



# 2018-2019 Winter Rec Basketball Coaches Meeting

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**WELCOME!**

## Coaches should be receiving:

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- One Coaches Shirt
- One Assistant Coaches Shirt
- Uniform and Equipment Set
- Rosters – At the END of the meeting

# Player Directors

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Girls A, Carolyn Phillips – 4 Teams  
Boys A, Annemarie McGavin – 7 Teams  
Girls B, Tara Suga – 8 Teams  
Boys B6, Erika Calloway – 6 Teams  
Boys B5, Laney Schroeder – 6 teams  
Girls C, Spike Bighorn – 7 Teams  
Boys C4, Lourdes Talbot – 9 Teams  
Boys C3, Annemarie McGavin– 8 teams  
Co-ed D2, Jennifer Schroeder – 9 teams  
Co-ed D1, Susan Melendez – 5 Teams  
Mini Dribblers – 45 Players

# Relevant Dates

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- 1) Regular season begins:  
**January 5<sup>th</sup>, 2019. SYC may vary.**
- 2) End-of-Season Tournament:  
**March 2, 2019.**
- 3) Sunday games for odd divisions.

# Uniforms!!!!

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Uniform Face Sheets – please print clearly

- Name and phone number

Items in each mesh ball bag

- Jerseys, shorts, game ball, practice ball, cones and scrimmage vest

Uniform exchange -

- E-mail Tanya at [Tanyadh1@cox.net](mailto:Tanyadh1@cox.net) – All requests for uniform exchange must be made before or on December 10, 2018
- Also inform her of the set number. Indicate what size you are wanting to exchange. BE SPECIFIC

Once you have met with your parents, select a “uniform parents

**Bball sizes: 28.5 for all except 29.5 for A, AA Division Boys**

# Registration

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- Players ***must*** be registered before playing
  - May continue to register online
  - Insurance concerns.
  - <http://leemountvernonsc.bonzidev.com/home.php>
- Coaches, if you have room on your roster, you are welcome to recruit. Just let the Player Directors know so we can assign them to your team.
- Special Requests –
  - This is not a guarantee. Requests are made on a first-come, first-served basis.
  - Teams are formed by neighborhoods and schools
  - Practice Days may not be requested

# Safety Due Diligence

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- All coaches must be registered in database. This triggers the background checks. We want anyone who helps coach to be vetted.
- Child Abuse Concerns
  - Required online training.
- Concussion Training
  - CDC Certificate



# Scheduling

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LMVSC – December 10th

## Priorities for deconflicting:

- Head Coaches coaching two + teams
- No deconflicting guarantees for the playoffs

# Practice Grid

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- **Live online – bballcoaches18**

**<https://lmvsc.org/basketball-practice-grid-permits/>**

- Practice Grid/Permits – Have it with you at practices
- Early slots are for the youngest players.
- One day a weeknight
- Review your permits each week for gym cancellations due to school activities- Permits are posted on line
- Weekly Practice Training Sessions – Will be sent Sundays – alphaBasketball

# Game Gyms

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- **Bush Hill ES – 8 AM – 6:00 PM**
- **Cameron ES – 8 AM -6:00 PM**
- **Edison HS Gym 1 – 2 PM -8:00 PM**
- **Edison HS Gym 2 – 2 PM -8:00 PM**
- **Franconia ES – 8 AM -6:00 PM**
- **Hayfield ES – 12:30 PM – 6:00 PM**
- **Rose Hill ES – 1:00 PM – 8:00 PM**
- **Mark Twain MS Gym 2 – 8:00 AM – 2:00 PM**
- **Washington Mill ES – 8 AM – 6:00PM**
- **Woodley Hills ES – 8 AM – 6:00PM**

# Award Winning Awards

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- Award Winning Awards will donate \$5.00 to the LMVSC Scholarship fund for every LMVSC team that purchases team trophies
- Phone: (703) 922-4385
- E-mail: [AWAbyLisa@msn.com](mailto:AWAbyLisa@msn.com)
- Website: <http://www.awabylisa.com/>

# SPORTSMANSHIP – it starts at the top!

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I will ensure that my conduct shall reflect sportsmanship, good citizenship, and a Positive example for the players

I will show respect to home and visiting coaches before, during and after games.

I will show respect for officials and refrain from questioning decisions.

I will cheer my child's team in a positive, supportive manner, refraining at all times from Making hostile, negative or abusive remarks about the opposing team or the players

I will follow facility rules and regulations, respecting at all times the property of others

I will demonstrate appropriate gestures of sportsmanship at the conclusion of a game, win, lose or draw.

I will refrain from using abusive language, profanity, humiliating remarks. I will maintain control of Emotions and or gestures of ill temper, or physical assault towards a players, a coach, another spectator Or an official.

I will refrain from using abusive language, profanity, humiliating remarks towards LMVSC Players, coaches, staff and on any social media platform.



Be prepared for Game day

# Volunteer Building Directors



<https://www.fairfaxcounty.gov/neighborhood-community-services/athletics/volunteer-building-director>

# Game Clocks

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- Clock
- Location for Pick Up and Drop off will be sent Weekly
- Only one book will be used during games and will be stored in Clock Bag
- Must be returned shortly after game. Nobody keeps clocks overnight.





# Scorekeeper and Timekeeper

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- Home Team provides the Scorekeeper, while the Visiting Team provides the Timekeeper. Please be flexible.
- Prefer that adults keep score/time. Please make sure participation is noted.
- One scorebook will be kept with each clock. The same scorebook will be used for the games throughout the day.
- Scorekeeping rules/timekeeping rules can be found on website. Copy will be kept with the clock.
- No cheering from the table.
- Reporting scores.
- Keep table area neat. Pencils and sharpeners should be put back into bag.

