

# Summer 25 Youth Basketball

Coaches Meeting

# The Colony Parks and Recreation Athletic Department Information

- Athletics Staff
  - Kacy George, Athletics Supervisor
    - 972-624-3950
    - [kgeorge@thecolonytx.gov](mailto:kgeorge@thecolonytx.gov)
  - Emery Owczar, Athletics Specialist
    - 972-624-3957
    - [eowczar@thecolonytx.gov](mailto:eowczar@thecolonytx.gov)
  - Krissie Pettit, Recreation Specialist
    - 972-625-1106
    - [kpettit@thecolonytx.gov](mailto:kpettit@thecolonytx.gov)
  - Athletics Team Email:
    - [playtcsports@thecolonytx.gov](mailto:playtcsports@thecolonytx.gov)
- Websites
  - PlayTCsports.com
    - Schedule & Season Information
- Other Contact Information
  - Main Line - 972-625-1106
    - Answered: M-F 6:30am-9:00pm & Saturday 8:30am-6:00pm

# Best way to contact the Athletics Staff?

The best way to contact the Athletics Staff would be to email

[playtcsports@thecolonytx.gov](mailto:playtcsports@thecolonytx.gov) .

- The athletics staff do not have a set schedule of Monday - Friday since we will be out at games throughout the week and weekend. The email above goes to all of the Athletics staff. This way one of our staff members can reach out to you in a timely manner.

# Program Goal

Our program goal focuses on the child and their involvement and development, rather than the final score.

Through participating in youth sports, our children are winning by developing social skills, learning the value of teamwork, and physical fitness while having fun!

**SAFE**

**SUPPORTIVE**

**ENCOURAGING**

# Most Important Goals as a Coach

## 1. TO HAVE FUN

The main reason youth participate in sports is to have fun! We strongly believe that the experience, development, and safety of our participants come before anything else, including winning. Please help us convey to our players the importance of having fun, building friendships, & enjoying sports in a recreational environment.

## 2. TO TEACH

Every child has the right to learn sports in a safe and comfortable environment. For many, this will be the only organized sport they play. Stick to the basics - help the players build a strong foundation. There are many lessons to be learned besides the rules of the game. Please incorporate teamwork, sportsmanship, and positive thinking in all activities

# Coach Training Requirements

## What are the requirements to volunteer as a coach?

- Coaching is a time commitment and coaches need to be available for practices and games
- The Colony requires all coaches to complete a background check every 3 years
- The Colony requires all coaches to sign a volunteer arrest waiver



## What type of training is needed to be a coach?

- The Colony requires all new head coaches to complete annual membership training through the National Alliance for Youth Sports (NAYS)
  - Covers sport specific training and concussion training
- If you are a returning coach, you will not have to get recertified

## Division Breakdown

- **6U Coed**
  - 5 Teams
- **9U Girls**
  - 4-5 Teams
- **8U Boys**
  - 4-5 Teams
- **10U Boys**
  - 8 Teams
- **12U Boys**
  - 4-5 teams
- **12U Girls**
  - 3 teams

### **Rosters:**

- Once you receive your roster, reach out to the team immediately
- Please call/text/email first before using alternative forms such as group me, team snap, etc.
- If you have trouble getting in contact with a player or they have not shown up to practices, please reach out to us ASAP so we can verify if we have an alternative form of contact information on file

# Team Formation

## Playing up requirements:

For any child playing up, they have to follow the below requirements:

- Directly requested by the coach
- The parent is the coach
- They turn the required age during the season (ex: they are 10 and turn 11 the 2nd week of the season, they can play in 12U)

**All players requesting to play up must go through the athletic staff directly**

## Average Team Formation

- Friend request
- Coach request
- School
- Age
- Seasons Played

## Coach Requests

1. Ron Swanson
2. April Ludgate
3. Ann Perkins
4. Leslie Knope
5. Chris Traegar
6. Donna Meagle
7. Michael Scott
8. Pam Halpert
9. Meredith Palmer
10. Dwight Schrute
11. Toby Flenderson
12. Jerry Gergich



# Team Formation Cont.

Team 1:  
**7**  
Players

Team 2:  
**7**  
Players

Team 5:  
**8**  
Players

Team 3:  
**10**  
Players

Team 4:  
**7**  
Players

**39 Total  
Participants**

## Unfair Player Distribution

**“Why am I not getting the full 10 on my team?”**

If we don't receive an equal amount of players per team we won't accommodate the full 10 player requests. We try to even out the teams as best as possible and accommodate as many request possible. As well as to not promote “stacking teams” as the parents refer to it.

