

Parent Information Packet



Boys Basketball 2016

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

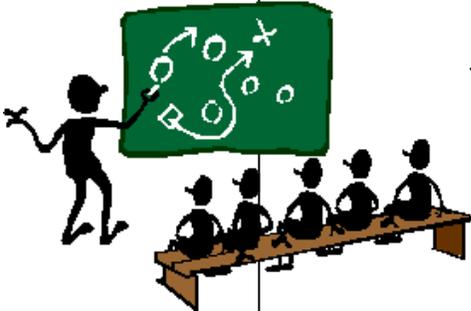
Visit www.windsogov.com/basketball for rules, facility maps and more.

Visit www.teamsideline.com/windsor for schedules.

Basketball Meetings

Coach Meetings - Windsor Rec. Center

- | | |
|-----------------------------|---|
| Mon. Dec. 12 th | Coach Meeting - Basketball
6:30 p.m. – 7:30 p.m. |
| Wed. Dec. 14 th | Concussion Training
6:45 p.m. - 7:30 p.m. |
| Mon. Dec. 19 th | Coach Certification Training
6:30-8:30 p.m. |
| Mon. Jan. 9 th | Assessments (3 rd & 6 th -8 th grade) |
| Tues. Jan. 10 th | Assessments (4 th / 5 th grade) |
| Thur. Jan. 12 th | Team Selection (3 rd -8 th)
5:30 p.m. 3 rd & 6 th -8 th
6:30 p.m. 4 th & 5 th |



Parent Meetings

Wed. Dec. 14th, 2016 (Rec. Center)

YOUTH SPORT (PAYS) MEETING—6:00 p.m.

Youth sports education, Parent Association Youth Sports. If you have previously attended the Pays portion of the meeting, just attend the sport specific meeting at 7:30 p.m.

CONCUSSION EDUCATION—6:45 p.m.

Play safe and healthy this season. Banner Health is offering education for coaches and parents about concussions. If you previously attended concussion training, you don't need to attend again, just attend sport specific meeting at 7:30 p.m.

SPORT SPECIFIC BASKETBALL MEETING—7:30 p.m.

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



Basketball Assessments

Grades 3rd—8th grade

Windsor Rec. Center Gym

ASSESSMENTS ARE MANDATORY

Again this year the Windsor Parks and Recreation Department will be assessing 3rd—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.

Your child will not be placed on a team without being assessed. Players must participate the entire time.

If your child cannot make scheduled assessment, call Bobby at (970) 674-3500.



Assessment Dates / Times

3rd grade	Mon. Jan. 9th	Last Name (A-L) 5:00—6:15 p.m. Last Name (M-Z) 6:30-7:45 p.m.
4th grade	Tues. Jan. 10th	5:00-6:30 p.m.
5th grade	Tues. Jan. 10th	7:00-8:30 p.m.
6th-8th grade	Mon. Jan. 9th	8:00-9:30 p.m.



Other Important Dates

Player calls start	Fri. Jan. 13th	All grades
Nuggets Skills Challenge	Sat. Jan. 14th	Ages 6-13(see flyer)
Practices start	Mon. Jan. 16th	
Games start	Sat. Jan. 28th	Six weeks
Team Photos	Sat. Feb. 18th	
Games end	Sat. March 4th	Post-season parties

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: Don't add stress to your child by asking him questions or make statements that can cause fear of failure. Example
Avoid: Let's 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

Windsor Web Site www.windsorgov.com

Parks and Recreation Link

Parent Guide Rules / Schedules and more

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

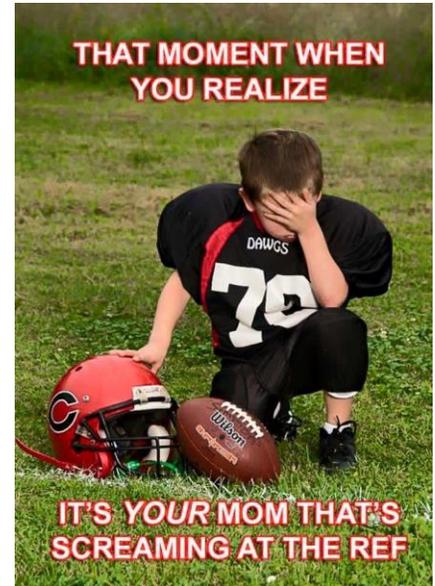
Model Youth Sport Parent

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



A mom is making eggs for her teenage boy for breakfast, as he walks in.

"Mom, don't burn them! Careful! Careful! Don't mess up, don't let them burn. You are going to mess up. Be careful! CAREFUL!"

Finally the mom snaps.

"I know what to do. I've cooked eggs before!"

"I know Mom, I was just trying to show you what it's like when I am playing soccer."

Unknown

WEGOTPLAYERS

Facilities – Game and Practice

Community Recreation Center

250 11th Street, Windsor

Grandview Elementary

1583 Grand Ave., Windsor

Mountain View Elementary

810 3rd 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

2nd – 3rd Grade

Start of game

Designated home team wears white side of jersey
10' rim
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 1st half, two timeouts 2nd 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 (2nd grade only)

Basketball Quick Rules

4th - 5th 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 1st half, two timeouts 2nd half

Lane violation is five seconds

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

Free Throws – 4th grade shoots 10' from basket, 5th grade shoots 15' from basket. Girls 4th/5th shoots 10' from basket. Players line-up starting under the first block for 4th boys and 4th/5th grade girls..

