



Dear Parents:

01 October 2019

The Child Youth & School Services (CYS) Sports & Fitness staff welcomes you to the 2019/2020 Basketball, Cheerleader, and Little Dribbler's Program. This letter will answer some general questions you may have about the program.

CYS Sports hosts a recreation league that is inclusive of all youth who want to learn the fundamentals of the game and to have fun. For the player with advanced basketball skills and greater ambition, parents may wish to check out the off base options.

Any further questions may be addressed to a Sports Specialist or Sports & Fitness Director. We encourage parents to become involved in our recreational sports program by being a coach, team parent, or offering assistance to staff on game days.

Ages & eligibility: A child must be 3 years old and no older than 12 years of age by 16 NOVEMBER 2019 in order to play. The Little Dribbler's are 3-4 years of age. The Basketball and Cheer team league ages will be divided as follows: 5-6, 7-8, 9-10, and 11-12.

Current sports physical: Sports physicals with the doctor's medical stamp are good for 12 months and must be current through the end of the sport season, 25 JAN 2019. Parent Central will accept a copy of the medical form you may have obtained for school, provided it has the required documentation on it.

Practice Days & Practice Time Requests: Please stop by the sports office and submit your sports request for preferred practice days & times. Practice day & time requests may include Monday/Wednesday or Tuesday/Thursday practice with a 1700 or 1800 time request. Lil' Dribbler's (ages 3-4yr) may request a 30 minute practice time as early as 1600 and as late as 1730. After your registration and before 25 October 2019, placement requests may be submitted to the CYS Sports office. All requests submitted to the CYS Sports office will **NOT BE** approved or disapproved until teams are formed. **We will do our best to accommodate but cannot make guarantees.**

Parent Meeting: Sat, 2 Nov 19 at Bldg. #2295, 12th & Bitar St.

Little Dribbler's	1000 for ages 3-4
BASKETBALL	1100 for ages 5-6
BASKETBALL	1200 for ages 7-12
CHEERLEADING	1200 for all ages

The parent meeting is the time you will meet your coach and discuss administrative issues such as practice times, dates etc... Parents may request roster changes at the Parent Meeting. **Please understand that we cannot guarantee your roster change requests.**

PRACTICES FOR 5 through 12 year olds: Your *COACH* will **DETERMINE THE PRACTICE TIMES**. The days and times are usually 2 times per week between 1700 and 1900. **IF THE PRACTICE TIME DOES NOT FIT INTO YOUR SCHEDULE, YOU WILL NEED TO WORK IT OUT WITHIN YOUR TEAM.** CYS Sports is limited to three hours per week including practices and games. **During practice and games, the parents/guardians are responsible for the supervision of the siblings that are not participating in the sporting activity.**

PRACTICES FOR 3-4 YEAR OLDS: The Little Dribbler's will practice 2 times per week with **no games**. Last day for Lil' Dribbler's is the 11th or 12th of December 2019 depending on their practice days..

Games: Games for teams aged 5 - 12 will be played Saturday's at either JBLM Lewis or McChord beginning on 16 Nov 19 and will continue through 25 Jan 20. Your child's coach will furnish schedules and directions to the game locations by the second week of practice.

Snacks: A list of acceptable snacks will be provided to your coach. Please adhere to the suggestions as we are trying to encourage healthy habits at a young age. Snacks should be nutritious in content. Please dispose of snacks in designated trash cans located near the bleachers.

Fees: Your registration fee is regulated by Department of the Army (DA). This fee covers medals, certificates and a team photo for all players posing in the photo. This fee also helps offset costs for court maintenance, labor and officials fees. **REFUNDS ARE NOT AUTHORIZED.**

Volunteers: In order to coach or assist a team, a background check, FBI fingerprints, and a coach's certification training is **mandatory**. CYS Sports Coaching Vouchers are available for coaches and assistants, once the background check is **completed and cleared**. **Please contact the CYS Sports Office, at 967-2405 if you are interested.**

UNIFORMS: This season, our Basketball jersey's & Cheer shells have sponsors assisting in their cost allowing the children to keep them. Cheer skirts and pom-poms must be turned into your coach on the day of the last game or your CYS account will be charged the following: cheer skirt - \$50, cheer pom-poms - \$15.

Appropriate Conduct: Parents and coaches are reminded that comments should be kept to a minimum and foul language will **NOT** be tolerated at the games. Adherence to the Parents Code of Ethics will be enforced. Incidents of inappropriate behavior will be reviewed and corrective action will be taken. Remember to role model Pursuing Victory with Honor - Character Counts both on and off the field.

The CYS Sports & Fitness team thank you in advance for your support!



CYNTHIA A. WILLIAMS-PATNOE
CYS Sports & Fitness Director



Basketball Rules

Revised 01 Oct 2019

Age Determination: The age of the player on 1st scheduled game date.