Team 1:  
**8**  
Players

Team 2:  
**8**  
Players

Team 5:  
**8**  
Players

Team 3:  
**8**  
Players

Team 4:  
**7**  
Players

**39 Total  
Participants**

## Fair Player Distribution

Please look at the example to the left!

- **Rosters**

- After you receive your rosters, please reach out to your team immediately.
- If you have trouble getting in contact with someone or if a player does not show up to the first practice, please inform us so we can try and get in contact with them.

- **Teamsideline App**

- This season we have added the Team Site feature to our system. With this feature each team will have their own “team site”. You and your teams parents will have access to communicate with the team from this app, see practice schedules, game schedules and league communication. When we have this up and running for the season, we will send out directions on how to get this set up.

# Age Verification

- **All individuals registered for the season must provide proof of age for age verification.**
- **If we do not receive proof of age, the individual will not be able to play.**
- **What type of document do we accept:**
  - Birth Certificate
  - Passport
- **How does someone submit their document?**
  - Email it to [playtcsports@thecolonytx.gov](mailto:playtcsports@thecolonytx.gov)
  - Take it to the Recreation Center for staff to make a copy
- **When is the deadline?**
  - 6/14/2025
- **Roster Notations**
  - We have noted on your rosters of who we still need age verification from. If it does not have a note in the birthdate verification, that means we have not received anything.

# Practices

- **How many practices?**

- Teams will have practices one time per week (1 hour slots)

- **When can practices start?**

- Teams can start practicing the week of 5/27

- **Where will practices be held?**

- Ethridge Elementary
- Griffin
- The Colony Recreation Center

- **Practice Etiquette**

- Please make sure you are sticking to your scheduled time and your scheduled location on the field.
- It is your responsibility as a coach to not go over your time and interfere with practices after yours.
- If it is not your team's practice day/time you are NOT permitted to be using the field/court
- Any extra practices your team requests will have to go through our rental process (not guaranteed & not free)
- The only practice reschedules permitted are holiday closures
- No drugs/Alcohol at practice locations
- All music out there must remain PG-13

# Practices Continued

- **Selecting Practice Times**

- Please give us your top three days & times
- We will be creating the practice schedules from this information
- Younger divisions should be picking the earlier times and the older divisions should choose more of the later times.

- **Ethridge School Practices**

- You will need to lower or raise the goals for your practices.
- Please remember that we are guests at the schools and need to treat the facilities well. We rely on the schools to run this program so we want to ensure we are being great guests. Please remind your teams and parents of this. Please leave the facility how you found it by picking up any trash and items.

# Gameday Information

## **When is the first weekend of games:**

- 6/14/2025

## **Where do we play:**

- Griffin Middle School
- The Colony Recreation Center
- Lakeview Middle School (Only 7/12)

## **How many games for the season?**

- Guaranteed 6 games

## **Who makes the playoffs?**

- Top 4 teams in each division make the playoffs

## **Game Schedule?**

- Game schedule will be released by 6/6/2025
- If you have any weekends/times you will not be available, please send over by 5/29/2025. We will try our best to accommodate requests, but cannot guarantee

## **Will there be double-headers?**

- All divisions might have double-headers depending on requests and number of teams

# Coaches Paperwork & Training

- **Background Checks**
  - ALL coaches must have passed a background check
  - ONLY background checked coaches can be on the sideline
- **NAYS Training**
  - Head coaches must complete NAYS training by 6/13. If not completed, ALL games will be forfeited until completed
  - Only required for head coaches, not assistant coaches
- **Coaches Code of Conduct**
  - ALL coaches must sign this (Head & Assistant)
  - You will not be permitted to coach until signed
- **Assistant Coaches**
  - ALL teams must have at least one assistant coach. If there is not an approved assistant coach that can step in if the coach can not make it / coach is ejected, the game will be deemed a forfeit
  - Approved assistant coach = Passed background check
  - It takes 3-5 business days for HR to clear a background check; please get background checks submitted at the start of the business week and not the Friday before game day
- There May be a total of 3 coaches per team

