

## **Rocky Mountain Youth Basketball and Cheer Frequently Asked Questions**

### **What can I expect from this program?**

Our program strives to teach the fundamentals of basketball and cheer in a supportive, positive environment. Through sports, kids are able to practice and learn life skills that they can use in the future. Learning new skills, teamwork, following instruction, working hard, facing pressure situations, reacting to winning or losing, and mentally focusing are all important lessons to experience and practice. This is all done in an encouraging environment where kids are challenged to be leaders on and off the court. Our basketball program is divided into divisions for both boys and girls, pending registration numbers:

- 1st-2nd Grade Boys, Division I
- 1st-2nd Grade Boys, Division II
- 1st-2nd Grade Girls\*
- 3rd-4th Grade Boys, Division I
- 3rd-4th Grade Boys, Division II
- 3rd-4th Grade Girls\*
- 5th-6th Grade Boys, Division I
- 5th-6th Grade Boys, Division II
- 5th-6th Grade Girls\*
- 7th-8th Boys & Girls 3-on-3 League

\*We will add divisions when numbers allow.

### **What are Player Evaluations?**

Player Evaluations are mandatory for all participants (EXCEPT for 7<sup>th</sup>-8<sup>th</sup> Grade 3v3) in order to be placed on a team. Players will determine uniform sizes, fill out further information like practice location and friend or night exclusion request, and complete basketball drills. Players should wear shorts and athletic shoes. Information collected will help us place players in an appropriate division and on balanced teams to the best of our ability.

Cheerleaders will come in to complete payment if needed and give uniform measurements.

Please sign up for a Player Evaluation time slot [HERE](#).

### **What guarantees that my child will be placed on a team?**

In order to be placed on a team, players must attend a Player Evaluation AND be paid in full.

### **Can I make a coach or player request?**

Yes! We allow each player to make ONE REQUEST at Player Evaluations. You can tell us a coach or friend you would like to be on a team with OR a night of the week you cannot practice on. With the size of our league, we can only accommodate one request per player.

\*Please note that we are not always able to meet every player request. Reasons we would not be able to meet requests: friends asked to practice at different locations, friends are not in the same division, or putting friends together would either unfairly stack a team or unfairly cause a team to struggle.

### **What does this partnership with other programs look like?**

This year we are continuing our partnership with the Carbon Valley Recreation Center. They will be sending recreation level teams from grades 3-6 to play in our league. They will be in charge of forming their own teams and providing their own uniforms.

We are also continuing our partnership with Niwot Youth Sports. They will be sending both recreation and competitive level teams from grades 1-6 to play in our league. They also will form their own teams and provide their own uniforms.

We are excited about the opportunities this affords our players and coaches in having so many teams to compete against. We also ask for flexibility as each year we navigate new and exciting challenges that the size of this program brings.

### **When will I find out what team my child is on?**

Once evaluations and registration end on November 5th, our leadership team begins the process of entering all of the information for each participant into the computer system. It does take time to organize the large number of athletes and coaches into teams. We also have to recruit coaches for all of the teams. As soon as we finish, we let our coaches and families know what team they are on and when their practices are. The game schedule gets tackled next and is distributed to coaches as soon as it is ready. Follow us on Facebook for updates on our progress. ([www.facebook.com/rmccball](http://www.facebook.com/rmccball))

### **Who are the coaches and referees?**

Coaches are volunteers. We do background check all of our coaches and choose ones with the most playing and/or coaching experience. We also provide training and resources to coaches.

Our referees are paid positions. Referees are required to complete training. Many referees are local high school basketball players. We ask that all of our volunteers are treated with respect by both players and parents. We are thankful for their time!

### **When and where are practices?**

Practices are held at both campuses, the Carbon Valley Rec Center, and local schools on various nights of the week, including Sundays. 1st-2nd grade teams practice for 60 minutes one night a

week. All other teams practice for 90 minutes one night a week. Cheer squads will communicate their times based on the ages of their cheerleaders. Coaches determine when your practices are based on their availability. You can choose one night that does not work for you at Player Evaluations.

We cannot tell you when your practice time will be until after teams are formed. With the large number of participants, we cannot try to put siblings on the same night. Even with one request per player, it is very time consuming to try to honor all of those requests.

### **When and where are games?**

Games are held Saturdays at either the Frederick Campus, Niwot Campus, or Carbon Valley Recreation Center.

### **Can changes be made once teams are announced?**

Unfortunately we cannot make changes once the teams have been announced. Teams are strategically formed, and changes affect more than just one team.

