

2020-2021 Winter Rec Basketball Coaches Meeting



WELCOME!

LMVSC Basketball Organizational Chart

BOARD of DIRECTORS



Lula Bauer
Executive Director



Jennifer Deems
Director of Marketing/PR



Jessie Gore
Administrator and FM



Annmarie Mcgavin
Director of Basketball

Player Directors

Boys H.S. Annemarie McGavin – 4 Teams
Girls A: Annemarie McGavin – 6 Teams
Boys A: Tara Suga - 10 Teams
Girls B: Annemarie McGavin – 6 Teams
Boys B6: Lourdes Talbot – 5 Teams
Boys B5: Annemarie McGavin – 7 teams
Boys C: Jennifer Schroeder – 7 teams
Girls C: Christen Jeckell - 5 Teams
Co-ed D2: Annemarie McGavin – 5 teams
Co-ed D1: Jen Schroeder – 5 Teams
Mini Dribblers – 22 Players



Season Starts On



Practices start on January 4, 2021

Games start on January 16, 2021

Uniforms and Equipment

- Uniform and Equipment Drive By:
 - TBD (Tentatively Sat. January 2nd or Mon. January 4th)
 - Extra Space Storage – Behind Walmart in Kingstown
 - 5851 King Centre Drive



Uniform exchange -

- Please try to work out your sizes as a group.
- E-mail Tanya at barrowstanya6@gmail.com for exchanges
- Also inform her of the set number. Indicate what size you are wanting to exchange. BE SPECIFIC

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
 - Coaches, if you have room on your roster, you are welcome to recruit.
 - Player Directors must be informed to assign them to your team. **TEAM LIMIT: 8 players**

Schedules



Schedules Sent Out: January 4th

Priorities for deconflicting:

- Head Coaches coaching two + teams
- Attempt to de-conflict with other LMVSC Winter Programs.

Practice Grid



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- 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

Game Day 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 (starting in Feb)
 - **Edison HS Gym 2** – 2 PM -8:00 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

What if Gym is Locked????

- Contact Annemarie McGavin at mcgavindob@lmvsc.org, 703-922-9425. If you cannot reach Annemarie, contact Jessie at admin@lmvsc.org, 703-598-4975 If no Jessie, contact Lula at director@lmvsc.org, 703-869-6366.

CREATE CELL PHONE CONTACTS

- We are subject to the whims of FCPS and its' custodial staff.
- There will be times that we will have last-minute cancellations. School use is ALWAYS a priority over LMVSC use. We will do our best to notify you if the school decides to take over the gym! Sometimes the school will not notify NCS.... so we only find out when we show up!!
- Sometimes the custodian doesn't show up. We will contact NCS to see if we can get someone to come out and open up. Again, NCS (and therefore LMVSC) is subject to the actions of FCPS.
- Sometimes the custodian is actually in the building. Keep searching!!!
- All area-wide basketball clubs, including AAU teams, travel teams, experience these issues.



Required Reports



Gym Damage

- Please inform us if there is problem with the rims or backboards.
- Let us know about other damage.

Injuries

- Please contact Annemarie McGavin, mcgavindob@lmvsc.org if injury requires a hospital visit. Please provide the player's name and circumstances of injury

Team Officials - Coaching Education

- USA Basketball – www.usab.com
- Breakthrough Basketball – www.breakthroughbasketball.com
- Basketball HQ – www.basketballhq.com
- Coach Like a Pro – www.coachlikeapro.com
- YMCA of Greater Louisville – <http://www.ymcailouisville.org/southeast/volunteer/youth-basketball-coaching-resources.html>
- YouTube – www.youtube.com – Search “coaching resources basketball”
- How to Coach Youth Basketball – www.howtocoachyouthbasketball.com
- Guide to Coaching Basketball – www.guidetocoachingbasketball.com

Team Officials



Volunteer Building Use Director:

Most Coaches register as Building Use Director:

<https://www.fairfaxcounty.gov/ncs/athletics/vbd.htm>

Team Officials



Time Keeper:

Clock

Location for Pick Up and Drop off will be sent Weekly

We are not providing a book. We will provide scoresheets, which will be stored in Clock Bag.

COVID Parent will wipe down Clock immediately after game.

Team Officials



Score Keeper

Division Playing Rules

- “D1” & “D2” Divisions – 1st & 2nd Grade Playing Rules
- The “D” Division consists of up to 8 players in the 1st and 2nd grades.
 - Basket height is 9 feet
 - Basketball size is 28.5
 - Free throw line is located at 12 feet

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- “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 9 feet
 - Basketball size Boys is regulation size, 28.5
 - Basketball size Girls 28.5
 - Free throw line at 12 feet



Division Playing Rules

- “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 is 28.5
 - Free throw line at 15 feet.
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- “A/AA/AAA” Division – 7th and 8th Grade Playing Rules
- The “A” Division consists of up to 8 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.



Division Playing Rules

Defenses

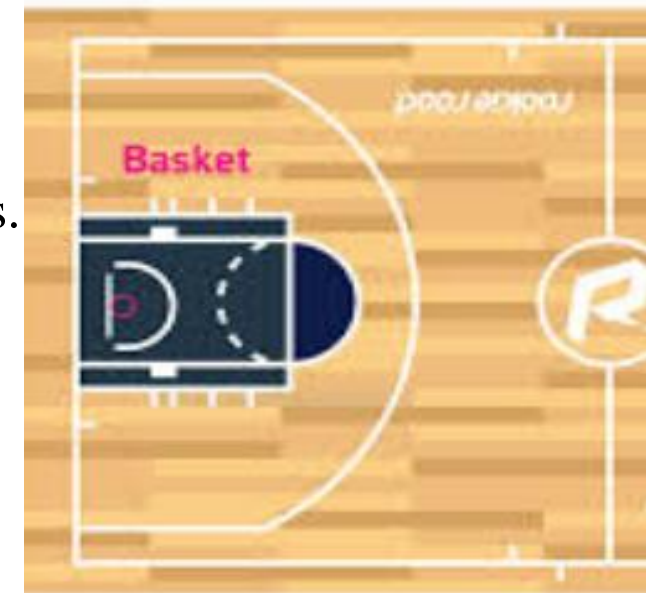
- Zone
 - Man-to-man
 - Hybrid Defenses – OK in Divisions B and above.
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Double teaming – two players may not defend one at any time except for when offensive player is within the area of the key and the foul shooting circle (extending to the area commonly known as the top of the key).

- The first occurrence of this violation will be a warning.
 - The second occurrence is a technical foul.
 - Double-teaming is permitted in the H.S. divisions except in mercy situations.
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Full-Court Defense

- High School and A Divisions– Permitted entire game
- B Division – Permitted in second half



Playing Rules

Game Time

- Each game will consist of four, 10-minute quarters. Game starts with a coin toss.
- Winner of Coin Toss gains possession.
- 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 whistles.
- Time limit between scheduled games shall be at least five minutes. There will be a 1 minute break between quarters and a 3 minute break between halves.
- Games that fall behind will be shortened due to hard start times.

Time-Outs

- Each team will have three 30-second timeouts per half. These timeouts do not carry over one half to the next.

Overtime

- No overtime. Games can end in a tie.

COVID Additional Playing Rules



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- Ball will be wiped down during all timeouts and at the end of every quarter.
 - Players should hand sanitize before entering game, end of every quarter, exiting the gam.

Player Participation Rule

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.

LMVSC Blow Out Rule

“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.”

LMVSC Blow Out Rule

Difference of **15 Points or More**

- Full-court defense is not permitted.
- Take active measures to slow down on scoring.

Difference of **20 Points**

- When the 20-point differential is reached, the referee will initiate a non-chargeable 30 second time out so that the dominant team's coach can brief his/her players on the proper way to play during this "Blow out Period of Time." The play will be restarted with a throw-in on the baseline where the last basket was scored.
- During this non-chargeable timeout, the clock will be stopped. There will be no stoppage in play for subsequent occurrences of a 20-point differential in the same game.
- No fast breaks. When obtaining possession in the defensive end, the ball must be walked to the mid-court line. No long passes.
- The dominating team cannot defend further from the end of the foul line and its extension to the sidelines. See the rectangular box in the image. We do not want the dominating team to be required to have "one foot in the paint." We want the weaker team to be able to set up an offense and work the ball. This is impossible if the entire defense is in the paint.
- 20-point differential rules stay in effect until the differential is reduced to 14.

