

St. Patrick CYO Basketball Program

Team Guidelines

Updated October 2017

Our mission is to be fair and considerate.

Catholic Youth Organization (CYO) Mission Statement:

CYO sports is one component of St. Patrick's comprehensive youth ministry program, which enables the partnership of parents, coaches, priests, religion, teachers, and adult leaders to manage and support a sports program that allows youth to grow in their relationship with God, and come to better understand themselves and the Catholic Faith.

Our mission... to teach our children:

1. Values... good sportsmanship, cooperation, pride and respect.
2. Teamwork... common goal, and that they are responsible for each other's success.
3. Fundamentals... the fundamentals of the sport they play, continuous improvement.
4. Positive experience... self-esteem, confidence, fun, and achieving success both individually and as a teammate.
5. Life lessons learned from the challenges in playing sports and positively reinforced from the coaches.

CYO is not a spectator sport for the benefit of coaches and parents. It is about the program, its mission, and our children.

St. Patrick Parish CYO Athlete Eligibility Affidavit

- I am aware that athletes that do not attend St. Patrick School (SPS) may participate on the St. Patrick CYO sponsored teams and the athlete's school team provided the school team does not play a CYO sanctioned schedule.
- St. Patrick CYO sports program will require the athlete to make the St. Patrick's team a first priority. Any athlete who is identified as missing St. Patrick's team practices or games for other sporting events may be subject to suspension from games and possible dismissal from the team.
- If the athlete lives outside the Malvern zip code (19355), I am certifying that the athlete and his/her family is a registered and "active" member of St. Patrick Parish and is Catholic (Baptized, sacraments up to date).
- Varsity Team: My child is under the age of 15 as of September 1 of the current year in which the season began.
JV Team: My child is under the age of 13 as of September 1 of the current year in which the season began.
- Varsity Team: My child has not played more than one year of Varsity CYO.
JV Team: My child has not played more than one year of JV CYO.
- My child did not play a fall (year) CYO sanctioned sport (football, soccer, volleyball) for another team.

I am aware that violating any of these rules will result in the athlete being declared ineligible, thus forcing the parish team to forfeit all contests and awards.

Basketball Skill Assessment Guidelines

1. Four levels will be assessed:
 - a. Varsity Boys
 - b. JV Boys
 - c. Varsity Girls
 - d. JV Girls
2. Each level will participate in two nights of assessments
3. There will be at least three evaluators per level and each evaluator has one vote:
 - a. The head coach of the team
 - b. Two independent evaluators
 - c. Evaluators may not have a player trying out for the team (except for the head coach)
4. Directors will collect and hold the assessment sheets at the end of each tryout.
5. Team placement is based on evaluator ratings. Coaches will have the final say on the last 3-4 players assigned to the Regional teams.
6. Depending on the number of registrants, the top 10 to 13 players will be assigned to each of the Regional teams. All other players will be assigned to the Parish teams.
7. The last 2 to 3 players assigned to the Regional team will have the option to move to the Parish team.

8. Parish team selection will be made by the evaluators, coaches and basketball directors. Players evaluated as a regional player may not be able to play on a parish team. The parish teams are developmental teams, and the safety and development of a players on the team will be considered above any other matter.

Parent Code of Conduct

Our parents will:

1. Abide by an official's ruling
2. Act in a manor in keeping with the values of the Catholic Church (refrain from objectionable demonstrations)
3. Treat all officials with respect (refrain from personal verbal abuse towards an official)
4. Treat all athletes, other parents, and coaches with respect (refrain from personal verbal abuse towards these individuals)
5. Respect and keep the personal space of all officials, athletes, other parents, and coaches (refrain from physical contact towards these individuals)
6. Not coach from the sideline and contradict any of the coach's instructions.
7. Have their player discuss any playing time concerns with the coach first. The parents can then discuss playing time with the coach after the child has spoken with the coach. If the parent would like to further discuss their matter, they should speak with the Basketball director and then the Athletic director.

Unsportsmanlike Conduct

Unsportsmanlike conduct from coaches, athletes, and parents (e.g., earning of a technical foul for conduct, being ejected from a game, earning a technical foul in two different games, fighting with others,

etc.) will result in loss of playing privileges. Penalties for such conduct will be assessed from the Director of the sport and Athletic Director.

Parents Meeting

Parents Meeting (Mandatory)

Every coach will be required to have a parent meeting prior to the start of the season (before practice begins). The purpose of this meeting is to explain the coaching philosophy the coach's approach to leading the team.

