

American Fork Recreation – Coach/Parent Basketball information sheet – 2019

Program: Boys and Girls 3rd grade basketball

After reading this information sheet, if you have additional questions or comments, please email, call or stop by to talk with our Recreation Department staff.

3/4 Grade Boy's teams – Douglas Schneider, doug@afcity.net
5/6 Grade Boy's teams – Randy Spafford, rspafford@afcity.net
3-6 Grade Girl's teams – Kate Pedroza, kpadroza@afcity.net
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1. Season

- a. Season begins with 1 hour practice on Saturday, January 5 and will be listed on the game schedule.
- b. After the practice on January 5, the first of 8 games will begin on January 12 with the season ending on March 2.
- c. Games are played at Timberline Middle School @ 500 west. Canyon Crest road, Alpine. First 5 games will include a 20 minute practice prior to each of the first 5 games.
- d. Schedules will be posted on our "youth basketball" webpage and emailed out on December 21.

2. Coach

- a. All coaches must turn in their background release form when they come to pick up their team packet. A list of those coaches that have previously been checked and cleared can be obtained from our Recreation staff.
- b. Coach's team packet can be picked up from the American Fork Fitness Center beginning December 19 during hours of operation.

i. Packet Contents

1. Team Roster with the coaches and players names, phone numbers, guardian's names, volunteers, email addresses and if the players had purchased a jersey and should receive one of your team jerseys. As players register late, after teams have been formed, coaches should be notified by the parent of the "late registrant" and the recreation department of additional players with their contact information.
2. Team reversible jerseys are included in the coach's packet. Only those listed on your roster with "YES" under "who gets a jersey" should receive a jersey from your packet. If a player did not purchase a jersey and needs a jersey, they can be purchased at the AF Fitness Center for \$8. New jerseys can also be exchanged for different sized at the AFFC during hours of operation.
3. Colored wristbands are to be utilized for man to man defense to help the players understand who they are to defensively guard. The wristbands are also helpful to the coaches in describing substitutions and the wristbands are useful for the official to visually see players are guarding correct players.
4. Whistle for each team's referee on the court. Each team is to provide a volunteer to officiate their game. Most coaches choose to officiate their game because it enables them to communicate to his/her players more effectively, but the coach may choose to have another parent/volunteer be the official for their team.

- c. Coaching fundamentals for practices on the "youth basketball webpage" can be a useful tool for practice ideas.

3. Program Framework

- a. Ball size – 28.5
 - i. Game ball is provided and 2 balls per team for practice. Balls are provided at the facility and left at the facility each week.
- b. Games consist of two, 20 minute halves with a 5 minute half time.
- c. 5 on 5 with the baskets height at 9'
- d. Coach/Volunteer officiated – each team is to provide one official per game.

4. Rules

- a. 3rd and 4th grade rules are posted on our "youth basketball" webpage. Parents and coaches should become familiar with the rules and their unique properties.

5. Practices

- a. AF Recreation does not schedule practices for 3rd grade teams other than those listed on the game schedule on January 5 and the following 5 Saturday s.

6. Facility Supervisor

- a. At each facility, there will be a supervisor to help with questions, first aid, extra whistles, extra wristbands or concerns you may have at each facility.