LMVSC Blow Out Rule

- We do expect our coaches to implement certain practices if the game is out of hand, however only the previously stated rules will be enforced by the referees. The below rules **DO NOT APPLY**:
 - 4-pass requirement before shooting.
 - Defenders must have one foot in the paint.
 - Taking points off the scoreboard.
 - Clock running through foul shots and/or timeouts.

Guest Player Policy

- Only to get to five players.
- Contact Player Director as soon as you know you're short.
- If someone shows up, guest player continues to play, but just the minimum time.
- Find out at game time? Coach can ask players from prior game. Once fifth player arrives, guest player stops playing.
- Can play with four players.
- Contact Player Director or Annemarie McGavin to see if someone can be found quickly.

Side Court Behavior

- Only the head coach and the designated assistant coach may sit along side of the players on the bench or seats provided
- Must maintain 6 feet of social distance
- 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.
- Due to COVID – this policy will have zero tolerance.

Referees



REFEREES

Score Reporting



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

- Report scores each week to
 - scores@lmvsc.org
- No end-of-season tournament.
- If time, last week of season will be games between adjacent seeds.

Fairfax County Gym Use:

- **Fairfax County Community Sports Organization**

- Neighborhood and Community Services is committed to enforcing the following stipulations and conditions that have been put in place to allow community use of Fairfax County Public Schools (FCPS) gyms beginning January 4, 2021. Therefore, it is necessary for Community Sports Organizations to comply with the following:

- There is a 25-person spectator limit in the gyms at all times during games. There will be no spectators allowed in the gyms for practices.
- Masks must be worn at all times by spectators, coaches, referees, and players. Players are required to wear masks while playing on the court during practices and games.
- Only one team allowed in the gym during the week for practice.
- Times are reduced to one hour in the gym for practice and one hour and fifteen minutes for games
- There **MUST** be a fifteen-minute buffer between practices and games to allow for complete transition of players and cleaning. At no time will the teams for the next practice or games enter into the gym before the current teams vacate.
- If any of the Sports Organizations' players, coaches or referees have reported that they have COVID-19, you must report it to your NCS Regional Scheduler immediately by phone or email.

PRE-SCREENING

Prior to attending any LMVSC facilitated activity:

Players, Coaches and Spectators must complete a COVID-19 Pre-Screening Form

The LMVSC COVID-19 Pre-Screening questionnaire shall be updated on a consistent bases to reflect current restrictions and guidelines.

- Travel Basketball Teams: Pre-Screening Forms: Google Form Link
(Link Sent via COVID Team Parent)
- Travel Recreational Teams: Pre-Screening Forms' Google Form Link
(Link Sent via COVID Team Parent)



REPORTING COVID PROTOCOL

All “CONTACT” cases must be reported to the LMVSC COVID POC immediately.

Lula Bauer: 703-869-6366 **Phone Calls only - E-mails slows down the process.**

- a) COVID POC will collect timeline information and communicate CDC/County and LMVSC Protocol
- b) COVID POC will communicate reported case and CDC/LMVSC Protocol to
 - 1) Player’s Head Coach
 - 2) Player’s Teammates/Families
- c) All reports when communicated will referred to Contacts as:
Family Member, Coach or Player



PROTOCOL for Attending Training or Scheduled Game

- Temperature Checks Required before answering the Pre-screening questionnaire.
- If player becomes ill for any reason, parents may not send their child to train and or game day.
- If anyone in a household has tested positive to COVID-19, parent can not send their child to training/games. Must Contact COVID POC Lula Bauer, 703-869-6366
- If anyone in a household is planning to be tested due to symptoms or exposure, parent must not send their player to training or scheduled game.
- If a player is being tested for any reason, parent can not send player to training or scheduled game until results have been received.



