

HANDBOOK



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Mission Statement

The mission at ALPHA 210 is to create a place where players have a positive atmosphere: where young athletes who want to be better basketball players have the opportunity to get better. ALPHA 210 is the vehicle that provides that opportunity for players to take their game to the next level. We exist to make a positive difference in the lives of our players. Our goal is to develop happy, healthy and confident players. We strive to provide a safe, fun and successful experience for every player.

Coaching/Learning Philosophy

ALPHR 210 Basketball has many coaching and counseling techniques that are effectively and successfully employed to help accomplish our training goals. In general, they fall into these main methods:

- Instruction Learning to play basketball, or any sport, requires the guidance of an
 experience coach who can communicate with the players to help them develop their skills.
- Repetition While practice never leads to perfection, it does lead to improvement.
- Example Watching our advanced players and learning from the examples of our coaches helps players understand what the end result of their hard work should look like.
- Teaching others When players master a move or technique, they will be allowed to teach
 other players. By teaching others, the student teacher enhances their own learning
 experience.



PURPOSE AND COMMITMENT

The purpose of this handbook is to familiarize both the parents and the players with TEXAS ALPHA 210 Basketball, and to provide a better understanding of ALPHA Basketball. We hope this handbook will answer many of the questions that may arise. We are glad that your athlete(s) have been selected to be a part of our program.

Our program has two main goals. The first is to provide quality instruction in all aspects of the game. One of ALPHA's main goals is to develop self-discipline, dedication, and confidence in each athlete, qualities that will assist them as they progress through life. The second goal is to prepare those players that have the desire, athletic ability and academic standing to play at the middle, high school and collegiate level. We believe that a competitive athletic experience can enhance social development, contribute to mental and physical health and teach the values of teamwork and responsibility. We are proud of the opportunity that we offer, and we feel the players involved will receive a positive experience.

For our program to be successful, the rules of this handbook must be followed and will be enforced. TEXAS ALPHA 210 expects our athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter. Our goal is to become one of the finest Basketball programs available, and we want to promote the highest level of sportsman-like conduct.

Our program is dedicated to treating all athletes fairly, and giving each individual athlete an opportunity to improve their basketball skills. Playing basketball with ALPHA requires a strong commitment to the game, the team, and your teammates. It is important that everyone involved understands that each coach is willing to make this commitment in order for our athletes to become the best basketball players they can be.

Participation in the TEXAS ALPHA 210 Basketball program requires time, effort and financial resources, but we feel that it is well worth the investment.



SELECTION PROCESS

Texas ALPHA 210 Basketball continually will evaluate a number of players. Some players have extensive playing backgrounds, while others do not. Players are evaluated on attitude, teamwork, and skill execution such as defense, ball handling, shooting, etc. We base our selections on what the athletes do during the tryout period and what we perceive their potential to be. We select athletes based on the following criteria: athletic ability, work ethic, drive, coachability, competitive attitude, skill ability, and potential.

Your athlete is encouraged to participate in multiple sports in their middle schools and high schools. These young athletes may be involved in volleyball, soccer and softball, possibly even at the select level. This is okay with ADVANTAGE as long as the player and their parents understand that in order to be fair to the athletes that are 100% committed to the ALPHA team, they may not play as much. We truly believe participation in practice will dictate playing time in games. If you miss practice for another sport, you should be prepared to watch some of your teammates from the bench.

After the teams have been selected, Texas ALPHA 210 may make roster changes at any time during the season to continue to improve the level of play for all considered. This means that a player may be added to a team during the season, or that a player may be asked to move to another team to maximize the level of talent on each team.

Commitment from both players and parents is essential. An uncommitted player is unfairly occupying a position that a committed player would love to have.

We expect you to have a great attitude, to work hard, improve your game, and to compete with your teammates for playing time. There is no guarantee of equal playing time...your playing time is determined by you, the athlete.



PARENT/PLAYER/COACH RELATIONSHIP

Basketball can teach many positive traits, such as the spirit of cooperation, self discipline, and regard for physical fitness. We ask that parents refrain from criticizing opposing players, other parents, other teams, teammates or officials.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players. Please encourage your athlete to follow their coach's instructions and leave the coaching to the coach. Parents need to align themselves with the coach in teaching their daughter how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser.

When a player has an issue with the coach, parents have the responsibility of teaching their athlete the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

Step One: The player should discuss the problem/concern with the coach and try to arrive at a solution to the problem.

