Flames Community Basketball Parent Manual

Dear Parents,

On behalf of the Foss Park District, welcome to Flames Community Basketball Program. Our staff is thrilled to have your child with us and excited to get started. Basketball requires intense focus and preparation. Because safety is our highest priority, practice can be serious—losing focus on the court can lead to injury.

You can rest assured your children are in good hands. All basketball coaches are certified through USA Basketball, Positive Coaching Alliance, and our entire coaching volunteers have passed background screenings through the National Center for Safety Initiatives.

Our most valuable reward is helping your child grow stronger, both physically and mentally. While you may not always agree with every decision, please trust that our choices—including player positions—are made with the best interest of both your child and the team in mind.

Finally, you can expect total professionalism, fairness, and high standards from our agency. If you ever feel we are falling short, please reach out to the program coordinator or Foss Park District Board Members so we can address your concerns immediately.

Thank you for being part of the Flames family!

Program Philosophy:
Our program measures success not by the scoreboard, but by the growth of our players as teammates, students, and citizens. We create an inclusive environment where every child feels valued, learns accountability, and discovers the joy of hard work alongside dedicated coaches and supportive families.

Core Mission
To foster a supportive community where young athletes learn teamwork, sportsmanship, and physical fitness through the game of basketball.

Flames Parent Code of Conduct

All participants and parents are required to read and sign both the Parent Code of Conduct and the Pledge of Sportsmanship prior to the start of the season. These signed agreements ensure that our field remains a safe, positive, and respectful environment for every athlete, coach, and spectator. Please note that athletes will not be permitted to practice or play in games until both forms are fully completed and submitted

Parent Code of Conduct and the Flames Sportsmanship Pledge:
https://tinyurl.com/fpdparent

What does it take to be a Flame?

Trustworthiness: Playing strictly by the rules, avoiding cheating, and honoring commitments to practice schedules.

Respect: Treating game officials, coaches, teammates, and opponents with dignity, regardless of the outcome.

Responsibility: Exhibiting self-control on the field and placing team goals above personal glory.

Fairness: Living up to high standards of fair play and respecting the judgment of referees and umpires.

Caring: Helping fallen opponents, shaking hands pre- and post-game, and supporting teammates.

Citizenship: Honoring the spirit of the game and contributing positively to the league and community

Contact

Location: 1730 Lewis Avenue, North Chicago, IL 60064
Phone: 847-689-7480 Front Desk Community Recreation Center
*Request to be transferred to basketball program coordinator

Practice day, time and location

Organizing youth sports schedules relies heavily on the generosity of our volunteer coaches and staff, who balance these roles alongside their own jobs and families. Because our program runs entirely on their donated time, practices are scheduled around volunteer availability. We ask for your patience and flexibility regarding practice times and locations, as accommodating our volunteers' schedules is essential to keeping these programs running for our players.

Season Schedule

Please note that all season schedule updates will be posted on our athletics website at www.quickscores.com/fosspark. We encourage parents and players to check this page regularly for the most up-to-date game times, locations, and any sudden changes. Bookmarking this link on your phone or computer will ensure you never miss an important announcement throughout the season. Having instant access to this schedule will help keep Flames families organized and on track!

Registration

You may pre-register at no cost at www.tinyurl.com/flamescommunitybasketball. Yet registration must be completed in person at the Community Recreation Center. Processing a payment and completing the required paperwork is required to secure your child's spot on the roster. Keeping your account in good standing throughout the season is essential to maintaining your player's eligibility to continue participating in all team activities.

Equipment

We provide the following equipment:

Game balls, practice cones, and basketball hoops.

Equipment provided by Foss Park District is property of Foss Park District and must be returned at the end of the season.

There is required equipment that we do not provide:

Game sneakers, game jersey, shorts, water bottle, practice ball & socks.

Concussions

A concussion is a serious brain injury caused by a bump, blow, or jolt to the head or body that temporarily disrupts normal brain function. Recognizing the signs early and removing an athlete from play immediately is crucial to prevent further harm. Proper cognitive and physical rest is the single most critical component of recovering from a concussion, as it allows the brain time to heal. Returning to action too soon increases the risk of long-term complications and severe re-injury. Parents and coaches must work together to ensure athletes are fully symptom-free and medically cleared before stepping back onto the field.

CDC HEADS UP Fact Sheet for Parents (PDF): A comprehensive 2-page reference detailing signs, symptoms, danger alerts, and return-to-play protocols.

