooling to and from practices.

**Playing time:** One way to keep the game fun is to make sure players get equal playing time no matter their skill level. Playing time should be equal for all players attending regular practice. Players not starting offensive positions should start defensive positions. All players should get an opportunity to play both offensive and defensive positions.

**Assessments:** Players will be assessed on athleticism and specific skills that relate to the league. Staff and coaches will then place players on teams in hopes for equal competition.

**Make- ups:** When a game is cancelled Windsor P&R will do everything it can to reschedule the game. The rescheduled game could occur on a weekday or Saturday.

### Recreation League Contact Information

Game Schedules [www.teamsideline.com/windsor](http://www.teamsideline.com/windsor)

Windsor Web Site [www.windsorgov.com](http://www.windsorgov.com) or [www.recreationliveshere.com](http://www.recreationliveshere.com)

Parks and Recreation Link

Parent Guide Rules / Schedules and more

Weather Line Windsor Parks and Recreation (970) 674-3530



## Model Youth Sport Parent

### Questions for Parents to ask their child

1. Did you have fun?
2. Did you learn something new?
3. Did you play well?
4. What was your favorite part of practice / game?
5. Were you a good sport?
6. Did you look forward to playing today? If not, why?
7. Is there anything else you want to talk about?



### Model Youth Sport Parent

1. Make only positive, encouraging comments
2. Control your emotions
3. Focus on fun and participation rather than winning or losing
4. Make every effort to get your child to practice on time
5. Pick your child up promptly after practice and games

### Facilities – Game and Practice



#### Community Recreation Center

250 11<sup>th</sup> Street, Windsor

#### Grandview Elementary

1583 Grand Ave., Windsor

#### Mountain View Elementary

810 3<sup>rd</sup> Street, Windsor

#### Range View Elementary

700 Ponderosa Dr., Severance

#### Severance Middle School

1801 Avery Plaza St., Severance

#### Skyview Elementary

1000 Stone Mtn. Dr., Windsor

#### Windsor Middle School (Main Gym)

900 Main St., Windsor

# Basketball Quick Rules

## K-1<sup>st</sup> Grade

### Start of game

- Designated home team wears white side of jersey
- 8' rim
- 27" basketball
- Team's warm-up on the same side they are sitting.
- Team's shoot at the same basket all four quarters
- The game will start with home team throwing the ball in from the side.

### Clock

- Running Clock for the duration of the game
- Clock only stops for timeouts, free throws, and injuries
- Quarters - Four - 8 minute quarters
  - At four minutes - clock will stop for player substitution
  - At four minutes - clock will stop but buzzer will not sound until ball becomes dead or there is a break in the action
  - Between quarters - one minute break
  - Between halves - five minutes, if games are running long, reduce half time break
- Clock is only used for timekeeping, horn and keeping track of quarters.

### During game

- Time outs** - one time out 1<sup>st</sup> half, two time outs 2<sup>nd</sup> half
- Lane violation** is not enforced
  - Substitutions can be made at four minute mark or during game
  - Team substitutes must check-in at scorer's table and be whistled in prior to entering game
- Free throws** - shoot 10' from basket
- No score will be kept**
- Playing time** - a player who attends regular practices **MUST** play at least half of the game
- Defense**
  - **No zone** defense
  - **No double teaming** outside the paint
  - **No full court press**

**During transition** defense (made basket, defensive rebound, in-bounds) the defense must drop back past volleyball court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, *after five seconds, the defensive team can legally cross the transition line.*

**No stealing on the dribble or when offensive player is holding or attempting to pass or shoot the ball inside or outside the key.**



# Basketball Quick Rules

## 2<sup>nd</sup> – 3<sup>rd</sup> Grade

### Start of game

Designated home team wears white side of jersey  
9' rim (2<sup>nd</sup> Grade), 10' rim (3<sup>rd</sup> Grade)  
27" basketball  
Team's warm-up on the opposite side they are sitting.  
Team's switch baskets at the half  
The game starts with a jump ball.

### Clock

**Running Clock** for the duration of the game  
Clock only stops for timeouts, free throws, and injuries  
**Quarters** – Four – 8 minute quarters  
At four minutes - clock will stop for player substitution  
At four minutes – clock will stop but buzzer will not sound until ball becomes dead  
Between quarters – one minute break  
Between halves – five minutes, if games are running long, reduce half time break

### During game

**Time outs** – one time out 1<sup>st</sup> half, two timeouts 2<sup>nd</sup> half  
**Lane violation** is five seconds  
**Substitutes** must check-in at scorer's table and be whistled in prior to entering game  
**No overtime**, game will end in a tie.  
**Free throws** – shoot 10' from basket, player's line-up starting under the first block  
**Playing time** – a player who attends regular practices **MUST** play at least half of the game  
**Defense**  
**No zone defense**  
**No double teaming** outside the paint, *first infraction warning, next infraction - team foul.*  
**Switching players is allowed**  
**No full court press**

**During transition** defense (made basket, defensive rebound, in-bounds) the defense must drop back past volleyball court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, *after five seconds, the defensive team can legally cross the transition line.*

**No stealing on the dribble or when offensive player is holding or attempting to pass or shoot the ball inside or outside the key (2<sup>nd</sup> grade only)**

# Basketball Quick Rules

## 4<sup>th</sup> - 5<sup>th</sup> Grade

### Start of game

Designated home team wears white side of jersey  
28.5" basketball  
Team's warm-up on the opposite side they are sitting.  
Team's switch baskets at the half  
The game starts with a jump ball.

