



Parent, Player, and Coach Guide

“Work Hard, Play Hard, Have Fun”

## **THE OBA :**

The following pages are designed to tell you, the coach, the parent, and/or the player what the OBA is all about: who we are, how to contact us, what programs we have, and how we interact and support you as a coach, the parent, and/or the player. This document should be treated as a guideline for those areas that are covered.

### ***OBA Mission:***

Owatonna Basketball Association is designed to provide an opportunity for boys and girls in grades 4th through 8th to play a more competitive game of basketball including traveling tournaments. Emphasis is placed on player development, sportsmanship, and teamwork. This is accomplished through establishing competitive teams, who are led by knowledgeable coaches, with a goal of developing the players to be ready to compete at the next highest level.

### ***PROGRAM DETAILS:***

The OBA offers a traveling program for girls and boys to participate in advanced, competitive, traveling basketball tournaments in grades 4-8. Depending on the number of players, teams, and ability levels, some interested players may not be selected for a traveling team. In this situation, those players are encouraged to continue their skill development via available Park and Rec (4<sup>th</sup>-6<sup>th</sup> grade) or Kid's First programs (7<sup>th</sup>-8<sup>th</sup> grade), or St. Mary's.

### ***REGISTRATION/COMMITMENT:***

OBA holds registration one time per year, typically in late September for the following fall/winter season. Registration is held as a stand-alone registration period and communicated via e-mail (for those within the OBA database) and via various advertisements. The registration deadline is communicated and is very important because OBA uses the registration deadline to decide how many teams will be formed at each grade level, and then begins to enter those teams in tournaments for the upcoming season. Teams are formed for girls and boys in grades 4th - 8th grade based upon number of participants and overall talent levels. If multiple 4<sup>th</sup> grade teams are required, it is the intent to make them equal teams in terms of talent and capability. 5<sup>th</sup> through 8<sup>th</sup> grade teams will be formed as "A" and "B" teams. Teams consist of 8-10 players using historical data, availability of gym time, and program budget to determine how many teams will be formed by OBA.

Due to the significant time commitment required, players should not participate on other non-basketball sports teams during the traveling basketball season. OBA practices and games should be the priority. Failure to follow this level of commitment results in difficult situations for teams with fewer players and is unfair to your teammates. OBA strives to partner with other Owatonna based basketball opportunities to offer the highest levels of participation possible.

## **EVALUATIONS:**

- Owatonna high school coaching staff and OBA non-parent coaches/board members will conduct the evaluations. Evaluations will consist of various individual, small group, and team drills/scrimmages. Players will be independently evaluated by using drills, such as layups, dribbling, and shooting including 1 on 1. In addition, players will participate in 3 on 3, 4 on 4, and 5 on 5 scrimmages, with rotating teammates and opponents.
- Evaluators are not only looking for the tallest, fastest, or players with the best jump shot. A successful and winning team includes players that can rebound, play defense, pass the ball, and be a good person/teammate.
- Each player must attend all evaluations sessions for his/her age group. Any deviation from this requirement must be approved by the President or high school head coach in advance. Players are expected to alter their schedules to attend evaluations. Injured players should also notify both the President and high school head coach in advance and should plan to attend each evaluation session as an observer.
- Players being evaluated should wear a t-shirt with their last name on the back of the shirt.
- Players are encouraged to bring a water bottle - no sports or energy drinks.
- Parents are not allowed in the gym during evaluations.
- Team assignments will be communicated via the OBA website at a time to be announced at evaluations.
- Players who do not make a team will receive a full refund and these players are encouraged to sign-up for the Park and Rec or Youth First programs for their respective grade/age.
- For players that make a team, no refunds will be issued once evaluations are completed.

## **EVALUATION STRATEGY:**

OBA makes use of the following strategies during evaluations: 1) equal opportunity; 2) team play and skill assessment; 3) independent evaluation.

