



**PARENT AND PLAYER
HANDBOOK**

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MISSION STATEMENT

The mission of Elk River Girls' Basketball Association is to promote girls' youth basketball at all competitive levels and to provide opportunities to develop skills while acting with integrity to encourage sportsmanship and teamwork.

ERGYB WEBSITE

www.ergyb.org

- Traveling basketball information
- In-House basketball information
- Calendar of events
- Camps and Programs
- Team pages
- Links to other basketball-related information

ERGYB BOARD OF DIRECTORS

The management and direction of the business of ERGYB is vested in the Board of Directors. The Board of Directors is elected during the semi-annual ERGYB members' meetings. If you are interested in serving on the Board of Directors, please contact a current Board member. A list of current Board members is on the ERGYB website.

Board Meetings

- Meetings of the Board are held on the second Sunday of the month. The date, time and place for each meeting will be on the ERGYB website.
- *Most ERGYB board meetings are open to all ERGYB members.* "Closed meetings" are for board members only.

PLAYER ELIGIBILITY

- All ERGYB players must have a permanent residence in the Elk River School District, must have no outstanding debts to ERGYB **AND:**
 - Attend an Elk River School **OR**
 - Be home-schooled
- Exceptions:
 - Charter Schools
 - A player with a permanent residence in the Elk River school district who is attending a charter school that does not have a girls' basketball program is eligible to participate in ERGYB.
 - In the event a player is attending a charter school with a Minnesota State High School League (“MSHSL”) program and that player intends to or does try out for an MSHSL program, she forfeits her eligibility to play for ERGYB. Fees will not be refunded.
 - Private Schools
 - A player with a permanent residence in the Elk River school district who is attending a private school that does not have a girls' basketball program is eligible to participate in ERGYB.
 - In the event a player is attending a private school with a Minnesota State High School League (“MSHSL”) program and that player intends to or does try out for an MSHSL program, she forfeits her eligibility to play for ERGYB. Fees will not be refunded.
- Players must be enrolled at their current grade level.
- ***Travel Only:*** When a player has been placed on a travel team and ***voluntarily*** quits that team, that player is permanently ineligible to participate in the ERGYB program. Future eligibility may be reviewed by the Board. Any player that has participated at the B squad, junior varsity or varsity level of any high school program (per MSHSL rules) is ineligible to participate in the ERGYB program.
- A player suspended from school will not be allowed to participate in any ERGYB practices or games during their suspension.

WAIVERS

Outgoing Waivers

Any outgoing waiver requests must be made in writing and directed to the President, stating the reason for the request. The Board of Directors must approve by two-thirds (2/3) vote the granting of a waiver to an Elk River player allowing her to participate in another program. Waiver requests must be made prior to tryouts.

Incoming Waivers

If there is a request by a player otherwise not eligible to participate in the ERGYB travel program, the Board of Directors may grant that request under the following conditions:

1. The player can provide a copy of the necessary waiver from the association in which they are eligible to play under MYAS rules, as well as any other requested documentation.
2. The spot given to the player waiving into ERGYB would not result in a player in the ERGYB program being bumped down to a lower team or being cut from the ERGYB program.
3. Players waiving into the ERGYB program will be placed on the lowest level team available for that grade level.

REGISTRATION

- Registration for winter traveling basketball and the fall in-house program is available online for several weeks prior to the season at www.ergyb.org. The website has a link which will allow you to complete the registration process. Refer to the website for more information.
- All players must be registered prior to being placed on an in-house team or prior to participating in travel try-outs.
- Registration forms **MUST** be signed by a parent/legal guardian prior to tryouts or participation.

FEES

- The ERGYB is a nonprofit organization. All participation fees are used to support the program.
- Costs to support a traveling team include tournament registrations fees, gym fees for practice, equipment, insurance, web site fees and other miscellaneous expenses.
- ERGYB holds an annual tournament every January. The fees would be significantly more if we did not host this tournament. Profits from this tournament are used to reduce the players' fees. **Due to this, it is required that travel program parents/guardians/family members work shift(s) at the annual Elk River Tournament. If you choose not to work, an additional fee will be charged.**

SCHOLARSHIPS

Scholarship requests will be considered for the In House program only. Requests must be made in writing and sent to president@ergyb.org. Not all requests can or will be granted. The Executive Committee will determine the amount of money to be awarded and any payment plans to be implemented.



