

# HANDBOOK



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\*Modified on 1/4/2024



## **MISSION**

LWAA Elite is a competitive basketball program that offers opportunities beyond the recreational level beginning with current 5th graders. Our oldest age group currently offered is 9th grade, but the program is relatively new and ever changing.

The objective is to provide a more competitive environment for kids that find recreational basketball isn't enough and to prepare the younger age groups for more competitive play at the Middle School and High School level. Our 5th-6th grade teams offer more of a developmental bridge between rec and AAU while our 7th grade teams and up will provide a more competitive experience with local travel,

This is not a skills training program. This program is for the players who already have established great skill and are ready for the next level of competition on the basketball court. We will focus on additional skills training as well as teaching players how to be better teammates on and off the court.

## **PROGRAM SUMMARY**

In addition to preparing our players for a future in basketball, we want to prepare them for a successful future as a person. We expect our players to conduct themselves in a professional manner on and off the court. Our coaches will hold them responsible for their actions and demand a lot out of the kids on and off the court.

## **PROGRAM COMMUNICATION**

Communication is key to success in all aspects of life and communication from LWAA to parents and players is no exception. We intend to use the app "SLACK" for all communication for all teams. We will not do team communication through email, text chains or other platforms. Slack is to be used for parents, coaches and technical directors. None of the players are permitted on the Slack channels.

We encourage the kids on each of the older team to make a group text chain to motivate each other and become better friends/teammates.

## **TEAM BREAKDOWN**

All teams will consist of 8-12 players depending on the length of season and age group. Depending on the skill level available for each team, there may be the possibility to offer practice slots to some players. These players will not be eligible to participate in games but will practice with the team to improve their skills.

Each team will have at least one coach on staff and a team manager to help with communication and planning team items.



## **PLAYER PLACEMENT**

All players are required to try out for the team on an annual basis. Players are not guaranteed placement on any team because they were on the team previously. We feel this pushes the kids to improve and is a valuable lesson in life.

All tryouts will have an independent evaluator to score the children of the coaches to confirm placement on the team is fair.

We don't intend to offer roster spots to children just to fill a roster. To earn a spot, we must feel that the player is either 1) already capable of competing at the needed level, or 2) has the potential to complete at the needed level.

The below are the anticipate annual tryout dates for the different age groups:

Early-Mid February: All age groups

## **AAU AND OTHER MEMBERSHIPS**

Depending on the skill level and potential of each team, we may elect to enroll them in AAU or other organizations like NTBA. AAU membership are covered under the cost of the program but other memberships may be at the cost of the player.

## **YEARLY SCHEDULE**

We have worked hard to create schedules for the different age groups that will best prepare them to remain competitive in the long run. Some of the schedules are made to keep the players engaged over the entire course of the year with some strategically scheduled breaks. We have also put in several optional weeks that will allow the truly dedicated players to continue to improve their skill set.

## **PRACTICE REQUIREMENTS**

All players are required to attend 67% of team practices. In the event the player can't attend a practice, they must notify the coach as soon as possible via Slack.

We are committed to allowing kids to play other sports so will try to be as flexible as possible so the player must reach out the coach and technical director to discuss options if they above percentage can't be met.

Additional skills training or homework, may be options to offset missing team practices. Practices with other teams could possibly be other options. Attending less than the



above percentages must be discussed with the coach and program director prior to the start of the season.

Please note that not adhering to the practice requirements is grounds for removal from the program by either the coach or the program director. We don't want kids that aren't dedicated to the team to take spots from other kids.

## **PRACTICE FORMAT**

Team practices will primarily consist of the team working together on plays, strategy and other matters related to team success. These will typically be 1.5-hour long practices and occur every week unless during holiday or school breaks.

## **GAME TIME EXPECTATIONS**

- Players are expected to attend all games.
- They players should arrive at the facility by the time the coach has requested.
- Players should have shoes on and overclothes off at the conclusion of the prior game or they may not play in the first half.
- They should always have both uniforms with them.
- Players should encourage their teammates at all time.
- Players and parents should never argue with referees.
- Players should never argue with players from the other team.
- Players are expected to respectfully wait for their games to start and behave during down time before and between games.
- Playing time is not guaranteed. Our goal is for every kid to play in every game, but the amount will vary based on skill, practice attendance, behavior and effort. The older the kids, less balance of playing time the players could expect.
- Players should listen to their coach and not their parents or other fans.

