

City of San Ramon

Parks & Community Services

KINDERGARTEN

YOUTH H PS



PARENT HANDBOOK



WELCOME TO THE SAN RAMON YOUTH SPORTS TEAM!

Welcome to the team! Every player, parent, and coach are what makes this program run and are valued for making this an enriching experience for all!

HERE TO HELP

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SPORTS SUPERVISOR

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OFFICIALS

Officials at the Kindergarten level will be SRYS staff members & have been trained to referee games at a level created by the expectations appropriate to the age of your child. Because this is an "Instructional League" these Officials will be frequently interacting with your children to teach them the game.



YOUTH HOOPS MISSION

It is the mission of the City of San Ramon's Youth Hoops Basketball Program, to promote and teach the sport of basketball to youth, instilling the knowledge and understanding of the fundamental skills necessary to play and enjoy the sport of basketball in a recreational league setting.

MAKING IT HAPPEN

- ▶ Every player plays at least one half of every game.
- ▶ Emphasis placed on learning & having fun, not winning.
- ▶ Concept of team play & team accomplishments
- ▶ Good sportsmanship is essential.



"What you are as a person is far more important than what you are as a basketball player."

-John Wooden

YOUTH SPORTS & YOUR CHILD

10 BENEFITS OF YOUTH SPORTS PARTICIPATION

1. Playing sports is FUN. Sports participation provides children with something to do and a group to belong to. This group of friends has similar goals and interests.
2. Research has found that children who play sports, especially girls, are more likely to have a positive body image, higher self-esteem and are less likely to be overweight. For more information, facts and figures about Girls in Sports please refer to the [Women's Sports Foundation](#).
3. Children involved in sports are less likely to engage in risky behaviors (like taking drugs or smoking) because they realize the impact that these destructive activities can have upon their performance.
4. Physical activities are a good way to relieve stress and reduce depression.
5. Sports help to develop discipline in children. Participants learn to set goals and then work hard to achieve those goals.
6. Children who play sports quickly learn that sometimes you win and sometimes you lose. They learn to be a good sport in both situations.
7. Statistics show that children who are involved in sports while in high school are more likely to experience academic success, graduate from high school and stay active for a lifetime.
8. Sports help develop important life skills like teamwork, communication and leadership skills.
9. Motor skills, strategic thinking, and even math skills are learned by playing sports. Participants develop strategic thinking skills as they figure out plays and math skills as they calculate scores and stats.
10. Regular exercise increases quality of life. Children who exercise and participate in sports are more likely to continue to be active into adulthood.

-Source: National Association of Youth Sports (NAYS)

NAYS SAYS WHY KIDS PLAY!

BOYS	GIRLS
To Have Fun!	To Have Fun!
Do something I'm good at	To Stay In Shape
To Improve Skills	To Get Exercise
Excitement Of Competition	To Improve Skills
To Get Exercise	Do something I'm good at

In the largest survey taken, asking children why they play sports, it is clear their motives may be different than your own motivation for participation in sports. It is imperative that we keep this in mind when we are dealing with children. They just want to have fun! Our leagues are tailored for children. Safety is first. Fun is second. Learning is third. Any other positive drawn from the program is icing on the cake. We hope there will be much more.

NAYS SAYS WHY KIDS QUIT!

BOYS & GIRLS
Lost Interest
Not Having Fun
Too Much Time
Coach Was Poor Teacher
Too Much Pressure

Now, let's take a look at why 70% of children drop out of sports by the age of 13. Kids quit when adults forget why kids participate in sports in the first place. Sports are no longer fun. All of these reasons for quitting could have been avoided. We are going to do our best from our side to make sure your child never loses the desire to participate in sports by keeping practices short, training our coaches, providing them with the tools to succeed, and maintaining a fun, fair, and safe environment. There are ways you can help as well!

Visit NAYS.ORG for more information.

HOW YOU CAN HELP!

EVERYONE in our league is the next Michael Jordan. Some just don't know it yet. As we learned from the previous page, the number one reason why kids leave sports is because sports are no longer fun. We do what we can to ensure this never happens, but you can help as well!

