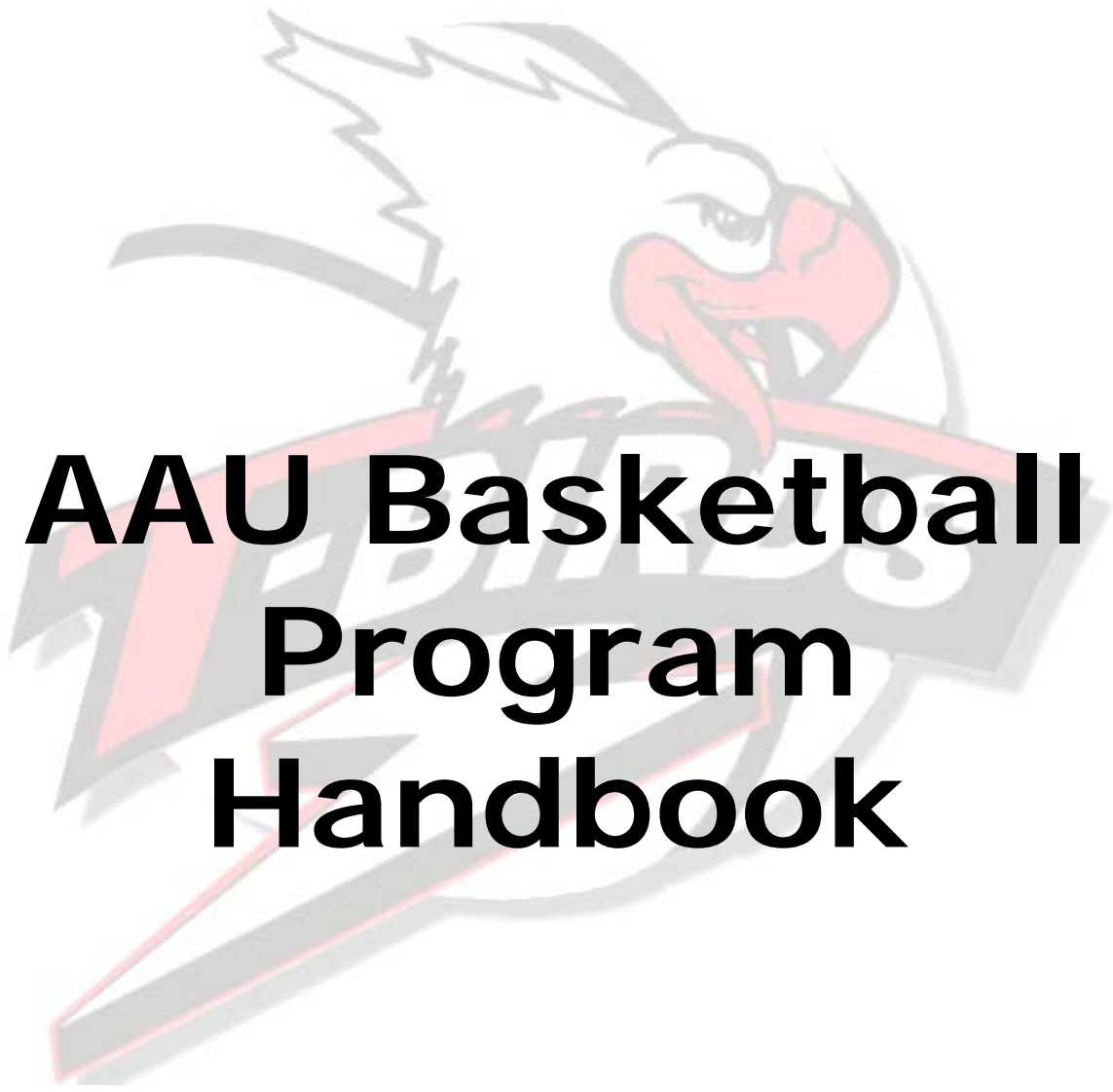


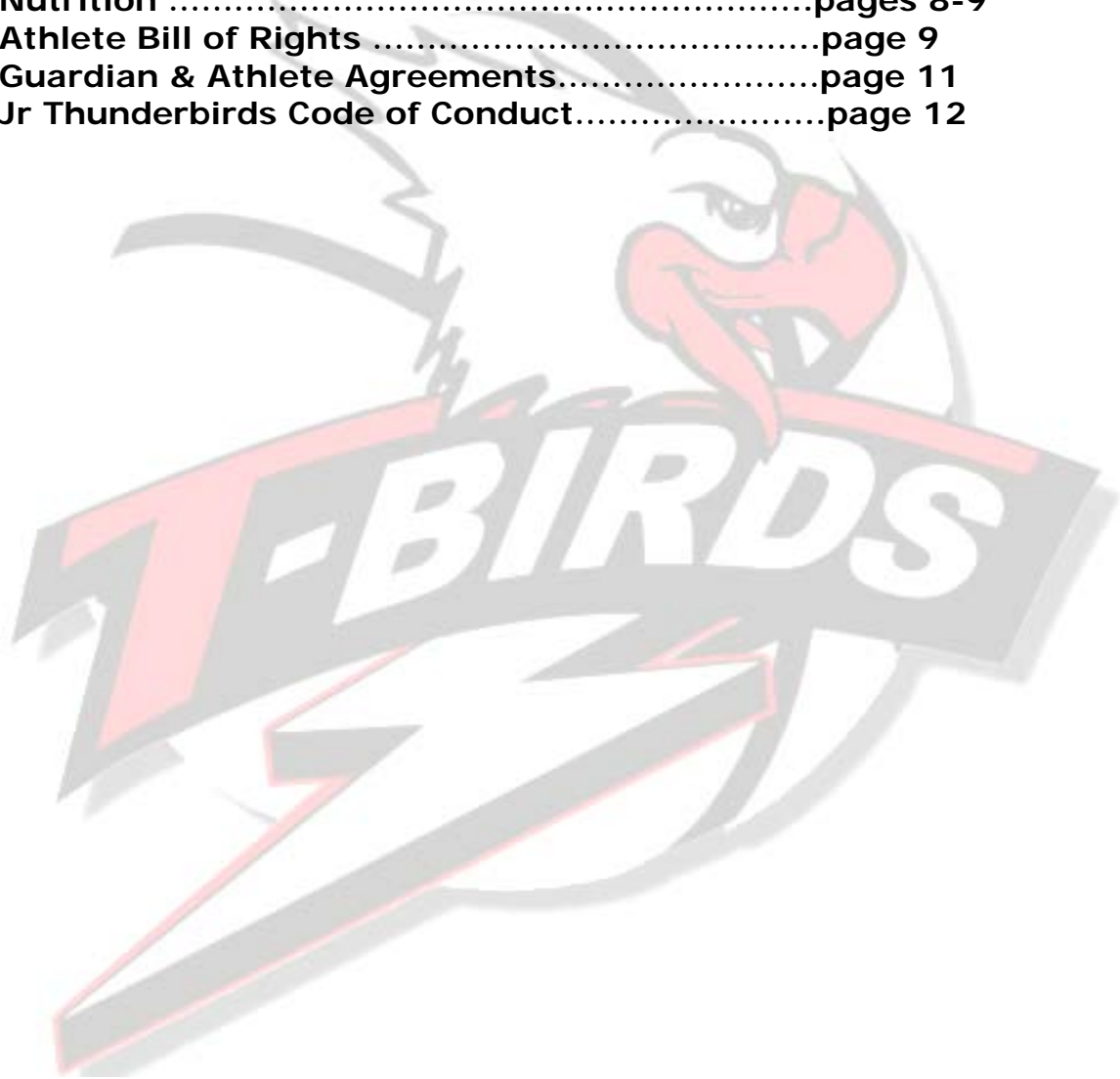
JR. THUNDERBIRDS



**AAU Basketball
Program
Handbook**

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Welcome Letter

January 2012

Welcome to the Jr. Thunderbirds Basketball!

This handbook is intended to provide you with information to help you and your athlete have a rewarding and enjoyable experience with the sport of Basketball.

The Jr. Thunderbird staff is a group of dedicated individuals with the desire to help young athletes. Our program is a developmental program for young athletes, which means we are here to provide the opportunity for your child to run in an organized setting. It is up to the athletes to bring the desire and effort to practice. We choose select athletes based on their demonstrated desire to work hard and commitment to getting better and ask only for their best effort at practice and Games.

Jr. Thunderbirds General Guidelines:

1. Arrive ready to listen, work hard and learn.
2. Be supportive of all athletes on your team.
3. Show respect for coaches, officials and opponents.
4. No matter what the outcome of a Game or practice, you will always be a winner if you try your best.
5. Enjoy being on a running defensive minded team and take pride in yourself for being an important part of a team.

