

Little Eagles Developmental Basketball Association



Coaches, Players & Parents Handbook

Objectives and Mission

The primary objective of the Little Eagles Developmental Basketball Association (LEDBA) will be to provide a quality basketball program for the youth of the Plain Local School District.

The Little Eagles Developmental Basketball Association is a non-profit basketball program that provides an opportunity for boys and girls, grades k-12 to learn fundamentals of basketball through positive coaching, structured practices and meaningful games.

We are sustained by the efforts of volunteers who display an extraordinary amount of commitment and hard work, ensuring that our league is a positive influence in the lives of our children. We also strive to provide a service to our community by providing a healthy outlet for children, enhance interest in the GlenOak Boys and Girls Basketball programs and improve the districts basketball facility's.

Philosophy and Goals of the In-House Program

We want to provide an enjoyable recreational opportunity for boys and girls in grades 1-6. Each player will be taught basketball fundamentals, team work, sportsmanship and discipline. They will be provided the opportunity to play under game conditions and become involved in the GlenOak Basketball Program.

Our philosophy is that each child gets the opportunity to maximize his/her enjoyment of basketball through participation in practice and games. We will provide the best possible experience in a safe environment as well as fundamental basketball instruction from trained and experienced coaches. With well-organized practices and professionally refereed games, this program will teach children valued characteristics such as good sportsmanship, discipline, teamwork and self-control.

School Facilities

The use of school facilities is a key to the success of the basketball program. All players, parents, siblings and guests must stay in the designated area (gymnasium) that they are assigned. **No one is permitted to roam the building, halls, stage or restrooms.** While your presence is not necessary at practice, please ensure that your child arrives on time and is picked up on time. Arrival too early or departure too late creates an opportunity for a situation to occur. There should not be any siblings left at games or practices. There is no supervision for anyone other than the players on the team.

In order to keep the playing surface safe, ALL players must wear different shoes to the gym than those that they are playing in.

The use of school facilities is a privilege. At no time during practices or games, should anyone be unsupervised. Failure to do so has led to issues with special events on the stage, bulletin boards, restrooms and hallways. At no time should anyone be on the stage or in any area of the school other than the gymnasium. We must always respect where we are and things that are not ours. Without the schools, we could not accommodate the number of children that we have in our basketball program. Parents, players and coaches are responsible for picking up their trash and keeping the schools clean. Please do your part in helping with these housekeeping issues.

Participants

Boys and Girls living in the Plain Local School District, in grades 1-6, are eligible to participate in Little Eagles. Parents should make sure that their child is physically capable of participating in competitive basketball. It is strongly encouraged that each child has a yearly physical examination. By registering a child in Little Eagles, the parent assumes the responsibility of the child's physical and emotional condition. Little Eagles Developmental Basketball Association, the Board, its Officials, Referees, Volunteers and Coaches will not be responsible or liable for any medical or mental condition of a participant.

Little Dribblers

This is a co-ed league for boys and girls in the 1st and 2nd grades. The goal of this division is to give players an overview of the game and rules, while teaching them basic fundamental skills.

B League

The B League is open to players in the 3rd and 4th grades. There are separate leagues for boys and girls

A League

The A League is open to players in the 5rd and 6th grades. There are separate leagues for boys and girls.

All participants will play in their appropriate age group. Players are not permitted to play up or play down.

Registration

All participants must fill out a registration and pay the fee in full. Registrations will be accepted until the cutoff date or when the particular league has reached its maximum number of participants. The registration will include the order form if a new jersey is required as well as a Waiver of Liability.

Rosters

Players participating in the A and B Leagues will participate in a Skills Evaluation prior to the start of the season. To be guaranteed a spot on a team, each player must be present. There is no makeup date. Teams will be organized by the league directors based on the scores from the evaluation. No requests are accepted with the exception of players will be placed on teams that are coached by their parent. Head Coaches are not permitted to select or request who their assistant coaches will be. Teams and rosters will be selected each year. There are no carryovers.

Coaches

Anyone interested in volunteering as a Head Coach OR Assistant Coach, must fill out a Coach/Volunteer Application. Anyone who checks the appropriate box on the registration form will be emailed this form. They are also available on the league website. The application includes a criminal background check for each volunteer. Coaches will be selected by the League Directors and are responsible for reading, understanding and complying with the Coaches Rules of Conduct, Playing Rules and this Handbook.

Coaches are required to attend a brief meeting prior to the Skills Evaluation and a free clinic hosted by the GlenOak Boys and Girls Varsity Coaches. Basketball experience is preferred but not necessary for coaches. If a parent is interested in helping as an Assistant Coach after teams are selected, they MUST fill out a Coach/Volunteer Application.