Here are some pointers:

Winning vs. Losing

In every game there will be a winner and a loser. Children have to learn how to cope with failure and success. However, we would like the children to see that winning is not based solely on the score of the game.

1. Did they have fun?
2. Did they improve as an individual and as a team?
3. Did they learn anything from the experience?

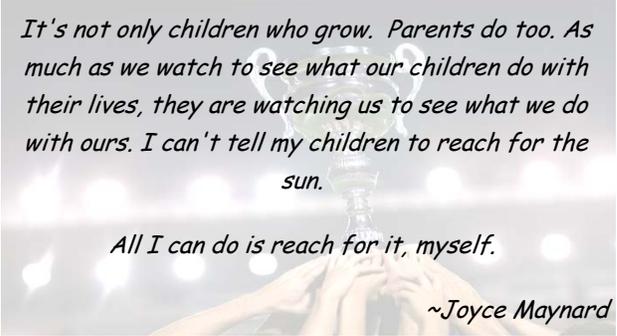
Who is the Coach?

When your child shows up to their first day of practice, they will meet their coach. You will probably tell them to listen to the coach. So, imagine your child's confusion when you are yelling from the other end of the court in an unclear voice what they should be doing. This could get kind of confusing. It could also become embarrassing for your child. You are there to support them and be their number one fan! While on the court, players should only listen to:

1. Their Coach
2. The Officials
3. Their Teammates

The Officials

Our officials are at your child's games week in and week out doing their very best to make your child's sports experience great. Remember, however, that these individuals are human beings and will make mistakes. Please, never criticize an official for their misjudgments. Remember that this is a recreational youth league. Most importantly, remember you are setting an example for your children.



It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun.

All I can do is reach for it, myself.

~Joyce Maynard

Role Models

Just as the quote above implies, you are role models for your children. They are watching you. You can help by setting a good example for your children by being a good sport, handling adversity with grace, and maintaining a good attitude at all times.

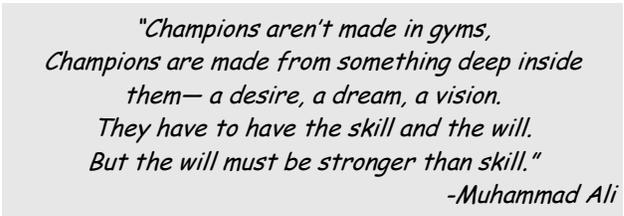
Post Game Commentary

Children base most of their self image off of their ability to succeed. The rest of their self image is formed by how they perceive you to see them in your own eyes. Your child may not be Michael Jordan yet; however, with the right attitude and desire to get better, your child may go on to be not only a successful athlete but more importantly, a successful person.

1. Ignore the negative and focus on the positive.
 - Individual Performance
 - Team Performance
 - Officials
2. Ask your child about any positives they saw.
3. Remember, it is a game.

Practice Makes Perfect

Practice with your child at home. Reinforce the proper way to perform skills. If they are doing it wrong use the "sandwich approach" to correct it. i.e. "That was a great try but how about we try it this way." A "positive" comes before the correction.



"Champions aren't made in gyms, Champions are made from something deep inside them— a desire, a dream, a vision. They have to have the skill and the will. But the will must be stronger than skill."

-Muhammad Ali

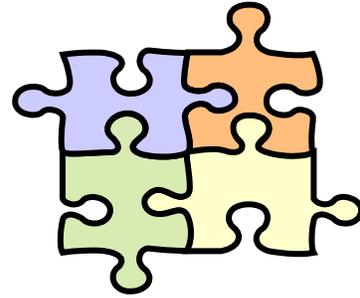
PUTTING THE PIECES TOGETHER

SKILLS OBSERVATION

What is this? Why does my kid have to go? League administrators would like to ensure that they are creating as balanced of a league as possible. Though every kid would like to win every game, no child wants to lose every game. We conduct a Mandatory Skills Observation in an effort to create evenly skilled teams. In doing so, we hope each child will have a great experience!

PLAYER REQUESTS

Player requests can be submitted on the green league request form at the Mandatory Skills Observation. We try our very best to accommodate participant requests; however, in some cases we are not able to grant requests for the sake of maintaining league balance. Mutual requests are given first consideration.



