



LCMYB

Leominster Central Mass Youth Basketball

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www.leominsterhoops.com

Parents and Players Handbook 2017-2018 Season

Mission Statement

“The purpose and goal of Leominster Central Mass Youth Basketball is the promotion of youth basketball in a safe, fun and learning environment that emphasizes the importance of Hard Work, Discipline, Respect, Teamwork and Skill Development by competing at a level that best prepares players for High School Basketball.”



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Introduction:

Welcome to another season of Leominster Central Mass Youth Basketball! It seems like only last month that the last season was completed. The Leominster Central Mass Youth Basketball (LCMYB) program is a competitive basketball program for both girls and boys who live in or attend school within the city of Leominster.

We seek to provide the children of Leominster with an opportunity to play safe, competitive team basketball in a highly organized league format. The level of play when ranked would reside between AAU and scholastic level basketball with AAU considered the higher level. We are not a recreational league. The interest in our program has grown significantly since our inception.

Our coaching pool is comprised of a cross section of parents and non-parents alike. A number of our coaches are AAU level coaches and others have coached at the high school level. All coaches are required to provide a CORI background check. As a high school feeder program, we have a general expectation from our coaches to prepare the kids that want to continue playing in high school for that experience.

The most sensitive area for any coach at this level is managing playing time to the benefit of both the team and the individual player. We would prefer equal playing time for all, but it is difficult to implement because of different skill levels and abilities. "Playing time" is not enforced in this league, but we will commit to providing all players with an opportunity to play in every game provided that each player commits to coming to practice and trying his or her best. However, we tell our players it's not how much time you play it's what you do when you're in there that really counts.

Our policies, procedures and guidelines are review each year for continuous enhancements. In addition, we complete in the CMYBL league and adhere to their guidelines and rules. These can be found at www.cmybl.org.

Player Eligibility:

All youth grades 4 through 8, whose primary residence is Leominster. A participant who school choice to Leominster public schools will be allowed to play.

School Attendance and Academics

- A player's academic progress and performance is the most important thing to the league and every effort will be made to make sure that playing in this league will not be detrimental to his or her development as a student.
- Any player absent from school due to illness will not be able to participate in practice that evening.
- The league encourages and monitors academic progress. An overall average of C or better in each subject must be maintained in order to be eligible to compete.

Registration Form/Birth Certificate/Registration Fee

- Each player must have completed registration information on file, a copy of their birth certificate and their registration paid in full prior to the first league



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game.



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Playing Two Sports/Playing on Two Different Basketball Teams

- A player will not be penalized for playing another sport or for their school basketball team. Leominster Central Mass Basketball is a big commitment for all players.
- Any player absent from school due to illness will not be able to participate in practice that evening. This is the responsibility of the parent.
- The coaching staff has the responsibility to the players who do not miss practice and who are on time.

MIAA Bona Fide Team Members, Loyalty to the School Team

- A bona fide member of a school team is a student who is regularly present for, and actively participates in, all team practices and competitions.
- Bona fide members of a school team are precluded from missing a school practice or competition in order to practice or compete with an out of school (travel) team unless at the parent's discretion.
- Any student who violates this standard is ineligible for the next two contests or two weeks (whichever is greater) immediately upon confirmation of the violation.

Return to Athletic Participation

- Any athlete who sustains an injury that requires medical attention and prohibits him/her from competing in future games must supply written authorization from a physician before being allowed to resume team practices and games.

Grade/Age Requirements

- Players must be in the appropriate grade and must comply with the waiver age criteria specified below. CMYBL basketball season officially ends in April.
- There is a 1 year age waiver for players who are in the proper grade but who don't quite fit the "school year age criteria". The age waiver rule was added to accommodate players who may have been held back 1 grade or who may have entered 1st grade after age 6.
- If your player exceeds the age criteria as shown below please notify the coach during the tryouts. If your child is too old for his/her division, s/he may try-out for the next older division.

Grade/Age Waiver Criteria (Includes 1 Year Age Waiver)

- 8th graders must be born on/after August 1, 2002.
- 7th graders must be born on/after August 1, 2003.
- 6th graders must be born on/after August 1, 2004.
- 5th graders must be born on/after August 1, 2005.
- 4th graders must be born on/after August 1, 2006.



