



Little Dribblers

2011

Basin & Park City Recreation

Parent Packet

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1388 Center Drive
435-655-0999

www.basinrecreation.org

Weather Hotline 435-649-1564 x5



Welcome to Basin Recreation and the World of Recreational Sports!!

We at Basin Recreation feel very fortunate to have the opportunity to provide a fun and exciting sport atmosphere for your child/children. Our goal as an organization is to instill the unique aspect of sport into the participants. The understanding of team play, sportsmanship of winning and losing, leadership, and following directions are just a few of the experiences your child/children will be exposed to by participating in organized sports. The lessons learned and how they are presented by coaches and parents can be carried through youth into adulthood. It is hard to imagine that an experience a 7 year old has playing sports can help mold his or her adult life, but it is true.

There are few items we would like to cover to help with the season your player is enrolled:

1. *Parking*

- a. Please park in the designated area listed on the map include in this packet.
- b. Some schools will be towing vehicles parked in the wrong area
 - i. We were told that vehicles parked in the bus turn-a-round area at Ecker Hill will be towed. Please try to park in the lot at the front of the school.
- c. If you have questions on parking please feel free to contact me for the proper location.

2. *Trash*

- a. Please make sure we are cleaning up after our teams and players
- b. We are allowed to use the schools and parks for our activities as long as we keep them clean. Throwing away drink containers and food wrappers after the games are over will help in this problem.
- c. For programs held in the Field House, please remember to observe rules for using the field: No food of any kind, no drinks except water, and gum is strictly prohibited. We can also keep this valuable facility clean by checking shoes, especially cleats, for mud, and remember to pick up any trash.

3. *Siblings*

- a. We love having bothers and sisters come and watch the games. However they need to be supervised so we don't have balls rolling onto the court/field or kids running on to the playing surface. This could harm both the players in the game and/or the sibling.
 - i. When inside the schools, we have been asked to make sure kids are not running up and down the hallways. Please keep your children in the gym area.
 - ii. When playing at the Racquet Club the entryway needs to stay clear. Patrons of the facility use this area and they do not need worry about being hit by a ball or run into by kids playing.

4. *Please Respect the neighborhoods*

- a. A number of fields we use are in neighborhoods. Please make sure your players and brothers/sisters of the players are not wandering into the yards of homes by the playing field. It may be tempting to go swing on a private swing set, jump on a trampoline or take a burger off of the grill, but we ask that our kids stay close to you or use the public playgrounds. Out of respect and safety for your kids and the homeowners please abide by this request.

By following these guidelines will try to ensure a great experience for everyone, from the players to the facility providers. Furthermore, please read the remainder of this packet to help the season run smoothly. If we all pitch in a small ways, we can make a big difference. Thank you!

Go have some fun!
Brian Kadziel

Bitty Basketball 2011

What to Expect:

Bitty Basketball is an introduction to organized basketball for players who are 4 years old – 2nd grade. ABA league is for those 4 years old and Kindergarten. NBA is for those in 1st and 2nd Grade.

The ABA league players will play 4 on 4 with the basket lowered to six feet. They will participate in 25 minutes of dribbling, shooting and defensive drills prior to each game. Every player will have a chance to shoot a free throw to start the game. Games will be (2) 15 minute running clock with no overtimes.

The NBA league players will play 5 on 5 with the basket lowered to eight feet. They will participate in 20 minutes of dribbling, shooting and defensive drills prior to each game. Every player will have a chance to shoot a free throw to start the game. Games will be 2- 15 minute halves of running clock and no overtimes.

Q. How do I know if a game is going to be cancelled?

A. Call 435-649-1564 x5 after 4pm. We try to play every game and wait as long as possible before making the call in hopes that we will play.

Q. Why isn't my son/daughter on the team I requested?

A. They are just that...a request, not a guarantee.

Q. What days do we play on? What time?

A. Tentative Game and practice days are as follows:

ABA (4yrs old & Kindergarten) Tuesday (5 or 6pm)/ Thursday (5 or 6pm)
and Saturday (9-1pm) Sessions @ Trailside Elementary

NBA (1st & 2nd Grade) Monday (5 or 6pm) and Wednesday (5 or 6pm)
Sessions @ Ecker Hill

These times are tentative; it all depends on how many kids sign up to play.

