

Alaska Gold Basketball Program



Parent Handbook

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Alaska Gold Mission Statement:

The AK Gold Basketball Program has a purpose to develop and strengthen a player's game through challenging training sessions, competitive leagues and position-focused camps while participating in various tournaments and training facilities across the United States. Members of the program are goal oriented and focused on preparing to take their current game to the next level. Our program centers on creating the complete athlete – where they perform both on the court and in the classroom. Participation in the Alaska Gold Basketball Program will yield the perfect “student athlete” capable of securing a post high-school academic and/or athletic scholarship

Commitment

It is expected that an athlete will commit to the Alaska Gold Basketball program before the months leading up to, during and after the league, tournament or camp being attended. Alaska Gold athletes will need to make a commitment that extends over several months during the calendar year. Once formally accepted into our programs, Alaska Gold athletes are required to continue to improve their skills throughout their scholastic and AAU season. Athletes are expected to continue an intense regimented program focusing on strength, power, core, speed, cardiovascular, and other basketball skills through extensive training and drills. This ensures our athletes will be prepared to compete at a competitive level at any point throughout the basketball season. Finally, athletes will need to make a commitment to become better players and citizens, through new experiences, different cultures, training methods, and friendships.

Alaska Gold is also making a commitment to our participants by participating in multiple competitive basketball events locally and through travel experiences led by our skilled coaches, professional trainers and staff with the goal of challenging our athletes while providing a fun and educational experience.

Team Assignments

The Alaska Gold coaches will assign athletes to teams prior to the league or tournament we are participating in. We do our best to ensure the athlete talent is distributed equally across the teams, though on some occasions we may slightly alter our rosters after initially picking rosters to provide the most competitive experience for all athletes.

While we try to accommodate each athlete's preferred position, some athletes may be asked to play a different position during the course of a particular league or tournament. Athletes must be prepared to play wherever needed as the coaches see fit.

Playing Time

During leagues and tournaments that Alaska Gold participates in our coaches will do their best to provide ample playing time and opportunities to all. We desire to provide all of our athletes with valuable game time and experience, but will entrust the playing time allocation to the head coaches' discretion during throughout the game and especially during "crunch time".

The most important factor in determining playing time is most often attitude and the impact an athlete is making to the flow of a game. Players decide independently on a daily basis both on and off of the court how they will react to a situation. If a player is negatively affecting the team through attitude or play the coach has the discretion of substituting them for a player with a more positive attitude. Performing in the waning moments of a game is all about attitude and confidence and players should strive to present both of those positive attributes on a daily basis on and off the court – not just during a game or practice.

Expectation of Parents

Alaska Gold Basketball expects a commitment out of our parents to be quality role models to all of our athletes. Parents who set poor examples and display undesirable traits or language send the wrong messages to our athletes. Parents should refrain from criticizing coaches, officials, teammates, and/or other parents.

Alaska Gold parents should leave the coaching to our coaches! Often during the excitement of a game or practice session parents can unintentionally give a player advice or instructions that are contrary to those of the coach. This usually leaves the player confused. Parents should instead focus on offering encouragement by cheering and supporting the play of individual players as well as the team.

Our coaches are volunteering and giving their time and energy to teach the sport of basketball, and Alaska Gold cannot tolerate the condemnation of coaches. The easiest way to disrupt a team's progress is to undermine the authority of the coach. Parents should enter every league or tournament understanding that you will not agree or like every coaching decision or tactic. This does not however warrant or deserve criticism. All coaches have the best interests of your in mind despite personal feelings or observations.

Officials are a part of every game and like every other person they can and do make mistakes. Parents are expected to focus on the team and the game not berating the officials. Please understand that our program historically does not enjoy the opportunity of being the beneficiary of officiating. This is due to the aggressive nature of play that we teach and encourage our athletes to demonstrate while on the court. As such we teach the athletes to play through the both the calls and non-calls, play hard, and play the game. We highly discourage negative communication or gestures towards the officials. Players are

the extension of the coach and the parents and will respond accordingly. Please keep that in mind as you sit in the stands.

Conflict Resolution

The Alaska Gold coaches and staff strive for excellence on and off the court and believe that open communication between a coach and player solves nearly all issues and concerns.

Over the years we have never encountered a complaint or conflict that wasn't resolved through effective communication. With that said if a player or parent has an issue they wish to discuss with the coach there is a conflict resolution procedure that must be followed.

Parents are not permitted to confront the coaches before during or after games to discuss playing time, tactics, individual, or team performance. Should a parent confront a coach during a game, Alaska Gold coaches have been instructed to walk away and refuse to participate in any controversial matter. This is a policy of our organization and should not be reflective of the coach. Ample opportunity to discuss a matter positively is available in the weeks and/or days leading up to or preceding a game. Parents should positively communicate the desire to meet with a coach a few days after a game or tournament.

Communication with Alaska Gold Basketball Program

After an athlete has been accepted into the program it is vital that both athlete and parents check their email frequently. This is how AK Gold will communicate with you and we do it very frequently. Throughout the years we have determined that the best and most effective way of communicating is through email. Often the fastest way to have questions answered is through email as time is allotted throughout the day to quickly reply to emails received from our participants. Individuals may find staffs email information by navigating to the "Contact Us" section on our website or by emailing akgoldbasketball@gmail.com.

