



**Shawnee Family YMCA**  
**Winter 2023-2024**



## Winter 2023-2024 Information

- Schedules, Rules, Contact Info, Maps, Etc.
  - [www.quickscores.com/shawneeymca](http://www.quickscores.com/shawneeymca)
- Equipment needed
  - Official YMCA Thunder Basketball League Jersey
  - Non-marking athletic shoes
  - Basketball
  - Shorts/Athletic pants
- If you have not heard from a coach by 8pm on December 8th, please contact your local YMCA Sports Department for team information. You can do so by emailing [bjohnson@shawneeymca.org](mailto:bjohnson@shawneeymca.org)  
Please include child's name and age in the email when reaching out.
- Practices will begin December 11th. Coaches will receive their individual practice nights, times, & locations after the coaches meeting and will provide this information to their players.  
**With this month being a holiday month meaning winter breaks, winter festivities, and other holiday activities. Not every team will start practice the week of December 11<sup>th</sup> – based on the team's availability for practice. Official practice for the season for every team will be January 2<sup>nd</sup>.**
- There will be no practice during the week of December 25<sup>th</sup>-January 1<sup>st</sup>. There may be additional dates when practice or game sites are not available due to school calendars. The YMCA sports department will communicate these dates with your coach.
- Game schedule will not be out until January 6<sup>th</sup> at noon. Games will be played on Saturdays. Some divisions may also play on Friday evenings, as needed.
- All players will receive an end of the season medal. Coaches will pass these out after the final game.

# YMCA PLEDGE

WIN OR LOSE,  
I PLEDGE BEFORE GOD  
TO PLAY THE GAME  
AS WELL AS I KNOW HOW;  
TO OBEY ALL THE RULES,  
TO BE A GOOD SPORT AT ALL TIMES,  
AND TO IMPROVE MYSELF  
IN SPIRIT, MIND, AND BODY.





## Shawnee Family YMCA

### Parent Code of Ethics

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

I will place the emotional and physical well-being of each child ahead of a personal desire to win.

I will support the implementation of the YMCA's four character development values-caring, honesty, respect and responsibility.

I will attend all practices and games for my child, or make appropriate arrangements for an adult to be present.

I will demand a sports environment for my child that is free of drugs, tobacco (all forms) and alcohol, and will refrain from their use at all YMCA youth sports events.

I will remember the game is for youths – not for adults.

I will do my very best to make the youth sports experience for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.

I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.



## **Shawnee Family YMCA**

### **Coaches Creed**

I pledge myself to uphold the high standards of the YMCA in all my associations with team members, coaches, spectators, staff, volunteers, and opposing teams.

I will exemplify all the principles of good sportsmanship and instill them in the youth under my care. I will not permit any unsportsmanlike conduct from players or spectators representing the team I am coaching.

I will, by personal example, display the qualities of leadership that will inspire youths to strive toward the goal of good leadership and sportsmanship.

In accordance with the YMCA principles, I shall make fair play and good sportsmanship the primary objective of all competition. I will follow the YMCA rules on playing time and provide equal opportunities to all.

My primary aim as a YMCA coach shall be the development of youth, spiritually, mentally, and physically.

I will abide by and uphold the rules and regulations governing athletic contests, as established by the YMCA. I will follow the YMCA practice plan and implement the fitness concepts & character concepts.

I will, before any athletic contest is started, line up all my team players and coaches together with the officials and recite the YMCA Pledge or a prayer.

I will, after any athletic contest is completed, line up my team facing our opposition and lead them in shaking hands or some form of non-contact recognition, with the opposing team.

I have read the Coaches Creed and fully agree with the conditions of the creed. I fully understand the team I am coaching is not my team, but as a YMCA team, and I understand that I will be relieved of my duties as a coach if found guilty of any major violation.



## COACHING AT THE SHAWNEE YMCA

- Fill out Coach Application and Consent for Criminal Background Check Form
  - Submit to the YMCA Sports Department by registration deadline of sport you are planning to coach
- Complete 3 online coach's trainings @ <http://training.ymca.net>
  1. Core Course: "Coaching YMCA Youth Sports"
  2. Coaches Courses: Course designed for specific sport you're coaching
  3. Mandatory Course: "Heads Up: Concussions in Youth Sports"
- Submit coach's training course completion certificates to the YMCA Sports Department (OBU RAWC front desk or YMCA mobile office) or by email.
- Attend Coaches Meeting (December 7th)
- Receive Roster
- Schedule team practices
- Go to [www.QuickScores.com/SHAWNEEYMCA](http://www.QuickScores.com/SHAWNEEYMCA) for game schedule/sports rules/sports information
- Contact your team
  1. Introduce yourself
  2. Inform team of practice/game schedule and required uniform or team name/colors
  3. Take volunteers for assistant coaches, snack list, etc.
    - Background Check Form required for Assistant Coaches
- Attend team pictures as scheduled by the official photographer. Date of pictures will be announced after season starts.
- Check Weather Hotline in the event of inclement weather for status on games
- Attend weekly practice(s) and game(s)
- Distribute medals to players at last game or schedule end of season celebration
- Questions? Contact the YMCA Sports Department
  - Brendon Johnson, Sports Director, [bjohnson@shawneeymca.org](mailto:bjohnson@shawneeymca.org) or [sports@shawneeymca.org](mailto:sports@shawneeymca.org)

## **THE SHAWNEE FAMILY YMCA - COACH'S JOB DESCRIPTION**

### **Reports to:**

- YMCA Youth Sports Department

### **General Function:**

- To provide leadership as a coach and serve as a positive role model for a YMCA youth sports team.

### **Qualifications:**

- Must be 18 years of age or older to be a Head Coach Must be 16 years of age or older to be an Asst. Coach must have participated in YMCA's coaches meeting.
- Must have an interest in working with young people and helping them to develop in spirit, mind, and body.
- Must have basic knowledge and be willing to learn more about the sport being coached.

### **Recommend Having:**

- CPR and First Aid Certifications.

### **Responsibilities:**

- Provide an enjoyable experience for all players to have fun.
- Provide a safe experience for the players.
- Implement the YMCA youth sports philosophy.
- Teach the fundamentals and sport skills. Serve as a liaison between YMCA staff and program participant.

### **Specific Tasks:**

- Attend all training events and coaches meetings.
- Set up and attend all team practices and games.
- Communicate important information regarding practices and games to all players and their parents.
- Assume responsibility for all equipment and facility provided for the team.
- Follow branch emergency procedures and complete accident reports as necessary.
- Dress and act appropriately at all times, serving as a positive role model for youth. Involve family in team activities or events.



## FREQUENTLY ASKED BASKETBALL QUESTIONS

<b>Division</b>	<b>Players</b>	<b>Ball Size</b>	<b>Goal Height</b>	<b>Defense</b>	<b>Standings Kept</b>	<b>Game Length</b>
<b>U4</b>	5 v 5	25.5 (mini)	6 ft	Man only (wristbands)	No	(4) Eight minute quarters
<b>U6</b>	5 v 5	27.5 (junior)	8 ft	Man only	No	(4) Eight minute quarters
<b>U8</b>	5 v 5	27.5 (junior)	8 ft	Man or zone	Yes	(4) Eight minute quarters
<b>U11</b>	5 v 5	28.5	10 ft	Man or zone	Yes	(4) Eight minute quarters
<b>U14</b>	5 v 5	29.5	10 ft	Man or zone	Yes	(4) Eight minute quarters