Ball: 5-6 yr. Voit 110, Rookie size, or other brand of same size
7-10 yr. Midsize 28.5
11-12 yr. Regulation size

Hoop Height: 5-8 yr. @ 8' and 9-12 yr. @ 10'

Pre-game Warm-up: 5-minutes, possibly more if not scheduled game time yet to start on the hour

Time in Quarter: Two 20-minute running clock halves.
Normal stop clock on LAST 2 minutes of 2nd half ONLY. (Keep running if score turned off)
Halftime is 5-minutes.
NO overtime. Game may end in a tie.
2 Timeouts per half at 30 seconds each.

League Play: National Federation High school Rules will be used with the following amendments:

- Be ready 15 minutes prior to scheduled starting time. Clock may be started on scheduled time.
- All Players should have equal starting and playing time.
- **No jewelry.** (Includes rubber bands not used in hair and hard plastic) No taping of earlobes to hide earrings.
- **Last and First names with corresponding numbers** are to be placed in the official scorebook 2 minutes prior to game time. Coaches are responsible to put in the book. Suggest to make in advance and turn in to scorer
- Team Name, Coaches and Team Management will also be listed on the **official score sheet.** Members not listed on the score sheet will not be allowed in the bench area.
- **5-6 yr. only: NO SCORE** will be kept on the clock
 - **NO Jump ball** to start game. Guest team will start game at half court out of bounds.
 - Defensive players can NOT double team, trap or STEAL the ball while the player has control. (Holding or dribbling) Inside 3 pt. line is allowed except stealing the ball. (Hands UP)
 - Penalty: Warning and award ball out of bounds.
- **Backcourt Pressing:**
 - **5-6 yr.** No Backcourt pressing allowed at any time. (Once player has control of ball)
 - **7-8 yr.** Only in 2nd half. No pressing if 10 point or more lead.
 - **9-12 yr.** Allowed at all times unless 10 point or more lead.
- **If 20 pt. or more lead, NO half court press, drop back to free throw line extended**
 - Warning on the 1st violation, Technical Foul after for each after for Unsportsmanlike Conduct.
- **3 sec. key violation:**
 - **5-6 yr.** No Violation
 - **7-8 yr.** 5 sec. rule, relaxed rule
 - **9-12 yr.** Normal 3 sec. rule, relaxed rule
- **Traveling:**
 - **5-6 yr.** No Violation
 - **7-8 yr.** Called on obvious & if advantage/disadvantage, very relaxed rule
 - **9-12yr.** Called on obvious, relaxed rule
- **Double Dribble:**
 - **5-6 yr.** No Violation
 - **7-8 yr.** Called on obvious, allowed to intermittent dribble
 - **9-12 yr.** Called on obvious, relaxed rule

- **Freethrows:**
 - **5-6 yr.** NO freethrows. Awarded ball out of bounds.
 - **7-8 yr.** 10' Shoot only in last 2 minutes of game only (not called for going over line)
 - **9-10 yr.** 12' Shoot only in last 2 minutes of game only (not called for going over line)
 - **11-12 yr.** 15' Shoot only in last 2 minutes of game only
- **Backcourt:**
 - **5-6 yr.** No Violation
 - **7-8 yr.** No Violation but emphasis not taking advantage of
 - **9-12 yr.** Normal rule

Fouls:

- On **shooting fouls** and fouls committed **after sixth team foul** each half, **one point is awarded** to the fouled team and the ball is given to them out of bounds to the nearest spot of the foul.
- On fouls committed when the **basket is made** the 2 or 3 points count, and the fouled team receives the **ball out of bounds**
- **During the last 2 minutes of the game**, unless there is 20+ lead, free throws will be shot as in regular basketball. Bottom spaces located to free-throw line on both sides are not legal to occupy. Max of 2 offensive and 4 defensive players are allowed in marked lanes.
- **Technical fouls are NOT shot.** Two points are automatically added for each technical and the ball given at half court for a team throw-in to the awarding team.

Point Spread:

- If a **20-point** difference with **5 minutes** or less left in the game, the **score will be 0 – 0**, and only the time will remain visible.
- This can be modified at any time by on site Director / Coordinator if needed to remove score earlier to avoid embarrassment or negative environment.

Responsibilities:

- The **Head Coach** is the **ONLY** Coach allowed to stand during the game. **Stay in Bench area** - not close to table.
- The **Head Coach** is the **ONLY** person allowed to approach the official's or the scorekeepers. A parent may ask immediate questions to their coach or the available CYS Sports Staff on Duty.

Sportsmanship: Please review your Parent Code of Conduct.

