

Great Falls Basketball 2025-2026 Coaches Meeting

Wednesday, November 5, 2025

7:00PM – 8:30PM

Forestville Elementary School



Welcome to the 50th Season of Great Falls Basketball



Program Logistics - A Snapshot



Select gained two new zip codes in the last two years!



Our league grew in size almost 10% last year!



Board Members 2025 – 2026

Christie Shumadine	Commissioner/ Director - Referees
Brian Lochhead	Director - Boys/Girls House K-2
Chad Smolinski	Director - Boys House Grades 3-5
Ryan West	Director - Boys House Grades 6-8
Larry Zmuda	Director - Boys House Grades 9-12
Kevin Powers	Director - Girls House Grades 3-12
Adam Bovenzi	Director - Select
Karyn DeVito	Director - Equipment
Theresa Bhatia	Director - Clinics and Camps, Marketing
Maritsa Kondilas	Director - Merchandise/Scheduling and Facilities
Kari Carey	Director - Operations
Jim Fitzmaurice	Director - Special Events
Karen Rewalt	Director - Website and Communications
Lani Hsiao	Treasurer
Amy Kelly	Secretary
Dynne Shi	Registrar, Director - Scheduling and Facilities

Grade Group Coordinators (GGCs)

Girls 3	Melissa Whitson
Girls 4	Kevin Powers
Girls 5/6	Brigitta Earle
Girls 7/8	Cristina Gussman
Boys 3	Sandra Gluvna
Boys 4	Zeynep Mehmetoglu
Boys 5	Chad Smolinski
Boys 6	Maritsa Kondilas
Boys 7	Lani Hsiao
Boys 8	Seena Safi
Boys 9/10	Rabiya Jilani
Boys 11/12	Amy Kelly
K/1/2	Brian Lochhead/Dynne Shi



Website (www.gfhoops.com)



LOGOUT | MY ACCOUNT



GREAT FALLS BASKETBALL

HOME NEW TO GFHOOPS SELECT 4TH GRADE DEVELOPMENT HOUSE K-2 PROGRAM COACHES REFEREES CLINICS AND CAMPS MASTER CALENDAR DICK'S SPORTS COUPON

LINKS

Registration

House FAQs

Select FAQs

Coach FAQs

Referee FAQs

Financial Aid

Code Of Conduct

Readiness To Play

Disruptive Behavior Policy

Contact Us



GREAT FALLS BASKETBALL

WELCOME TO GREAT FALLS BASKETBALL

PROGRAM TYPES

- House League**
(Recreation, Grades K-12)
- 4th Grade Developmental Program**
(Developmental, Grades 3-4)
- Select League**
(Competitive, Grades 5-8)
- Youth Referee Program**
(Paid Job, Grades 7-12)
- Clinics & Camps**
Skill Development, Grades K-12

FALL 🍂
Fall Clinics, Select Open Gym & Tryouts, Referee Training

WINTER ❄️
Main season from mid-November to March (House, 4th Grade Development, Select)

SPRING/SUMMER ☀️
Spring and Summer Clinics and Summer Day Camp

KEY PARTS OF THE YEAR

Kindergarten	Elementary (Grades 1-5)	Middle School (Grades 6-8)	High School (Grades 9-12)
- House Program - Skills and Drills - Clinics	- House League 4th Grade Developmental Program - Select League - Clinics	- House League - Select League - Clinics - Youth Referee Program	- House League - High School Game Time Clinics - Youth Referee Program



HOW TO GET TO GREAT FALLS BASKETBALL?

SAVE

Website - Coaches Links



GREAT FALLS BASKETBALL

LOGOUT | MY ACCOUNT

HOMENEW TO GFHOOPSSELECT4TH GRADE DEVELOPMENTHOUSEK-2 PROGRAMCOACHESREFEREESCLINICS AND CAMPSMASTER CALENDARDICK'S SPORTS COUPON

LINKS

- Registration
- House FAQs
- Select FAQs
- Coach FAQs
- Referee FAQs
- Financial Aid
- Code Of Conduct
- Readiness To Play
- Disruptive Behavior Policy
- Contact Us



ALL HOUSE EVALUATION

HOUSE COACH FAQs

TEAM COMMUNICATIONS (GAMECHANGER APP)