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Tryouts:

It is important that everyone understand prior to registering that not all players who try-out will be selected for a team. While this is unfortunate, with limited gym space, league openings, and the overall competitive nature of this program, we are forced to follow this practice. All kids whether they are new or were on the team last year must try out.

We strongly recommend that parents take more of a "back seat" during the try-outs. Kids will generally find it to be more stressful if their parents sit in the gym during try-outs observing their play and therefore, parents may want to consider just dropping their child off at the gym. If you do choose to observe a portion of try-outs, we insist that you do not interfere in any way. This rule is especially true with regard to interaction with coaches during try-outs. During try-outs, parents should not attempt to solicit feedback from coaches about how their child is doing, ask how many players the coach is planning on keeping, or use any variation of the line "my child just wants to make the team and isn't worried about playing time."

Games:

This season's schedule will be made available as the season progresses. Several games will be played in other towns and directions to the gyms will be provided. Parents will be required to work at the admissions table for all home games. Please make sure that you plan on covering the door during your allotted time.

All of our teams play in the Central Mass Basketball League. There are two divisions for this league, Small Town and Large Town (East and West as decided by CMYBL). In general the more skilled teams play in the Large Town League. Virtually all games are played on Sunday afternoons, with a start time between 12:00-5:00, depending on the individual town's gym availability. A league game will be scheduled every Sunday from mid/late-November until late-February, with Sundays during vacation weeks excluded from the schedule. Playoffs are typically during the first weekend of March however may be moved around by a week depending on weather cancellations or other extenuating circumstances.

With exception to the play-off schedule, the entire league schedule will be published about 10 days before the regular season begins. Additionally, most teams choose to participate in tournaments and non-league games.

Tournaments:

In order to further develop the skills of our players each team may compete in one or more tournaments. Tournaments are always a fun time for the kids and parents. Participation in tournaments is left to the discretion of coaches and must be funded by each team who chooses to play.



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Parent Responsibilities:

- Ensure that players attend practice sessions and games.
- Ensure that players arrive at practice sessions and games at the time requested by the coach.
- If the parent is not attending a practice session or game, ensure that players are picked up promptly at the completion of the game or practice. All players in Grades 4-6 should be accompanied to games. If a player in Grades 4-6 is to be dropped off, the parent should arrange for another parent (not the coach) to be responsible for their child.
- It is not the responsibility of the coach to get a player to and from games and practices. Under some situations the coach may perform that function, however please be cognizant that coaches are volunteers and have families and responsibilities also.
- We strongly recommend that each player bring a full water bottle to every practice session and game. This will allow adequate re-hydration that is necessary during exercise. It will also avoid the necessity to use shared drinking fountains, taps or water bottles thereby reducing the spread of infectious diseases. A team can be decimated by the spread of a cold or flu.
- Where a child has an existing medical condition it is important that the coach be notified. It is important however for parents to realize that the coach has no responsibility for managing or monitoring any medical condition. In such a case we request that parents attend practice sessions and games with their child.
- Notify the coach if player will not be attending a practice session or game. Please give as much notice as possible.
- Parents of new players (that haven't played in the LCMYB before) must ensure that their child is registered properly.
 - Complete registration requirements
 - Fill in all details and sign form, if required.
 - Present form & birth certificate to the coach/manager.
- Promptly pay player registration fees at the start of each season to your team manager/coach. The fee structure MAY allow for hardship case review. In the case of a hardship the parent should notify the manager/coach immediately. Any hardship support, if available, requires pre-approval by the Executive Director. Parents are required to support and complete fundraising and volunteer activities. If fees and registration forms are not furnished by the required time the player will not be allowed to compete in that week's game. No player shall be allowed to play without completed registration requirements, birth certificate and registration fee.
- Parents are also reminded that there is an entry fee into game venues. This is currently \$3 for each adult and \$1 for any spectator under 14 years of age). For playoffs fees increase to \$5. Please note host gyms and other leagues may charge more (or less) for their games to cover gym costs.
- Parents must be willing to take their turn at the admissions table as assigned by the team manager/coach.
- Parents should ensure that the player's uniform is cared for properly. Washing instructions are; do not wash in hot water, preferably hand wash, do not tumble dry, do not iron.
- Basketball jerseys are only to be worn to games. That is, they should not be worn for the rest of the weekend to play football in the street. They are not to be worn to



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practice sessions unless requested by the coach. This way we will get maximum benefit out of what has been a fairly large investment.

