



The Strong Center 2020 Travel Team Handbook

Table of Contents and Player/Parent Contract

<u>Information Sections</u>	<u>Player Initials</u>	<u>Parent Initials</u>
Strong Center Travel Basketball Mission & Vision		
Parent Information & Responsibilities		
Parent Code of Conduct		
Player Information & Responsibilities		
Player Code of Conduct		
Playing Time		
Cost to Play		
Practice & Tournament Schedule		
Community Service		
Academic Program		
Fundraising		

Please initial each section above to indicate you have read and agreed to each portion of information listed in the Handbook.

Player/Parent Contract

I have read the Handbook in its entirety and will do my best to adhere to the standards set forth by The Strong Center. I understand being part of The Strong Center as either a parent or player is a privilege, not a right and that this privilege could be revoked at any time. If I leave the team before the season is over, either on my own accord or due to disciplinary action, I understand there are no refunds.

Player signature _____ Date _____

Parent signature _____ Date _____

Each player/parent must turn in a signed contract prior to the first tournament 2020.

Travel Basketball Mission

Our mission is to provide a quality youth basketball program with a team focus that stresses the progressive development of each and every participant through knowledge, skills, fitness, fun, and sportsmanship with a competitive spirit.

Travel Basketball Vision

Our vision is to be the coveted travel basketball organization and skills training resource in the Southern Wake County region.

Parent Information & Responsibilities

Parental dedication and support is every bit as important to the success of your son/daughter as the dedication expected of him/her as an athlete. The Strong Center experience is just like anything else in life; you get out of it in proportion to how much you put into it. Basketball is a team sport, the performance of the team is dependent upon every team member's contribution, and if the whole team is dedicated, hard-working, and striving for the same goal of excellence, the result is far greater than the results achievable by any one individual. Support critical to your son/daughter's success includes transporting him/her to practices and games on time, providing proper nutrition in snacks and meals beforehand, and being willing to assist in any way needed. Most importantly as a Strong Center parent, encourage your son/daughter to exhibit attitudes, values, and characteristics which portray a positive image. This should be encouraged at all practices and games with both kids and parents.

It takes many hands to put together a quality program specifically in a volunteer organization. Our job, as parents, is to support the coaches by allowing them to focus on instructing our children rather than dealing with the administrative aspects of the program. We appreciate every family that is available to assist during the season with some of these needs.

Volunteers are needed to:

- Record games and share with the families and coaches;
- Assist with various duties when hosting tournaments, banquet planning, etc.; and
- Keeping stats (the books) on game day.

Detailed information regarding how you can help will be forthcoming. For questions or if interested in helping, please contact info@thstrongcenter.org.

Parent Code of Conduct

As the parent of a Strong Center player, I will:

- Guard my speech at games and all other team events.
- Ensure my son/daughter arrives on time for practices and games.
- Understand players will be played at the discretion of the coaches. Playing time is not guaranteed however coaches will make every effort to play every player in at least one game during a tournament for a minimum of 2 minutes.
- Refrain from complaining, criticizing or critiquing coaches, teammates, opposing team's coaches, players, or parents, the referees or other affiliated parties openly. We ask for public praise; private criticism when there are concerns.
- Exhibit excellent sportsmanship characteristics when at any of The Strong Center functions. I will set a positive example for my son/daughter and remember that as a parent, I have come to watch my son/daughter and his/her team's athletic accomplishments.
- Abide by the 24-hour rule after tournaments to raise any concerns with coaches or organization leaders. This allows for a cooling off period so that conversations can be objective, thoughtful, and productive.

Player Information & Responsibilities

You have committed to a competitive basketball program which not only cares about you athletically, but also mentally and spiritually. You have the opportunity to enjoy a wonderful experience playing with The Strong Center, but it is largely dependent on what you put into the activity. The coaches want each player to become the best player they can be. In addition, an equally important objective is to teach good sportsmanship by developing the qualities of teamwork, personal effort, respect for others, and enjoyment of the sport. Our goal is to grow as a team and as individuals.

Playing on a basketball team offers a unique opportunity for personal growth, leadership skills, and athletic achievement. The attitude, dedication and enthusiasm of the athletes are just as important as the skills involved in basketball. Players should push themselves to excel, making personal exemplary conduct a top priority.

Understand that rules and regulations are essential to maintain team morale and effective learning. Consistent enforcement of rules promotes safety of each athlete and fairness to the entire team. Participation is voluntary, not mandatory. It is also a privilege and not a right, so it may be revoked at any time when rules are violated.