VOLUNTEER BUILDING DIRECTOR

CONCUSSION COACHES FACT SHEET

ONE OF THE CH GRADE

Date	Grade	Time	Location
Saturday Nov 8th	Girls 3	9:00-10:00am	Great Falls ES
Thursday Nov 6th	Girls 3	5:00-6:00pm	Great Falls ES
Saturday Nov 8th	Girls 4	10:00-11:00am	Great Falls ES
Thursday Nov 6th	Girls 4	6:00-7:00pm	Great Falls ES
Saturday Nov 8th	Girls 5-6	11:00-12:00pm	Great Falls ES
Thursday Nov 6th	Girls 5-6	7:00-8:00pm	Great Falls ES
Saturday Nov 8th	Girls 7-8	12:00-1:00pm	Great Falls ES
Thursday Nov 6th	Girls 7-8	8:00-9:00pm	Great Falls ES

GIRLS HOUSE EVALUATION DATE

Select

Website - Master Calendar



GREAT FALLS BASKETBALL

[HOME](#) [NEW TO GFHOOPS](#) [SELECT](#) [4TH GRADE DEVELOPMENT](#) [HOUSE](#) [K-2 PROGRAM](#) [COACHES](#) [REFEREES](#) [CLINICS AND CAMPS](#) [MASTER CALENDAR](#)

2025 - 2026 CALENDAR

Date	Day	Event
10/6/2025	Mon	Select Teams Begin Practice (or as soon as teams are formed)
10/13/2025	Mon	FCPS Student Holiday - gyms open
10/15/2025	Wed	Development Team Tryouts
10/20/2025	Mon	FCPS Student Holiday – schools/gyms closed
10/21/2025	Tues	Monthly Board Meeting - October (Board Members Only)
10/28/2025	Tues	Grade Group Coordinator(GGC) Training
10/30/2025	Thurs	Fall Clinics End
10/31/2025	Fri	Great Falls Halloween Festival, Village Green
11/3/2025	Mon	FCPS Student Holiday – schools/gyms closed
11/4/2025	Tues	FCPS Student Holiday – schools/gyms closed
11/4/2025	Tues	Registration closes for grades 2-8
11/5/2025	Wed	House Coaches Meeting Grades 2-12 FES 7-9 pm

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Website – News and Social Media (Instagram, Facebook, X)



Newsletter – The Hoop Scoop

– SHARE YOUR –
NEWS

Community Newsletter

On This Court, We're All Family

November 2024

GREAT FALLS BASKETBALL

THE HOOP SCOOP

Strengthening Community Through Sport

Honoring Jess Spencer's Dedication to Youth Basketball

If you've attended any GF Hoops programs or clinics, you may have experienced the joy and inspiration that Jess (Conicelli) Spencer brings to our community. Jess has been an essential part of GF Hoops since 2015, sharing her passion for basketball and her commitment to young athletes. She has led the K-2 winter program and our 4th-grade developmental team, trained our FCYBL Select teams, and ran our year-round clinics, summer camps and coaches' training.

Jess's remarkable basketball career began at Biola University, where she earned the title of GSAC Women's Basketball Player of the Year and was inducted as a Women's Basketball Hall of Fame 'Ring of Honor' Honoree. She went on to play professionally in Belgium, Luxembourg, and Switzerland, achieving the prestigious Eurobasket Forward of the Year honor. Her skill, discipline, and love for the game are qualities she instills in every young athlete she coaches.

Now residing in Wilmington, NC, with her husband and two year-old daughter, Jess is building an exciting and vibrant athletic program as the Athletic Director at Providence Preparatory School. Despite her new responsibilities, Jess remains connected to GF Hoops, and we are thrilled that she will be back with us for our winter 2nd-grade training program, along with our summer camps in 2025.

Jess, thank you for all you do. You are a treasured part of the GF Hoops family. We Love you, Jess!

New 3X3 Format for Girls High School Basketball League

In the spirit of the excitement and energy from the Summer Olympic Games, we're thrilled to kick off our inaugural Girls High School 3v3 Basketball League! Get ready to bring your A-game and showcase your skills in a fun, fast-paced environment!

3v3 basketball is a blast for several reasons!