Step Two: The parent should reach out to the coach to set up a meeting for an appropriate time.

<u>Under no circumstances</u> is a parent to approach a coach with a complaint or an evaluation of coaching philosophy during a tournament or practice. The above procedure must be followed in dealing with any situation that may arise.

The parents and families of our ALPHA players have been very supportive in the past, and we hope that support will continue to grow each year. We hope that parents support their athlete(s) by attending their games and giving positive encouragement. We expect you to refrain from criticizing your child, their teammates, their coaches, or the officials.

Texas ALPHA 210 Basketball will **NOT ALLOW THE CORCHES OR PLAYERS TO BE BERATED** by parents or fellow teammates. If you or your athletes refuse to follow the guidelines set forth, you will be asked to leave the program.



PLAYERS' CODE OF CONDUCT

As a member of an ALPHA team, we expect all players to display high standards of behavior and sportsmanship. All players are expected to follow these general rules and code of conduct.

- **1. Rct as a leader.** Leaders are people whose actions inspire others. A leader treats their teammates, coaches, opponents and officials in the same manner that they would like to be treated. That means respect, dignity, and total sportsmanship at all times. If you set the example, others will follow the example you set.
- **2.** Demonstrate sportsmanship. Play fair. Be a leader. Set the example. Rise above poor behavior. Have fun. The way in which you conduct yourself has a long lasting effect on everybody around you. That's what practicing good sportsmanship is all about.
- **3. Value the instruction of your coach**. You may think your coach is the best, the worst or somewhere in between. It makes no difference. If you're on the team, your job is to listen attentively to what your coach is saying. Coaches volunteer their time to work with your team. Don't waste that time.
- **4. Rppreciate your teammates.** Every player on your team has certain strengths and weaknesses. Be patient with your teammates as they improve their games just as they will be patient with you improving your game. Basketball is a team sport. Success can only come when the entire team works and plays well together.
- 5. Never question an official or express your feelings at a call. Officials are part of the game. It is your job as a player to overcome adversity whether it is the opposing team, the physical facilities or the officials. Never talk back or show up an official. Remember being an official is not an easy job and mistakes happen.
- **5.** Take time to learn the rules. If you don't know the rules, you don't know the game.
- **7. Retions speak.** Hustle never goes out of style. Play harder on defense, make unselfish choices on offense, jump a little higher for rebounds and dive a little more for loose balls. If playing hard isn't part of your game make it a part!
- **B. Get involved with your parents.** Parents are not perfect but, they want the best in life for you. Let them be proud of you. Let them into your basketball world, but remind them that there are ups and downs and your goal is to get better and have fun. It will be good for you to have their support and fun for them to see you take responsibility as a member of the team.
- **s. Enjoy the journey.** Win or lose, enjoy every moment on the court both during the games and during practice. Basketball should be challenging, tiring, hard work and fun.



PRRENTS' CODE OF CONDUCT

As with our players, parents also represent ALPHA Basketball. We expect parents to act with a higher set of standards than we expect from our players. Parents are the role models.

- 1. Ret as a leader. Leaders are people whose actions inspire others. A leader treats their children's teammates, your peers, the coaches, opponents and officials in the same manner you would like to be treated. That means respect, dignity, and total sportsmanship at all times. If you set the example the players will follow the example you set.
- **2.** Do not draw attention from the players. Youth basketball is for the kids. If you find yourself becoming too emotionally involved in what's happening on the court, take a step back and relax.
- **3. Value your child's commitment.** Get your kids to practice and games on time. Make sure they have their uniform and sneakers. Help them eat and drink right before, during and after the game. The more your children see you acting responsibly, the more they will do the same.
- **4. Rct in a respectful manner.** Nothing is better for a young player than having their parents on hand to watch them play. And nothing is worse for a player than hearing a parent using foul language, booing, taunting, screaming or making comments at, or about, players, coaches, fans or officials (that includes your team as well as your opponent). Offer applause and cheers of encouragement for both teams following a good play or a great effort, otherwise keep quiet.
- **5.** Never question an official or express your feelings at a call. Officials are part of the game. It is your job as a parent to demonstrate proper behavior to the players. You may not agree with a call, but it's not your job (or the players or coaches either) to officiate the game. Accept the call and move on. Remember being an official is not an easy job and mistakes happen and are part of the game.
- **5. Total mutivation through confidence.** Try and identify a positive from every game or practice to help build confidence. A young player's sense of achievement is the greatest motivator. Don't analyze your young player's performance following every game. They know how they played and if you give them the opportunity and situation they will open up to you. If you do, chances are they will avoid talking to you at all after games or worse yet, not want you at the games at all. Let your children come to you for advice.
- **7. Allow the game to be fun.** So help make it that way. Keep smiling. Encourage enjoyment and participation over results. If it's not fun, something's wrong.
- **B. Good communication is key.** If you must, talk with the coach after the game. Or better yet, wait until the next day if you have an issue to discuss. Let the heat of the moment pass. Never make a scene in front of the team, as it's embarrassing for you, your children and the coach. And chances are nothing will get resolved.
- **10.Enjoy the journey and put winning and losing into perspective.** Games have winners and losers. Keep reminding your child about this reality and the need to deal with both outcomes.



