



# YMCA

## Jr Cavaliers Basketball Parent Handbook



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## Thank You Parents!

YMCA Buffalo Niagara wants to first thank you for enrolling your child into one of our youth sports programs. We hope your experience is as meaningful and rewarding as it is for all the YMCA staff. This packet will provide you with pertinent information that you may need for the Jr. Cavs Basketball League. Listed near the end of the document is our Code of Conduct that every parent must acknowledge. If you have any further questions, please contact:

### Our Team

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**Sports Coordinator**

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### Volunteering Opportunities

If you or anyone you know is interested in volunteering to help with the Jr. Cavs program, please contact any of the individuals listed above or simply click [here](#) to sign up. Throughout the years, committed and talented volunteers have impacted the lives of many children within our community through our youth programming. We welcome you to join in our efforts to promote safe and fun play for all our program athletes. The primary positions we are looking for as of now are Coaches, Referees, and Scorekeepers/Scoreboard operators.

## Essential Information

## **Skills Assessment**

All participants in the program are invited to join us for our skills assessment. This assessment will help our staff create evenly skilled teams so that all players can enjoy the same experience equally. If your child has participated in our program in a previous season, you are not required to attend the assessment. If this is your first time with the program, we strongly recommend your child attend this assessment. Information regarding when the skills assessment is being held will be delivered to you in the weeks prior to the start of the program.

## **Practice/Game Scheduling**

All practices and games will be scheduled by each branch coordinator. When you registered your child for the program, you were asked which nights of the week you were unable to practice. If you have any changes to your availability, please notify your coordinator before the skills assessment is complete. Our coordinators use this information to accommodate your availability as well as our volunteer coaches' availability. Each team will receive one practice time during the evening of weekdays. Games will be held on Saturday mornings unless told otherwise by our coordinators. Practice times for the program vary for every family. Practice and Game schedules will be sent out shortly after the skills assessment.

## **Rosters**

Rosters will be formed directly after the skills assessments. If you have any personal requests for a specific coach or if you want two players to be on the same team, please contact your branches' coordinator. We will try to accommodate every request we are given but we cannot guarantee the requests will be honored at this time.

## **Jerseys**

Every participant off the program will receive a YMCA and Cleveland Cavaliers co-branded basketball jersey as part of the registration fees. Sizes for your child will be entered during the online registration process. Jerseys are anticipated to arrive the week leading up to the first game. Coordinators will hand out jerseys at practices or before the first games on Saturday.

## **Cavs Tickets**

Every registrant will also receive two tickets to a Cleveland Cavaliers home game for their current season. Notice: If you participate in our Fall Season, you will **not** receive a second pair of tickets if you also registered for our Winter Season.

**YMCA Buffalo Niagara Mission**

*“YMCA Buffalo Niagara is a charitable, community-based organization committed to providing programs designed to build a healthy spirit, mind, and body for all.”*

The YMCA has a long history of providing quality sports programs to area youth. Children, regardless of ability, learn the fundamental rules and skills needed to succeed in their new sport of choice. Good Sportsmanship is practiced, and participants have fun while learning new skills and making new friends.

The YMCA Jr. Cavs program represents a united community of dedicated teams, coaches, parents, and players who share a common goal – supporting the positive benefits attained through the game of basketball.

The focus for our youth basketball leagues is to help develop young athletes to be more active, play together against their peers in a competitive and positive environment, and to provide opportunities for them to achieve higher levels of skill development through the game of basketball.

In all the YMCA's programs, we strive to teach **four core character values**:

- **Caring:** To be sensitive to the needs and well-being of others.
- **Respect:** To value the worth of every person and treat others as they would like to be treated.
- **Responsibility:** To do the right thing and be accountable for one's behavior and obligations.
- **Honesty:** To tell the truth, have integrity and making sure actions match values in all we do.



## The 7 Pillars of YMCA Sports

- ❖ **Everyone Plays** – In YMCA Sports, there are no tryouts, and no one gets cut from teams. Everyone who registers is assigned to a team and all players have the opportunity for equal playing time in games. Teaching participants valuable social and teamwork skills and contributing to a healthier community is a vital part of this pillar.
- ❖ **Safety First** – Safety in YMCA Sports is a primary concern, and we do all we can to prevent injuries from occurring. Sports are modified and taught at age-appropriate levels, and constant supervision ensures that training levels are gradual and that no unsafe activities occur.
- ❖ **Character Development** – participants work together in a team atmosphere, they learn how to make decisions, communicate, work on teambuilding, trust and build character. Youth Sports teaches kids to play by the rules, respect the game, and maintain an attitude of good sportsmanship.
- ❖ **Positive Competition** – In sports, the pursuit of victory is kept in perspective at the YMCA. Coaches and officials make decisions that are always in the best interest of the participants, and the participants are more important than winning the game.
- ❖ **Family involvement** – Parents benefit from participation in Sports as volunteer coaches, officials, and time/scorekeepers. Family participation in the programs creates an environment conducive to open communication, volunteer work opportunities, positive role modeling, and relationship building.
- ❖ **Sports for All** – Sports are welcoming to all, regardless of race, gender, age, or ability. They teach participants to respect and appreciate all their teammates. YMCA Sports encourages all those who participate – coaches, players, and families – to appreciate diversity.
- ❖ **Sports for Fun** – Sports strive to be fun and engaging, helping participants discover the enjoyment of learning and mastering skills, participating with friends, and competing.

*Throughout the league, we hope our participants, coaches, officials, parents, and spectators to emulate these core*

## Parent Code of Conduct

### Grades 1-3<sup>rd</sup>

- There will be no arguing with any sports officials.
- Applaud all skillful plays whether they are made by your team or the opponent.
- Respect the rights of all participants regardless of their gender, ability, cultural background, or religion.
- Speak in respectful tones; refrain from the use of vulgar or derogatory language; and dress appropriately.
- Resolve conflicts in a respectful, honest, and caring manner; never resort to physical contact or threatening gestures.
- Resolve conflicts in a respectful, honest, and caring manner; never resort to physical contact or threatening gestures.
- Respect others by refraining from intimate behavior in public; abstain from contact of a sexual nature.
- Respect the property of others; never engage in theft or destruction.
- Carry a safe, caring environment; never carry firearms or devices that could be used as a weapon.

**\*\* Coaches and Officials are responsible for following YMCA values at all times. \*\***

## Player Expectations

### Grades 4<sup>th</sup> - 6<sup>th</sup>

- Follow and play by YMCA Rules
- Participation and Attendance are vital to the success of team play
- Players are expected to attend all practices and games and will
- Game Clock
- Inform their coach if they cannot attend.
- Free throw
- If there is a disagreement on a call, please have your coach respectfully approach the official
- Substitution
- Work hard for yourself and your team
- Playing Time
- All players will have equal playing time for each game.
- Timeouts
- Be a good sport and team player.
- Each
- Treat all participants in your sport as you wish to be treated.
- No
- Cooperate with your coach, Always in man-to-man defense (NO ZONE)
- Teammates, and opponents
- Travel, Double Dribble, Carry
- There will be calls for traveling and double dribbles.
- On
- YMCA Buffalo Niagara does not anticipate anyone to act in this way. But, if the situation arises where someone is acting against this code of conduct, YMCA staff, have the sole discretion to ask the player, spectator, or coach to vacate the premises.
- Fouls
- Jump Ball Rule
- Jump ball situations will follow the jump ball rule, alternating possessions between the 2 teams based off the result of the tip-off.



# YMCA BUFFLAO NIAGARA YOUTH SPORTS' LEAGUES

## CODE OF CONDUCT AND PHOTO RELEASE ACKNOWLEDGEMENT/

Player Name(s): \_\_\_\_\_

*I have read, understand, and will follow the policies stated within the YMCA Buffalo Niagara Sports' Leagues code of conduct.*

\_\_\_\_\_  
Parent/Guardian Name (Printed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name (Signed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Date

I hereby consent to and authorize the use and reproduction of all photos or video footage taken of (print player name(s) \_\_\_\_\_ for YMCA Buffalo Niagara and/or the YMCA of the USA purposes. I understand that I receive no reimbursement for allowing the use of the photo or video.

I hereby do NOT consent to and authorize the use and reproduction of all photos or video footage taken for YMCA Buffalo Niagara and/or the YMCA of the USA purposes.

\_\_\_\_\_  
Parent/Guardian Name (Signed)

\_\_\_\_\_  
Date





## **YMCA SPORTS PLEDGE**

**“I pledge to play the game, the best I can, to be a team player, to respect my opponents, the rules and officials, and improve myself in spirit, mind and body.”**