- Fast-Paced Action: Fewer players means games move quickly
- Skill Development: Players improve faster with more touches
- Team Dynamics: Smaller teams foster stronger teamwork
- Less Pressure: A relaxed atmosphere allows for more enjoyment
- Strategic Gameplay: Focus on spacing, and decision-making
- Social Interaction: A fantastic way to meet new people

What to Expect:

- Dynamic 3v3 Format: Shorter, high-intensity games
- Team Formation: Sign up with friends or we will find a team for you
- Olympic Spirit: Embrace the competitive vibe and style of play
- Game Rules: See our website at [Girls 3v3 rules](#)
- Schedule: Regular weekend games & final championship tournament

Come ready for fun, bring your friends and enjoy the dynamic format! Register for only \$99 by logging in.

Keep Calm and Play On

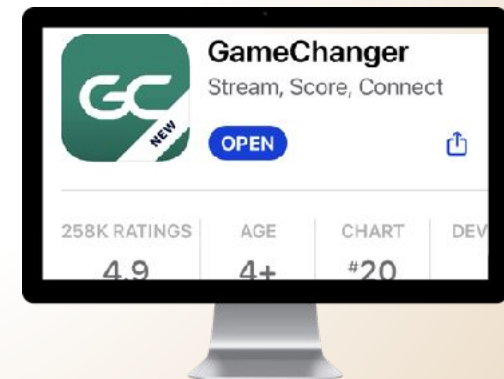
info@gthoops.com



Team Communication App

GameChanger

- 1) Download the app
- 2) After your draft, **IMPORT** your team
(detailed instructions on website under Coaches Tab)
- 3) Then:
 - ❑ Prepare welcome email
 - ❑ Maintain schedule
 - ❑ Track attendance
 - ❑ Send reminders
 - ❑ Schedule changes



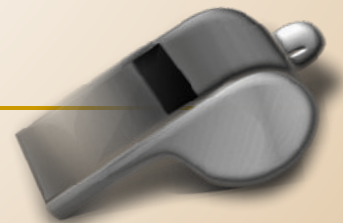
Commonly Misunderstood Rules

I thought I knew all the rules as a player, coach, trainer, AAU director and basketball junkie but then I became the Director of Referees and learned some of the rules were not what I thought.

- ❑ Three Second Count Reset
- ❑ Jump Ball
- ❑ Legal Guarding Position
- ❑ Closely Guarded Count
- ❑ Illegal Screen vs Moving Pick
- ❑ Free Throw Lane Requirements
- ❑ Advantage/Disadvantage Assessment
- ❑ Kicked Ball
- ❑ And what about the modified house league rules that have resulted in a loss because coaches didn't understand the adjustments!



Refs are happy to clarify the commonly misunderstood “real rules” but do your part, read and understand the house league rules.



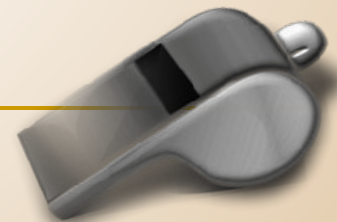
Know The Modified Rules

- ☐ 10 pages
- ☐ Outlines house league rules that differ from NFHS rules only
- ☐ Helpful chart for planning player rotations



GREAT FALLS BASKETBALL

SELECT	4TH GRADE DEVELOPMENT	HOUSE	K-2 PROGRAM	COACHES	REFEREES	CLINICS AND CAMPS	MASTER CALENDAR
		LEAGUE RULES - House Rules Summary - Full League Rules - At A Glance-Girls Grade 2 - At A Glance-Girls Grade 3/4 - At A Glance-Girls Grade 5/6 - At A Glance-Boys Grade 2 - At A Glance-Boys Grade 3 - At A Glance-Boys Grade 4 - At A Glance-Boys Grade 5 - At A Glance-Boys 6-12 & Girls 7-8 - At A Glance-Girls 9-12-3v3 - HIGH SCHOOL BOYS 11/12 STATS	HOUSE FAQs K-12TH GRADE GAME TIME BLOCKS		HOUSE REFUND POLICY SHEET	CONCUSSION PARENT FACT SHEET	HIGH SCHOOL BOYS 9/10 STATS



Make Sure To Know Playing Time Rules

A. Playing Time:

1. **Minimum Requirement** -- Each player must play a minimum of at least one (1) full quarter of continuous play from the start to the end of the quarter in each half for a total of two (2) full quarters per game.
2. **Maximum Limitation** -- No player may play more than three (3) full quarters in a game unless all other players will have played at least three (3) full quarters in the game which can include the fourth quarter. Thus, a player may play four (4) full quarters as long as all other players:
 - will have played three (3) full quarters prior to the start of the fourth quarter OR
 - will play their third full quarter in the fourth quarter of the game and cannot be substituted during the fourth quarter.