The Head Coach is in charge of all practices and is in full and complete charge of the team at games. They should attend all meetings, practices and games. A coach must wait until parents/legal guardians pick up all of the participants after practices or games before leaving the site.

A player rotation form must be completed and turned into the scorer's table prior to every game. The form that is turned in must be followed. Failure to turn in or not follow the form will not be tolerated. If a coach is found to be altering the rotation in any way, the scorer's table will make the substitutions for the remainder of the game.

If a written complaint is filed about a coach, a meeting will be scheduled with the coach who is involved to discuss the situation. Results of the meeting will be: No further action; Suspension; Expulsion; Probation or Other appropriate action. Any coach who does not attend the prearranged meeting with the League Directors will be terminated from coaching.

Coaches will be asked to distribute league information regarding schedules, key dates, league information and pictures. Coaches should also support and promote the Little Eagles and GlenOak Basketball Programs at all times.

Coaches Rules of Conduct

I hereby pledge to conduct myself in accordance with the Little Eagles Developmental Basketball Association Rules of Conduct:

1. I understand this league is for the youth of the community and is a player's league and not a coach's league.
2. I will place the emotional and physical well-being of the players ahead of any personal desire to win. I will not unnecessarily run up the score against an opponent.
3. I will treat each player as an individual and with respect.
4. I will provide a safe playing situation for all players by emphasizing fundamentals, techniques, proper skills and sportsmanship.
5. I will organize and attend practices to challenge, instruct and prepare players.
6. I will notify players of all LEDBA events and attend them whenever possible.
7. I will provide an environment that is free of alcohol, drugs, tobacco and profanity and will act in accordance with all Plain Local Schools policies.
8. I will respect opposing coaches and players.
9. I will not argue calls with game officials or referees or the opposing team. I will conduct myself calmly when discussing rules interpretations.
10. I will be responsible for the actions of my team's coaches, players and spectators.
11. I will abide by the LEDBA playing rules, Coaches Rules of Conduct and all Board policies, objectives and by-laws.

I understand that unsportsmanlike behavior is contagious and can lead to my suspension from and possible forfeiture of a game. I understand that violating the Rules of Conduct may also lead to my suspension from the league. I understand that in these instances, I may be required to appear before the Board to explain my actions and that the Board may take whatever action it deems necessary.

Parents Code of Ethics

By registering my child in Little Eagles Developmental Basketball, I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parent's Code of Ethics.

1. I will encourage good sportsmanship by demonstrating possible support for all players, coaches and officials at every game, practice or other sports event.
2. I will place the emotional and physical well-being of my child ahead of my personal desire to win.
3. I will insist that my child play in a safe and healthy environment.
4. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all. I will **NOT** argue or yell at referees before, during or after a game.
5. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
6. I will remember that the game is for the kids and not the adults.
7. I will do my best to make playing fun for my child.
8. I will and ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
9. I will be responsible for everyone in my party both playing and not playing making sure that they respect other spectators and the facilities we are using.

At no time should parents engage in confrontation with spectators, players, parent or coaches from either team. You represent yourself, your child, your family, your team, Little Eagles, GlenOak Basketball and Plain Local Schools. Be respectful of yourself and your opponent.

Failure to comply with any of the above can and will lead to a parent being suspended and/or banned from attending any functions. It can also lead to the removal of a player from the league.

Game Rules

Games will be played on Saturday's at designated Elementary Schools. Standings with wins and losses are not recorded for any of the leagues. The focus of the in house program is to be on stressing fundamentals rather than winning and losing. At the completion of the season, travel teams will be selected where our youth will play in leagues and tournaments that are extremely competitive.

A League

- All current OHSAA rules will be followed unless otherwise noted.
- Scores will be kept but there are no standings.
- Each game will consist of four quarters of 10 minutes. There will be a running clock that is stopped at the 5 minutes each quarter for substitutions. This is the only time substitutions are allowed and they are mandatory. All teams will use the universal substitution pattern. Substitutions should be made quickly. **This is not a timeout.**
- The clock will stop during the last minute of the game and during timeouts. If there is a 20-point difference in the score, the clock will continue to run.
- Each team will get three 30 second timeouts for the game.
- Half time will be 5 minutes (if games are on schedule).
- Time between quarters will be 1 minute.
- Overtime will be 2 minutes with clock stopping during the last minute. If still tied after 1 overtime, game ends in a tie.
- Man to man defense will be played at all times and no double-teaming will be permitted. The only exception is when the ball handler is in the key and/or on the way to the basket. It is the official's discretion as to whether the defenders are double-teaming or playing help defense.
- Two illegal defense warnings will be given, and then a 1 shot free throw will be awarded.
- No full court pressing is allowed. Players may be picked-up at half court.
- Man to man full court press is allowed in the last 1 minutes of the game for A-League only. No team ahead by 10 or more can full court press.
- Teams will shoot 2 shots on the 10th foul of a half. There is no 1 and 1.
- All shooting fouls will be two shots.
- Any player who receives a technical foul is confined to the bench for 10 minutes of game time. A second technical foul will result in ejection from that game and the next game.