Additionally you may also choose to contact us by telephone (for those individuals that do not like to utilize the email system). If you call after and receive a voicemail we request that you leave a voicemail and we will return your call as soon as possible. Please understand that during the season return calls may take longer than normal.

Other Policies

Alaska Gold is committed to providing a safe, enjoyable, diverse, and enriching basketball experience for our athletes. Alaska Gold will not tolerate nor participate in discrimination based upon religion, race, color, national origin, or sexual orientation. All staff, athletes, and parents are prohibited from discrimination and from using

language or terms deemed to be discriminatory or other actions regarded to be hurtful resulting from discriminatory feelings.

Any coaches, athletes, or parents found to be in violation of the discrimination policy may be suspended or banned from any or all Alaska Gold activities or events with no refund or compensation.

If you see any behavior from a coach or staff member you deem to be inappropriate, report it immediately to the Alaska Gold Director. All complaints will be investigated in a timely manner and Alaska Gold will work diligently to resolve any related issues.

16 Rules for Basketball Parents:

Parents should read and observe the 16 rules for basketball parents created by performance coach Alan Stein as a way to measure their participation in their child's athletic endeavors.

16 Rules for Basketball Parents:

1. Parents... you must embrace the fact that this is your child's journey – not *yours*. Do not live vicariously through them. Put your focus on being a supportive and encouraging *parent*.
2. Parents... it's true. Coaches do play favorites. They favor players who give the team the best chance to win, who have great attitudes, who work hard *every* day, who embrace their role (regardless of what that role is) and who support the program's culture. If you think a coach doesn't 'like' your child; your child is more than likely deficient in one (or more) of these areas.
3. Parents... as far as playing time goes, coaches want to win. They want to win *badly*. If your child will help them win... they will play. If not... they won't. Period.
4. Parents... more often than not, your child's coach is in a better position to evaluate and determine appropriate playing time because they see *everything*. They see workouts, practices, meetings, film breakdown and games (whereas most parents get an incomplete picture because they only see games).
5. Parents... more often than not, through both experience and professional development, coaches usually have a better basketball IQ and general understanding of the game than parents do (so questioning a coach's X's & O's or their ability to judge talent is inappropriate).
6. Parents... stop coaching your child from the sideline. The only 'voice' a player should receive instructions from is the 'voice' of their coaching staff. Cheer for them all you want, but do not *coach* them. That isn't your job.

7. Parents... you love your child more than anything in the world. You always want what is best for *them* (which is understandable and respectable). However, a coach's obligation is to do what is best for the *team*. In many instances, what you *want for your child* and *what is best of the team* is not congruent.
8. Parents... you should *never* push to discuss playing time, strategy or another player with your child's coach. *Ever*. Those 3 domains are sacred ground.
9. Parents... politicking will *never* get your child more playing time. I promise you, this statement has *never* been said by a coach in the history of high school basketball, **"I really need to start playing Jeffrey more because his mom thinks he isn't playing enough."**
10. Parents... you should encourage your child to communicate any issues, questions or concerns they have (or you have) directly with their coach by having them schedule a meeting. It is my belief, as a parent, you have the right to attend that meeting, simply as an observant, but the discussion should be between your child and the coach.
11. Parents... do not undermine your child's coach in the car ride home or at the dinner table. Subtle, passive aggressive comments like 'Your coach doesn't know what he's doing' or 'I can't believe you don't play more' do not comfort your child (although I am sure that is your intention) – it enables them to have a bad attitude and to make excuses... both of which are unacceptable.
12. Parents... if your child isn't getting the playing time they feel they deserve or if they lose a tough game... use that experience as a powerful teaching tool. Teach them how to own it. Teach them what they can do in the future to possibly get a different outcome.
13. Parents... stop berating the referees. It sets a bad example and it makes you look foolish. The referees are doing their best they can. More often than not, a referee has a better position and a much better understanding of the rules to make the correct call than a parent does. And I promise you this statement has never been said either, **"Can we stop the game? I'm sorry everyone. The loud-mouth mom in the stands is right, her son did get fouled on that last play."**
14. **Parents... it is highly unlikely that your child will play professionally. In fact, statistically, only a very small percentage of you will have children that play in college. So let them enjoy the journey. Their playing days will be over before you know it. Use basketball as a vehicle to teach the life lessons they will need when they grow up.**
15. Parents... don't push your child too hard. It's OK to encourage. It's OK to suggest. It's OK to hold your child to a very high standard of excellence... but don't *force* them to 'get up extra shots' or get in extra workouts. That has to come from *them*, not *you*. If they choose to do those things on their own, be supportive. If they choose not to, if they

choose to only do the bare minimum, they will eventually learn a potent life lesson (not make the team, not get much playing time, etc.).

16. Parents... one of the best things you can do is to develop a quality relationship with your child's coach. Listen to this for some sound advice: