Better Players Kinder People

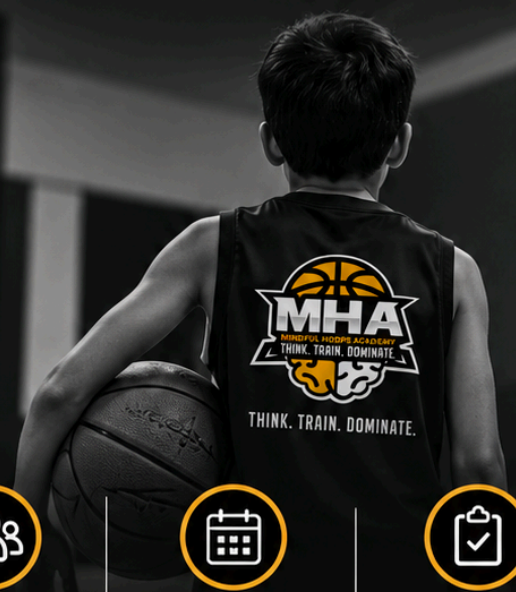
MHA
MINDFUL HOOPS ACADEMY
THINK. TRAIN. DOMINATE.

MIND
BODY
GAME
LIFE

MHA GUIDE FOR PARENTS

EVERYTHING YOU NEED TO KNOW
FOR A GREAT SEASON

CONFIDENCE
DISCIPLINE
FRIENDSHIP
LIFELONG SKILLS



MORE THAN A GAME

A STRONGER TOMORROW TOGETHER.

PROGRAMS
What We Offer

SCHEDULES
Dates & Locations

POLICIES
What to Expect

OUR COMMUNITY
More Than a Game

PLAY • LEARN • GROW • BELONG

2026 - 2027

Registration:

1. Register online at mindfulhoops.org/register — you can register directly for academy classes — no evaluation required. If you're unsure which class is right for your athlete, book a free [illegible] send dribbling + shooting videos and a coach will help you choose.
2. View current classes: Academy Website
3. Register Here
4. Download TeamSnap (Star teams only — for Star team games and team info): (Android or Apple)
5. Follow us: @MindfulHoops

MHA method

1. **Class Structure** 3rd–9th grade: 2x/week (8 classes/mo) & 1st–2nd Grade: 1x-2x week
2. **Locations:** Highway 9 or Old Atlanta Road
3. **Development & Progress:** Schedule a Call **Contact Us**
1. Spring/Fall
    a. Regular academy format
    b. Minor updates to class times or structure each season
2. Summer/Winter:
    a. Fewer total students; Smaller, condensed academy schedule
    b. Prorates for extended travel times(require 6-weeks of participation)
    c. Winter: Follows forsyth schedule & Fowler replaced w/ Midway United methodist church(1 mile away)

Required items:

- Basketball
- Basketball shoes
- Water bottle

Proper Basketball Attire:

- Polyester shirt & shorts
- Low cost Basketball shoes or Elite Basketball Shoes

Basketball

- Size 7 (29.5”) Full size men
- Size 6 (28.5”) — Boys 12–14, Girls/Women 12+
- Size 5 (27.5”) — Boys/Girls 9–11. Standard youth size.
- Size 4 (25.5”) — Boys/Girls 5–8 (or mini 3, 22”).

Basketball shoes are specifically designed for the intensity of the game. Sports scientists at Utah university point out that on average, basketball players switch direction every two seconds and run 105 short sprints every game. With constant jumping, starting and stopping, basketball shoes are designed to act as shock absorbers and provide ankle stability with flexibility.

Season Start

📅 Find your class schedule on your class Google Calendar (each family has their class calendar link)
📩 Open invite email from MHA
❓ Missing your class calendar link? Request via email or text

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Discounts
🎣 Check Instagram @MindfulHoops for discounts
🎉 major discount for K-2nd grade referral (2x/week only)

Refund Policy
🚫 No refunds 💰 Remaining credit usable for: Classes • Camps • Clinics • Merch • Siblings

Monthly Pay Families: If your child is a monthly payer and does not complete seasonal registration, parents are responsible for notifying MHA when their child enters **3rd grade**, as pricing and class structure change at that level.

