

# PCBL 101

Coaches,

Thank you for volunteering this year to coach in Parkland Community Basketball this year. You are wonderful! There would be no league without you. The executive is here to support you and provide the things you need to have a successful year. Once again –Thank You!!!!

Here is some information about our league.

## **The Season**

Practices start on the week of September 26 and continue till December 1. Then the league breaks for the Christmas season. Practices resume on the week of January 9 and continue through to February 23 for the peewees and midgets and till March 16 for the bantams and midgets.

Some days the gyms will not be available for practice. This includes all stat holidays and days that there are no school classes. It also includes days that the school requires the gym for other uses. Please check the availability calendar for your practice gym and day. If the gym is not available you can either cancel practice or arrange to share the gym with another team. The coach's practice times and contact information are available on the practice schedule which will be available next week.

Games start on October 1 and carry through to the first Christmas tournament at the beginning of December Dates TBA. The juvenile division will end in late November. After the Christmas break, games resume second to third week of January. Mites and minis will continue weekly until around the 3<sup>rd</sup> week of February. Bantams and Midget will end around the 3<sup>rd</sup> week of March.

## **Referees**

All PCBL refs receive excellent training, but they are learning. We want to provide a positive environment for them to learn. Please treat the refs with respect and lead your team to do the same. First year refs wear the grey jerseys. Refs with more experience wear the black and white stripes. All complaints and kudos can be directed to Alison Normand, our reffing co-ordinator.

[parklandbasketballref@gmail.com](mailto:parklandbasketballref@gmail.com) 780-470-0372

## **Schools**

We are allowed to use the schools at the discretion of the custodians and school administration. PCBL is not charged for gym time on school evenings. Please be respectful of the school and the custodian.

Introduce yourself and your team to the custodian. Giving the custodian your contact information may come in useful if there is a last minute cancellation. Please encourage respect of school property.

Please see the Regulations for Facility Use document for direction.

Some schools and some custodians enforce the locked door policy. If the door is locked, it must be kept locked and not propped open. Recruit a parent or sibling to be a door monitor.

### **Practices**

There must always be at least 2 adults at practices, preferably a man and a woman. This rule is in force for the safety of players and coaches. If parents are not willing to assist with this responsibility, you should cancel the practice. Please stay with the players until all have been picked up.

### **Fees**

Fees pay for Saturday gyms rentals, referees, jerseys, pictures, awards, equipment, post office box rental, photocopying, advertising, coaching and reffing clinics and gifts for coaches and custodians.

### **Game day responsibilities**

If your team plays first, please help set up the gym. There is a blue bin at the schools we use most that has a clock, score display, game sheets, first aid supplies, and lost and found. If you are at another school ask the custodian to help set up the score clock. Score sheets are in your coaching package to use at these gyms.

Recruit a parent to help with score keeping .

Register your team on the score sheet.

If your team is short on players you can recruit from the other team or arrange to play 4 on 4.

Enjoy the game!

If you are coaching the last game of the day, please help put away chairs, and the league's equipment. Throw out any garbage and put lost and found items into the bin.

A parent could be recruited as a team manager to take care of setting up and taking down the gym and finding a scorekeeper, if you prefer.

### **Jerseys**

The jerseys are the players to keep, but they are not to alter them before the end of the season- ie. Cut off the arms, etc. If you have more jerseys than players, you can keep them in the ball bag. They often come in handy for players who can't find their jersey for the game.

### **Equipment**

If you would like to use pinnies for your practices, let Gina know and she will arrange to get you a set. If there is other equipment that you would like to use for practice, talk to Gina and we'll arrange something. We are not to use the school's equipment.

### **PCBL Philosophy**

In the PCBL, we are more about learning and fun and less about competition. Equal playing time should be applied to all players at all games unless the player is sick or injured.

Blow out games are not fun. If your team is leading by 15 points, consider some ways to pull back or have your team focus on some other goal. Some ideas- players have to pass 4 times before they shoot.

Players focus on helping a weak player to get a basket. Players will not guard their man till they reach the key.

From our Code of Conduct at the end of the rules: Children look up to coaches and they expect them to be the resident experts of the game. The teaching of skills and the imparting of knowledge go hand-in-hand with setting a good example when dealing with referees and other coaches.

Part of what makes an excellent coach is passion. Passion can be used to drive players to heights they might not otherwise attain. The flipside of passion can sometimes lead to sayings and doings that

confuse and rattle the children. Before you allow yourself to get too excited about what you perceive to be a bad call, for example, ask yourself this question: "Will it matter tomorrow?" Always remember, the children are watching.

### **Late Registrants**

PCBL will continue to take late registrants until the teams are full. If you know of someone who would like to play, have them contact me and I will help them through the process. Once they are registered, the division co-ordinator will assign them to the team that needs them the most.

### **Parent/ Player Contracts**

Also included in the package are copies of a parent and players code of conduct. Please go over these at a meeting at a practice with the parents and players and have them sign them. Please return them to Gina. You can drop them off at our home- 4 Gosset Place or leave them in a PCBL Bin at the gym and let me know they are there so I can pick them up.

### **Discipline Issues**

Technical and unsportsmanlike fouls and other incidents at games will be recorded by the referees and sent to Alison Normand. She will keep track of these and refer incidents to the disciplinary committee. See the attached discipline policy for more information. Discipline issues at practices should be sent by email to Alison at [anormand@clearwave.ca](mailto:anormand@clearwave.ca) 780-470-0372

### **Communication**

It seems that the more ways there are to communicate, the harder it is to get a hold of people. Please confirm that the parents have your contact information. It may be wise to ask them which way they prefer to receive information as well, and which is the easiest way to contact them at the last minute.

### **Police record Check**

We require all coaches to provide a police record check at least every two years. A letter is included in the package that you can take to the police station along with ID to get a police record check done for no cost. Please get it done as soon as possible and return to Gina Bennett. If you have submitted PRC last year, you don't have to do another till next year.

Comments and suggestions are always welcome. If you have ideas that you think would improve the league, please email or talk to John or Gina, and we will consider them.