

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

Program: Boys and Girls 5th and 6th 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
Phone: 801-763-3080



1. Season

- a. Season begins on Saturday, January 5 and will be listed on the game schedule.
- b. Games are played at American Fork High School and AF Jr. High School depending on availability.
- c. 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 and all players on your roster receive a new, numbered jersey from your packet. New jerseys can also be exchanged for different sized at the AFFC during hours of operation.
 3. Officials for each game are provided by American Fork Recreation.
 - c. Coaching fundamentals on the “youth basketball webpage” can be a useful tool for practice ideas.

3. Program Framework

- a. Ball size – regulation size ball for the boys and 28.5 for the girls
 - i. 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'

4. Rules

- a. 5th and 6th 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 19 @ 8am coaches may email to schedule a practice time in 2019. We will not take requests until 8am, and will schedule in the order they are received. 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 Saturday, there will be a supervisor to help with questions, first aid, extra whistles or concerns you may have at each facility.