Teams & unlimited make-ups: Star package only

- **Gold/Elite: Sponsored by PureSweat**
  - **Frequency:** 4-5 Tournaments + 6-10 games each season, speed and agility and practices
  - Games on Weekends at local forsyth high schools
  - **Playing Time Allocation:** Athletes enjoy adequate playing time until the 4th quarter, ensuring a fair and inclusive experience(conditions apply)
- **Silver: Sponsored by MHA**
  - **Frequency:** 6-10 games each season
  - **Usual days:** Few random days & Sundays(your choice of morning or evening)
  - **Opponents:** TB, ACBA, J2BA
  - **Referee Status:** Games/Scrimmages have referee's

Need a Jersey? $40

MHA Academy Team 2023 MHA Team Winter 2022

What is an Academy team?

Academy mixed team opportunity that provides a dynamic platform for athletes to apply their skills in a game setting while fostering teamwork and sportsmanship. The experiences gained in these scrimmages contribute significantly to the overall development of our athletes.For further information or inquiries, please reach out to our program coordinators. We look forward to continued success and growth through these engaging scrimmage opportunities.Academy scrimmages offer a unique opportunity for athletes to immerse themselves in real-game scenarios within a low-pressure environment. Here are the key details for your reference.

Local games

Please note that all academy games are hosted at local venues. This winter, we were excited to offer an exclusive opportunity for our advanced players in the level 3 and 4 travel league teams. Following the winter season, we will transition back to our

academy team format. This is a great chance for our skilled players to showcase their talents and for all team members to prepare for the upcoming academy season.

Player expectations

1. **Attendance:** Consistent attendance at practices and scrimmages is very important. Teams practice significantly more than they play in games, and regular attendance is important for individual and team development.
2. **Absences:** Illness, family emergencies, and school functions may be considered excused absences. When possible, please notify the coach at least **24 hours in advance**. Repeated unexcused absences may affect playing time at the coach's discretion.
3. **Be Ready:** Arrive on time or early and be ready to begin at the scheduled start time.
4. **Listen & Communicate:** No talking while a coach or teammate is addressing the team. When a coach blows the whistle, stop immediately and listen.
5. **Practice Behavior:** Goofing off or disruptive behavior takes away from teammates and coaches. Continued issues may result in consequences determined by the coaching staff.
6. **Game Arrival:** Players must arrive at least **20 minutes before game time**, dressed and ready with their uniform and basketball shoes on.

Parents expectations

1. **Practice Court:** Only registered MHA players may be on the court during practice. Siblings, friends, and other non-participants are not permitted on the court.
2. **Watching Practice:** Parents are welcome to watch unless a practice is designated as closed. Please do not coach, communicate with, or distract players during practice.
3. **Questions & Concerns:** Concerns regarding development, playing time, health, or coaching decisions should be discussed privately with the coach outside of practices and games.
4. **24-Hour Rule:** Coaching decisions and game concerns will not be discussed immediately following games or tournaments. Please wait at least **24 hours after the conclusion of the tournament** before contacting the coach about game-related concerns.

5. **Respect & Sportsmanship:** Parents and players are expected to be respectful toward coaches, teammates, officials, opponents, and other families.
6. **Playing Time:** Players will receive even playing time through the first three quarters. In the 4th quarter, playing time and lineups are determined by the coaching staff based on game situations and competitiveness. **Tournament games may vary.**
7. **Pickup:** Please pick up players on time. If you are running late, message the coach through TeamSnap. A **second late-pickup occurrence may result in a fine.**

Joining team step by step

1. **Welcome to Team games:** A few things you need to be aware of:
    a. We will be adding your son to another teamsnap that is separate from your weekly schedule
        i. Below are a few videos to help you navigate that
    b. Please look out for the additional Team email
    c. Mark your availability for all team events/games on teamsnap calendar
    d. Review the schedule

Not sure how? Use these videos

View my other teams
Privacy
Mark my availability

Teamsnap Academy

Viewing

View my other teams: You may be on multiple Teams
Mark my availability: Mark your availability for all team events/games on teamsnap calendar
View all of my schedules: A way to see your Star team games schedule on the app in one list
Add schedule to your google cal or iPhone cal A way to add the Star team schedule to your calendar, no need to constantly open the occasionally slow Teamsnap app

Notification settings

Apple/android notification settings Your master phone settings
Notification settings: Each teams settings can be changed with the click of a button

Teams Full Team Tutorial Video

TeamSnap Setup & Reminders

We'll add you to your team on TeamSnap after payment.

New to TeamSnap?

1. Download TeamSnap (Star teams only — for Star team games and team info): Apple | Android, or visit teamsnap.com.
2. Create an account and accept the team invitation sent to your email.
3. Check your child's information and parent contact details.

Already joined?

