



PARENT & COACH HANDBOOK

Basketball 2019

Beth Ferguson
Recreation Director

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LETTER TO PARENTS

Dear Parents, Guardians, and Participants,

I would like to welcome you to the Lindsborg Recreation Youth Sports Program. My goal for each participant is for them to enjoy their experience, learn and develop their basketball skills, accelerate at team work and sportsmanship, and lastly have a great time with their peers, coaches, and parents.

This handbook is to help everyone participating to be on the same page, help answer some questions, and provide extra support to each of you. If at any point you have a question, concern, or thought, please contact me. My information is at the front of this book, on our city website, or you can always stop in to City Hall.

Volunteers (coaches) and parents/guardians are very important to our recreation program. Without you, we would not be able to provide the services offered. Please take an interest in your child by making sure they attend as many practices available, participate with him/her during the practices and games, and reach out to them at home to help build confidence and skill development.

Thank you for your participation. I am looking forward to a great season and serving you and your child's needs in youth sports.

Beth Ferguson
Recreation Director
City of Lindsborg

THINGS TO REMEMBER

Timeline for Season

Practices begin: Week of December 16th

First Game: Saturday, January 19th

Last Game: Saturday, February 23rd

We will be playing in Lindsborg and Salina, there will be NO games in Lindsborg on Saturday, February 2nd.

If for any reason we need to reschedule, game dates and times could change.

Food and Drinks

Only bottled water is allowed in the Salina YMCA gyms.

If you are bringing snacks for your team after a game, please hand out in the lobby so we can continue getting our court ready for the next game.

Please be aware of potential allergies for other team members.

Pets

Only service dogs are allowed at practices and games.

Sportsmanship

Our youth program is not only dedicated to teaching sports fundamentals but also good sportsmanship. Everyone involved in the sports program has a role to play in teaching youth good sportsmanship. Good sportsmanship is synonymous with respect. The most important way to teach is by being a good role model.

Weather Info/Cancellations

In case of severe weather conditions - cancellations will be made through the Rainout Line. This app will keep you up to date with the latest cancellations and notifications. You may also call our Rainout Line phone number at (785) 222-4069 or get online and search Lindsborg Recreation at rainoutline.com.

If USD 400 cancels school due to weather, there will be no Recreation practices that day.

You may also check on City of Lindsborg Government Facebook page for updates concerning games. Practice cancellations will NOT be posted on Facebook.

Cancelled practices may be made up at another time if the schedule allows. It is the responsibility of the coach to notify the director and all their team families if they are cancelling a practice or need to reschedule a practice.

Saturday games will only be cancelled by the Recreation Director and Salina YMCA staff for inclement weather or extenuating circumstances. In order to best serve the majority of our participants please adhere to our Saturday game schedule.

Tobacco

Soderstrom Elementary and the Salina Family YMCA are drug, tobacco, and alcohol-free campuses during all events always. This includes our parking areas.

PARENTS / GUARDIANS

1. Make sure your player arrives on time to all practices and games.
2. Ensure that your player has the required equipment and current team uniform for games.
3. Volunteer to help during practices or games when needed.
4. Inform the coach if your child is unable to attend a practice or game.
5. Encourage your child and team; and the other team. Encourage good sportsmanship toward all. This includes other players, coaches, parents, referees, and staff.
6. Support and not criticize players, coaches, and referees.
7. Be positive, enjoy the games and have fun!

RULES AND SCHEDULES

The rules and schedules can be found at www.lindsborgcity.org. Look under Departments, Recreation, Youth Sports, Basketball.

“All kids need is a little help, a little hope, and somebody who believes in them.”

- Magic Johnson

COACHES

Thank you for volunteering to coach for our Basketball program. I understand that this is not always an easy task, it does take time, and for that, I thank you! I appreciate your willingness to help guide our participants to be the best they can be in their skills, work ethic, and sportsmanship.