## **Requirements to qualify for registration reimbursement (HEAD COACHES):**

- Passed Background Check
- Coaches Code of Conduct signed
- Volunteer Arrest Waiver signed
- NAYS training completed
- 3 weeks completed for the season

# Coaches Code of Conduct Policy

## Highlighted Consistent Incidents:

- Absolutely no cussing. No warning you will be asked to leave the facility.
- Speaking to the other team, coaches, spectators. If it is not positive, there's no need for it.
- Speaking to referees. They are being professional so return the favor. If you can't speak to them calmly don't speak to them at all. This is what we contract them for and they are more than happy to explain a call or foul. If there are any bigger issues COME GET US. Do not take matters into your own hands.
- If you don't let us know in the moment, we can't help you after the fact

### The Colony Parks and Recreation Athletics Coaches Code of Conduct



The Colony Parks and Recreation Athletics Department is committed to providing a positive sports participation opportunity to every child that registers for one of our programs. We have established a Coaches Code of Conduct Policy outlining how coaches should conduct themselves during the season.

#### Coach Code of Conduct

##### Coaches Are Expected To:

- Respect the officials and their authority during games.
- Inform PARD Staff of any issues that arise at practices or games so they can be dealt with immediately and accordingly
- Remember that you are a youth coach, and that the game is for children and not adults.
- Lead by example and always demonstrate good sportsmanship before, during, and after games.
- Attend all practices and games unless a prior arrangement has been made with another approved coach (inform Athletics Supervisor of all team coaches names right away).
- Complete the full NAYS training provided by the department. (Failure to do so will result in scheduled games being forfeited until training is completed)
- Provide fair or equal amount of playing time when coaching.
- Assure that gyms/fields are left clean and tidy after each practice and game. If not, the league could lose the privilege of using the facilities.
- Stay within the time limits of your practice. Other teams have to practice and going over your practice time is taking away the opportunity for other teams.
- Be responsible in monitoring and addressing parent's and other spectator's actions on the sidelines when necessary. Coaches are responsible for the behavior of ALL representatives of their team!
- Never yell at or be disrespectful of the officiating staff. The coach's behavior sets the example for everyone at the games. Excessively loud coaches will NOT be tolerated.
- Communicate with the parents on your team and inform them of all team rules, practices and games.
- Understand that any coach who does not follow these expectations or participate in the recreational spirit of this league may be removed as a coach or not invited back to coach in the future. The youth sport experience should be FUN for everyone involved!
- Failure to sign this conduct policy will result in scheduled games being forfeited until signed.



# Athletics Suspension Guidelines

- We will not be tolerating any unsportsmanlike conduct from coaches, spectators, or players.
- **PLEASE** make us aware of any situations/issues that may arise immediately so those can be handled appropriately
- Two unsportsmanlike technicals will result in an immediate ejection from the game.
- All suspension and ejections are subject to be increased due to the severity of the situation.
- Suspensions
  - If a coach, spectator, or player is ejected from a game they will receive a one game suspension. That suspension will be enforced at the next game.
  - If a coach, spectator, or player is ejected from a game for a second time in one season, they will not be permitted to return the remainder of the season; coaches will lose coaching privileges up to a year, depending on severity.

# Spectator Guidelines

- **As the coach you are ultimately responsible for any actions of your parents.**
  - All spectators must stay on the spectator sideline during the game.
  - Spectators must sit across from their benches on the opposite side of the field
  - Unsportsmanlike conduct from parents will not be tolerated. Depending on the severity of the conduct we will ask the individual to leave the complex. Play will not resume until they leave.
- **Ejection/Consequences**
  - If a parent is ejected from a game they will not be able to attend the next game. Once allowed back if they get ejected for a second time they will not be able to attend any games for the remainder of the season.
- **The aforementioned suspensions will be the minimum penalty enforced and may be increased in each situation due to the severity of actions.**

# Jerseys

- Each team will receive a new set of jerseys. We will send out an email when those are ready to be picked up.
- When picking up jerseys we will have a sign-out sheet with the Recreation Center staff; you have to fill it out in order to receive the jerseys
- Jersey Distribution:
  - Please make sure you are giving the children the size that is on your roster. This is the size the parent requested during registration.
  - Please do not hand out jerseys by number because that is when we run into size issues.

***Custom jerseys are not permitted. If your team shows up in jerseys that were not given out by the league, they will not play!***

# Jerseys

- We will **NOT** have extra jerseys at games so please make sure to reiterate to your parents to have their kids bring their jerseys. *If they do not have their jersey, they cannot play.*
- Please make sure your players are **ONLY** using the jersey provided for this season. This ensures your team will not have any duplicate numbers which causes issues with scorekeeping and managing the game!
- **Game Day:**
  - Home - Grey or Neon Yellow
  - Away - Blue or Black

# Rules - Division Breakdown

- **Division Info**

- **6U Coed**

- **Ball Size:** 27.5
    - **Basket Height:** 8'6
    - **Game Length:** 4 Six Min. Quarters
    - **Free Throw:** No free throws
    - **Lane Violation:** 5 Seconds
    - **Full Court Defense:** No full court defense allowed

- **8U Boys/9U Girls**

- **Ball Size:** 28.5
    - **Basket Height:** 8'6
    - **Game Length:** 4 Six Min. Quarters
    - **Free Throw:** 13.5
    - **Lane Violation:** 5 Seconds
    - **Full Court Defense:** Full court defense will be allowed the last minute of each half and during overtime. (Except if the point spread is 15 or more points)

- **Division Info**

- **10U Boys**

- **Ball Size:** 28.5
    - **Basket Height:** 10ft
    - **Game Length:** 4 Eight Min. Quarters
    - **Free Throw:** 13.5
    - **Lane Violation:** 5 Seconds
    - **Full Court Defense:** Full court defense will be allowed the last two minutes of each half and during overtime.(Except if the point spread is 15 or more points)

- **12U Boys/12U Girls**

- **Ball Size:** Boys :29.5/Girls: 28.5
    - **Basket Height:** 10ft
    - **Game Length:** 4 Eight Min. Quarters
    - **Free Throw:** 15
    - **Lane Violation:** 3 Seconds
    - **Full Court Defense:** Full court defense may be played at anytime (Except if the point spread is 15 or more points)

- **6U COED Format**

- **4v4**
- **Games played on the side court**
- **Score is not taken**
- **We use wristbands in this division as a visual for the children to know who to guard. We provide the wristbands for games.**

# Game Day Information

- **Game Day - Filling out the scoresheet**

- **Coaches** are required to fill out the score sheets prior to the game. Please list all kids that will be attending the game. We will need names and numbers.

- **Players Need to Check in**

- Prior to the first and second quarter, the starting players will need to check in at the scorekeepers table so we can mark down what full quarter each child played in.

- **Which bench does my team sit on?**

- Teams should sit on the bench that correlates with Home or Away on the scoreboard.
  - If you are facing the scoreboard:
    - Home is usually to the left of the scoreboard
    - Away is usually to the right of the scoreboard
  - Sitting on the correct bench will assist with spectators and teams know what their score is when looking at the scoreboard.

- **Which side do I warm up on?**

- You will warm up on the basket opposite of your bench.

# Highlighted Rules - Timeouts & Substitutions

- **Time Outs**

- Each team gets 4 time outs per game.
- When calling a time out, you need to get one of the referee's attention. The Scorekeeper or athletics staff cannot stop the game.
- The scorekeeper will **NOT** stop the clock until the referee has blown their whistle and acknowledged the timeout.

- **Substitutions**

- Players can only be subbed in during a dead ball situation.
- When subbing in the player needs to come and kneel next to the score table to notify they are wanting to be subbed in.
- Players are not allowed to enter the court until they are waved on by an official or scorekeeper.