THE COMPLETED PUZZLE

Once league administrators have taken into account participant height, basic skill rating, as well player requests, we form the teams and complete the schedule. We hope to have all teams within .20 of each other for average skill ratings. Each team will be comprised of approximately the same number of players. The last important piece is finding a coach. If you would like to volunteer as a coach, please contact Adam Chow @ 973-3209, or email him at achow@sanramon.ca.gov. We would love to have your help and so would our young hoopsters!

COACHES

All coaches in the Youth Hoops Program are Volunteers.

All Volunteers have successfully completed the following:

- ▶ Fingerprinted by SRPD
- ▶ Background Check
- ▶ Registered as a City of San Ramon Volunteer



Coaches are not compensated in any way for their time. They are out there for the kids! We are very thankful to them as our programs would not be able to run without them. So, with this in mind, please try to be as supportive and gracious as possible. Keep lines of communication open at all times and encourage your children to do the same.

*"We cannot always build the future for our youth,
but we can build our youth for the future."
-Franklin Delano Roosevelt*

LEAGUE INFORMATION

INSTRUCTIONAL LEAGUE

What is does this mean?

An instructional league, as we see it and run it, is a fun classroom. In this case, the classroom is the court and the teachers are the coaches and officials. This league will concentrate on teaching your child various skills and rules that are pertinent to the game of basketball in a positive environment.

SKILL & RULE OF THE WEEK

What is this?

We will be emphasizing one skill and one rule per week. This skill and rule will be posted and viewed near the entrance of the gym. This skill and rule will be worked on in practice and in the game amongst other things. During the game, participants will be reminded repeatedly by officials of this week's rule. If the rule is broken, though there is some leeway due to appropriate expectations of this age level, participants will be brought back to the vicinity of the infraction and will be asked to try it again. It is hoped that they will slowly begin to gain an understanding of the rule. Though play will be stopped to instruct the children on what they did wrong, the clock will continue to run. An example of a Rule of the Week would be Traveling. An example of a Skill of the Week would be Dribbling.

PRACTICE

Kindergarten

Kindergarten will not practice during the week; however, practices will be held 30 minutes prior to their game each Saturday throughout the duration of the season. The time listed on the schedule is when practice begins. All hoops will be lowered to 7' as indicated in the Kindergarten Youth Hoops Rulebook.

PICTURE DAY

Kindergarten Saturday, October 29 @ Pine Valley Gym

Picture Day materials are included in your Team Packet.

END OF SEASON PARTY

Kindergarten

In place of a party, the City of San Ramon will provide participants with drinks and snacks at the conclusion of their last game of the season.



BASKETBALL SKILLS FOR KINDERGARTNERS

This section of your parent handbook is devoted to empowering you with some knowledge of how you can help your child develop their skills at home.

BASKETBALL IN A NUTSHELL

- ▶ Team sport played in a large rectangle with two hoops at each end.
- ▶ Only 5 players from each team are allowed on the floor at one time.
- ▶ The game begins with a jump ball at midcourt.
- ▶ If the ball leaves the rectangle; the ball is out on the last person to touch the ball. The ball is given to the other team to pass back in to resume play.
- ▶ The ball is advanced up and down the court by passing or dribbling.
- ▶ Points are scored by shooting the ball into your defenders hoop.
- ▶ After each score, the ball is given to the other team to pass in to try and advance the ball to the opposite end of the court to score.
- ▶ The object of the game is to score more points than the other team before time expires.



"First master the fundamentals"
-Larry Bird

POINTS OF EMPHASIS

- ▶ Teamwork
- ▶ Sportsmanship
- ▶ Fun!
- ▶ Participation
- ▶ Listening
- ▶ It is just a game.



TRIPLE THREAT

WHAT

The triple threat is a great starting position.

HOW

1. Place your feet shoulder width apart.
2. Slightly bend your knees.
3. Slightly bend the torso forward.
4. Place dominant hand on top of the ball gripping it with your finger pads.
5. The other hand should be placed on the side of the ball in your finger pads.
6. Bring the ball to the hip of your dominant hand side.
7. You are now a Triple Threat & can dribble, shoot, or pass.



DRIBBLE

WHAT

Dribbling is controlled bouncing in any direction.