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 4th 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 4th 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

6th – 8th 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 – 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 1st half, two time outs 2nd 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 4th 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 4th quarter when score is within 10 points

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

www.sportsconcussions.org/REAP.html

www.cdc.gov/concussion/headsup/high_school.html

JUNIOR NUGGETS

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
- Two complimentary Denver Nuggets tickets per participant
 - Ability to add additional tickets at a discount with fundraising built in to 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



TeamSideline.com/windsor

Welcome Your Team now has a great tool to help organize your Team and make the Season more fun for Staff, Parents and Players. This is a Quick Guide to tell you how to access your TeamSideline Team Site.

Why Use A Team Site?

1	Online Team Parent A TeamSideline Team Site is like having an Online Team Parent. Your Team Site is a vital link to the League because Practices, Schedules and Rosters can be automatically populated into each Team Site. This means everyone on each Team knows who is on the Team as well as when and where Practices and Games. Team Staff can create additional Events (Picture Day, Team Meetings, and Celebrations) that have automatic Reminder Emails sent with Attendance Polls making it much easier to manage the team and communications.
2	Communications Email distribution lists are automatically created so Roster members can easily send Communications to any or all roster members. Using Team Site communications enables all Team communications to be consolidated and accessible online anytime anywhere.
3	Family & Friends Each team member can invite family members to join the site, so now all family members with access to the internet can easily get information like game times and directions.

Security

TeamSideline is a secure site. This means all Team data such as phone numbers and email addresses are secure and private to Team members and can only be edited by Team Staff. (Family & Friends cannot view Team personal data such as phone numbers and email addresses.)

5 Easy Steps To Be Up and Running For The Entire Season

1	When Team Sites are created by the League, all Roster members will receive an email inviting them to sign in to the Team Site they are associated to.
2	Click the link in the email to sign in to your League Site. When you sign in, your team(s) will appear on the left side of the page. Click the Team link.
3	After the Team link is clicked, then if you have used a Team Site then you will automatically go to your Team Site. If you have never used a TeamSideline Team Site with your email address then you will be sent a Validation Email -- click the Validation link in the email to sign in.
4	Staff members can add Team Events, add announcements, add links, team and player pictures and bios to personalize the Site.
5	All Roster members can see a consolidated Calendar with all of their Practices, Games and other Team Events, invite Family & Friends to see the Site, and send communications to individual staff members or the entire team.

Team Sideline Sample Emails – What to Watch For

Team Site Invitation Email – Sample

This is a "Windsor #2 - Kingsley" Communication from Craig. Please make sure you have taken action regarding the Important Note below.

Good news! Town of Windsor Recreation is using TeamSideline to manage the Fall Youth Basketball Teams this season.

This means each Town of Windsor Recreation Team has its own TeamSideline Team Site – and each Team Site already has the Coach information and Roster of Players. Dates, times and locations for Practices and Games are also added as soon as they are published.

[Click here to go to www.teamsideline.com/windsor](http://www.teamsideline.com/windsor), Sign In, and see the link to the Windsor #2 - Kingsley Team site. **Use the email address you received this email at**, and your TeamSideline password, to sign in to the Town of Windsor Recreation site. (If you do not know your password, just click the Forgot Password link on the Sign In page.)

Once in TeamSideline you can do things like click the Communication tab to communicate with your team, or click the Family & Friends tab to invite other family members and friends to get information about your team, such as game dates, times and locations.

TeamSideline is easy to use and helps make the Season fun for all. You'll never need to ask when or where a game is again.

Town of Windsor Recreation

Important Note!

Please help the Windsor #2 - Kingsley. If you have not activated your TeamSideline Team site account, activate it now so you can get access to the Windsor #2 - Kingsley Home Page. The Home Page has the Team Calendar, Team Announcements, Roster, and Contact information. If you have not signed up for a TeamSideline account, [click here](#). -- It's free and only takes a few minutes.

How to reply back to Craig:

Use the same email "reply" link or button you always use to reply back to this Communication email from Craig.

[Click here](#) to go to TeamSideline.

Welcome to Team Sideline Email – Sample

Hello Bobby.

Your Town of Windsor Recreation account has been created on TeamSideline by Town of Windsor Recreation. Bookmark this link so you can easily return to the Town of Windsor Recreation site for the most recent updates:

www.teamsideline.com/windsor

To sign in to TeamSideline, use your email address: sample_email@gmail.com and this temporary password: 25388X

If you have questions about your account, please use the contact us link at www.teamsideline.com/windsor

What Your Team Site Looks Like - Sample

Windsor #2 - Kingsley Fall 2016



Team Home | [Roster](#) | [Events](#) | [Files](#) | [Stats](#) | [Payments](#) | [Announcements](#) | [Links](#) | [Pictures](#)

Use this Team Home page to see a consolidated view of your Team information. All of the items on this page are visible to your Team members, family and friends on this Team Home page. As a Staff member, you can click on the other Team tabs to add or remove Staff or Players, Team Events, or Team announcements.

Announcements

There are no announcements.

Date	Time	Event name	Results
11/5/2016 (Saturday)	9:00 AM	Vs Windsor #1 - Gebhardt	To be played 
11/12/2016 (Saturday)	12:00 PM	Vs Windsor #5 - Solecki	To be played 
11/19/2016 (Saturday)	8:00 AM	Vs Highland #1 - Killip	To be played 
12/3/2016 (Saturday)	3:00 PM	Vs Windsor #4 - Reuter	To be played 
12/10/2016 (Saturday)	8:00 AM	Vs Windsor #3 - Lindner	To be played 
12/10/2016 (Saturday)	9:00 AM	Vs Windsor #5 - Solecki	To be played 

Player

#

Caleb Riley

Carter Kingsley

Hayden Luedtke

Jaden Cook

Joseph Bisceglia

Joseph McGrath

Maxim Smith

Owen Ice

Walker Strohmman

Wyatt Baker

Staff

Luke Kingsley
Coach

Tyler Smith
Assistant Coach

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.