B League

- All A League rules are applicable unless otherwise noted.
- No full court pressing is allowed at any time.
- No individual fouls are recorded. Players cannot foul out.
- Free throws will be shot from 12 feet and players can cross the line.
- There is no 3 seconds, but players will be warned if they do not move.
- Players are not allowed to steal the dribble, but they are permitted to steal passes.

Little Dribblers

The focus on this co-ed group will be to teach the kids the rules and basics of the game. They will work primarily on ball handling and basic shooting. Very little, if any, time will be spent on learning plays. Each player will receive their own ball to keep. Dribblers will practice twice a week on 8 foot hoops. Simulated games will be played the last two weeks of the season. The score will not be kept for these games and every player should get an opportunity to handle the ball.

Coaches will be on the court working with the players. Man to man defense will be played with absolutely no double teaming. The defense will not pick up their man outside of the 3 point arc. These games are to help prepare the kids for the transition to B League play.

Players should not bring their balls to the simulated games.

Universal Substitution Pattern

All teams in all leagues must adhere to this player rotation without exception. It is not to be changed, altered or modified in any way. Each coach will be emailed the pattern in an Excel format that they can fill out and print. The form will also be available for download on the league website as well as in hard copy form at the scorer's table.

At the bottom of the spreadsheet will be tabs for 10, 9, 8, 7 and 6 player rotations. Simply choose the appropriate tab and list your players under "Roster" and your rotation will be automatically populated in the correct position. The rotation will change based on what position each player is placed in. The only way to change the rotation is by changing the order in which you list them under the "Roster". This rotation must be filled out, turned in to the scorer's table and adhered to.

Practices

Practices will be held one night during the week for one hour throughout the season. During the first couple of weeks of the season, there will also be a Saturday practice. Saturday practices will end once games begin. Practices are mandatory and missing practice can result in a reduction of playing time during games.

Equipment and Uniforms

B League teams will have balls available for practices at their gym. All balls should be returned to the ball rack at the end of each practice. A League coaches will be given 2 balls to use during the season. They are for indoor use only and will be returned after the season. Each Little Dribbler player will be given their own ball to use at practices and at home. Those balls are theirs to keep but should not be brought to their games.

All participants are required to purchase a reversible jersey. The jerseys are theirs to keep and can be used in future years. Shorts will also be available to buy and are recommended but not required.

Players are required to bring appropriate shoes to the gym. Shoes must be carried into the gym, not worn.

Fees

The fee to play will be determined prior to the start of each season. All players must be in good standing to be eligible to play in the league. Refunds will only be issued on a limited basis and only in extreme situations.

Final Week

The season will consist of 7 or 8 games which will be played on Saturday's at elementary schools TBD. When gym availability permits, the last week of games will be held at GlenOak High School in the main gym. These games are complete with player introductions which creates a special atmosphere for the kids. It may be necessary to play some of these games on Friday night, all day Saturday or Sunday. There will be an admission for any games played at the High School.

Sponsors

In an effort to keep fees at a minimum, LEDBA accepts sponsors each season. Anyone interested in helping can check the appropriate box on the registration form. There are different levels of sponsorship with various benefits.

Little Eagles Travel Program

Prior to the completion of the Developmental League, travel teams will be selected and entered into community travel leagues and tournaments. The Little Eagles Travel Program was created to further develop players in grades 3-6 who have the ability to play at a higher level. The main objectives are to:

- Improve players skill by pushing them with demanding, structured practices
- Play against a high level of completion
- Introduce the philosophies of the GlenOak High School Basketball program
- Prepare them for middle school basketball
- Field competitive teams that will have great success

The number of teams will be determined at the beginning of each season. There will be a minimum of one girls travel team for the 3rd/4th grade, 5th grade and 6th grade. There will be at least one boys travel team from the 4th grade, two from the 5th grade and two from the 6th grade. There will also be a boy's 3rd grade developmental team.