We encourage parents to support this program with vigor and due diligence that your youth athlete deserves. Not only is it a way to assist your athlete in being a successful player, but it is a great way to spend some quality time while helping them to develop into talented young athletes. It also lets the athlete see that we really understand how hard they are working.

If you have any questions, feel free to speak with any of the coaches before or after practice or drop us a line via email at info@jrthunderbirds.com.

We expect this to be an outstanding season and we are ready to go!

Jr. Thunderbirds Staff

ABOUT THE PROGRAM**Jr. Thunderbirds Select Basketball Team.**

First and foremost, we place the emotional and physical well being of the athletes ahead of all other considerations. We are here to help the individual athlete enjoy our sport rather than simply promote the club. We want an atmosphere of hard work, competitiveness, teamwork, program loyalty and respect for others, no matter what level they achieve. We encourage athletes to set goals for themselves so they can experience success when they achieve those goals. And, we challenge them to be their best.

Jr. Thunderbirds Select Basketball Team Goals and Mission

The objectives of our Basketball club are to encourage and help young people develop:

- **Physically** by learning skills related to the sport of Basketball ; improving their physical conditioning and developing good training and health habits.
- **Emotionally** by building their feeling of self-esteem by recognizing their individual achievements.
- **Socially** by having fun, forming bonds of friendship, and learning good sportsmanship and staying loyal to their teammates and this program.
- **Academically** by enforcing no-pass no play rules encouraging our athletes to compete both on the court and in the classroom. Stressing the importance of college entrance exams and preparing for college through good work ethic.

Responsibilities-Code of Conduct**Athletes**

- Arrive to practice ready to listen, work hard and learn.
- Be supportive of ALL athletes on your team.
- Show respect for coaches, officials, teammates and opponents.
- Learn the rules, and always compete by them.
- Remember, your opponents are necessary friends. Without them, you cannot compete.
- Use only appropriate language around the club events.
- No matter the outcome of the Game, you will always be a winner if you do your best.
- Have FUN!

Parents

- Encourage good sportsmanship by demonstrating good sportsmanship towards all athletes, coaches and officials at every practice and Game.
- Place the emotional and physical well-being of your child(ren) above any personal desire that they win.
- Support coaches and officials working with your child(ren) in order to provide an enjoyable and fun experience. REMEMBER...coaches and officials are volunteers giving of their personal time and money.
- Demand a drug, alcohol and tobacco free environment for your child and assist by refraining from their use at all youth sporting events.
- Remember children are involved in organized sports for their enjoyment, not ours and children need models, not criticism.
- Support the team by volunteering to help with practice, or whatever else it would be helpful.

Communication

We strive to keep our club members informed. This sounds like an easy task, but with all the information that needs to be distributed, it is more difficult than it sounds. So, we have three main ways to communicate with you:

1. In person: We will verbally communicate information about our program and answer your individual questions at practice, Basketball Games, and parent meetings.
2. Printed Material: We distribute printed material, such as handouts, flyers, etc. at practice. Please check!
3. Email, text Messaging & Website: We will send out information via email whenever possible. We understand that everyone does not have email, but nearly 99% of our club does and it simply saves the club a lot of money by not printing sheets of information. The coaches check e-mail regularly and will respond to questions or concerns as quickly as possible as their teaching and coaching schedule permits. Additionally will try to keep our website up to date with new information.

Sickness/Injuries

1. All injuries must be reported to the coaching staff. If it is serious enough you will be expected to see your family physician.
2. All athletes are strongly encouraged not to share water bottles, jugs, etc. with any other member of the team to prevent a spread of viruses.

Registration Fees The Jr. Thunderbirds handles paying for AAU membership fees for all registered members who have paid their membership fees in full. Our registration fees also include the rental/purchase of uniforms home and away as well as a shooter shirt. Customization of jersey or shooter shirts is done through the club only for an additional cost. Please do not alter team uniform in any way other than fit adjustments. Team bags, shoes are also available at additional cost. Team headgear, Underarmour, and wrist bands should be red only. All payments should be in the form of cashiers check or money orders made payable to Jr. Thunderbirds Inc.

Your registration fee is used to pay for such items as AAU membership, gym rental fees and league play/tournament fees . **Refunds are not available**. You are required to participate in all fundraisers to help with league expenses.

Basketball Etiquette

Only coaches, athletes and officials who are currently participating in the events may occupy the court during the Games.