- **Coach's & Parents** are also Teachers. Only good sportsmanship behavior is allowed at our games.
- **Do NOT argue with the Sports Director, Officials, Scorekeepers, or Staff on Duty.** You may be asked to leave if disrespectful or unruly. Do NOT argue about the score. **Questions, concerns, and suggestions can & will be handled later away from the children.**
- **Please write up your concern & EMAIL it to the Sports Director listed below for follow-up.**
- **Unruly, unsportsmanlike behavior** will **NOT** be tolerated and you "may" be asked to leave.
- **If a parent receives Disqualification or Ejection**, then **ONLY the Parent**, not the coach, will be asked to leave the vicinity. You have 1 minute to leave, or a team forfeit will result. We do not want to punish the team or coach for inappropriate adult behavior. Please avoid this by remembering that this is a recreational league. **No profanity or inappropriate behavior.**
- **Should an official eject a coach, parent, or player**, the Sports Director or CYSS administrative staff will be responsible for ensuring the person is escorted out of the building. The official should return to the center of the court and remain a neutral party until the removal is completed.
- We play in a "Recreation" league so please emphasis safety, sportsmanship, team play, and good attitudes.
- Please help us to **provide a safe, positive, and fun environment** for our youth.

Game Cancellations/Delay: (Emergencies, Exercises, Weather, Schools, etc.) **call info line & Coaches.**

Call Coaches first if possible. Decisions to play or cancel will be made 1 hour prior to first game time on Saturday.

*Rules may be changed during the season if the rule is better for safety, play, & our program. Keep most current copy with you at all times for reference and reminders. Any questions, concerns, problems, injuries, or positive suggestions please email the JBLM Sports & Fitness Director at cynthia.a.williams-patnoe.naf@mail.mil or call the Sports Office.

*Let us all have a safe, fun, positive, and memorable season. Thank you for your participation and **thank a VOLUNTEER!**

CYS Sports Office (253) 967-2405

Directions to Basketball/Cheerleading Practice Locations

McChord School Age Services, Bldg 3032

From Interstate-5:

From north or southbound I-5 take exit #125 to McChord/Lakewood. From the north, take a left at the end of the exit ramp, from the south take a right. This will put you on Bridgeport Way. Continue on Bridgeport to the McChord AFB Main Gate. From the main gate, stay in the right lane and veer off to the right down Fairway Drive. Continue on Fairway for one mile to Lincoln Blvd. Turn right onto Lincoln and travel for about one mile until you enter the base housing area. Turn right at the "Y" in the road and then take the first left past the school onto Dogwood Lane. The youth center will be the first bldg on your left.

Carter Lake Elementary

3420 Lincoln Blvd. SW, JBLM McChord Field, WA 98439

From Interstate-5:

From north or southbound I-5 take exit #125 to McChord/Lakewood. From the north, take a left at the end of the exit ramp, from the south take a right. This will put you on Bridgeport Way. Continue on Bridgeport to the McChord AFB Main Gate. From the main gate, stay in the right lane and veer off to the right down Fairway Drive. Continue on Fairway for one mile to Lincoln Blvd. Turn right onto Lincoln and travel for about one mile until you enter the base housing area. Turn right at the "Y" in the road and the school will be on your left.

Evergreen Elementary

9010 Blaine Avenue, JBLM Lewis Main, WA 98433

From Interstate-5:

From north or southbound I-5, take Exit #122 to Madigan/Camp Murray. From the north, take a left over the freeway. From the south, take a right. Continue through the checkpoint. Go to 1st light and turn right. Go to the street directly across from Madigan (this is 5th Street, but there is no sign) and turn right (There is a building on the right side of the street called Medical Simulation Training Center). Go to the stop sign at Blaine and turn left. The school is on the right.

Hillside Elementary

61700 Garcia Blvd, JBLM Lewis Main, WA 98433

From Interstate-5:

Take I-5 to Exit #120 for JBLM Lewis Main/Lewis North. Follow the signs to JBLM Lewis Main (NOT JBLM Lewis North). Continue through the checkpoint. Enter the left turn lane. Turn left onto Colorado (the first traffic light after passing through the gate.) Turn left onto Garcia Blvd. Continue for almost one mile to Magnolia Blvd and take a right. The school is on the left.

Rainier Elementary

2410 Stryker Avenue, JBLM Lewis Main, WA 98433

From Interstate-5:

Take I-5 to Exit #120 for JBLM Lewis Main/Lewis North. Follow the signs to JBLM Lewis Main (NOT JBLM Lewis North). The exit will curve under the freeway. Continue through the checkpoint. Proceed through 3 traffic lights and turn right on Bitar Avenue. Continue on Bitar Avenue approximately .6 miles. Take left on S Division St. Take left Stryker Avenue, school will be on the left.