Player Code of Conduct

As the player of a Strong Center team, I will:

- Guard my attitude, speech and actions at practices, games and all other team events to reflect the rules and principles stated in this document. I will refrain from complaining, criticizing, critiquing coaches, teammates, opposing team's coaches, players, or parents, the referees or other affiliated parties.
- Speak positively to my teammates and coaches. I will also speak positively of my teammates and coaches.
- Follow common courtesy rules at all times. (This means using good listening, verbalization, and eye-contact skills.)
- Pursue all physical conditioning activities and drills at practices with 100% effort, unless excused by a doctor or the coach.
- Report all injuries to the coaches immediately.
- Be on time for all practices and games, realizing the team as a whole is dependent on each individual player to fulfill this commitment to the team.
- Notify my coaches when I am going to be late or absent for a practice or game. I understand too many absences can affect my playing time in games.
- Watch and actively support the other Strong Center teams if at all possible. All Strong Center teams are under one Strong Center program.
- Use the facilities and equipment provided respectfully (both at practice and in tournaments).
- Treat my coaches, teammates, fans, opposing teams, and game officials with respect at all times.
- Maintain a positive attitude at all times, regardless of circumstances.
- Will not exhibit negative attitudes and outbursts. They are only a detriment to the team as a whole. Any behaviors the coaches deem detrimental to the team's performance, will result in disciplinary action.
- Address any problem or concern I have with a coach or teammate by going directly to that person and talking to them in a kind manner, clearly addressing the problem. If that does not resolve the issue, then I will take a coach with me to talk to that player or other coach. Problems will be resolved immediately. If I have a problem with a player or coach, I understand gossiping about it to other players on the team will result in disciplinary action. This will only tear the team down and possibly damage the reputation of the individual(s) involved.
- Accept that any conduct which is deemed unbecoming from a player who is supposed to be representing the values of The Strong Center will result in disciplinary action.

Playing Time

The Strong Center leverages the EARN approach as it pertains to team play. Playing time is determined by the coaches. Playing time is earned and not a given.

E.A.R.N. Model

We believe players EARN positions and time on the court:

- E > Effort** – We all cannot be great players, but we can all want to be great players and work for it
- A > Accountability** – Every player has a job to do, every drill, and every play. Take accountability.
- R > Right** – Do what is right all the time, not just when you think someone is watching.
- N > Nourish** – Nourish the concept of team & family. It's not all about you, we expect everyone to play as a team.

Strength Grows Out of Struggle and your successes are based on how well you overcome your struggles in life. Life isn't what happens to you, it's how you respond!

Cost to Play

Individual player cost is \$700 with a \$200 non-refundable deposit when roster invitations are accepted. Some teams operating on a lighter practice and tournament schedule will have reduced cost. The remaining registration fee will be due based on a payment schedule given by The Strong Center if you cannot pay the total. Final payments are due by April 15th, 2020. All medical waivers, registration forms and a copy of the player's birth certificate and current school year report card must be on file during the first week of practices.

Cost includes:

- Uniforms and shooter shirt
- All gym time for practices (excludes skills training); and
- Tournament fees

Cost does not include:

- Player's athletic shoes
- Nationals tournaments
- Game-day admission at tournaments;
- Meals and snacks; and
- Skills training (discounts are available for travel players).

Team Administrator

- A Team Administrator and an alternate will be selected for each team upon selection of the team roster.
- Will provide timely communication regarding game schedules, locations, ride sharing, etc. to their team prior to a tournament and throughout the season.
- Required to collect all necessary documentation and provide the documents to the Travel Coordinator by the specified date.

Practice & Tournament Schedule

Tournament dates are subject to change. Parents must commit to make every effort in assuring their child is present on game day. Practices and gym time are at the discretion of the facility directors.

Community Outreach

At the Strong Center, we strive to be a positive force in the lives of our players, families, and communities. We mentor our young people to be successful and productive citizens, imparting the values of hard work, self-discipline, and being of service to others. Community service is an integral part of our mission. We offer volunteer opportunities as part of The Strong Center family and also encourage our athletes to discover their own methods of spreading kindness in our community. Past activities have included:

- Adopt a highway-clean up 4 times per year in front of Fuquay Varina High School
- Triangle Heart Walk for the American Heart Association
- Out of the Darkness walk for the American Society for Suicide Prevention
- March for Babies for the March of Dimes
- Volunteering at the Food Bank of Central and Eastern North Carolina
- Preparing food for families staying at the Ronald McDonald House
- Collecting personal care items for military stationed overseas

Volunteer activities will be scheduled throughout the year to provide opportunities for our players to give back to their community. These events are not mandatory, but we hope you will be able to join us. If you have a particular cause or event that is close to your heart, let us know. We are always looking for new ways to teach our kids the fun and value of community service.

Academic Program

2020 Travel Basketball Players with a GPA of at least 3.0 for one or more grading periods for the current school year grading periods, confirmed with school report card, will receive academic mention. If a player needs help reaching this goal, tutoring assistance and mentorships are available. At The Strong Center we are committed to helping our youth succeed both on and off the court. We strive to be a positive force in the lives of our youth, guiding our young people to improve their athletic ability, to demand academic excellence, and, ultimately, to become better citizens of their communities.

Fundraising

As a non-profit organization, we rely on fundraising to help meet our expenses and plan for the future growth of our organization. There will be opportunities for parents and players to help. These are not required, but we hope you will be able to help.