SPORTSMANSHIP

Texas ALPHA 210 Basketball is committed to exercising good sportsmanship at all times. Our team philosophy is that our athletes should represent their team in a positive and respectful manner. We also would not want spectators to embarrass our players and the team with inappropriate behavior. The code of conduct expects the following from our families and spectators:

- Absolutely no foul language shall be permitted
- Parents are asked to cheer for the ALPHAS in a positive manner, not against our opponents in a negative manner.
- Show respect to those around you.
- Support your coaches.
- Refrain from harassing referees and/or event staff.

We have heard that numerous college coaches have said the most discouraging thing they can see in a gym is unsportsmanlike behavior from a player or spectator. Please set a great example for your daughter by being a good sport in the stands!

PRACTICE EXPECTATIONS

- Playing time is based on your performance at practice.
- Playing time is not guaranteed.
- Parents are always welcome to watch practice: however, leave the coaching to the coaches.
- Be on time!

Practices will usually be two times per week. They will last normally for 1 ½ to 2 hours. You will be notified of practice times and locations from your Coach on Game changer. We will make every effort to not change practice times and locations: however, things happen!! Please be flexible and cooperative.

If a player must miss a practice, the player must call the coach, as soon as possible. Athletes who miss practice are missing valuable information and potentially may have their playing time affected by consistent absences or tardiness.



GENERAL TEAM RULES

- 1. I will respect the game of basketball and give it my all during practice and games.
- **2.** I will treat the coaching staff respectfully at all times.
- **3.** I will be respectful and courteous to my teammates.
- **5.** I will be respectful in public and display good character as a representative of ALPHA 210.
- **5.** I will not participate in any horseplay, which may injure my teammates or me.
- **7.** I will not exhibit conduct which is inappropriate as determined by comparison to normally accepted behavior.
- **II.** If I have a problem with a teammate, I will talk to the coaching staff to attempt to solve the problem.
- **9.** I will be committed to being a team player, always remembering "we" goes a lot further than "I".
- **10.** I promise when I step on the court I will always remember that "It's Time to Go to Work".
- 11. Players are required to arrive 10 minutes prior to practice, 30 minutes prior to a game.
- **12.** Poor conduct such as: foul language, physical or verbal intimidation of any individual, fighting with other teams/players, vocal outbursts are not permitted.
- **13.** A technical foul by a player or parent for poor sportsmanship will immediately cause the removal of that player/parent for the remainder of the game. Poor sportsmanship will not be tolerated.
- 14. Cell phones/iPods are not allowed during games or practice
- 15. I WILL READ, UNDERSTAND AND FOLLOW LISTED RULES.



INFORMATION

General:

- 1. It is required that all players attend practices for the duration of the season.
- **2.** Players/parents are committed to the season and the team fees and training fees for that season.
- 3. If a player guits the team before the season is over there are No refunds.
- **4.** There will be a commitment fee of \$250.00 for the summer season. Once you accept the roster spot on the summer team, your commitment fee deposit will be deducted from your season team fees.

PLRUING/PRACTICE:

- 1. At ALPHA 210, we understand the young players play for different teams. We encourage our players to participate on their HS feeder teams; we encourage you to make all of the Advantage team's practices and games. We also understand that players may play for other basketball teams. However, we are confident that the strength of the ALPHA program will make it the natural selection when it comes to prioritizing your commitments. Please remember that you have committed to other players and families.
- **2**. Team typically practice twice a week and normally for 1 2 hours.
- 3. All players need to attend as many practices, games, and training classes as possible.
- 4. If a player needs to miss for any reason, you must contact the coach ahead of time.
- **5.** Playing time is not guaranteed. It must be earned with commitment and production to the team.