Travel Team Selection

Travel teams will be selected by a committee that will include the Varsity basketball coach and the league directors with input from the travel team coaches. Selection will be based on three criteria: the preseason skills evaluation, the first few weeks of in-house league play and a scheduled open gym/assessment. If a player misses one of the three criteria, they will still be eligible for the team but will be negatively impacted by their absence. In age groups where there are two teams, the goal will be to divide them as evenly as possible as opposed to an A and B team. Players, who are interested in a travel team, should check the appropriate box on their registration form.

Players, who were on a travel team the previous year, are not guaranteed a spot on the travel team. Each year there are new players to the program and other players who develop and improve from the previous season. Every player starts the season with a clean slate. All players will play on the travel team for their appropriate age. No one will play up a level.

All players must be in good standing with LEBDA and live within the Plain Local School District. Those selected will not only have good basketball skills, conditioning and athleticism but will also display a willingness to commit, be coachable and have a positive attitude and work ethic. The selection committee may also set additional criteria at their discretion.

Travel Team Coaches

Travel team coaches will be selected by the LEBDA Directors. Interested parties should contact the Board and must be a coach in the in-house league that season. Travel team head coaches will have their child placed on their team if applicable. Once teams are selected, the Head Coach should meet with the Directors if they would like to add an Assistant Coach. As with the Head Coach, an assistant must have been a coach during the in-house league that season. Travel team coaches are not paid by LEBDA.

Coaches will be responsible for working with the LEBDA Directors and Varsity Coaches to adhere to the principles that they should be teaching. The coaches are responsible for their team and will determine what each player's strengths and weaknesses are. They will make lineup decisions and what rotation gives their team the best opportunity to win. Coaches are encouraged to develop as many players as possible on their team and distribute playing time as they feel appropriate.

Travel Team Practices

Scheduled travel team practices will begin once the in-house league is complete. However, because some of the travel leagues begin much earlier in the season, we will attempt to schedule some ad-hoc practices until that time. The final schedule will depend on the number of teams and gym availability, but we will have a goal of at least 2 practices per week throughout the season.

It is recommended that coaches spend at least half of their practice time working on skill work. Playing against a high level of competition forces coaches to spend time preparing various offenses, defenses, press breakers and traps however, they should make sure to remember that our number one goal is to develop each player's individual skill set.

All players will receive invaluable practice time and learn skills that will help their basketball game progress. Practices are mandatory. Please make sure that you are able to make the commitment. Arriving late or missing practices can drastically impact playing time and ultimately lead to removal from the team.

Travel Team Playing Time

Because we are playing to win tournament games, no player is guaranteed any playing time. Simply put, it is possible that a player may not play in every game during the season. The games and competition will determine the lineup that the coaches believe gives us the best opportunity to win. It can be very frustrating when you feel your child should be playing more, but it is the coach's goal to put them in situations that will allow them to be successful, develop and grow on and off the basketball court. This must be understood by every parent prior to committing to the travel program.

Travel Teams Leagues and Tournaments

All 4th, 5th and 6th grade teams will participate in one travel league and between 4 and 6 tournaments, one of which will be the GlenOak Youth Tournament. The 3rd grade Developmental team will participate in one league and two tournaments, one of which will be the GlenOak Youth Tournament.

Travel Team Cost and Fundraisers

All players will be required to pay an additional fee to play in the travel program. That fee will be determined each year and will cover the cost of any sanctioned leagues, tournaments and any apparel that the players are given. Hotel and travel expenses (if applicable) will be the responsibility of each family.

Parents are encouraged to support fundraisers such as, the sale of apparel and Cavaliers ticket raffle. Suggestions and ideas for other fundraisers are always welcome. Travel team parents will be expected to volunteer during the GlenOak Youth Tournament.

Travel Team Season

The travel season will begin in November and continue into March. Players are encouraged to play in various leagues throughout the year such as AAU, summer and fall leagues. However, participation on other teams should not interfere with LEDBA in-house or travel teams. It is very difficult to play on two teams at the same time. It is recommended that you do not register for another team until the completion of the Little Eagles season. If you commit to a LEDBA team you must make it your number one priority.

Travel Team Disputes

If any issues arise during the season regarding any policies, the player and/or parent should first contact their coach to attempt to resolve the problem. If no solution can be reached, the parent and/or coach should contact the League Director to attempt to resolve the problem. Parents and coaches should not circumvent the process by going directly to a director or a varsity coach.