- Equal Opportunity: Team groupings for scrimmages during evaluations are changed several times so that each player will play with and against many different players. An effort is made to equitably distribute height on the scrimmage teams.
- Team Play and Skill Assessment: Drills are used to provide an opportunity for evaluators to observe basic skills. Scrimmages give evaluators a chance to observe skills, along with a player's abilities to use these skills in a game-like situation. Scrimmages also allow evaluators to observe a player's approach to team play.
- Previous knowledge of player's skills, work ethic, and capabilities based on observations at summer camps, open gyms, skills camps, or any other basketball related activities.
- Team Placement: Team placement is 100% decided upon via the evaluation process by the high school staff and non-parent OBA coaches.

## **UNIFORMS:**

OBA introduces new uniforms as needed. Uniforms will be an additional cost at registration when your child is in need of a new uniform. OBA works with local vendors to select updated and affordable uniform solutions.

## **PRACTICE TIMES AND TOURNAMENT SELECTIONS:**

OBA holds practices at OJHS, Willow Creek, OHS, available elementary schools, and suitable for-rent facilities. Unfortunately, there is a shortage of gym space and a number of conflicting events which makes practice scheduling the single most difficult task that faces OBA. OBA strives to schedule around significant school events, schedules younger ages for earlier in the evening, etc. We strive to publish practice schedules 30 days in advance when possible.

Tournaments are selected based on the following:

- Level of competition
- Location (one hour or less commute)
- One day or two day?
- History – have we received favorable feedback in the past?
- Program – do we have a good relationship with their program?
- Schedule – is it a weekend we're looking to fill?
- Other

## **WHAT DOES OBA DO WITH REGISTRATION FEES?**

Registration fees are used to: offset the costs of tournament fees, coaches, equipment, facilities, etc

## **OBA WEB SITE AND OTHER COMMUNICATIONS**

Although OBA distributes information by e-mail throughout the year to participants, to get the most up-to-date and complete information on games, clinics, events, schedules and results, please visit our website at <http://www.owatonnabasketball.com>

## **THE OBA BOARD/PARENT MEETING**

The board/parent meeting lays the foundation for all parties – coaches, players, and parents – to explore and communicate their expectations and concerns. This opportunity is designed to discuss tournament selection, playing time expectations, coaching philosophy, etc. We encourage all parents to attend this meeting. The meeting time and date will typically correspond with the evaluation dates.

### **COACHING REMINDERS:**

If you want to reach your players, you have to understand why they play the game. A Youth Sports Institute survey of boys and girls ages 10 – 18 asked why they participate in non-school sports. Following is the rank listing of the top answers:

1. Have fun
2. Stay in shape
3. Get exercise
4. Improve my skills
5. Do something I am good at
6. Learn new skills
7. For the excitement
8. Play as part of a team
9. Make new friends
10. For the challenge of competition

Yes, “Win” was one of the choices. With both boys and girls it came in **12<sup>th</sup> place**. For your players to hear your message, particularly at the younger ages, it needs to include things like how much fun they are going to have, how they are going to improve, and how good they are getting at any given skill.

## **PLAYER COMMITMENT:**

It is important to clarify upfront commitment level is required from players.

- OBA expects all players to attend all scheduled games and practices.
- Players should be at all scheduled practices at least 15 minutes prior to going on the court. Players should plan on arriving at least 30 minutes prior to the start of a game. To begin practice promptly and end it at the scheduled time requires that players arrive early to have shoes on and ready for practice to begin at the stated time. Although they may have other obligations, players must remember the commitment they have made to OBA and to their team.
- Players should come properly dressed for practice or game, equipped and prepared to participate.
- Players should bring a supply of water to each practice and game.
- Players should agree to follow a code of ethics.