## **PARENT EXPECTATIONS**

Parent involvement is crucial to the success of the player, the team and the program. We rely heavily on you to get your kids to/from practices and games and are appreciative of all you do. However, we ask you to do the following:

- Do not coach from the sidelines. Let the coach do the instruction.
- If your child is not happy with their playing time, offer suggestions on what they can do to earn more playing time. Do not second guess the coach. If you don't put the coach in a place of authority, neither will they.
- Help them love the game. If they are playing for the love of the game, then they will enjoy it more.



## **PLAYER EVALUATION FORMS**

LWAA is committed to helping each player improve and part of that process is providing honest feedback to each player. The coaches will work with the program director to provide end of season evaluation forms to show the kids needed areas of improvement and where they have excelled if requested by the parents. If you would like mid-season evaluations, please contact your coach.

## **24-HR RULE**

In the event that communication between parents/players/coaches need to occur in regards to a disagreement, playing time or another potential topic that is contention, we ask that all parties wait 24 hours after the event to discuss. We find that many issues that seem major 5 minutes after the event may not seem as big the next day. If a parent is unhappy with playing time, wait 24 hours to contact the coach. If a coach is upset with a player about behavior at practice, wait 24 hours to decide on major discipline.

## **REQUIRED EQUIPMENT**

All players are required to have the following equipment to participate in the program:

- Home and away jersey and shorts (ordered by player from supplier)
- An appropriately sized indoor basketball. Must be useable.

The following are options items that each player can purchase

- A shooter shirt
- Backpack

## **COST**

LWAA promises to keep costs as low as possible and will only charge the minimum amount required to cover insurance, gym space, and tournament entry fees. We will offer fundraisers to help defray costs when possible.

## **FUTURE GROWTH GOALS**

The program has the goal to help as many student athletes as possible, but this doesn't mean creating as many teams as possible. Eventually the program would like to offer a team for both genders from 5th grade all the way to 10th grade. The 5th-6th grade teams would primarily be about development and the older teams will be more competitive as they progress.



## **PLAYER CONTRACT**

- I will attend as many practices as possible.
- I will communicate absences with my coach in advance.
- I will listen to my coach and not my parents during practices and games.
- I will be my teammates' biggest fan.
- I will work on my craft outside of organized activities.
- If I have social media accounts, I will promise to only post things that I would feel comfortable saying directly to my grandparents, principal etc. Posts with swears, sexual topics, lyrics that can be viewed as racist, discussion of drinking or doing drugs are all unacceptable. If a coach or program director asks me to remove a post, I will.

## **PLAYER DISCIPLINE**

In the event a player does not adhere to the player contract, game time expectations or other portion of this handbook, they are subject to discipline from the coach or program director. Poor sportsmanship toward their own players, opposing players, referees, coaches, etc. will be grounds for loss of playing time. Loss of playing time shall be a minimum of the remainder of the quarter it occurs in plus one full quarter. Repeat offensives will result in the need to meet with the program direction and coach to return to the active roster.

## **COACHES CONTRACT**

- The coaches of this program agree to be stewards of the vision of the program.
- They vow to put the program/team first in lieu of benefit to their own child and friends.
- They promise to treat their child like every other child on the team.
- They understand that the impact from a coach can last a lifetime for a student athlete and will strive to act with dignity and composure at all times while representing the program.
- They understand that even though they are tasked with helping every player improve, that there are times when winning a game is important and playing time for individuals may vary greatly.

## **PROGRAM DIRECTOR CONTRACT**

I, Kyle J. Crowe, vow to run this program in an effort to help individual athletes grow in addition to striving for each team to find success through improvement and winning. I will continue to find ways to improve the program with the goal of providing a program that is beneficial to the majority and not to cater toward the minority.