Q. Are the days listed the only days the leagues will play?

A. Unless the coach schedules practice on a different day, but we only schedule 2 days per week.

Q. What equipment does my player need?

A. Every player will need to bring their own non-marking gym shoes and shorts
1. Players will receive a jersey

Q. Where do we play?

A. Preschool and Kindergarten at Trailside Elementary School
B. 1st & 2nd Grade at Ecker Hill Middle School

Any further questions, please contact the front desk of the fieldhouse 655-0999 x10 or x11 or Brian Kadziel x15

PARENT “SELF” CHECKLIST

By registering my child in a Basin Recreation program, I pledge to follow the examples below and exercise my own good judgment regarding my personal conduct during youth games and practices.

Punctuality. I will be on time or early when dropping off my child for a practice or game. I understand that is embarrassing for my child to be late to a game or practice and that I am putting him/her at physical risk by not providing adequate time for warm up. I understand the importance of picking up my child on time for all games and practice. This shows respect for the volunteer coach, who has other time commitments, and it tells my child that he or she is my top priority.

Purpose of Sports. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.

Encouragement. I will redefine what it is to be a “Winner” in my conversations with my child. A winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.

Respect. I will “Honor the Game.” I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches and players make mistakes. If the referee makes a “questionable” call, I will continue to respect the individual and be silent.

Cheering. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams.

Attitude. I will not make negative comments about the game, coaches, referees or teammates in my child’s presence. I understand that this plants a seed, which can negatively influence my child’s motivation and overall experience. It may even make my kid a winner, or a wiener, but definitely not a winner.

Refereeing. I agree to help as an official for a future game if I am having a hard time cooperating (yelling at or display any type of unruly behavior) with the officials at a game I am watching.

Why Children Play Sports (IN ORDER!!!)

1. TO HAVE FUN
2. To learn and improve skills
3. To be with friends and make new ones
4. Excitement
5. To succeed or win
6. To exercise and become physically fit
7. To be part of a team

By reading this document you and your family will abide by the above statement.

2011
Basin Recreation
Little Dribblers NBA & ABA Basketball Rules-

Start

1. All sessions will be held at Ecker Hill (1st & 2nd Grade) and Trailside Elementary School (Preschool & Kindergarten)
2. All sessions will include instruction and play (The first 2 sessions will be all instruction/practice. ABA will have 25 minutes of instruction and (2) 15 minutes of running clock game. NBA will have 20 minutes of instruction and 2-15 minute running clock halves.
3. All players will shoot one free throw to start the game. Free throw line distance will be determined by the referee, and that distance may change from player to player.
4. ABA division will play 4 on 4 with 8 players max per team.
NBA division will play 5 on 5 with 10 players max per team.

PLAYING RULES

4. The basket height for 4years - Kindergarten division (ABA) will be 6' while 1st/2nd grade (NBA) division will play with 8' baskets.
5. Free throw line distance will be determined by the referee.
6. Full court press will not be allowed. Teams must play man to man defense. Wristbands are issued to each team for each game to facilitate match-ups.
7. Teams have 15 seconds to get the ball over half court. **Penalty:** Turn over *Once the defending team rebounds the ball, all players must retreat to the other end of the court.
8. Once a player has possession they have a maximum of 8 seconds for NBA and 10 seconds for ABA to either pass or shoot the ball. **Penalty:** Turn over
9. Stealing is not allowed. If a player has possession, another player may not take nor touch the ball. **Penalty:** a foul is called and offense retains possession. *After 8 or 10 seconds, rule 8 takes effect.
10. There is no time limit in the key.
11. Free throws will be taken when a foul occurs while in the act of shooting. If the basket is made, one shot is awarded. If the shot was missed, two shots will be awarded. If not in the act of shooting, the ball will be taken from out of bounds.
12. Team or individual fouls will not be kept. If a player continues to foul, the coach will be asked to replace that player with a sub.
13. **DUNKING IS NOT PERMITTED!!!!!!**
14. Each team is allowed one (1) time out per half (NBA), one time out for the game (ABA). If they are not used in the half they do not carry over to the next half.
15. Over time for the NBA will be permitted ONLY if time allows.