### **Should I stay for practice?**

Whether or not you stay is up to you. Please communicate with the coaches or other parents and make sure to pick up your child on time. Please also be mindful of any other young children that are with you. We ask that parents minimize any distractions to the team practicing. We also ask that parents stay with their younger children at all times for safety reasons. Children should not be unattended in other parts of the building.

### **What can I expect on game day?**

Please plan to arrive at least 15 minutes prior to your game time. On the schedule, the team listed as the home team always wears the lighter colored jersey. Players and cheerleaders can be dropped off with their coaches in the lobby to warm-up and prepare. We start each game right on time to maintain the integrity of the schedule. Some teams may get to play two games occasionally. If so, the games will be scheduled back to back or with a slight break in between.

### **What are the Spirit Days?**

Spirit Days are a great way to encourage team bonding and create even more fun memories during the season. There are three Spirit Days on the schedule: Crazy Sock Day, Valentine's Spirit Day, and Crazy Hair Day. We encourage players, parents, and coaches to go all-in on these days! Plan ahead and be creative! You are welcome to use face paint, hair color, sweatbands, hairbands, ribbons, matching socks, matching t-shirts, etc.

On the Spirit Day, a member from the team must take a creative team photo and submit it to [basketball@rocky.church](mailto:basketball@rocky.church). Teams who participate will receive a prize the following game day. In addition, a GRAND PRIZE will be given to the team with the most creative photo. The winning teams will be announced on Facebook and listed at the game site.

### **Are there professional team and individual photos offered?**

We are not able to offer professional photos due to the sheer size of our league. We DO offer a large banner at our game locations that you are welcome to take your own photos in front of!

### **What if there is inclement weather?**

Our inclement weather policy is that we will only cancel games or practices if the church facility itself closes down. We will let coaches know if that happens. Parents and coaches are always encouraged to use their discretion on whether or not they feel comfortable driving to practice or a game. Please let your coach know if you do not plan on attending.

*If the weather is wet or snowy, please DO NOT have your child wear his or her playing shoes until inside the building. It is dangerous to have wet shoes on the courts.*

### **What are the All-Star games?**

Coaches will be nominating all-stars to play in our All-Star Games at the end of the season. More information will follow later in the season!

### **What is Awards Night?**

You will not want to miss the Awards Night! All players are celebrated in an hour-long program including a slide show, special performance by our cheer squads, player awards and gifts, and tournament awards. This is a high-energy highlight for all participants!

### **How can I help my child have a successful season?**

We ask that parents help set a positive example for our kids! Please do not talk negatively to the referees, opposing coaches, or other players. We want to teach our kids to handle disappointment or opposition with class and sportsmanship. The model starts with our adults!

### **How do I keep updated throughout the season?**

We will send weekly updates with important information via email. PLEASE make sure you are receiving these emails. You can also follow us on Facebook ([www.facebook.com/rmccball](http://www.facebook.com/rmccball)) or check our website ([www.rocky.church/basketball](http://www.rocky.church/basketball)).

### **What do I do if I have a question or concern?**

If you have a question or concern, please contact one of your coaches first. If you need further assistance, you can e-mail [basketball@rocky.church](mailto:basketball@rocky.church).

### **What is your refund policy?**

We offer full refunds until November 5th when registration closes. Once teams are announced, we do not offer refunds as it greatly impacts a team's experience if kids drop out.

### **What do I do if I am not receiving emails?**

Once you registered you would have received a welcome email the following Monday. If you did not receive it, please check your promotions/spam/junk folder. If you still can't find it, do a search for Rocky Mountain Youth Basketball & Cheer or [basketball@rocky.church](mailto:basketball@rocky.church). Once you have found your email, save the contact so that future emails will go to your Inbox. All emails are also posted on our website: [www.rocky.church/basketball](http://www.rocky.church/basketball).

### **What is 7<sup>th</sup>-8<sup>th</sup> Grade 3v3?**

3v3 is one of the BEST ways to improve your basketball skills. We structure our 3v3 league so that players can play for their schools or clubs and play 3v3. There are three divisions based on skill and experience level.

Players practice once a week and have games once a week. Sundays may be one of the days for practice or games. We will publish the exact times for practices and games once we know more about the size of our league. You will have an opportunity to receive a refund before we get started if those times do not work for you.

### **Benefits of 3v3**

**#1: Players have the ball more.** It is estimated that players touch the ball an average of 4 minutes in a typical 5v5 game. In 3v3, with less players and a half court, players get many more touches.

**#2: Players focus on fundamental half-court skills and basketball knowledge.** We teach players winning individual habits of leadership and half-court basketball. The game is simplified so that they can focus on improving individual skills.

**#3: Players take ownership of their game and team.** We coach players during practice with the intent of allowing players to strategize, work together, and coach themselves during games. This is an extremely important part of their development as players and leaders!