- **Schedule:** Check Star team practices and games. Use the calendar sync option to add events to your personal calendar.
- **Availability:** Mark whether your child can attend each event.
- **Messages & Photos:** View team announcements and shared photos.
- **Notifications:** Turn on team updates so you don't miss important announcements.
- Required **Add schedule to your google cal or iPhone cal:** A way to add the Star team schedule to your calendar, no need to constantly open the occasionally slow Teamsnap app

Want game reminders only?

Go to **More** → **Notification Preferences** → **Schedule Reminders** → **Games Only**, then save.

Need help? Contact us.

Homework

Online Daily skill-work

Skill challenges & Strength work

MHA HW Guide

Students are required to complete 10-15 mins of skill work Monday-Sunday

Skill Work

1. Open
2. Click on the three dots (⋮) in the top right corner.
3. Select "Share and export."
4. Click on "Make a copy."
5. Open your copied sheet & rename the sheet to your child's name.
6. Encourage your child to complete the skill work every day for 10-15 minutes.

Standards and Warning

As we begin our training, please remember that being in our basketball program is a privilege. We have many students on the waiting list. To keep your child in the program, they must improve. Students not meeting our standards will be asked to leave, and payments will be refunded.

Diligent practice is required. Homework has been sent in previous emails; please join the list if you haven't received it. My goal is to help each child improve, which requires a genuine interest in the game. I feel strongly about this.

Mindful Hoops academy

Frequently Asked Questions



🏀 Mindful Hoops Academy — Frequently Asked Questions

1️⃣ Getting Started

Q: How do we join the academy?
Register online at mindfulhoops.org/register — no evaluation is required. Choose your preferred class days on the form and we'll confirm placement. If you're unsure which class is right for your athlete, you can book a free evaluation and a coach will help you choose, or send a short video of your child dribbling and shooting for review.
Can’t attend in person? You can **send a short video** of your child dribbling and shooting for review.

Q: Where are classes held?
Most sessions are at **Fowler Park Recreation Center** and **Old Atlanta Recreation Center**. Some seasonal programs may also use partner gyms.

Q: How many classes are included each month?
Each student attends **8 sessions per month** (twice a week). Some students may train more often depending on their level or package.

Q: How are classes chosen?
You pick your preferred class days when you register, and we confirm placement based on skill level and schedule fit. If you'd like help choosing, a free evaluation is available — it's optional.

Q: What if my child can’t attend the scheduled evaluation?
Just message us and we'll reschedule. Evaluations are optional — you can also skip it and register directly for a class.

2️⃣ Attendance & Scheduling

Q: What is the make-up policy?
Ask asia for the make up sheet! If none fit your schedule, contact Asia for help arranging alternatives.

Q: What if our schedule changes mid-season?
3rd grade and above must attend **two classes per week** to stay enrolled. If your new schedule conflicts, you may pause or receive a **credit toward the next season**.

Q: How will I know our class times or updates?
Class schedules are on your class Google Calendar (each family has their class calendar link). Urgent updates are sent by text for quick communication. TeamSnap is only for Star team games and team info.

Q: Are there seasonal differences in academy structure?
Yes:

- **Spring & Fall:** Full academy, standard format
- **Winter:** Smaller, condensed schedule (no Wed. classes after 6:30 PM; limited middle school groups)
- **Summer:** Fewer students, earlier sessions, condensed weeks

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3️⃣ Coaching & Development

Q: Who leads the training sessions?
All sessions are led by **Coach Zay** and the **Mindful Hoops coaching team**, trained under PureSweat principles.

Q: How many players per coach?
We maintain an average **1:7 coach-to-player ratio**, with a maximum of 10 athletes per coach for quality attention.

Q: Are games or scrimmages included?
Yes! Players participate in **in-house games or league scrimmages** once they're ready. For first-season players, readiness is decided by coaches.

Q: Will my child receive feedback on progress?
Yes. Coaches track development throughout the season and may schedule follow-ups or video breakdowns to guide improvement.

4️⃣ Communication & Support

Q: How can I contact someone for help or questions?

- **Asia (Admin):** (678) 341-8660 — Text or WhatsApp here
- **Email:** asia@mindfulhoops.org
- **Coach Zay:** Schedule a call

Q: Can both parents receive updates?
Yes! Add your spouse's phone or email to your **TeamSnap account** and message us to confirm the addition.

5️⃣ Payments & Discounts

Q: How do we pay for the season?
Payments can be made via:

- **Card: through the invoice link**
- **Cash:** during class (when available)

Q: Are there discounts available?
Yes — we offer: Early Bird Discount: 5–10%; Referral Discount: 5–10%; Sibling Discount: 5%. Discounts apply when you pay in full only, and they can combine. A $15 cash discount is also available during certain registration periods.

