

Player Handbook HV Junior Hawks



January 2010

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1. Mission Statement

The [Hardin Valley Junior Hawks Basketball Club](http://www.hvaac.org/Jr_Hawk.html) (Jr Hawks) strives to provide an opportunity for student-athletes to develop the fundamental skills needed to play competitive basketball. Both individual and team skills are taught in the program, with an emphasis placed on how to work together as a team. We are committed to operating in a manner that is free from discrimination based on race, creed, gender, sexual orientation, or national origin. For the most up-to-date team and club information, please visit our website at: [http://www.hvaac.org/Jr Hawk.html](http://www.hvaac.org/Jr_Hawk.html).

1.1. Goals

1. To provide an environment in which student athletes can develop basketball knowledge and to help develop good character traits, sportsmanship, and friendships.
2. To provide opportunities for athletes to travel and compete outside their local region, by participating in competitive tournaments.
3. To prepare the student athletes for future competitive endeavors.
4. To strengthen the future of Hardin Valley Academy basketball programs.

2. Player and Team Information

2.1. *Player Tryouts*

As of February 2010, the Jr Hawks have not held player tryouts. All players have been allowed onto the teams on a first-come, first-serve basis. With additional team expansion likely to occur, tryouts might occur in the future but plans have not been finalized at this time. If tryouts do occur for new players, each athlete will be notified by letter whether or not he has been selected for a team. Those who were selected will be given the names of their coaches and practice schedules. The spring 2010 Jr Hawks basketball season will span approximately from February through June, 2010.

2.2. *Proposed Teams*

The Jr Hawk program has been created to handle up to eight teams. These include four boy and four girl teams, with grades 5, 6, 7 and 8 included. The team size will range from 7 to 10 players. **A minimum of 7 players will be needed to form the team, as well as a coach for each team.** Playing time will be completely determined and managed by the coaches.

3. Registration & Fees

Athletes must complete the following before being allowed to participate in the Jr Hawk Program:

- [Jr Hawk Player Registration Form](#)
- Payment of the base fees (as shown below: \$30 Ins. + \$200 Tourney + \$130 Uniform = \$360.) This can be paid in up to three (\$120) payments, if needed.

3.1. *Annual fees*

The Jr Hawks club is a volunteer organization and we do not charge annual fees for our members, other than player/coach/gym insurance fees that are paid to AAU. This is very unusual for clubs of this type. Our coaches donate their time to make this endeavor as economically feasible for all of the Hardin Valley area families. The Club does its best to absolutely minimize costs. However, even with the stringent cost controls we use, there are times when some families need assistance meeting the club expenses. If anyone would like to make an anonymous donation to the Club to help defer expenses for families that may be in need of assistance, this would be greatly appreciated at any time. **The 2010 AAU insurance fee per player is \$30. This covers purchases player/coach/gym insurance.**

3.2. *Tournament fees*

Each team will have a base tournament package to be paid by each player. The base package includes a set number of tournaments for each team, and this will be developed by the team coaches. If any family has special financial needs at any time, please discuss these issues with your team's Head Coach or the treasurer. All discussions will be strictly confidential. Any excess team funds will be used towards helping with financial needs of players, for awards, or an end-of season party. **It is expected that the tournament fee package will be on the order of \$200-\$250 for the season (approx 6 to 8 tournaments) and will depend on which tournaments are selected for each team.** The player budget for tournaments is set at \$200, but this could increase for certain teams depending upon the number and types of tournaments selected during the season. Local tournaments are typically less expensive than AAU or YBOA sponsored events.

3.2.1. Travel Fees

Travel costs incurred by athletes and their families for transportation and lodging for out-of-town tournaments are the responsibility of that athlete/family. Car pooling is always available to help reduce costs, so please do not hesitate to ask for assistance in getting your child to a game if it is needed.

3.3. *Uniform Fees*

Uniforms for the 2010 season will be purchased for all players. The uniform budget is set at \$130 per player. This will not include team shoes.