FINANCIAL COMMITMENT

Participating with TEXAS ALPHA 210 BASKETBALL takes a commitment from both the parents and the players.

For the Summer season, the team fees for each player will be \$ 250.00 per month per season. Team fees are charged to help cover the cost of gym rental fees, attire, and tournaments that your athlete will participate in throughout the season. The total team fees are due on the first of the month. Late fee of \$25 will be added if payment is not made by the 10th of the month, that fee increases to \$50 if not paid by the 15th. If you are unable to pay please contact a Coach right away so they can work with you.

The organization understands that this is a difficult time for many families due to the economic climate. If your family is in a hardship situation, please your Coach to discuss your options regarding the above fee reminder.

In addition to your season fees, all ALPHA players are required to obtain an AAU card. The cards may be purchased over the internet by visiting www.aausports.org. Cost of the card is \$12.00. After filling out the necessary information, you can print your card directly from the website. Please provide a copy of your card to the Director of Basketball.

ALPHA210 also offers training. We believe that the training you will receive is second to none and is the key in developing the athlete. If you are playing for advantage teams, you are required to train. There are two choices of amount of classes you can choose per month. Training is separate from the team fees and is either \$75 per month for two training session per month or \$200 per month for unlimited training. Training fees are due no later than the 1st of the month.



TERM REREMENT/PLRYER CONTRACT

PLEASE INTIAL AT EACH CORRECT SPOT. BY INITIALING YOU ARE AGREEING THAT YOU COMPLETELY UNDERSTAND AND AGREE TO EACH STATEMENT AND CONTRACT AGREEMENT THAT PROCEEDS YOUR INITIAL.

** PLEASE READ EVERYTHING YOU ARE SIGNING SO THAT THERE IS NO CONFUSION**

| I understand that we need to pay team fee, and turn in the waiver/medical release, liability form, insurance information, parent/player contract, and financial responsibility form. Initial: | |
|--|--------|
| I understand that if I do not meet the obligations defined in the paragraph above my athlete will not be al to participate in team practice or any team events. Initial: | ble |
| I understand that all tournaments held outside of the ALPHA 210 program are out of our control. Such as g times, gym locations, and cancellation of the tournament. Game times, gym locations and cancellations w communicated to all parents as soon as possible. Initial: | |
| I understand that communications with the team will be done through GameChanger/web site. It is the par responsibility to check GameChanger/web site on a regular basis. Initial: | rent's |
| I understand that the best form of communication with Coaches is through GameChanger or E-Mail, texas.alpha210@gmail.com Initial: | |
| I understand that playing time is not guaranteed and must be earned with commitment and production. Initial: | |
| I acknowledge that I have received, read and discussed with my athlete the information in the Player/Pard handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization: Initial: | |



I acknowledge that I have received, read and discussed with my daughter the information in the Player/Parent handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin his/her season with a TEXAS ALPHA 210 Basketball Team until all required forms are signed and submitted.

The forms include: Handbook Acceptance, Waiver and Medical Release, Insurance information, code of conduct, and financial Responsibility.

| Player Name | Player Signature | Date | |
|----------------------|---|------|--|
| Parent/Guardian Name | Parent/Guardian Signature | Date | |
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| PODENT STENDTHOE | | | |



PARENT PERMISSION FORM, LIABILITY WAIVER AND RELEASE, AND AUTHORIZATION FOR MEDICAL/DENTAL TREATMENT

I, the undersigned, the parent and/or legal guardian of (Player) acknowledge that the Player is receiving valuable instruction and experience by her involvement with ALPHA 210 Basketball. In consideration thereof, I hereby grant permission for the Player to play, compete, train, and otherwise participate in all events and activates but not limited to practice, games, tournaments, clinics, camps, fundraising, volunteering, social activities, and other activities sponsored by ALPHA 210 Basketball I further authorize the administration of ALPHA 210 Basketball to release pertinent information about my daughter to college coaches, media, etc. for the purpose of enhancing the recruiting process. This information includes but is not limited to photographs, email addresses, telephone numbers, press releases, game summaries, etc. I recognize the fact that basketball is a contact sport and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to the Player as a result of their trying out for and participating in all events including the ALPHA 210 basketball Program. I waive any and all liability against ALPHA 210 Basketball, its coaches, volunteers, affiliated organizations, and the owners and operators of any facility utilized by ALPHA 210 Basketball, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by or on behalf of the Player as a result of the Player's participation in the ALPHA 210 Program. I further agree to indemnify and hold harmless all of the above coaches, trainers, volunteers, and sponsors for any judgment awarded, attorney fees, and other expenses with respect to any claims, loss, damage, or expense which may be sought by or on behalf of the Player or her family/guardian.