Meriwether Elementary

10285 Compass Avenue, JBLM Lewis Main, WA 98433

From Interstate-5:

From north or southbound I-5 take exit #120 for JBLM Lewis Main/Lewis North. Follow the signs to JBLM Lewis North / 41st Division Drive. Continue through the checkpoint. Travel on 41st Division Drive approximately 1.8 miles. Turn right onto A Street, at the traffic circle continue straight through staying on A Street. Continue on to East Drive, at the traffic circle take ¼ or 1st exit onto Compass Ave. The school will be on the left.

Beachwood Elementary

8890 Concord St, Joint Base Lewis-McChord, WA 98433

From Interstate-5:

Take I-5 to Exit #120 for JBLM Lewis North. Follow the signs to JBLM Lewis North (NOT JBLM Lewis Main). Continue through the checkpoint onto 41st Division Dr for approx. 1.7 mi. Turn right onto A St. At the traffic circle, take the 1st exit onto 17th St approx. 0.6 mi. Turn left onto American Lake Ave. Turn right onto Concord St and your Destination will be on the right.

North Fort Youth Center

From Interstate-5:

Take I-5 north or southbound to Exit #120 for Fort Lewis/North Fort Lewis. Follow the signs for North Fort Lewis. Stay in the right lane, which will eventually take you off to the right onto Division, turn right at the first light (San Francisco), and continue to the left at the fork (American Lake Avenue). Continue on American Lake Avenue to the first stop sign; turn right, the Youth Center is on your left.

CYS Youth Sports Gym (same as the Parent Central Bldg)

Bldg 2295 on the corner of 12th St & Bitar Ave

CYS Youth Sports Office (for cheer only)

Bldg 6398 Garcia Blvd, next door to the Hillside Elementary School

Healthy Snack Ideas

The key to healthy snacking is in providing a balance of food choices that the children can enjoy. Make it a point to read the Nutrition Facts Label that now appears on most processed or prepared food products. These labels provide useful information about serving size, total calories and calories from carbohydrates, protein and fat along with information on the other nutrients contained in the food. In addition to the nutrition facts label, food manufactures are now required to list on the label, in descending order, the weight of all ingredients in a food product. Try to select snacks that do not have sugar, salt or oils listed as the prime ingredients.

Guideline and Suggestions for Healthy Snacks:

1. Prepare snacks that are kid-friendly. When serving fruits and vegetables offer them in bite size portions. Some fruits and vegetables such as apples, pears and carrots can be cut up into sizes that children can easily manage. Try to prepare snacks in advance.
2. Select only juices that are 100% juice. All fruit drinks are now required to have a list of the ingredients on the label. Many products that advertise themselves as fruit juices contain no more than 10% juice. Avoid soft drinks.
3. Limit cookies, doughnuts, brownies and other baked goods. Instead serve bagels or rice cakes. Children also enjoy mixing several types of ready to eat cereals together for a snack.
4. Limit chips and other salty, high fat snacks. Instead, offer baked pretzels, air popped popcorn, dried fruit, dry cereal, granola and whole grain crackers.

Snack Ideas

Apple Chips/Baked Chips	Ritz/Wheat Thins	Fruit Juices
Whole grain crackers	Muffins	Bagels
Cheese Sticks	Dried Fruit	Rice Cakes
Fresh Fruit Slices	Trail Mix	Bread Sticks
Ready to eat cereal mix	Baked Pretzels	Real Fruit Roll-ups
Animal Crackers	Granola Bars	Cheese & Crackers
Raw Vegetables	Beef Jerky	Fruit Bars



Parents' Code of Ethics



I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this PAYS Parents' Code of Ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well-being of my child ahead of a personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.

I will remember that the game is for youth - not for adults.

I will do my very best to make youth sports fun for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

Parent Signature

Date

© National Alliance for Youth Sports
2050 Vista Parkway
West Palm Beach, FL 33406
(800)729-2057 / FAX (561) 681-9716 / pays@nays.org

PLAYERS' CODE OF ETHICS

I hereby pledge to be positive about my youth sports experiences and accept responsibility for my participation by following this Players' Code of Ethics pledge:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free from drugs, tobacco and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.

Player Signature

Date

A FACT SHEET FOR Youth Sports Parents



This sheet has information to help protect your children or teens from concussion, or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no “concussion-proof” helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

**GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



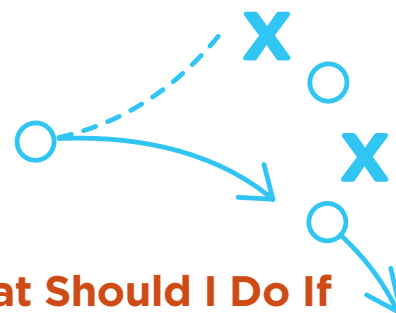
Plan ahead. What do you want your child or teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.



What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,
go to cdc.gov/HEADSUP

