

## **Rockets Basketball Balancing Process Overview**

Assembling teams for a minor basketball club across various divisions (Division 1 through Division 10+) requires a systematic and inclusive process to ensure fairness and development opportunities for all players. In Each age group and gender, we will assemble 1 team up to 12+ teams with the intention of making sure all kids try out for all teams, and no team is predetermined with the exception of “out of club” or “affiliate teams” that may have been assembled out side of the club, but play as a member of the Rockets during the Metro Basketball Association Season.

In order to assure all kids try out for all teams, we group our athletes into starting groups, then move kids from week to week to make sure they end up in a group of like skilled kids, which we’ll likely pick teams from. This process is not an exact science, and can at times have kids move down or up a group to make room for others to see how they play in said group.

Here is a step-by-step process we use to accomplish this:

### **Step 1: Define Team Divisions**

1.1. Establish the groups for each division, including age groups, skill levels, and competition expectations. This includes making some estimates based on age, years in the division, and existing knowledge to get the starting groups established to help get the groups close from the start so that the player movement with in the groups is minimized as much as possible. This is also important at the club level for the first week as at times there are new to basketball players, and very experience players. Avoiding having those two player profiles in the same week 1 grouping is important as some of those new players are very nervous about trying out – and can tend to quit if they feel inadequate based on getting matched up with very experienced players. Although all attempts are made by the Rockets, this does happen each year with large groups.

1.2. Determine the number of teams we aim to form in each division based on the available resources, coaches, and player registrations.

### **Step 2: Registration and Player Assessment**

2.1. Close registration for players, regardless of skill level or experience once we have reached our overall goal of registration (based on perceived coaches and gym access).

2.2. Conduct player assessments or tryouts to evaluate each player's skills, abilities, and potential.

2.3. Ensure a fair and transparent assessment process with multiple evaluators, scoring rubrics, and age-appropriate drills.

2.4. Consider factors such as player commitment, attitude, teamwork, and sportsmanship.

2.5 After each Session (aim to have 3-4 sessions per age group), move athletes up or down a group based on their assessment from the previous session and rebalance the groups to the appropriate

number. Division Coordinators will take all feedback from all assessors and update lists which will be updated on the app.

2.6 Repeat the above steps for sessions 2 and 3 until we have groups of 20-24 kids (or what ever the number needs to be to align with the goal of the number of teams) , that we can pick teams from.

### **Step 3: Team Assignment**

3.1. Based on the assessment results and available roster spots in each division, assign players to teams.

3.2. Aim for teams aligned by division by distributing talent and skill levels as needed.

3.3. Gather coaches in the group, and as a group – talk through the results move players around as needed based on any exterior factors, as well as coaching resources.

3.4 Communicate team assignments to players and their families, including information about practice schedules, coaches, and team expectations.

### **Step 4: Coaching Selection**

4.1. Recruit coaches for each team, ensuring they have the appropriate support for success.

4.2. All coaches will need to conduct a back check and vulnerable sector check. All coaches will need to complete the “Safe Sport” module via <http://thelocker.coach.ca>, including “Rule of Two” and “Emergency Action Plan”. All of the above is mandatory for all of our coaches.

4.3. Provide coaching resources, training, and support to enhance their effectiveness.

From this point, schedule and gyms will be assigned to coaches.

All updates to schedule, games and team communications done between coaches and players via the RAMP Teams app or via email.