3.4. *Damage Fees*

An athlete, coach, or parent damaging equipment owned by the Jr Hawks or any facility used by us during the season (at practices or tournaments) will be required to pay for the damage. Failure to do so may be grounds for dismissal from the team.

4. Practices

1. **For all team members, practice attendance is mandatory.** Athletes are expected to be at every training session (practice). Every effort should be made to manage homework and schedule outside activities in a way that does not conflict with practices and tournaments. One athlete's absence hurts not only her individual development, but also the development of the entire team. Regardless of the reason, missed practices will influence the amount of playing time that the athlete receives.
2. If an athlete cannot be at practice, please contact the coach before practice. Our phone numbers are listed at the front of this manual. Attendance will be taken at all practices and games.
3. Athletes are encouraged to bring water to practice in an approved sports bottle. Our gym regulations do not allow us to use sports drinks or disposable bottles. If we leave trash in the gym after practice, we will be subject to losing our gym privileges. Please pick-up after yourself after each practice.
4. Parents or a responsible adult should come to pick athletes up after practice. We welcome all parents to stay in the gym during the practice time, if desired. Coaches will not leave an athlete alone after practice waiting to be picked up. If you leave a practice, please make sure that a coach has a phone number at which you can be reached.
5. Training sessions are designed with the athlete in mind. Our coaches have taken into consideration the need for adequate rest and recovery in avoiding excessive stress to the athlete. If any athlete has special physical conditions, please notify the coaches so that we are aware of any special circumstances that might exist.
6. Coaches may have additional team rules for practices that their athletes must follow.

5. Tournaments

Each team coach(s) will choose the local tournaments in which their team will participate. Parental input will be requested for out-of-town tournament selections. It is important for parents and athletes to give input regarding the traveling tournament selections. The coaches will make the final decisions about how many and which tournaments the team will attend. In general, we would like all Jr Hawk teams to be entered in the same local tournaments, if possible.

5.1. *General tournament information*

All athletes are expected to be in the gym prior to tournament games, **READY TO WARM UP**, at the arrival time determined by the coach. This will typically be 30 minutes before game time. This time is needed for the coaches to get the kids physically and mentally ready to play, and there are also many times when games begin early. We cannot emphasize enough how important it is for our players to arrive on-time. Each player will sign onto the attendance sheet at each tournament. Tardiness will now be tracked and will be a factor in determining playing time. General tournament behavior rules are given below.

1. During tournaments, proper demeanor is expected of all Jr Hawk members including coaches, athletes, parents, and supporters. This includes treating members of the officiating crew, coaches, opposing teams and parents with respect during our games. Keep in mind that your behavior is a reflection of all of us.
2. Parents must also remain positive and encouraging during the season. If any parents have any team issues that are concerning them, please bring these issues to the attention of the coaching staff so that quick and fair resolutions can be obtained. If any parents are deemed to be the source of ill-will or complaining, actions will quickly be taken to correct the situation to avoid the spread of negativity throughout the team. The teams exist to allow the kids to pursue their basketball potential, and this potential will only truly be realized if the teams exist in a constructive and supportive environment.
3. Athletes and/or parents are responsible for providing transportation for their athlete to and from tournament sites. Carpooling is encouraged to help defer costs. An athlete who damages property at a lodging facility or playing facility will be responsible for the damages.

4. Coaches may have additional team rules for tournaments that their athletes must follow.

6. Ethics & Conduct

6.1. Athlete Responsibilities

Athletes are held to high standards by the Jr Hawk coaching and administrative staff. They should remember that they represent their parents, coaches, and Hardin Valley to the larger community every time they participate in tournaments. Our athletes are expected to:

- Display sportsmanship and respect towards teammates, competitors, parents, coaches, and officials at all times.
- Keep a positive attitude and be supportive of teammates and coaches.
- Be prepared mentally and physically for all practices and competitions.
- Be cooperative, considerate, and act with high moral and social standards while traveling as a program representative.
- Be punctual for all scheduled events.
- Be willing and ready to serve the team and Club by participating in fund-raising, sports promotion, and serving on committees.
- Follow all specific team rules laid out by the coach.
- Participate in physical conditioning outside of scheduled practices.
- Take responsibility and be accountable for individual behavior.
- Show initiative.