### **Player's Code of Ethics**

1. I will participate because I want to, not because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper - fighting and "mouthing off" are not acceptable.
4. I will respect my teammates and opponents.
5. I will do my best to be a team player.
6. I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are most important.
7. I will acknowledge all good plays and performances - those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.
9. I will remember that when I play or practice the game of basketball, wherever I am, I represent OBA, my team, but most of all, myself.
10. I will practice good stewardship of the facilities and do my part to keep it clean.

**Parent Commitment:**

Parents' continual support and involvement are necessary to OBA's success. They need to learn basic rules and terminology of the game and attend scheduled parent meetings. Parents can help by keeping their child's equipment, etc. clean and ready to use at each practice and game (or reminding the older players to do so themselves). Parents should make sure their child arrives on time for all games and practices, and to let the coach know if their child will not be able to attend a practice or game. Parents should pick up their players promptly after practices. While the coach is obligated by OBA to stay with the player until a parent or guardian arrives, don't turn your coach into a babysitter. Parents should agree to objectively discuss concerns with those who can assist with concerns versus those who can not assist with their concerns.

**Required parent participation:**

- Assisting at home tournaments in concessions, entry gate, etc
- Failure to work home tournaments results in forfeiture of deposit.

**Parent volunteer opportunities are:**

- Practice assistants (ask your coach how you can help)
- Scorekeeper at Tournaments
- Parent Representative
  - Team coordinator for out of town events, making room reservations for tournaments out of town or on holiday weekends.
  - Communications coordinator, i.e. e-mail addresses, phone trees, handouts, birth certificates, etc.
  - Treat scheduler

**Other ways parents can help the team:**

- Praise your child. If criticism is necessary, keep it positive and instructive.
- Put the welfare of the player ahead of all else. Children generally accept disappointment better than their parents. Don't put your disappointment on the players.
- Encourage and applaud all members of the team, and be tolerant of mistakes. They will make many as they learn, but remember not all players have achieved the same skill levels.
- Know the requirements of the player's level of play. Travel teams require high-level ability and commitment for the entire season and post-season.
- The financial and time commitments for travel team participation are great. You and your child should know these requirements and be committed to live up to them.
- Get to know the coaches. Discuss your expectations, problems or the progress of your player with the coach at the proper time. The proper time is NEVER in the company of other players and parents.
- Support your child's coaches – they need your help. Appreciate the fact that the coach has the responsibility for an entire team. Activity and behavior of the players at all times is the sole responsibility of the parents.
- Don't be a chronic complainer. If you are convinced something is wrong on your child's team, discuss things as soon as possible with the coach. If the issue cannot be resolved, the President of OBA is your appropriate point of contact.

Parents' privileges at any game, scrimmage, or practice are solely restricted to the enjoyment of that event. Your conduct reflects on the team, OBA, and our community.

### **Fair Play Code for Spectators:**

1. I will remember that children play this sport for their enjoyment. They are not playing to entertain me.
2. I will not have unrealistic expectations. I will remember that child athletes are not miniature professionals and cannot be judged by professional standards.
3. I will never ridicule an athlete for making a mistake during a competition. I will give positive comments that motivate and encourage continued effort.
4. I will respect the official's decisions and will encourage participants to do the same.
5. I will show respect for my team's opponents, because without them there would be no game.
6. I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and league officials.
7. I will not use bad language, nor will I harass athletes, coaches, or officials or other spectators.
8. I will report any conduct not in alignment with above guidelines to the OBA board.

### **Player Conflicts:**

OBA coaches are not expected to tolerate disruptive or disrespectful behavior by players or parents. Profanity, verbal abuse, or physical abuse will not be tolerated. Discipline for detrimental behavior conducted during any OBA sponsored event, or events where OBA is a participant will not be tolerated. It is the responsibility of those who witness this behavior to report to an OBA board member or the OBA President.

**NOTE:** OBA reserves the right to dismiss participants or ban parents who repeatedly violate the stated goals, policies, and procedures of OBA. The OBA President and OBA Vice President are responsible for this decision following an effort to gather the facts of said situations.