### Clock

#### **Running Clock**

**Clock only stops** for timeouts, free throws, and injuries

**Quarters** – Four – 8 minute quarters

Between quarters – one minute break

Between halves – five minutes, if games are running long, reduce half time break

**Overtime** – Five minute running clock

#### **Final two minutes of game**

Clock will stop at dead ball situations when score is within 10 points.

Running clock will be used when score exceeds 10 points.

### During game

**Time outs** – one time out 1<sup>st</sup> half, two timeouts 2<sup>nd</sup> half

**Lane violation** is five seconds

**Substitutes** must check-in at scorer's table and be whistled in prior to entering game

**Free Throws** – 4<sup>th</sup> grade shoots 10' from basket, 5<sup>th</sup> grade shoots 15' from basket. Players line-up starting under the first block for 4<sup>th</sup> grade.

**Three pointers** allowed only in the last two minutes of the game

**Overtime** – One five minute overtime, jump ball to start overtime; first team that scores wins; final two minutes of 4<sup>th</sup> quarter rules apply, except stop clock. One timeout per team

#### **Defense**

**No zone defense**

**No double teaming** outside the paint, *first infraction warning, next infraction, team foul* .

**Switching players** is allowed

**Full court press** is allowed only in the final two minutes of 4<sup>th</sup> quarter when score is within 10 points

**Double teaming** allowed by both teams only during final two minutes of the game when score is within 10 points

**During transition** defense (made basket, defensive rebound, in-bounds) the defense must drop back past volleyball court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, *after five seconds, the defensive team can legally cross the transition line.*

# Basketball Quick Rules

## 6<sup>th</sup> – 8<sup>th</sup> Grade

### Start of game

- Designated home team wears white side of jersey
- 30" basketball
- Team's warm-up on the opposite side they are sitting.
- Team's switch baskets at the half
- The game starts with a jump ball.

### Clock

#### **Running Clock**

Clock only stops for timeouts, free throws, and injuries

#### **Quarters** – Four – 10 minute quarters

Between quarters – one minute break

Between halves – five minutes, if games are running long, reduce half time break

#### **Overtime** – Five minute running clock

#### **Final two minutes of game**

Clock will stop at dead ball situations when score is within 10 points.

Running clock will be used when score exceeds 10 points.

### During game

**Time outs** – one time out 1<sup>st</sup> half, two time outs 2<sup>nd</sup> half

**Lane violation** is five seconds

**Substitutes** must check-in at scorer's table and be whistled in prior to entering game

**Three pointers** are allowed

**Overtime** – One five minute overtime, jump ball to start overtime; first team that scores wins; final two minutes of 4<sup>th</sup> quarter rules apply, except stop clock. One timeout per team

#### **Defense**

**Man-to-Man and Zone defense are both legal**

**During transition** defense (made basket, defensive rebound, in-bounds) the defense must drop back past volleyball court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, *after five seconds, the defensive team can legally cross the transition line.*

**Full court press** is allowed only in the final two minutes of the 4<sup>th</sup> quarter when score is within 10 points



## Jr. Nuggets Program Overview

- Develop a partnership with the Nuggets and youth basketball programs in the Front Range
- Jr. Nuggets reversible branded jersey per participant
- One complimentary Denver Nuggets tickets per participant
  - Ability to add additional tickets at a discount with fundraising built into every additional ticket sold
  - Ability to upgrade tickets at a discount through a dedicated Jr. Nuggets Account Executive or online
- Participation in the “Jr. Nuggets Night” with the Denver Nuggets
  - Fundraising opportunity for all Parks and Rec partners
- Court time, clinics, and other assets also available



# Concussion 101



A concussion is a brain injury... and all brain injuries are serious.

A concussion can be caused by a blow to the head, a jolt to the body, or any sudden force that results in rapid acceleration / deceleration of the brain inside the skull.

The terms “ding” or “bell rung” minimize concussions. While most do heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain, which can have catastrophic consequences. Although rare, adolescents seem most vulnerable to rapid brain swelling known as second impact syndrome which can be fatal. Additionally, multiple concussions suffered prior to complete resolution of a previous injury can result in prolonged symptoms lasting weeks, months, or years.

Loss of consciousness is not required for a concussion to be serious.

## Signs and symptoms of a concussion

There are many different symptoms reported by athletes who suffer concussions, and in some cases, they may not be easily detected for hours or days after the injury.

However, look for clues immediately and make sure athletes are re-evaluated every few minutes over several hours. Some signs and symptoms can be subtle.

Encourage athletes to report any of the symptoms below.

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to the hit or fall
- Can't recall events after hit or fall
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down”

Source: Centers for Disease Control and Prevention (CDC)

## When to call 911

Most concussions resolve within a few days or weeks and emergency help is required in very few instances. However, if any of the following signs or symptoms appear, call for emergency help immediately.

- Headaches that worsen
- Seizures
- Neck pain
- Very drowsy, can't be awakened
- Repeated vomiting
- Increasing confusion or irritability
- Weakness, numbness in arms or legs
- Unable to recognize people/places, less responsive than usual

## CONCUSSIONS OCCUR IN ANY SPORT

**REMOVE** athlete from play

**REFER** to medical provider

**REST** no sports, TV, video games, texting

**RETURN** only with doctor's approval and following a graduated process

For more information visit:

[www.sportsconcussions.org](http://www.sportsconcussions.org)

[www.sportsconcussions.org/REAP.html](http://www.sportsconcussions.org/REAP.html)

[www.cdc.gov/concussion/headsup/high\\_school.html](http://www.cdc.gov/concussion/headsup/high_school.html)

## PARENTS' CODE OF ETHICS

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sporting event.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sport environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth— not adults
- I will do my very best to make youth sports fun for my child
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