# of players	Players able to play 4 quarters	Players able to play 3 quarters	Players able to play 2 quarters
8 players	0	4	4
7 players	0	6	1
6 players	2	4	0
5 players	5	0	0

3. **Fourth Quarter Substitution** -- Coaches are encouraged to consider making substitutions in the fourth quarter as permitted in Section 1(C)(4) to better balance playing time among players; however, a player cannot be substituted during the fourth quarter if that quarter is being applied towards the minimum playing time requirements pursuant to Section 1(A)(1) & (2).

Training for Coaches

- In Person Coaches Clinic
 - Lead by a professional trainer
 - Mandatory for first year/new coaches; all returning coaches welcome
 - **Saturday, November 15th**
 - 9:00 – 10:30am Grades 2-5
 - 10:30 – Noon Grades 6-8
 - Forestville ES
 - **Bring chair, pen, paper**
 - Clinic goals
 - Demonstrate age-appropriate drills
 - Develop practice plans
 - Discuss game strategies
 - Distribute coaches' manual
 - Question and answer session



New! Extra Practice Opportunities



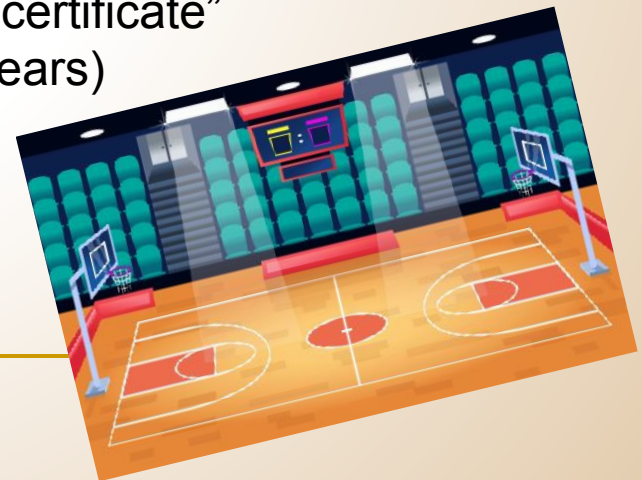
- ❑ Short on weekday gym space due to multiple schools under renovation.
- ❑ Numerous weekday closures due to holidays and school events.
- ❑ Plan to use any extra gym space on weekends to allow teams to conduct extra practices as make-up sessions or just extra court time.
- ❑ Must sign up by Tuesday night at 9pm via shared doc. Priority given to teams that miss a weekday session due to gym closures.
- ❑ More than one team can request the same spot and we will determine equitable allocation based on established criteria.
- ❑ We will confirm your space by Wednesday at noon.
- ❑ You may not sign-up for the same spot EVERY weekend in order to allow other teams to use the space.
- ❑ If you sign up, you must use the space or we will decline future requests.
- ❑ Successful use of this additional practice space requires planning and communication between the scheduler, school, county, coach and players.
- ❑ If this becomes a problem, we will be forced to remove this option.

New! Pre-Season Game

- ❑ Weekend of 11/15-16
- ❑ Grades 2-8
- ❑ Pre-season game with refs
- ❑ Results will NOT count towards standings
- ❑ Allows coaches and players an opportunity to shake off the rust and ease back into games
- ❑ These will be scheduled games, not pick-up style.

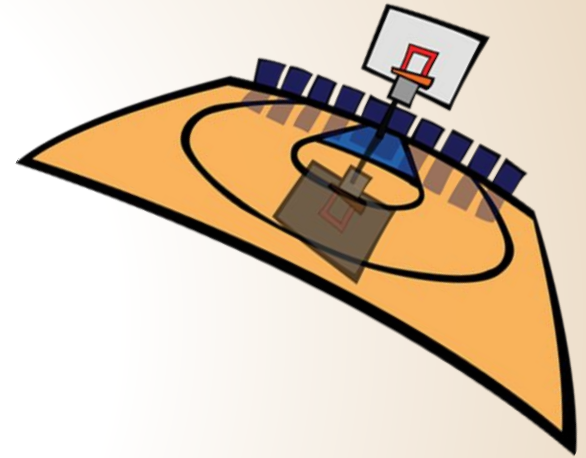
Volunteer Building Director (BD)