Clothing

The Jr. Thunderbirds uniform (jersey and shorts) must be worn to all Games, but not to practice (except picture day). Shorts, T-shirt or tank top, and basketball shoes should be worn to practice. To assist in preventing cooling down too quickly after a workout or race, a sweat suit or long pants and jacket can be worn.

Team Basketball Shoes

Each athlete must provide his or her own basketball shoes. The team selects the team shoe once selected we are able to purchase them at a team discount provided all order at the same time.

Identify Your Equipment

Please label every item with your athlete's name and contact information. Practice begins promptly at the times displays on our webpage scheduling link. We encourage you to stay at practice but please do not disrupt or interfere during the session. Please pick up your athlete promptly at the end of practice.

Weather

Practice will rarely be cancelled. The only time we would cancel practice is if the weather is such that it is dangerous (e.g. lightening storms). If you have not been notified of cancellation, come to practice.

How Membership Acquired.

This is a select ball club for individuals that are serious about a basketball career. Players are initially invited to try out via referral or camp through players or coaches. During evaluation players may be asked to participate in games and practices to assess basketball IQ, teamwork, and effort. Once accepted all necessary paperwork must be completed and turned in with Annual Registration Fees.

Behavior:

1. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found to have been involved in this activity.
2. Finally, no one person is above the team. Fighting, "trash talking" to teammates or opponents, mouthing off, refusing to do workouts, showing disrespect for any adult, coach, members of opposing team, or your fellow team members will not be tolerated. Everybody on the team is important—no matter how fast he runs, and deserves your respect and encouragement. If any of the above becomes a problem you will receive one warning and after that removed from the team.

Parent Organization

At least one parent per athlete is expected to fill one or more of the below listed Parent Organization positions.

Chairperson, Parent Affairs	Oversees parent org requirements & lead spokesperson / POC for parent matters	Chair: Co-chair:
Fundraising Coordinator	Ensures coordination of all aspects of fundraising projects: works with vendors, accounts for proceeds/ merchandise, keeps projects on schedule	Lead: Alternate:
Travel Coordinator	Ensures coordination of all aspects of travel for remote tourneys: lodging, restaurants, directions, & leisure activities	Lead: Alternate:
Game Film Technician	Ensures video taping of games for use in team after action reviews	Lead: Alternate:
Statistician	Ensures maintenance of team's game performance statistics	Lead: Alternate:

GAMES**General**

All players are expected to arrive 1 hour prior to tip off. Games schedules are usually provided by Thursday evenings prior to the weekend and are posted on our schedule online. Most Game Venues charge admission so please be prepared to pay for all parties attending with you to the events. We will participate in leagues, tournaments, scrimmages and National Events to give our athletes maximum exposure to college scouts.

Leagues AAU leagues are games that take place over a few weeks usually 68 games and may end in a play-off.

Tournaments Are usually a minimum of 3 games and take place over weekends. In general there may be more games depending on the size of the event and type of play. Often these tournaments are not used as a college recruiting tool but more for the team to improve, prepare for qualification tournaments and good used to game play speeds.

National Events These events usually go on for a few days and are used by college recruiters to seek out talented individuals for their program. Teams must qualify for these events through qualifying tournaments and at large bids.

- **Pay attention to the Schedules.** The schedules will generally be posted throughout the venue or at the scorer's table. You need to check with the team manager or assistant coach if you are unsure. **THE GUARDIANS AND ATHLETES ARE RESPONSIBLE FOR GETTING TO HIS/HER EVENT.**
- **Be patient with the officials and Game organizers.** They are parent volunteers and are trying to do their best. (You'll be in their position at times during our Games) If you have a major problem with the officials, contact one of the Jr. Thunderbirds coaches for help.

NUTRITION

The night before a Game, the athlete should eat a low fat, high carbohydrate meal, such as pasta, salad and fruit. The day of the Game, carbonated drinks, candy, milk products, and heavy, greasy food should be avoided, as they are hard to digest. Fruit juice, water, diluted sports drinks, and light foods are recommended for consumption during the Game.

- **Don't eat 1 to 2 hours before your event.** Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule. (See Handbook for nutrition suggestions)
- **Bring food.** Concession food is available, but the selection is limited and not as healthy as we'd like for our athletes.
- **Bring a water bottle.** You need to stay well hydrated to enable your body to work at its highest potential

Snack Hints.

