



We build strong kids, strong families, strong communities.



**Dear Parent,**

Thank you for being a part of our 2010 Winter Basketball Season with the San Ramon Valley YMCA. You can look forward to a season that is fun and exciting for your child and great for the whole family. Enclosed you have the league rosters, schedule and important dates, which should help answer any questions you may have about the 2010 Winter Basketball Season.

### **IMPORTANT DATES**

January 16-17	First Day of Basketball
Picture Day	See your Group's schedule for dates. Please arrive 20 minutes early for pictures. Order forms may be distributed to you the week prior to your picture day.
BYE WEEK	See your schedule for date. No games scheduled on this day.
February 20-21	<b>Shoot-A-Thon Skills Challenge</b> - Fundraiser for YMCA's Strong Kids Campaign. Additional information will be sent as event approaches.
March 6-7	Final Day of Basketball
April 17	Spring Sports Leagues begin (Soccer, Teeball/Baseball) – Register now.

### **GENERAL INFORMATION**

#### **PRACTICE & GAMES**

There is no score kept in YMCA Basketball, no try-outs, no league-standings. Practices are done before each game. First day is practice only. Each team is scheduled for one hour on the weekends only. No mid-week practices are scheduled. Please arrive on time, or early, but do your best to avoid interfering with games, should there be ones in progress upon your arrival.

#### **DIVISIONS**

PEE WEES – Ages 3-5

ROOKIES - Ages 5-7

WINNERS – Ages 7-9

CHAMPIONS – Ages 9-11

#### **WHAT TO BRING**

Players should wear non-marking athletic shoes and comfortable clothing (T-Shirt, and Sweats or Shorts).

All players will receive a reversible uniform top which will be theirs to keep. They should bring this each week.

## **FORMAT**

Each team is scheduled for one hour per week only. That hour is split between warm up exercises, team huddles, practice drills, water breaks and game play. Typically, the first 20-30 minutes are for practice, and the rest is for game play. **After the Game:** Teams should huddle quickly after the game to cheer the other team, and line up for the sportsmanship tradition of shaking hands.

## **SNACKS**

Coaches and/or Team Parents are asked to organize a snack schedule at the first practice. A sign up sheet will be provided to the coach prior to the season to bring on the first day so that families may sign up. To promote healthy lifestyles, it is asked that you provide healthy snacks such as orange slices, fruit bars, and juice and avoid less healthy snack such as chips, cookies and soda. Please avoid bringing snacks with nuts in them, as some children have severe nut allergies.

## **STAFF**

**A YMCA Site Supervisor will be present at all locations. This supervisor will also be serving as the referee/official for games.** Remember that the YMCA is a non-competitive league, meaning the focus is on having fun, learning the game and developing good sportsmanship. There will be varying degrees of violation calls made by officials, as appropriate per age group. When it comes to violations such as traveling and double dribble, for example, rules will be more strictly enforced for the older divisions verses the younger ones. Please treat the officials with respect and remember not to take anything too seriously.

## **COACHES/VOLUNTEERS:**

All teams are coached by parent volunteers. The YMCA cannot exist without the help of volunteers. Parent involvement is encouraged. It is ideal for teams to have at least 2-4 parents helping assist with practices and games. Coach Guides and Training are offered to anyone in need. It is required that the head coach for each team complete a background check and volunteer application with the YMCA. If you have any questions about coaching, assistant coaching, or other volunteer opportunities with the YMCA, please call 925-692-2344. All the help you can offer will be greatly appreciated by the YMCA and most importantly, by the kids.

## **LOCATION / DIRECTIONS**

You will find the school and school address of your game locations at the top of your group's schedule page.

We invite your entire family to come out and enjoy the action. We all look forward to working with you and your children this season. If you have any further questions, please feel free to call us at the numbers below. Thank you and have a great season!

Best to each of you,

Eric Leffler  
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