HOW

1. Begin in your Triple Threat Position.
2. Ball is gripped in your finger pads with fingers spread.
3. From the hip begin to push the ball into the ground.
4. The verbal cue is "wave bye-bye to the ground".

MISTAKES

1. Slapping the ball with the palm.
2. Dribbling the ball too high.
3. Not pushing hard enough so the dribble dies.

BASKETBALL SKILLS FOR KINDERGARTNERS

SHOOTING

WHAT

A controlled thrust of the ball into the hoop to score

HOW

Phase 1

1. Begin in the triple threat position.
2. Toes should be facing the basket.
3. Bring the ball up to your chest.
4. The dominant hand should be under the ball like it was holding a dinner tray.
5. The supporting hand should be on the side of the ball.
5. The ball should be gripped using the finger pads

Phase 2

1. Push up through the legs and arms toward the hoop.
2. At full extension, flick your dominant hand wrist.

MISTAKES

1. Not using your legs.
2. Starting with the ball above the head.
3. Not having your hand under the ball when shooting.



CHEST PASS

WHAT

A chest pass is a way of moving the ball on the court.

HOW

1. Begin in the Triple Threat position.
2. Bring the ball up to the chest with elbows pointing out.
3. Step towards your partner.
4. As you step, begin to push the ball out from your chest.
5. Upon extension, palms should point out, thumbs down.

Your partner should receive the ball hip to chest high.

MISTAKES

1. Not stepping into the pass.
2. Passing from overhead.
3. Receiver not ready to receive pass.

BOUNCE PASS

WHAT

A Bounce pass is a way of moving the ball on the court.

HOW

1. Begin in the Triple Threat Position.
2. Bring the ball to your chest with elbows pointing out.
3. Step towards your partner.
4. As you step, begin to push the ball out from your chest.
5. Push the ball into the ground.
6. Upon extension, palms should point out and thumbs down.

One bounce, the ball should bounce to your teammate hip to chest high.

MISTAKES

1. Aiming too short, resulting in a high pass.
2. Aiming too long, resulting in a low pass.
3. Not passing from the chest.

DEFENSIVE STANCE

WHAT

A good position to defend

HOW

1. Begin with feet shoulder width apart.
2. Slightly bend your knees.
3. Hands should be up like a tree.
4. Shuffle your feet to get in front of ball.

FAMILY CHECKLIST

Drop Off & Pick Up

Be aware of your child's practice and game times. This information can be located in the packet you received. Your child's presence at these events impacts the team.

Equipment

Kids are kids and they forget! Please help them make sure they are prepared for the day's activities.

- Water
- Athletic Shoes
- Ball
- Glasses with Non-breakable Lenses (if applicable)

Communicate

If your child will be missing or be tardy to a practice or game, let your coach know so they can plan accordingly.

#1 Fan

Kids love having their parents at games. This does add pressure as well. Provide your kids with space and sit on the opposite side of the benches so that the coaches can do the coaching and you can do the cheering.

Post Game Commentary

Talking with your kids is important. Always remember to provide positive commentary. We want them to maintain a positive attitude.

Extra Practice

A little extra practice at home could go a long way!



"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

-Mahatma Gandhi

MY CHILD'S TEAM INFORMATION

Once you have received your participant packet and your child's team has been assigned a coach, fill in this sheet and post it as a reminder in a visible place for the family.

Team Name: _____ **Program Site:** _____

Coaches Name: _____ **Coaches Phone Number:** _____

Practice Time: First 30 minutes of time slot indicated on Team Schedule.

Game Time: Games begin 30 minutes into time slot indicated on Team Schedule.

Jersey Color: No need to worry! Just wear the league shirt provided at the first game.

PARENT/GUARDIAN CODE OF ETHICS

As a parent guardian of a Youth Sports participant, I pledge that ...

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other Youth Sports events.
2. I will place the emotional and physical well being of my child ahead of any personal desire to win.
3. I will insist my child play in a safe and healthy environment.
4. I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
5. I will demand a drug and alcohol free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
6. I will remember the game is for children and not for adults.
7. I will do my very best to make youth sports fun for my child.
8. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
9. I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.

- National Alliance for Youth Sports

Signed: _____

Date: _____