- ❑ Mandatory for all Head Coaches and Assistant Coaches to take test and obtain certificate
- ❑ Saves our program money -- we don't have to pay for county personnel to monitor our gyms
- ❑ Go to:
 - <https://www.fairfaxcounty.gov/afar/FARLogin.aspx>
 - Create new user/login to existing account in the Facilities Application Request (FAR) system
 - Select "Director Profile" tab
 - Select "Building Director"
 - View the Building Director video/Download 5 page BD manual
 - Take the 12 question on-line test
 - Select "Apply for/renew your Building Director certificate"
 - Certificates will be sent via email (good for 2 years)
 - Keep a copy on your phone
 - Forward certificate email to your GGC



Respect Our Gyms

- ❑ Leave gyms and bathrooms in same or BETTER condition than you found it
- ❑ Gyms are someone's "classroom"
- ❑ No food or drinks, except water
- ❑ No bouncing balls in hallways
- ❑ Don't erase or damage whiteboards/wall hangings
- ❑ Basket heights go back to 10ft by Sunday night
- ❑ Respect practice start and end times
- ❑ Don't enter gyms early for 5:00/5:30pm start times
- ❑ Equipment issues
 - Notify custodian
 - Take photos
 - Notify Director of Facilities via email: registrar@gfhoops.com
- ❑ Gym Access
 - Find custodian (ring doorbells at doors and loading dock)
 - Call Christie Shumadine, Commissioner/Director of Referees 703-405-8561
 - If you can not reach them, call the County at 703-609-8870



Coach Notes

You Are The Key to Our Success!

- ❑ Have fun and bring some energy!
- ❑ Teach the fundamentals of the game
- ❑ Model positive behavior – whether winning or losing
- ❑ Share playing time; plan rotations in advance
- ❑ Simple plays work great
- ❑ Offense wins games, defense wins championships; don't forget to work on defense
- ❑ Help to effectively manage spectators
- ❑ Support and mentor our youth coaches
- ❑ Show respect for referees-
 - These are kids from our community
 - Consider the impact of publicly yelling at our refs
 - Referees may have a better view and a neutral perspective
- ❑ Reminder- only two coaches are allowed on the sidelines for games



Rules



--- PLEASE REMEMBER ---

1. These are KIDS.
2. This is a GAME.
3. Coaches are VOLUNTEERS.
4. Referees are HUMAN and #1 above.
5. Your child is not being scouted by the NBA/WNBA/College today.
6. You are not being considered for a professional coaching job.
7. You don't want to become the topic of a referee's college application essay or future job interview that begins with...
describe a time when you dealt with a difficult person.

House Evals

- ❑ New! Automated check-in process
- ❑ We provide printed sheet with player names at evals to save time
- ❑ Take your own notes
- ❑ Need one composite score per player
- ❑ Scoring guidance below - only coaches will see ratings

Round	Score	Definition
Round 1	31-35	Top player in the league, all around skills
Round 2	26-30	Key player on the team
Round 3	21-25	Key player, needs simple fine tuning
Round 4	16-20	Show some experience, has key skills in 1 or 2 areas
Round 5	11-15	Understands basics, needs improvement
Round 6	6-10	Has played before, no solid skills
Round 7	1-5	Has little to no prior experience

Team Drafts

- ❑ Goal: form balanced and competitive teams
- ❑ Information sharing
- ❑ No pre-assignment of assistant coaches if they have a child in the age group
- ❑ Pay attention to “Can Not Practice” dates
- ❑ Board member attending has final say in any issues



DICK'S Sporting Goods Sponsorship

GREAT FALLS BASKETBALL

**Gear up for Winter Sports
at Dick's Sporting Goods
Dulles Town Center**
21070 Dulles Town Cir, Dulles, VA 20166

20% Off
In-Store Coupon

November 7th-10th

DICK'S SPORTING GOODS

**November 7th-10th 2025
20% In-Store Discount**

2025 Discounts

November 7th /8th /9th /10th
Dulles Town Center location
20% off coupon

- Includes sale items
- Includes items ordered in store, shipped to your home

Portion of sales will directly benefit GF Hoops

- We receive DICK'S gift cards
- Purchase basketballs, pinnies, whistles, basketball, pumps, score books, etc. for our coaches and league

Equipment

- ❑ We provide a \$50 DICK'S gift card to head coaches towards the purchase of a basketball or any other basketball equipment you would like to have
- ❑ Home team must supply a GOOD game ball - proper size, good grip, proper inflation



New! Logo, Swag and 50th Year Gear

- ❑ Online store will go live shortly.
- ❑ Order holiday gifts, stocking stuffers, and awesome GF Hoops swag to show your support and pride in our league and community!
- ❑ All orders will be mailed directly to your home.



