

# Energy Youth Basketball Club

## Player/Parent Expectations Contract



### Philosophy:

Our philosophy is predicated on building a love of the game and the foundational fundamentals that will allow each player to maximize their potential and experiences this year and in the years to come. We believe that having fun and working hard are synonymous and vital for young athletes to learn. We will be teaching just as much about character, mental resiliency/attitude and teamwork as we will about basketball. Our ultimate goal is each player walks away from the season with a strong desire to play the game again, having built new friendships with their teammates and having grown significantly in their physical fundamental skills and understanding of basketball concepts.

### Core Values -

**Attitude** - A positive, supportive, can-do attitude will be the expectation for all stakeholders in the organization, including players, parents and board members.

**Effort** - All stakeholders will give maximum effort both on and off the court to support the success of every player and the organization.

**Energy** - All stakeholders will approach all scenarios with enthusiasm and positivity in order to support the success of every player and the organization.

**Expectations for Attending Practices and Games:** *EYBC basketball is not an a la carte experience. We cannot help kids grow and learn the life lessons necessary to do so unless they are at practices and games. Joining an EYBC team is a priority commitment.*

### Excused Absences from Practices/Games:

1. Illness - If a player is so physically ill that they cannot leave their home they will be excused. Having a cold or an injury is not an excused absence. If players have an injury or a cold and cannot practice, they are still required to be at practice.
2. Family Emergencies or Lifetime Events - If there is a family emergency or lifetime event the practice will be excused. Examples - Death in the family, Serious Injury or Illness of an Immediate Family Member, Pre-scheduled Major Family Vacations, Graduation of a Close Relative, Special Recognition of a Family Member etc. Other events are to be evaluated by the coaching staff.
3. Completing a Prior Sport Commitment -If your child is still playing a fall sport (Soccer, Football, Volleyball etc.) they will be allowed to finish that sport as an excused absence from practice. Other activities will be evaluated on a case by case basis.

### Attendance Policy:

- Missing practice for any reason other than the three above outlined reasons will result in **one missed game for each missed practice.**

\*Players who are missing game time because of missed practices are still required to attend the games as a supportive teammate. \*If missing practices becomes a pattern, the coaching staff will visit with the family to discuss the issue, which could result in lost game time and potentially removal from the team. Removal from a team must be approved by the EYBC Coaching Coordinator.

Late to Practice Policy:

- Players are expected to be at practice on time because timeliness is an important life skill and an important part of being a good teammate. We realize that life events happen and want to be flexible and understanding of the many challenges families have getting their children to and from practices. If being late becomes a pattern, the coaching staff will visit with the family to discuss the issue, which could result in lost game time and potentially removal from the team.

**Expectations for Parents:**

1. Release the experience to your child. The experience is about them, not you.
2. Teach your child to be an advocate for themselves. The expectation on this team is that the child talks to the coach if they are having an issue or don't understand something. If the challenge is not resolved, the parent can certainly speak with the coaching staff privately by making an appointment. Approaching coaches before, during or after a practice or a game is not appropriate.
3. When at practice parents are to let coaches coach. You can watch silently on the sidelines, but understand, your player may not perform as well if they are worried about what mom and dad are thinking on the sidelines.
4. Do not speak negatively about coaches or other players in front of your child or other players at any time.
5. When watching games parents are to be encouraging to the team and respectful representatives with officials and other spectators.
6. When watching games parents are to let the coaches coach. It is already hard enough for players to hear coaches during the game. It is even more nerve wracking for them to have people in the stands telling them what to do while they are trying to listen to their coaches. Let the coaches do their job and coach the team.
7. Be positive and supportive with your child! You are a big part of helping them have fun and enjoy the experience!

**Playing Time:**

Our goal is to ensure each player gets as much playing time as possible within the framework of their skills.

1. Playing time will be equal until the last five minutes of the game at which time it is up to the coaches discretion who plays.
2. Playing time will be reduced if a player is not demonstrating the sportsmanship, respect and character behavior necessary to be a positive contributor to the team.

**Keys to your Child Being Successful (Coachability):**

1. Attitude and Respectfulness - Having a positive attitude is essential to being successful and a part of the team. Players who have bad attitudes, body language or talk back will be coached on how to improve and lose playing time in games.
2. Pay Attention - Players who do not pay attention, will not be able to apply the skills and concepts they are being taught.
3. Be a great Teammate - Players are expected to be encouraging and positive with their teammates.

**What Each Player Needs:**

1. Appropriately Sized Ball
  - a. 4th-6th Grade Girls - 28.5 Ball    4th Grade Boys - 28.5 Ball    5th/6th Grade Boys - 29.5 Ball

**Homework:**

1. Play Basketball for 3 Recesses Per Week
2. 30 Form Shots Each Day (Non Practice/Game Days)
3. 10 Minutes of Dribbling Each Day (Non Practice/Game Days)

I have read and agree to abide by the above guidelines.

Player: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# Energy Basketball Student Athlete Pre and Mid Season Check



Student Athlete Name: \_\_\_\_\_

The purpose of this teacher check in form is to emphasize the importance of our players learning how to be successful, hard working student athletes. We emphasize character, teamwork, attitude and effort on the basketball court, but this comes secondary to the importance of these traits in the school setting. Please rate and provide your input into your student's performance at school. As coaches we will work with the player to meet the high standards necessary to be a successful student athlete. Our minimum expectation for our players is to meet the "professional" requirements for attitude and effort as outlined in the below rubric.

## Effort in School - Please Circle The Applicable Rating For the Student Athlete

**Rookie** - The student athlete seldom demonstrates responsibility, work ethic and accountability for their school work and behavior at school.

**Semi-Professional** - The student athlete sometimes demonstrates responsibility, work ethic and accountability for their school work and behavior at school.

**Professional** - The student athlete often demonstrates responsibility, work ethic and accountability for their school work and behavior at school.

**All-Star** - The student athlete always demonstrates responsibility, work ethic and accountability for their school work and behavior at school.

## Attitude in School - Please Circle The Applicable Rating For the Student Athlete

**Rookie** - The student athlete seldom demonstrates a growth mindset, and perseverance necessary to learn and grow in their academic skills.

**Semi-Professional** - The student athlete sometimes demonstrates a growth mindset, perseverance and perseverance necessary to learn and grow in their academic skills.

**Professional** - The student athlete often demonstrates a growth mindset, and perseverance necessary to learn and grow in their academic skills.

**All-Star** - The student athlete always demonstrates a growth mindset, and perseverance necessary to learn and grow in their academic skills.

Additional Teacher Comments:

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Teacher Signature: \_\_\_\_\_