- These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions.
- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newton's, oatmeal-raisin cookies
- Fruit juices, or tomato or V-8 juices

Pre-competition Meals

- Eaten 3-4 hours before the event.
- High in complex carbohydrate like bread, vegetables and fruit.
- Moderate in protein
- Low in fat
- Adequate intake of fluids

All day events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods including the following:

One hour before competition:

- Fruit and vegetable juices such as orange or tomato juices, and/or
- Fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

Two to three hours before competition:

- Fruit juices and fresh fruit, and/or
- Breads, bagels or muffins, with a small amount of cream cheese

NUTRITION (continued)**Three to four hours before competition:**

- Fruits juices and fresh fruit, and
- Breads, bagels or muffins and
- A light spread of peanut butter or 1 slice of cheese for breads, or a light
- Spread of cream cheese for bagels and or
- A bowl of cereal, with milk or yogurt

Four hours or more before competition:

- Sandwich with 2 slices of bread and 2 ounces of lean meat, and
- Fresh fruit, and
- Fresh vegetables, and
- Milk or yogurt

DON'T FORGET WATER-Try to stay away from soda or carbonated beverages.

*The above recommendations are from Eat to Compete, Eating for Endurance, Food for Sport, the Athlete's Kitchen and Nancy Clark's Sports Nutrition Guide Book. **Bring a water bottle.** With the spread of germs it advised that each child carry their own water bottle.

Team Safety

There will be at least 200 athletes at events. In order to ensure the safety of all, a few rules must be enforced:

1. Shoes must be worn at all times.
2. Keep all valuables close in sight and do not flash or broadcast amounts of money or valuables in your possession.
3. Team must stay together at all times and contact coach or team manager when going to restroom.
4. Basketball must not be dribbled or bounced when not participating in the game.
5. Throwing any object is prohibited.
6. No climbing of fences, bleachers, equipment, etc.
7. Property and equipment must not be defaced.
8. No walking or jogging or playing on the court in-between games.
9. Always pay attention to what is going on the court.
10. Stay with you team at all times, coaches will designate and area for the players and players must stay in this location.

THE BILL OF RIGHTS FOR YOUNG ATHLETES

The right to participate in sports.

The right to participate at a level commensurate with each child's maturity and ability.

The right to have qualified adult leadership. The right to play as a child and not as an adult.

The right to share in the leadership and decision-making of the sport.

The right to participate in a safe and healthy environment.

The right to proper preparation.

The right to an equal opportunity to strive for success.

The right to be treated with dignity.

The right to have fun in sports.

Guardian and Athlete Agreements

Parent or Guardian, please read each statement, initial the adjacent space, sign and date.

____ I/We assume all risks and hazards incidental to participation with the Jr. Thunderbirds Basketball and Field Club, including transportation to and from the activities. I/We hereby agree to hold harmless and indemnify the Jr. Thunderbirds Club, Coaches, Club Officers and assistants from any claim arising out of an injury to myself or my/our child.

____ Jr. Thunderbirds parents or guardians of athletes ages 9 and under must be present during all practices.

____ Personal information of team members may not be shared without obtaining the permission of the individual athlete and/or parent.

Anyone who fails to conform their conduct to the preceding code of conduct while attending, coaching, officiating, or participating in the Jr. Thunderbirds program will be subject to disciplinary action, including but not limited to the following:

1. Verbal warning issued by coaching staff or board of directors.
2. Written warning issued by coaching staff or board of directors.
3. Suspension or immediate ejection issued by the organization or official who is authorized to issue such suspension by the youth running organization.
4. Season suspension or multiple season suspension issued by organization or by an official who is authorized to issue such suspension by the person running organization.

Parent Signature:

_____ Date _____

Permission/Release (optional):

____ I agree to allow a photograph be taken of my child and used for team purposes understanding that last names will not be used.

____ I agree to have contact information printed on a team roster and made available to team members.

Jr. Thunderbirds Code of Conduct

Youth running clubs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship.

I therefore pledge to be responsible for my words and actions while attending, coaching, or participating in the Jr. Thunderbirds running program and shall conform to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, participant, official or attendee.
- 2.
3. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, participant, or attendee.
4. I will not use drugs or alcohol while at a practice or Game and will not attend, coach, or participate in a youth event while under the influence of drugs or alcohol.
5. I will not engage in the use of profanity.
6. I will treat any coach, parent, participant, official or any attendee with respect.
7. I will always remain loyal to my teammates and this program.
8. I will not practice play or participate on any other competitive team while actively participating with the Jr Thunderbird program.
9. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, participant, officials, this program or any other attendee.
10. I will not initiate a fight or scuffle with any coach, parent, participant, official, or any other attendee.
11. I will remember that we are guests at Games. We will treat each Basketball, field and public buildings with respect.
12. I will follow the rental guidelines for any Basketball, field or public building in which we practice or compete.
13. I will not drop off any child age 9 and under for practices or Games.
14. I will remember to put the emotional and physical well-being of my child ahead of my personal desire to win.