Key Dates



House Coaches Meeting Grades 2-12 FES 7-9 pm	11/5/2025	Week 4 - House League Games All Grades	1/3/2026
House League Evaluations #1 – Grades 3-8	11/6/2025	House/Select Practices Resume	1/5/2026
House League Evaluations #2 – Grades 3-8	11/7/2025	Week 5 - House League Games All Grades	1/10/2026
House League Evaluations #3 – Grades 3-8	11/8/2025	Skills Competition – Boys HS	1/10/2026
House League Evaluations #4 – Grades 3-8	11/9/2025	Week 6 - House League Games All Grades	1/17/2026
Dick's Day	11/7/2025	High School Senior Scholarship Application and Live Like Lily Award Period Opens	1/17/2026
Dick's Day	11/8/2025	FCPS Student Holiday – schools/gyms closed	1/19/2026
Dick's Day	11/9/2025	Week 7 - House League Games All Grades	1/24/2026
Referee Meeting First Year Refs Only	11/9/2025	Skills Competition – Grades 3-8	1/24/2026
House League Drafts Begin	11/10/2025	Skills Competition – Grades 3-8	1/25/2026
FCPS Student Holiday - gyms open	11/11/2025	FCPS Student Holiday - gyms open	1/29/2026
Referee Meeting - Experienced Refs Only	11/12/2025	FCPS Student Holiday - gyms open	1/30/2026
Grade 2 Sessions begin	11/15/2025	Week 8 - House League Games All Grades	1/31/2026
Referee Meeting - Experienced Refs Only	11/15/2025	Week 9 - House League Games All Grades	2/7/2026
Referee Meeting - Experienced Refs Only	11/16/2025	Skills Competition – Grades 3-8 (if needed)	2/7/2026
Coaches Training – GFES	11/16/2025	Player evaluations and ratings process begins for coaches	2/7/2026
House League Practices Begin Grades 3-8	11/17/2025	High School Senior Scholarship Application and Live Like Lily Award Deadline	2/9/2026
NEW! Optional PreSeason Weekend Scrimmages Grades 3-8; Grade 2 Cont.	11/22/2025	Week 10 - Final Week of House League Games All Grades, K/1 program ends	2/14/2026
Boys High School Draft	11/23/2025	Spring Clinic and Summer Camp Registration Begins	2/15/2026
FCPS Student Holiday – schools/gyms closed	11/26/2025	FCPS Student Holiday – schools/gyms closed	2/16/2026
FCPS Student Holiday – schools/gyms closed	11/27/2025	Player evaluations and ratings due from Coaches	2/16/2026
FCPS Student Holiday – schools/gyms closed	11/28/2025	FCPS Student Holiday - gyms open	2/17/2026
Week 1- House League Games 3rd-8th Grades and K/1 Training Begins	12/6/2025	GF Hoops Volunteer Appreciation Night – GGCs, Coaches, and Board	2/20/2026
Week 2 - House League Games All Grades (Boys High School Games Begin)	12/13/2025	Week 1 - GF Hoops March Madness Tournament Games Begins	2/21/2026
Picture Day Grades 2-6	12/13/2025	Week 2 - GF Hoops March Madness Tournament and Grade 2 Ends	2/28/2026
Week 3 - House League Games All Grades	12/20/2025	Final Weekend - Championship and All Star Games	3/7/2026
Referee Holiday Event	12/20/2025	MVP Awards Presentation	3/7/2026
FCPS Student Holiday – schools/gyms closed (start of winter break)	12/22/2025	Live Like Lily Awards Presentation	3/8/2026
FCPS Student Holiday – schools/gyms closed (end of winter break)	1/2/2026	Spring Clinics Begin	3/9/2026