PROTOCOL: SPECTATORS

Virginia Governor Ralph Northam Announced New COVID Restrictions for Youth Sports Spectators: Effective December 14, 2020

The “Spectator Restriction” does not apply to Players, Coaches, and game day officials. i.e. Referee, Clock and Score Keepers, COVID Parent, Videographer.

Indoor Sports: 25 Spectators

LMVSC is allowing 1 guest per player for Games

Maximum Spectators for games is 16.

NO Spectators for Practices.



PROTOCOL Training and Game day

- Players and spectators are required to follow “ENTRANCE AND EXIT” signs:
 - One way in – one way out
- Players are required to wear mask at all times
- Spectators are required to wear mask and to social distance.
- Wash hands thoroughly before and after training.

COVID Parents will provide

- Players must hand sanitize before, after every quarter and after the game
- Coach must disinfect Ball after every training and after every quarter during games
- Players are not permitted to touch or share equipment, water, or bags.
- Only Water Bottles are allowed in the gym
- After game snacks are not permitted
- Player are required to wear reversable uniforms to practice
- Practice social or physical distancing, place bags and equipment at least 6 feet apart.
- Players are instructed not to touch Coaches equipment, i.e. cones, hurdles, ladders etc.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Players are not permitted to stay after practice to “shoot around” and must exit the gym immediately following a practice or a game.



CDC Recommended Guidelines for LEVELS of CONTACT

During these fluid times, guidelines are subject to change

DIRECT CONTACT:

- Player and or Coach Test COVID-19 Positive
- Player/Coach testing positive must “Isolate” for 14 days
- **Out of an Abundance of Caution:**

If a family member test positive AFTER Player/Coach test positive(during the 14 days of Isolation)

Player/Coach must “**re-set**” from the day the family member tested positive.

Like the Thunder and Lighting Policy: when you hear thunder and or see lighting, activities are suspended for 30 minutes. During that 30 minutes, if you hear thunder and or see lighting again, the 30 minutes re-sets. The 30 minutes suspension re-sets from the LAST sound of thunder or flash of lighting.

For example: If Player tested positive on December 7, player must isolate until December 22. If a family member test positive on December 12, player may not return to LMVSC activities until December 26

- Must contact Lula Bauer, LMVSC Executive Director 703-869-6366



CDC Recommended Guidelines for LEVELS of CONTACT

During these fluid times, guidelines are subject to change

CLOSE CONTACT/ Primary Exposure

- Teammate/Opposing Team must “Quarantine”
- Who needs to quarantine?
- People who have been in close contact with someone who has tested positive for COVID-19
- What counts as close contact?

Teammates that either trained and or played in a game with player/coach that tested positive for COVID

Team and opponents will be contacted immediately.

- How long should a player self-quarantine if you had contact with someone who had COVID-19?
It may take up to 14 days after an exposure for you to develop COVID-19. Self-quarantine and monitor your health for 14 days from when you last had contact with the person that tested COVID positive.
- LMVSC understands that the CDC has changed the quarantine time to 10 days. However, out of caution, LMVSC will continue to follow a 14 days quarantine period.

CDC Recommended Guidelines for LEVELS of CONTACT

During these fluid times, guidelines are subject to change

CONTACT WITH CLOSE CONTACT/ Secondary Exposure

- CDC recommendation: If you have been around someone who was identified as a close contact to a person testing COVID-19 positive , closely monitor yourself for any symptoms of COVID-19.
- LMVSC out of an abundance of caution: if a player and or coach have been around someone who was identified as a close contact to a person testing COVID -19 positive, within 4 days, LMVSC will notify team to quarantine until close contact/primary exposure player or coach tests for COVID. If the player or coach does not test, the team will remain in quarantine.



CDC Recommended Guidelines for LEVELS of CONTACT

During these fluid times, guidelines are subject to change

Questions?



Thank You Coaches!



Providing our players with a sense of normalcy during these abnormal times could not be accomplished without you!

Together, we can provide a safe environment for our community!

Thank you for your service to our Club!

#lmvscfamily