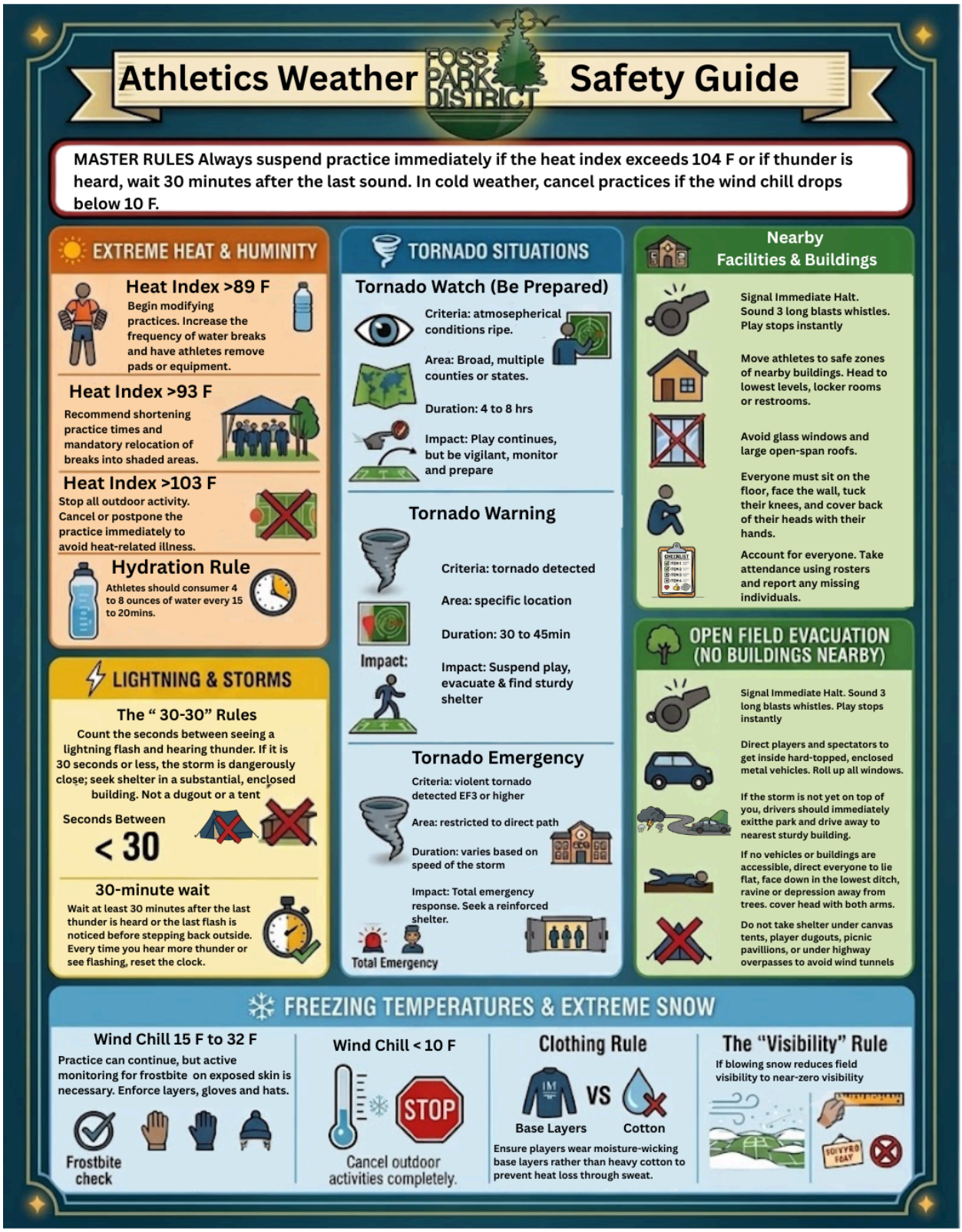
https://www.cdc.gov/heads-up/media/pdfs/schools/TBI_factsheets_PARENTS-508-a.pdf

Following a concussion, young athletes do not return to game play right away. Per guidance set forth by the Centers for Disease Control and Prevention (CDC), recovery is a gradual, step-by-step process designed to protect the developing brain. Only after completing each phase without any returning symptoms can they safely reintegrate into full-contact practice and game play. Because younger athletes require extra caution, this step-by-step protocol ensures your child's long-term safety and health remain the top priority every step of the way.

CDC Returning to Play Protocol:

https://www.cdc.gov/heads-up/guidelines/returning-to-sports.html

Severe Weather



Unattended Children
Promptness at the end of practices and games is critical for the safety and well-being of every athlete. Parents and guardians are required to pick up their child promptly at the scheduled end time.

Equal Playing Time Policy
Our program is committed to an equal playing time policy, ensuring every child gets fair opportunity and experience on the field throughout the season. To successfully track and enforce this policy fairly, we need parent volunteers to help monitor playing time during games. This simple role involves keeping track of player rotations on a quick checklist from the sidelines to ensure every athlete gets their designated time. If you are willing to help keep our games balanced and fun for all players, please let us know at registration or reach out to your coach!

Team Communication
To keep everyone connected and informed throughout the season, all team communication will take place through the MOJO app. Coaches will use MOJO as the official hub for sharing practice schedules, game updates, field changes, and important team announcements. Parents are required to download the app and set up their profile to ensure they receive real-time notifications and stay up to date. Using a single platform helps keep our team organized and guarantees you never miss critical information regarding your child's team.

To download the app, search for "MOJO Sports" in either the Apple App Store (iPhone) or the Google Play Store (Android).

Thank You
Thank you for taking the time to review these important guidelines and policies for the upcoming season. Your cooperation and support are what make our league a safe, fun, and successful environment for all our young athletes. Please feel free to reach out to our staff or coaches if you have any questions or need additional assistance getting set up. We are looking forward to a fantastic, rewarding season together!