

*Better
Players
Kinder
People*



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. Schedule a Free Evaluation or send **dribbling + shooting videos**.
2. View current classes: [Academy Website](#)
3. [Register Here](#)
4. Download TeamSnap: ([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 9–12, Girls/Women 12+
- Size 5 (27.5") — Boys/Girls 9–11. Standard youth size.
- Size 4 (25.5") — Boys/Girls 5–8.

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 schedule in TeamSnap (Android) or TeamSnap (Apple)
-  Open invite email from MHA
-  Missing invite? Request via email or text

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: 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 referees



▶ 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 entire MHA schedule on the app in one list

Add schedule to your google cal or iPhone cal A way to add the schedule to your calendar, no need to constantly open the occasionally slow Teamsnap app

Notification settings

Apple/android notification settings: our 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: [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 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 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

1 Getting Started

Q: How do we join the academy?

Start with a **free evaluation**. After the assessment, we'll confirm placement and class options based on your child's skill level.

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?

We match players to classes based on **their evaluation, skill level, and your preferred schedule** to ensure the best fit.

Q: What if my child can't attend the scheduled evaluation?

You can submit a **video evaluation** or message us to reschedule through Calendly.

2 Attendance & Scheduling

Q: What is the make-up policy?

Check **TeamSnap** → **Make-Ups and Events Team** for available sessions each month. 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?

All schedules and urgent updates are posted in **TeamSnap** and sent by **text** for quick communication.

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
-

3 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.

4 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.

5 Payments & Discounts

Q: How do we pay for the season?

Payments can be made via:

- **Zelle:** asia@mindfulhoops.org or 678-748-1512
- **Cash:** during class (when available)

Q: Are there discounts available?

Yes — we offer:

- **Sibling Discount**
 - **Referral Discount**
 - **Cash Discount**
-

6 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.

7 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")

8 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.

9 Extra Questions

Q: When will we get our schedule after evaluations?

Schedules are shared **within a few days after evaluations** via TeamSnap 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 TeamSnap + tell them to refresh
“Where is my class?”	Direct to TeamSnap because location can change
“My TeamSnap isn’t showing my class.”	Tell them to refresh/check invite; if still missing → staff
“I didn’t get a TeamSnap invite.”	Give basic steps → staff if still missing
“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?”	FREE Evaluation link
“Can my child try a class?”	Direct new athletes to FREE Evaluation
“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?”	Evaluation/placement → 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?”	TeamSnap/current calendar
“Is class canceled today?”	TeamSnap; 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