6.2. Parent Responsibilities

Appropriate parental support and involvement is vital to the success of a team. Parents may attend practices but may not interfere in any way. Parents may be asked by the coaching or administrative staff to fulfill special tasks or duties. Jr Hawk parents are expected to:

- Display sportsmanship and respect towards teammates, competitors, parents, coaches, and officials at all times.
- Avoid coaching the kids during game situations and practices. Multiple instructions from coaches and parents are very confusing for the kids during game situations.
- Allow the coaching staff to handle any concerns over an official's ruling.
- Understand and respect the differences between parental roles and coaching roles.
- Focus on their child's development of skills and strategies rather than competitive success. The nature of sports competition creates its own pressure to succeed.

- Believe that the primary value of their child's participation in competitive athletics is the opportunity for self-development.
- Communicate their true concerns with the coach. A positive working relationship is based upon clearly communicated mutual goals among parents, coaches, and athletes.
- Control negative emotions and think positively.

6.3. Coaches' Responsibilities

Coaches will lead all practices and game activities. Emphasis in practice and competition will be placed on skill development and overall team improvement. Jr Hawk coaches are expected to:

- Display sportsmanship and respect towards teammates, competitors, parents, coaches, and officials at all times.
- Always put the welfare of the athletes ahead of any personal gain.
- Learn about your athletes and their individual needs.
- Know the rules of the game.
- Make informed playtime and strategy decisions.
- Prepare informative and challenging practices.
- Emphasize performance and process over outcome.
- Be positive and consistent with feedback.
- Communicate with athletes and parents by making sure they are familiar with expectations, procedures, and team rules. Be open to talking with athletes and parents. Be fair, impartial, and ready to listen and respond.
- Protect the safety of athletes. Direct any injury or illness to the appropriate medical authority.
- Be respectful of the facilities used by the Club and maintain Club property responsibly.
- Be a good role model on and off the court.

7. Playing Time

Playing time must be earned. Equal playing time is never guaranteed on any team or at any event. The following factors influence playing time, in no particular order of importance:

- Attendance at practices
- Basketball skill and ability as evaluated by the coaches
- Effort and attitude in practice and game situations
- Individual position and role on the team
- Adherence to the coach's rules
- Adherence to the Club's rules

If an athlete has questions about her playing time, she may address these with the coach(es) at an agreed upon time apart from practices or tournaments.

Athletes are not guaranteed to play the same position that they play on other teams. Coaches take into consideration many factors in selecting athletes for their teams, and may feel that the athlete and team would benefit by developing an athlete to play a different role than he or she has previously performed.

8. Grievances

Knowing when and how to communicate with your athlete's coach is a concern for almost every parent at some time during the season. Most often, the concern is how to inquire about issues surrounding playing time. We will not tolerate a hostile or aggressive confrontation between a parent or athlete and any official, coach, other parent, or other athlete, whether or not the coach, other athlete, or other parent is a member of the Jr Hawks. Violation of this policy may result in the athlete being dismissed from the Jr Hawks.

It is inappropriate for any athlete or parent to approach other Jr Hawk members about a problem the athlete or parents have with a coach, objections to coaching decisions, or a disagreement with an administrative decision. Asking uninvolved persons to take sides in an issue is unfair to the third party and to the Club. **Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time.** For the psychological health of the team and the Club as a whole, grievances need to be handled by only the parties involved and the decision-makers in the situation.

We encourage any athlete or parent to talk to the coach when there are questions about playing time or if it is unclear about what the coach's expectations are either in practice or in competition. An appropriate attitude may be for the athlete to ask the coach what they need to do to get more opportunities to play in games. This discussion should take place in a private setting, away from tournament play or practices.