- **Playing Requirements**

- The coach is responsible to designate 5 starters (4 for 6U) for each game and to note these starters on the scoresheet. These five starters **MUST** play the entire first quarter. No substitutions are allowed (Exception: a player may be taken out due to an injury but must return to the game as soon as they are able to)
- All remaining players are automatic starters for the second quarter, and **MUST** play the entire second quarter without substitution (See exception above).
- If there are fewer than five remaining players to start the second quarter, only those players who played the **ENTIRE** first quarter are eligible for substitution.

# Highlighted Rules - Playing Requirements Example

You have the following  
8 players at the game.

1. Ron Swanson
2. April Ludgate
3. Ann Perkins
4. Leslie Knope
5. Chris Traegar
6. Donna Meagle
7. Michael Scott
8. Pam Halpert

## 1st Quarter Starters (must play whole quarter)

1. Ron Swanson
2. April Ludgate
3. Ann Perkins
4. Leslie Knope
5. Chris Traegar

## 1st Quarter Bench

6. Donna Meagle
7. Michael Scott
8. Pam Halpert

## 2nd Quarter Starters (must play whole quarter)

6. Donna Meagle
7. Michael Scott
8. Pam Halpert

The players below can be subbed  
out freely during the 2nd quarter  
for each other since they played  
the whole first quarter.

1. Ron Swanson
2. April Ludgate
3. Ann Perkins
4. Leslie Knope
5. Chris Traegar

The 3rd and  
4th quarter  
you are able  
to sub freely.  
There are no  
restrictions!

- **Full Court Defense**

- **6 & Under** - No full court defense allowed at any time
- **8 & Under** - Full court defense is allowed the last 1 minute of each half. (Exception if the point spread is 15 or more points, only the team trailing may play full court defense)
- **9 & Under** - Full court defense is allowed the last 1 minute of each half. (Exception if the point spread is 15 or more points, only the team trailing may play full court defense)
- **10 & Under** - Full court defense is allowed the last 2 minute of each half. (Exception if the point spread is 15 or more points, only the team trailing may play full court defense)
- **12 & Under** - Full court defense is allowed the entirety of the game. (Exception if the point spread is 15 or more points, only the team trailing may play full court defense)

# Highlighted Rules

- **Coaching on Sideline**

- Coaches must stay in their team bench area at all times. (Only exception is during time outs)  
*\*Coaches will receive 1 warning. After the first warning, coaches will receive technicals (Please reference the suspension guidelines for coach technicals & consequences)\**
- Team bench area consists of about five feet away from the score table and to the end line.
- Please do not get in the way of the scorekeeper!
- Coaches may not stand on the court in any capacity when play is happening.
- Only two cleared coaches may be on the sideline at any time.
- Only one coach can be standing during play. The other must be sitting.
- Please stay in your team bench area.

- **Players on Sideline**

- Any players that are on the bench need to be seated.
- Please make sure your players are not bouncing basketballs or messing around on the bench.

- **Only approved coaches and players are allowed on the sideline.**

- Siblings, friends, players from other teams, parents, etc are not allowed on the team bench

# Awards & Sportsmanship

- **Awards**

- The first place and second place team will get medals in each division. All of the 6U division will receive medals.

- **Sportsmanship Initiative**

- This season it will be the responsibility of the coach to nominate two players for exemplifying good sportsmanship. You will nominate one for the first half of the season and then for the second half of the season.
  - **Definition of Sportsmanship:** conduct (such as fairness, respect for one's opponent, and graciousness in winning or losing) becoming to one participating in a sport
- Nomination Deadlines:
  - 1st Nomination : 6/23
  - 2nd Nomination: 7/21

# Miscellaneous Information

- **Basketballs**

- We do not provide basketballs for practices. Please send a notification to your team to bring their own ball to practices.

- **Coaches Badges**

- Coaches are required to wear their badges on the sidelines every game. Failure to bring your badge will result in you being unable to coach on the sideline for that game

- **Game Schedule**

- Please do not print out game schedule in advance, schedule is subject to change whenever. Schedule can be found at [www.playtcsports.com](http://www.playtcsports.com)

**We are excited to get the season started and create a positive learning experience for the kids!**

**Please email us if you have any questions or concerns.**

**Any Questions?**