Teamwork with Loco Lizard

As with all youth sports, once again Loco Lizard Cantina is offering their “KIDS SPORTS SPECIAL!!” Kids in sports uniforms eat FREE off of the kids menu with each adult entree purchased.

***Kimball Plaza at Kimball Junction (Behind
Chevron)
645-7000***

Hey Teams...Looking for a place to
EAT after the game?

Come in your uniform and
receive 10% off your entire
order and if 5 or more
players show, receive
15% off!

Flat Screen TVs, Seating for 40
super KID FRIENDLY and we have
Gluten Free, Dairy Free and
Whole Wheat options!



Located at Kimball Junction
Behind Wendy's Fast Food
435-649-1591

Children and Sports Skills: A guide for Parents and Coaches

Remember mom, dad and coaches...I'm just 4, 5 or 6...

Here is what you can expect of me in playing sports:

1. I'll have the tendency to keep the ball once I get control of it. I'll likely run in a straight line, even if I am going the wrong way, and may not stop at the field boundaries.
2. I may be easily distracted by things around the athletic event, such as a neat frog, butterflies, airplanes or whatever gets my attention.
3. There will probably be a big difference in my attention span between ages 4 and 6. At age 4, I may be unable to understand games or keep up physically with the 6-year-olds. At age 6, I will be more likely to understand the game basics and control a ball with my hands and feet.
4. Generally I will enjoy the physical activity. I may be content to just stand in the field and occasionally reach out for the ball if it comes close to me.
5. Teamwork is a difficult concept for me to grasp; I generally will have a "me" or "mine" concept of the game. Passing the ball to my teammates will be limited.
6. Catching a ball is difficult for me but generally I am able to make a catch before it bounces twice.
7. I am able to kick a stationary ball but have difficulty kicking a rolling ball.

8. I have very little concern with winning or losing.
9. I may or may not appear to understand instructions from coaches. Remember to keep the instructions direct because I am unable to interpret vague statements.

Mom, Dad, Coaches...

Here's where I'm at in the sports field at 7 and 8 years old:

1. I am beginning to understand the team concept idea.
2. I am switching from the "me" and "mine" concept to realizing that teammates are present too.
3. I've developed the ability to catch a gently thrown ball.
4. Most of the time I am able to dribble a ball continuously with my hands or feet without losing control.
5. I am able to learn and understand the rules of the game.
6. From my point of view, playing the game is the major thing; winning is not a major concern.
7. I will accept instructions from my coaches, but I need them to be direct and not vague.
8. I may get overloaded by my parents or fans shouting instructions. Let coach give me instructions.
9. I can become easily embarrassed by intense, negative criticism by fans or parents.

Hey mom, dad, coaches...

I am getting more control in my ability to play sports but please realize I'm still 9 or 10 years old. Here is what you can expect of me:

1. I am able to maintain a dribble with my hands or feet.
2. I am able to control a ball using a variety of body parts such as a thigh or head in soccer, or a bump volley in volleyball.
3. I am able to consistently hit a thrown ball with a bat (in baseball) or racquet (in tennis or ping-pong).
4. Using my maturing motor skills, I am able to throw, catch or kick.
5. I am able to use my hands or feet with competency.
6. I now understand the team concept.
7. I may be easily embarrassed by intense, negative criticism and behaviors by adults.
8. I now can accept the instructions of coaches. To some degree I may be able to interpret ambiguous directions, but receiving parental instruction at the same time as coaching instruction can confuse me.

I'm 11 or 12 years old and watch me go. Parents, coaches...here is what you can expect of me now:

1. I am able to throw and kick a ball with accuracy and for distance.
2. I am able to hand or foot dribble a ball while keeping an opponent from stealing it.
3. I am able to develop offensive and defensive tactics in team games.
4. I am able to combine individual physical skills in a competent manner, such as leaping, rolling, weight transfer, hand/foot dribble, running, throwing, etc.

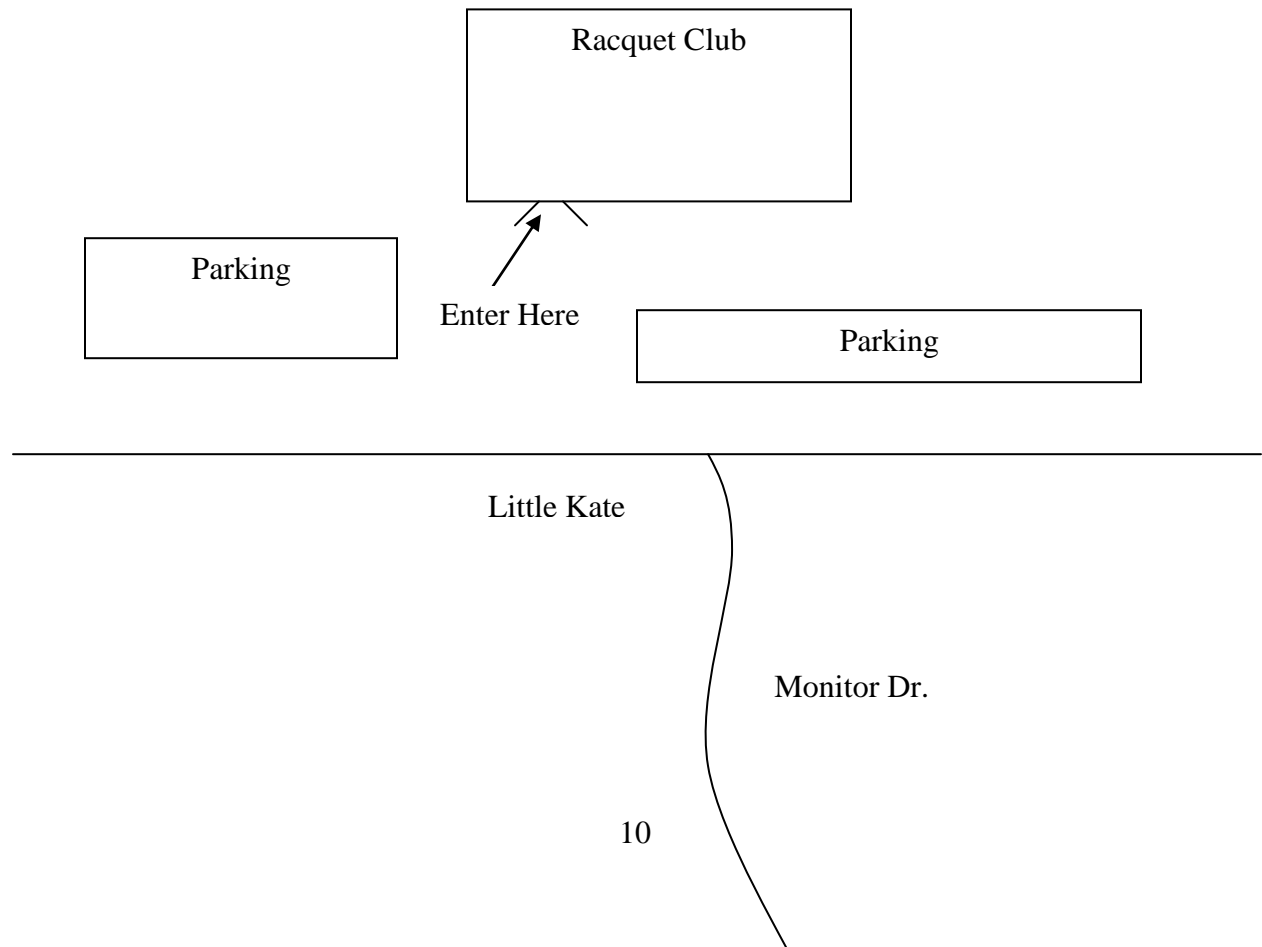
5. While being guarded by an opponent, I am able to throw and catch.
6. I can accept decisions of game officials, even if I disagree with the call.
7. I understand that skill improvement requires input of practice time and effort.
8. I accept the instruction from coaches. I may even make my own modifications of coaching directions.

Parents, coaches: Now that I'm 13 or 14 years old, I have developed quite well and have an interest in the benefits of sports activities. But I'm still a young teenager and here is what you can expect:

1. I will combine different physical skills to a more competent level.
2. I have a tendency to practice skills learned in practice on my own.
3. My interest is growing in developing, improving and maintaining body composition.
4. I know, and can describe, proper conduct from participation in sporting activities including ethical and unethical behavior.
5. My taking part in physical activities helps me recognize the long-term physiological and psychological benefits.
6. I accept the instructions from coaches, but during games I may become angry at negative yelling or instructions shouted by fans or parents.

