

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

Program: Boys and Girls 4th 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 the 8 season games will begin on January 12 and the season ending on March 2.
- c. Games are played at American Fork Jr. High School. 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 18 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.
- c. Coaching fundamentals on the 3rd & 4th grade “youth basketball webpage” can be a useful tool for practice ideas.

3. Program Framework

- a. Ball size is 28.5. Game ball is provided 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 10'
- d. AF Recreation officiated.

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. Beginning December 18 @ 8am, coaches may call in, email or come into the AFFC to schedule their practice time. The practice schedule link can be seen on our “youth basketball” webpage. Practices are held at the elementary schools and we encourage the coach to practice with their team in near proximity to the elementary school the players attend.

6. Facility Supervisor

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