Printed parent name

Parent signature date

Printed athlete name

Athlete signature date



AAU/YBOA Basketball Registration Form



Guardian Name		Fall School	Guardian Street Address, City & State
Athlete First Name		Middle Name	Last Name
Date of Birth / /	Age on 8/1	Guardian Phone () _____ - _____ <input type="checkbox"/> Home <input type="checkbox"/> Cell	
Sizes Jersey: Short: Shoe:		Guardian Email Address	

Is this child covered by insurance? Yes NO (if not, please check Insurance waiver)

Age Bracket: <input type="checkbox"/> 4 th -5 th Grade (9-11 Yr Olds) <input type="checkbox"/> 6 th Grade (11-12 Yr Olds) <input type="checkbox"/> 7 th Grade (12-13 Yr Olds) <input type="checkbox"/> 8 th Grade (13-14 Yr olds) <input type="checkbox"/> 9 th Grade (14-15 Yr olds) <input type="checkbox"/> Junior Varsity (15-16 Yr olds) <input type="checkbox"/> Varsity (16-18 Yr olds)	Division: <input type="checkbox"/> 11 Under <input type="checkbox"/> 12 Under <input type="checkbox"/> 13 Under <input type="checkbox"/> 14 Under <input type="checkbox"/> 15 Under <input type="checkbox"/> 16 Under <input type="checkbox"/> 18 Under	<input type="checkbox"/> Insurance Waiver: I, the Guardian of this child, do not have my own Health/Injury insurance coverage. I assume all risks and hazards incidental to such participation without Health/Injury insurance coverage and do hereby waive, release, absolve, indemnity and agree to hold harmless, JTI, the host organization, the sponsors, supervisors, participants, volunteers and any other persons involved in JUNIOR THUNDERBIRDS INC..
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I, the Guardian of the above named child, hereby give my approval to his/her participation in any and all Jr Thunderbirds Basketball activities during the current season. I understand that Basketball is a dangerous sport that may result in serious injury or even death. I assume all risks and hazards incidental to such participation including transportation to and from such activities, and I do hereby waive, release, absolve, indemnify and agree to hold harmless the (JUNIOR THUNDERBIRDS INC.), the sponsors, supervisors, participants, volunteers and persons transporting my child to and from activities for any claim arising out of injury to my child.

Physical Examination: I, the Guardian of this child, believe to the best of my knowledge that he/she can withstand the rigors of a football or cheerleading season. I, the Parent/Guardian, believe there is nothing physically/mentally wrong with my child. I, the Parent/Guardian, hereby give my approval to my child to participate in the upcoming season without a physical examination, although examinations are recommended. I assume all risks and hazards incidental to such participation without a physical and do hereby waive, release, absolve, indemnify and agree to hold harmless, JTI, the sponsors, supervisors, participants, volunteers and any other persons involved in JUNIOR THUNDERBIRDS INC..

Fees & Liability: I understand that as Guardians we are responsible for the complete payment of registration fees \$150/\$250(uniform purchase) , monthly fees \$75 and fundraising fees in a timely manner. As the guardian/s, we agree that these are just debts and will remit funds as requested by the organization for the participation in said program. Additionally we understand that there will be NO REFUNDS.

Yes No- My child's picture or likeness may be displayed on the JUNIOR THUNDERBIRDS INC./host organization websites.

Conduct: I understand that we are expected as parent/guardians to conduct ourselves in a civil manner at all Junior Thunderbird Inc. events, and failure to do so could result in expulsion from the event by the host organization and or League officials. **I understand that the consumption of alcohol and tobacco products is strictly prohibited at Junior Thunderbird Inc games and events.**

Parental Medical Treatment Authorization: In the event of injury to my child, I hereby grant authority to a qualified physician to render such medical treatment as said physician deems necessary under the circumstances.

I have read and understand all of the information on this document. My signature confirms my understanding.

Guardian Signature	Relationship	Date
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