6️⃣ At-Home Skill Work

Q: What should my child practice at home?
Each level receives a **Homework Sheet** for shooting, finishing, and ball-handling drills. Daily skill work (10-15 minutes) is encouraged.

Q: How do we submit at-home work?
Advanced students may log workouts in Google Sheets under their name or share short clips for coach review.

7️⃣ Equipment & Preparation

Q: What should my child bring to class?

- Basketball (see sizes below)
- Basketball shoes
- Water bottle
- Comfortable basketball clothing
- Optional compression gear or knee/ankle support

Q: What basketball size should we use?

Age	Size	Circumference
Boys 12–14 / Girls 12+	6	28.5”
Boys & Girls 9–11	5	27.5”
Boys & Girls 5–8	4	25.5” or mini 3 (22”)

8️⃣ Policies & Standards

Q: What are the expectations to stay in the academy?
Mindful Hoops maintains high standards. Players must:

- Attend regularly
- Show consistent effort and focus
- Demonstrate improvement and good sportsmanship

Q: Can I join mid-season?
Yes! Mid-season players may need a short orientation to get added to the proper TeamSnap chats and updates.

Q: Where can I find instructional videos?
Visit our YouTube Channel: Mindful Hoops for tutorials and film breakdowns.

9️⃣ Extra Questions

Q: When will we get our schedule after registration?
Schedules are shared within a few days after registration via your class Google Calendar and text.

Q: Are there strength or conditioning drills?
Yes — every session includes **basketball-specific strength, coordination, and conditioning work.**

Q: What skills are emphasized in the academy?
We focus on:

- Ball-handling & finishing
- Shooting & footwork
- Defensive positioning
- Basketball IQ & game awareness

Parent question	What the bot should do
“How do I schedule a make-up?”	Send the make-up link + tell them to save it
“I missed class. What do I do?”	Explain make-up process + link
“What time is my class?”	Direct to their class Google Calendar. Do not give a clock time.
“Where is my class?”	Direct to their class Google Calendar, which shows the location for that class day. Location can change, so check the calendar.
“My TeamSnap isn't showing my class.”	Class schedules are not on TeamSnap. Direct them to their class Google Calendar; if the calendar link is missing, direct them to Asia at (678) 341-8660
“I didn't get a TeamSnap invite.”	TeamSnap invites are only for Star teams. Give basic steps for a Star team invite; if still missing, direct them to Asia at (678) 341-8660. Class schedules are on the class Google Calendar, not TeamSnap.
“What does my child need for class?”	Basketball + basketball shoes + water

“Can they wear regular sneakers?”	Explain basketball shoes are required
“Where is Fowler?”	Provide Fowler Park address
“Where is Old Atlanta?”	Provide approved location/address information
“How do we get started?”	Current registration link - new athletes can register directly, no evaluation required; FREE Evaluation link only if they’d like help choosing
“Can my child try a class?”	New athletes can register directly for a class; a free evaluation is available if they’d like help choosing
“How do I schedule an evaluation?”	FREE Evaluation link
“I need to reschedule my evaluation.”	Appointment tool if supported; otherwise staff
“How do I register?”	Current registration link
“When does registration close?”	Answer only from current registration information
“I just registered. When can we start?”	Explain current start policy if KB has it; otherwise staff
“Can we start immediately?”	Use current late-registration/start policy
“What package should we choose?”	Explain Basic vs. Star vs. Gold; don't make placement decision

“Does Basic include games?”	No — Academy only
“Does Star include games?”	Explain Academy + team games
“What's Gold?”	Explain 3x/week Academy + team games
“Do we need a jersey?”	Explain when jersey is required
“How much is the jersey?”	$40 if that's still current
“Do you offer sibling discounts?”	Give current approved policy
“Can I get a refund?”	Human handoff
“We paid already.”	Human handoff — don't let AI argue about payment status
“Can you prorate it?”	Human handoff
“Can my child change classes?”	Human handoff
“Which class should my child be in?”	You pick preferred days when registering; free evaluation only if you'd like help choosing → human
“Can my daughter join?”	Explain girls can participate + current program information

“What ages/grades do you train?”	Give current grade range
“Do you have Saturday classes?”	Answer from current season information, not old schedule data
“Is there class during school break?”	Your class Google Calendar
“Is class canceled today?”	Your class Google Calendar; never guess
“Can I talk to Coach Zay?”	Human handoff; always available over call if you schedule using booking
“I have a question for my child's coach.”	Human handoff