I understand that monies paid and donated to ALPHA 210 Basketball are non-refundable. I understand that participation in the ALPHA 210 Program is done in accordance with the acceptance of this permission, authorization, release, and waiver. The waiver and release of liability for causes of action arising under or related to the Participation Period continue into perpetuity.



I understand that participation in ALPHA 210 Basketball events and basketball related events involves risk and dangers of serious and permanent bodily injury and death. I hereby release, hold harmless, discharge and agree not to sue ALPHA 210 Basketball coaches, officials, volunteers, owners/leasers of premises for all liability from my participation in these and any other related travel, social and recreational activities.

I have given my daughter permission to participate in the ALPHA 210 Basketball events, and I certify that she is in good health has been cleared by a physician and can take part in all physical activities not limited to but including training, practices, and games. I am aware of all laws, rules, and safety procedures regarding head concussions. If an injury occurs, I authorize the Coaches to take all proper action and use the emergency service available at the nearest hospital, if necessary. I understand my personal insurance will be used in this case. In case of an emergency, I authorize the personnel to take action.

I also understand TEXAS ALPHA 210 Basketball retains the right to use for publicity and advertising, photographs and video taken of the participants and this may appear on their websites or in other forms of media advertising promotion flyers.

| Player Name (printed) | Player Signature | Date | |
|------------------------------------|------------------|------|--|
| Parent or Legal Guardian Signature | Date | | |



ALPHA 210 BASKETBALL Personal Information Form

| Player Name | | Jersey Number | Height |
|---|-------------------------|----------------------------|-----------------------|
| Date of Birth | School | Gra | ad Year |
| AAU # | | Expiration | |
| Parents/Guardian | | | |
| Address | | | |
| Email | | | |
| Cell Phone | | Work Phone | |
| Insurance Carrier | | Policy # | |
| Primary Policy Holder | | ID # | |
| In Case of emergency contact | Name (Other than parent | or guardian) | |
| Relationship | Emergency Co | ntact Home # | |
| Emergency Contact Work | Emer | gency Contact Cell | |
| If your insurance carrier requires a phone number and/or point of con | | ment or hospital admission | , please provide that |

PLEASE ATTACH A COPY OF THE PLAYERS BIRTH CERTIFICATE



Concussion Compliance Form

To Be Signed By Parent and Player

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents/guardians, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness



What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely

recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often underreport symptoms of injuries, and concussions are no different. As a result,

education of administrators, coaches, parents/guardians, and students is the key for student athletes' safety.

If you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the

consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time."

"[He or she]...may not return to play until the athlete is evaluated by a licensed health-care provider trained in the evaluation and management of concussion and has received written clearance to return to play from that health care provider."

You should also inform your child's coach if you think that your child may have a concussion. It is better to miss one game than miss the whole season. And when in doubt, the athlete sits out. Additional current information regarding concussion management is available from the Centers for Disease Control and Prevention (CDC) at:

<u>http://www.cdc.gov/ConcussionInYouthSports/</u>. By signing below, I indicate that I have reviewed the information regarding concussions outlined in this document.

| Player Name (printed) | Player Signature | Date |
|------------------------------------|------------------|------|
| Parent or Legal Guardian Signature | Date | |



Handbook Acceptance Form

I acknowledge that I have received, read and discussed with my daughter or son the information in the Player/Parent handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin her season with a TEXAS ALPHA 210 Basketball Team until all required forms are signed and submitted to the Coach. The forms include: Handbook Acceptance, Waiver and Medical Release, Insurance information, code of conduct, and financial Responsibility.

| Player Name (printed) | Player Signature | Date |
|------------------------------------|------------------|------|
| Parant on Legal Counting Counting | Dete | |
| Parent or Legal Guardian Signature | Date | |