- We encourage parents to take an active role in the team by taking a turn to be a team score keeper or other duties as requested by the coach.
- Any parent who has a problem, concern or grievance should privately approach the team coach/manager. If a satisfactory outcome cannot be reached they should then contact the league director.
- Support your team!! Please complete our year end coach's survey timely with constructive feedback.

Codes of Conduct:

Player Code of Conduct

- Have fun!
- Be a good sport at all times and remember you represent your parents, your team and the City of Leominster.
- Work your hardest all the time, show maximum effort at games and practice sessions.
- Treat your team-mates as you yourself would like to be treated.
- Play by the rules.
- Control your behavior at all times, on and off the court. Violence of any sort or bad language is unacceptable.
- Co-operate with game officials.
- Be attentive and listen to your coach, work at improving your skills.
- Do not do anything that may endanger other players, your teammates or coaches (e.g. taking long half court shots while other players are underneath the basket).

Parent Code of Conduct

- Encourage children to participate if they are interested. If they are not, don't force them.
- Focus on playing the game, reduce the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- Encourage children to always play by the rules.
- Do not critique your child in front of others, but reserve constructive criticism for more private moments. It's best to reserve the ride home for talks about other issues not concerning basketball. Save it for later, unless he or she brings it up and then be constructive and non-condemning.
- Remember children are involved in sport for their enjoyment, not yours.
- Remember a child learns best by example. Applaud good play by both teams.
- Accept decisions of all referees as being fair and called to the best of their ability. A parent shall never confront an official before, after or during a game. That is the responsibility of the coach. Doing so can result in an immediate ejection from the venue and/or disqualification of your child from that game, season and or the league entirely.



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- Do not criticize opposing team members, coaches or supporters by word or gesture.
- Set a good example by your own conduct, behavior and appearance.
- Support all efforts to remove verbal and physical abuse from sporting activities. Safety is the top priority.
- Avoid use of derogatory language based on gender, race or impairment.
- Practices are closed to parents. Some coaches may allow parents to attend practice sessions. If you attend a practice session please do not go on the floor or communicate with your child during the practice. Holding the attention of the players is tough enough on the coach without external distractions.

Spectator Code of Conduct

- Remember children play sports for fun. They are not playing for the entertainment of spectators. They are not miniature professionals.
- Applaud good performances from both teams. Congratulate all players regardless of the outcome.
- Respect the referee's decision.
- Never ridicule or scold a child for making a mistake during competition. Be positive.
- Condemn the use of violence in any form, be it by spectators, coaches or players.
- Show respect for your team's opponents, without them, there would be no game.
- Encourage players to obey the rules and decisions of officials.
- Demonstrate appropriate social behavior by not using foul language, harassing players, coaches or officials.
- Avoid use of language based on gender, race or impairment.

SOCIAL MEDIA GUIDELINES

- Coaches, Players, Parents, Officials and Coordinators are prohibited from posting anything on social media – direct or implied– that could be implied as negative, critical, or derogatory in reference to any specific LCMYB or CMYBL affiliated individual/teams or referees other than his or her own self or children. Positive comments are of course fine.
- Posting critical comments on officiating on a social media platform is prohibited by anyone affiliated with a LCMYB or CMYBL team. Much like professional sports, college sports, or MIAA (Massachusetts HS sports), commenting on officiating via any media platform (print, electronic, social or otherwise) is not allowed. Suspensions (parent, players) will be levied for any such activity.
- Any offensive of this guideline will result in a game suspension for the first offense and removal from the league for a 2nd offense. This includes spectators, parents, coaches, coordinators, and players.

Chain of command



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Chain of Command



Please follow chain of command

Communications:

Communication between coaches, parents and players is essential. Coaches are not allowed to contact players directly outside of practice and game time without prior written consent of the player's parents. Please feel free to contact the coach if you have any concerns about your child's development or limitations or for any other reason. If your player cannot attend a practice please give the coach ample notification. If you have an issue with the coach concerning your player you should always feel free to contact the respective Boys/Girls Directors who will then confer with the League Director as needed.