The coaches will not discuss "coaching decisions." "Coaching decisions" include player selection, substitutions and positioning. The amount of time any athlete is given on the court is a result of a complex determination, in that coach's opinion, of the athlete's ability, the athlete's potential, the athlete's position, the team's needs at the moment, and the team's needs in the future. The coach will **NOT** be required to defend his/her thought processes or conclusions in these determinations, and it is improper for a parent to make that request.

Coaches will not discuss any athlete other than the parent's own or the actions of any other Jr Hawk coach. If you, as a parent, have legitimate concerns about your athlete's coach, a coach other than your athlete's coach, or with an athlete other than your own, you need to address these concerns with either head coach. Please remember that "coaching decisions" are **NOT** a legitimate concern.

With any discipline problems with an athlete, the coach will take the following steps of communication:

- The coach will speak to the athlete.
- If the issue is not resolved, the coach will then speak with the athlete's parents.

- If the issue is still not resolved, the player will likely be dismissed from the team.

When a parent has a problem that is specific to their own athlete or an athlete has a legitimate concern, the following steps of communication should be taken:

- The athlete or a parent should speak with the coach about the matter.

Meetings are to be at times and locations other than tournaments. If a parent approaches a coach during a tournament, our coaches will refuse to discuss any controversial matter and will walk away. The recommended time for a parent and/or athlete to talk to a coach about a problem is at a previously arranged meeting either before or immediately after a scheduled practice. Repetitive complaining by a parent or athlete to third parties may be cause, in the sole determination of the Club, to terminate club membership.

9. Injuries/Illness

1. If an athlete sustains an injury or becomes ill during a practice or game, s/he must tell her coach immediately.
2. A coach will not allow an athlete to practice or compete if there is:
 - a. a verbal statement from an athlete expressing an injury
 - b. a physical action shows that they are unable to play
 - c. a signed note from a parent or doctor
3. If an athlete sustains an injury or illness that is so severe that s/he is unable to participate in practices or tournaments for a period of time, written notification of recovery from a parent or qualified healthcare provider is required before that player may resume participation.
4. Parents will be notified immediately upon any emergency.

10. Parent/Player Contract

I _____ will let my child _____ play basketball for the Hardin Valley Jr Hawks. I agree to have my child at every game and practice on-time, if possible. I will call the coach ahead of time if we will be late. I agree to support our team, and to behave myself in a proper manner at all times as specified in this team handbook. I will not yell at referees, or gossip about coaches, players, or other teams. I also agree to show good sportsmanship at all times.

I _____ promise to do my best playing basketball for the Hardin Valley Jr Hawks by being at every practice and game. If I cannot attend, I will call the coach ahead of time and explain why I will be absent. I will be a good team player and always do my best. I will show good sportsmanship towards my teammates, other teams, coaches, referees and all parents.

We have read this manual and agree to its terms:

Date _____

Coach signature _____

Player signature _____

Parents signature _____

Coaches strive to communicate every activity via email. Players/parents need to respond to every email to let the coach know that they “got it” (i.e., they received the message). If it is best to contact you by telephone, please let the coach know beforehand.

11. HV Jr Hawk Organizing and Support Staff

11.1. Ken Black – HV Jr Hawk Club Organizer

Email: hvajrhawk@gmail.com



Mobile: (865) 382-3943

Home: 10343 Nora's Path Lane Knoxville, TN 37932

11.2. Toni Warner - Treasurer of HV Jr Hawks

Email: tsquared@tds.net



Mobile: (865) 924-4363

11.3. Keith Galloway – Hardin Valley Head Boys Basketball Coach and HV Jr Hawks Boy Team Advisor

Email: gallowayk2@k12tn.net



11.4. Jennifer Galloway – Hardin Valley Head Girls Basketball Coach and HV Jr Hawks Girl Team Advisor

Email: gallowayj1@k12tn.net

12. Hardin Valley Junior Hawk Website

[Click here to access](http://www.hvaac.org/Jr_Hawk.html) the Jr Hawk Website (http://www.hvaac.org/Jr_Hawk.html)