# Division Playing Rules

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- “D1” & “D2” Divisions – 1st & 2nd Grade Playing Rules
- The “D” Division consists of up to 8 players in the 1<sup>st</sup> and 2<sup>nd</sup> grades.
  - Basket height is 9 feet
  - Basketball size is 28.5
  - Free throw line is located at 12 feet
- “C” Division – 3rd and 4th Grade Playing Rules
- The “C” Division consists of up to 8 players in the 3rd and 4th grades.
  - Basket height is 10 feet
  - Basketball size Boys is regulation size, 28.5
  - Basketball size Girls 28.5
  - Free throw line at 12 feet

# Division Playing Rules Cont.

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- “B” Division – 5th and 6th Grade Playing Rules
- The “B” Division consists of up to 8 players in the 5th and 6th grades
  - Basket height is 10 feet,
  - Basketball size Boys is regulation size, 29.5
  - Basketball size for Girls is 28.5
  - Free throw line at 15 feet.
- “A/AA/AAA” Division – 7th and 8th Grade Playing Rules
- The “A” Division consists of up to 10 players in the 7th and 8th grades
  - Basket height is 10 foot
  - Basketball size Boys is regulation size, 29.5
  - Basketball size for Girls is 28.5
  - Free throw line is at 15 foot.

# Playing Rules

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- 1. Playing Rules
- 2. Method of Play
  - a. Defensive alignment - Either zone or man-to-man defense is permitted at any time.
  - b. Double teaming – two players may not defend one at any time except for when offensive player is within the area of the key and the foul shooting circle (extending to the area commonly known as the top of the key). The first occurrence of this violation will be a warning, the second a technical foul (not recorded as a personal foul against either player).
  - c. Pressing and double-teaming – Teams may press during the last 3 minutes of the game only. During this time, the double-teaming rule still applies. A team may not press at any time with a lead of 15 points or more.
  - d. Foul shooting bonus – a team that commits seven fouls within a half will award the opposing bonus status. Teams “in the bonus” will continue to shoot two free-throws for shooting fouls, and will shoot “one and one” for all other fouls. A tenth foul within a half will award the opposing team “double bonus” status. All fouls will result in two free-throws.
- 3. Game Time
  - a. Game Time Limit - Duration
    - Each game will consist of four, 10-minute quarters. The clock will only stop on foul shots and time outs, except for the last three minutes of the game, when the clock additionally stops on all out of bounds situations. Time limit between scheduled games shall be at least five minutes. There will be a 3 minute break between quarters and a 5 minute break between halves.
  - b. Time-Outs
    - Each team will have three 30-second timeouts per half. These timeouts do not carry over one half to the next.

# Player Participation RULE

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**Player Participation: Each player shall play a minimum of two (2) quarters in each game, one (1) of which must be uninterrupted unless an injury or fouling out occurs.** However, when there are six players present, each player must play a minimum of three (3) quarters, two (2) of which must be uninterrupted. Each player on teams with 7 or more players must meet the minimum playing time and sit out a minimum of 1 full quarter. For teams with 10 players, each player will play two quarters, one of which must be uninterrupted.

- Coaches may reduce or eliminate playing time for disciplinary reasons including chronic missing of practice, but only with the prior notification and concurrence of the commissioner. **Teams violating the participation rule may be required to forfeit the game in which the violation occurred, and the coach may be subject to warning or possible suspension.** Game will be recorded as a lost for team in violation.

# Blow out Rule

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*“LMVSC’s recreational basketball league emphasizes participation, teaching basic basketball skills, good sportsmanship, and team play. The objective of LMVSC recreational basketball is to provide an atmosphere in which players can enjoy the game for its own sake without an undue emphasis on winning or losing. Accordingly, blow-out games are contrary to the objectives of the recreational league, and LMVSC recreational league coaches shall make reasonable efforts to avoid blow-outs. The following rule applies to ALL teams playing in Lee Mount Vernon Sports Club.”*

- We have surveyed the membership: members prefer playing with “friends” and not a draft; thus with our club’s team forming philosophy, you may expect some blow-outs.

# Side Court Behavior

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Only the head coach and the designated assistant coach may sit along side of the players on the bench or seats provided.

Only one coach at a time either, the head coach of the ac is allowed to stand and coach from the bench during the game.

# Referees

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- MPOA Officials. Director is D.L. Mattox.
- Should always be treated respect. Mistakes will be made. Some will be stricter than others. Do not argue judgment calls. You are setting the standard for how your players treat the referees.
- Questions regarding rules may be asked during timeouts.
- Please report inappropriate behavior to Annemarie McGavin. Inappropriate behavior does not include anything listed in bulletpoint #2.
- Referees should sign the book at the end of the game.



# End-of-Season Tournament

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Scores through out the season **MUST** be reported by the **WINNING** Team

- Report scores each week to
  - [bballscorereporting@lmvsc.org](mailto:bballscorereporting@lmvsc.org)
- Single elimination tournament.
- Champions and Finalist trophies will be awarded

# Before You Leave...

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Please make sure you have picked up all your belongings.

Please make sure you pick up the correct uniform bag.

Please THANK your Player Director for all his/her hard work.

Also note, in your hand book there is a lot of terrific information, take a minute and look through it.

Thank you for volunteering your time and on behalf of the entire LMVSC Board, we wish you a fun and safe season.....