Here are some guidelines to help:

1. Be a positive role model. Coaches must be a positive role model for players, parents and anyone attending the game; setting a good example for everyone to follow.
2. Make sure each child knows all the rules. Always be positive in your coaching. Make the kids feel good about their participation.
3. Keep the interest of the kids throughout the practice time. Make sure every child is doing something constructive during practice, limiting down time.
4. Encourage players for both teams. Do not show disappointment when opposing team scores or makes a good play; your players will take their cue from you.
5. Plan out your practices and know how you will organize each drill in advance.
6. The coach should make no player participate with any type of injury.
7. The coach should be teaching players how to play hard and competitively while maintaining the highest level of good sportsmanship rather than a win at any cost attitude.
8. Only registered players that are on your roster may play on your team. Only the Recreation Director may add or change a player on the team rosters.
9. Please let the Recreation Director know if you have any players that are not showing up for practices or games.

COACHES RESPONSIBILITIES

1. Coaches set up practices through the Recreation Director. When you are contacted, you will be asked three times that you would like to schedule practice. The Director will get back to you at what is still available. Possible options are (in 1-hour increments):
 - Sunday: 1:00 – 6:00 PM
 - Monday: 5:30 – 7:30 PM
 - Tuesday: 5:30 – 7:30 PM
 - Thursday: 5:30 – 7:30 PM
2. The coach should instruct the players on basic concepts and rules of the sport.
3. As a coach, you are required to read the rules and be able to explain them to your players and parents. On the court, rules keep the game running smoothly and fairly for everyone and keep everyone as safe as possible. It's everyone's job to obey the rules. Officials make sure the players follow the rules. The coaches teach and review the rules during practices and games. Our officials are there to help the players learn the game and have a fun experience. **Treat them with RESPECT at all times.**

The referees or recreation staff will not tolerate the use of profanity, saying rude or derogatory things or use rude gestures, or yell, shout, clap at any opponent who is playing or attempting to make a play on a "live" ball.
4. Be prepared for each and every practice.
5. Make sure that you are communicating with all the parents and recreation staff effectively and that they are able to communicate with you and your assistant coach.
6. Make sure that you are teaching, giving constructive feedback, encouraging, and praising all of your players.
7. As the weeks and games go by make sure that every player is getting an equal number of times to start the game and start the 2nd half. Remember that each player plays at least half of every game. Tell the players not playing to pay attention, be ready, and to cheer for both teams.
8. Remind the family responsible for game day snacks before game day.
9. Always be cordial and friendly with other coaches, your kids take cues from you.

Contact Parents

This is a very important interaction because it will set the tone for the entire season. Make sure contact is reciprocated. Make sure they have your name, team name (uniform color) and grade, and your contact information. What follows are most of the points that you will want to make in the first call to the parents.

1. Introduce yourself as the child's volunteer coach. Give them your contact information.

First and Last Name

Phone Number

Team Name, Grade, and T-shirt Color

2. Verify the parent's names, the player's name, contact information

3. Tell them when and where the first practice will take place.

4. If you must leave a message, be sure to give them your name and contact information and ask them to call you back to verify that they received your message.

I look forward to a great year. I am very excited for this season to begin. Please remember that if you have any questions, concerns, or thoughts, to call me at (785) 227-3333 or email me at bethf@lindsborgcity.org.

Beth Ferguson

Recreation Director

City of Lindsborg

STAY UP TO DATE!

Live updates, notifications, and cancellations from
the Lindsborg Recreation Department

3 ways to sign up and/or check for updates.

☆ Download the free Rainout Line Mobile application.

OR

Go to rainoutline.com and log in.

OR

Call (785) 222-4069 for updates.



LINDBORG

*Check the status of any
game, program, or event!*

**SIGN UP FOR
YOUR CHOICE
OF EMAIL AND
TEXT NOTIFICATIONS.**

☆ Easiest/Quickest way to get updates.