1. A parent from each family must be present at the parent meeting.
2. Each parent meeting (per sport) must be held prior to the first practice of the season.
3. Parents must be communicated "Playing Time" guidelines.
4. Parents must be given access to a written Code of Conduct.
5. Parents may request a blank copy of the Evaluation Form used to determine teams at assessments.
6. Parents will receive a copy of the survey used to provide coaching feedback at conclusion of the season (not to be completed and turned in until the end of season)

Expected Playing Time Guidelines

Regional Varsity Team:

- Plays to “win”
- Head Coach manages playing time for all players

Regional Junior Varsity Team:

- Plays to be competitive
- Head Coach manages playing time for all players
- Each player should be allotted approximately 25% playing time over course of a season

Parish Varsity Team:

- Plays to be competitive
- Head coach will make every effort to play all players with equal playing time over the course of the season
- Head coach will make every effort to give all players at least one quarter of playing time each game

Parish Junior Varsity Team:

- Teams play to get maximum experience
- Head coach will make every effort to play all players with equal playing time over the course of the season
- Head coach will make every effort to give all players at least one quarter of playing time each game

Gym Rules

1. No outside teams (e.g., AAU/Malvern League/Great Valley League) are permitted to use the SPS gym without permission of the Athletic Director and scheduler.
2. Use of “open gym” time slots must be preapproved with the scheduler.
3. No third-party clinics with outside participants may be held in the SPS gym without permission of the Athletic Director and scheduler.
4. Teams with the final time slot each night are responsible for cleaning up and locking the gym.
5. Teams must be off the courts 5 minutes prior to the start of the next team’s start time.
6. All coaches must check for the following prior to leaving the gym:
 - a. Both closets are locked
 - b. All bleachers are pushed back
 - c. All gym doors are locked
 - d. All gym lights are off
 - e. All trash is cleaned up/thrown in trash cans

Uniforms

1. Uniforms will be distributed individually by each team and collected at one time for all teams. Coaches are responsible for keeping record of uniform distribution. Players may not participate in another sport until the uniform is returned.

Coaching Requirements

Coaching Intent

To receive consideration for a coaching position, the candidate must complete the coaching registration process through the CYO web site.

Eligibility

All coaches (head or assistant) must attend the CYO Coach's Orientation and receive a Certificate of Completion. This must be done prior to the start of your first year coaching in CYO.

Background Check

All coaches will be screened via a background check handled by the Parish Office.

Safe Child Environment Classes

All coaches will be required to attend this class by a given date (provided by athletic director). Failure to do so will make you ineligible to coach, effective immediately.

Parents Meeting (Mandatory)

Every coach will be required to have a parent meeting prior to the start of the season (before practice begins). The purpose of this meeting is to explain the coaching philosophy the coach's approach to leading the team.

Evaluation Survey

Parents will have the opportunity to complete a survey at the end of each sport's season that provides feedback on each coach's overall performance.

Availability – a minimum of 2 coaches must be present at each practice. It is recommended that each team has 3 coaches.

Positive Coaching

ELM TREE OF MASTERY

- Help players to master their sport, not just scoreboard wins.
- Teach them to bounce back from mistakes. Learn from mistakes.
- Reward specific effort, not just good outcomes. Recognize “unsuccessful effort”!

FILLING EMOTIONAL TANKS

- Use encouragement and positive reinforcement as a primary method of motivating.
- 5 positive reinforcements to 1 criticism
- Use the buddy system to fill each other’s emotional tanks
- Give friendly criticism, criticize in private or ask permission before being critical. (“Can I offer a suggestion?”)
- Avoid criticism in non-teachable moments. No Rhetorical questions.
- Have energy in your voice, smile on your face and be clear in what you want from them.

HONORING THE GAME

- Respect for Rules, Opponents, Officials, Teammates and Oneself.
- Drill honoring the game in practice. It’s OK to be ethical and fair.

DEVELOPMENT ZONE®

- Your self-worth is not connected to your performance.
- Let them know you believe in them and you care about them as a person.
- Each moment is a teaching moment

Coaching Code of Conduct

Our coaches will

1. Abide by an official's ruling
2. Act in a manor in keeping with the values of the Catholic Church (refrain from objectionable demonstrations)
3. Treat all officials with respect (refrain from personal verbal abuse towards an official)
4. Treat all athletes, parents, and other coaches with respect (refrain from personal verbal abuse towards these individuals)
5. Respect and keep the personal space of all officials, athletes, parents, and coaches (refrain from physical contact towards these individuals)
6. Coaches will lead by example. Teach their players positively by emphasizing fundamentals and incorporating life lessons into their practice plans and games.
7. Coaches will begin each game and end each practice with a team prayer.

Unsportsmanlike Conduct

Unsportsmanlike conduct from coaches, athletes, and parents (e.g., earning of a technical foul for conduct, being ejected from a game, earning a technical foul in three different games, fighting with others, etc.) will not be tolerated. Penalties for such conduct will be assessed from the Director of the sport and Athletic Director.

Coaching Tenure

All Directors and Coaches are retained for three seasons (years) of service at a time. Any current Director/Coach interested in coaching for the next three-year tenure must reapply for the position.