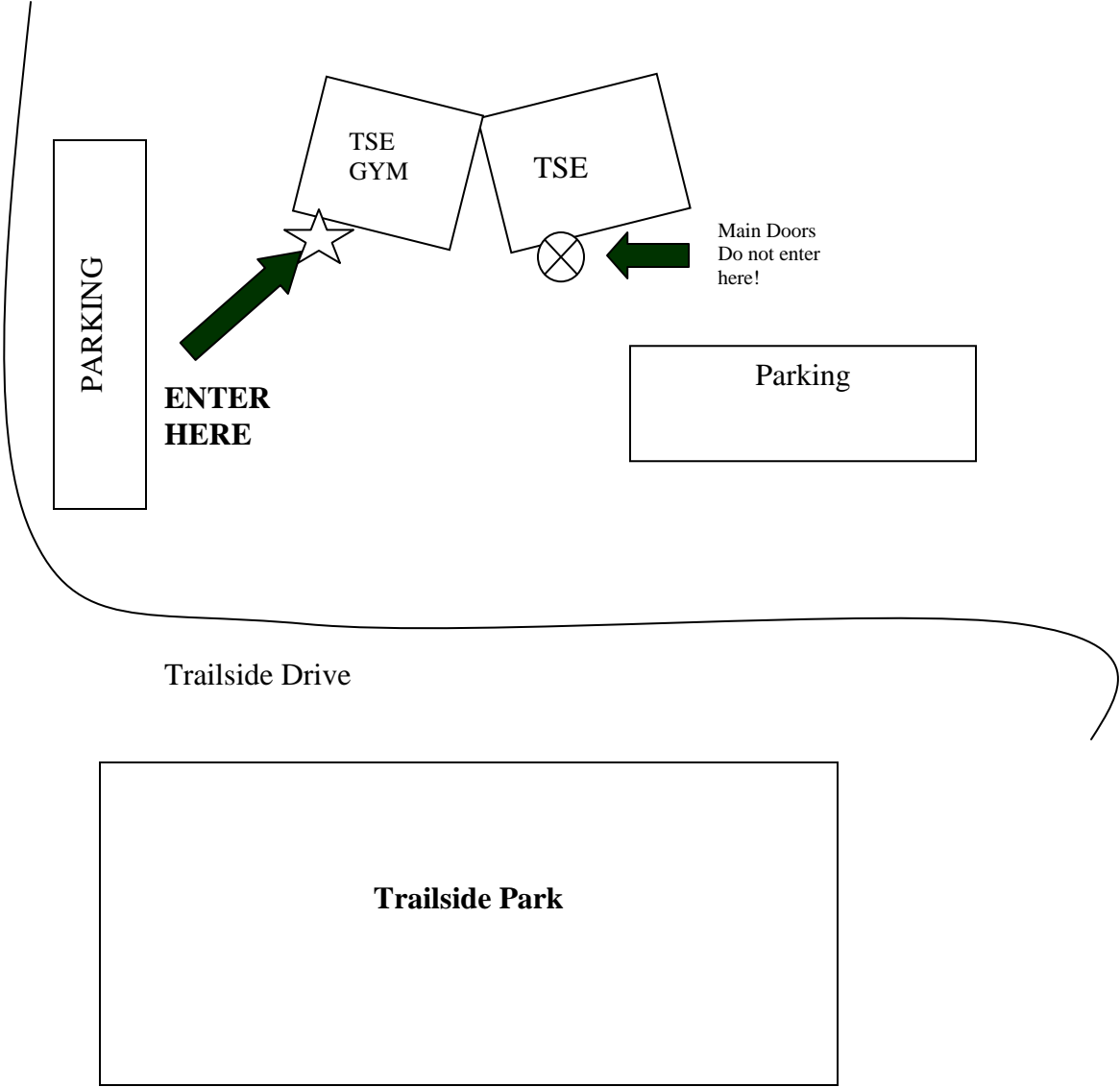
Park City Racquet Club

1200 Little Kate 615-5400



Trailside Elementary School

5700 Trailside Drive



Ecker Hill Middle School