Elk River Girls Youth Basketball



"The mission of this corporation is to promote girls youth basketball at all competitive levels and to provide opportunities to develop skills while acting with integrity to encourage sportsmanship and teamwork."

PLAYER CODE OF CONDUCT

I pledge to abide by all the league standards of teamwork, skill development and sportsmanship while participating in the ERGYB league by following the Player's Code of Conduct:

- I understand that it is a privilege to play ERGYB and with this privilege comes some responsibilities.
- I will practice good sportsmanship.
- I will learn and respect the rules of the game.
- I will treat the opponent the way I would like to be treated.
- I will wish the opponent good luck before the game and congratulate them in a courteous manner following the game.
- I will respect the integrity and judgment of game officials. I will thank them after the game.
- I will treat other players with respect regardless of their race, sex, creed, or ability.
- I will make every effort to attend all practices and games and in the event that I will miss a practice or a game, I will let the coach know as soon as possible.
- I will focus on being a good team player and my individual skill development, not whether I win or lose.
- I will show respect for my coach by listening to and following his/her directions and practice good manners on and off the court.
- I will not engage in the use of profanity, obscene language or improper actions.
- I will not jeopardize the safety of others or myself.
- I will resolve conflict peacefully.
- I will demonstrate respect for public property and equipment.

The consequences for violation of the Player's Code of Conduct are:

First Offense: Verbal warning from the coach to stop behavior in violation, AND / OR verbal warning from the ERGYB Travel Director or President to stop behavior in violation.

Second Offense: A written reprimand and a 1 (one) week / 1 (one) tournament suspension.

Third Offense: Finally, expulsion from participating in the ERGYB program until a grievance hearing is held and a final recommendation is made.

The ERGYB Board of Directors decisions for action will be the final resolution and will be acted upon by all parties involved.

The ERGYB Board of Directors reserves the right to take immediate and appropriate action on any single incident as it seems necessary.

I have read and agree to the Player's Code of Conduct. My signature indicates my willingness to positively participate to the best of my ability while abiding by the highest level of sportsmanship and conduct in order to encourage a positive and enjoyable experience for all. I understand the consequences if I fail to comply.

Name: _____
Date ____/____
Signature _____
(Player)

Name: _____
Date ____/____
Signature _____
(Parent or legal guardian)



PARENT CODE OF CONDUCT

I pledge to exemplify the highest moral character, behavior, skill, and leadership while participating in ERGYB by following this Parent Code of Conduct:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials and administrators at all times
- I will remember that kids play to have fun and that the game is for youth, not adults.
- I will focus on fun, participation, and individual skill development rather than winning or losing.
- I will teach my child to play by the rules and to resolve conflicts peacefully.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, sex, or ability.
- I will teach my child that doing one's best is more important than winning.
- I will never ridicule or yell at my child or others for a mistake or losing.
- I will respect the officials and their authority. I will not argue with or criticize game officials.
- I will respect the coaches for their decisions. If I have an issue, I will speak to the coach off the court when there are no players present.
- I will not engage in the use of profanity, obscene language or improper actions.
- I will refrain from the use of illegal drugs and alcohol at all ERGYB events.
- I will make every effort to get my child to practice and games on time, pick him/her up on time, and in the event that we will miss a practice or a game we will let the coach know as soon as possible.

The consequences for violation of the Parent's Code of Conduct are:

First Offense: Verbal warning from a ERGYB Travel Director or President to stop behavior in violation.

Second Offense: A written reprimand and a 1 (one) week / 1 (one) tournament attendance suspension

Third Offense: Finally, expulsion from participating in, or attending events that the ERGYB program is participating in until a grievance hearing is held and a final recommendation is made.

The ERGYB Board of Directors decisions for action will be the final resolution and will be acted upon by all parties involved.

The ERGYB Board of Directors reserves the right to take immediate and appropriate action on any single incident as it seems necessary.

I have read and agree to the Parent's Code of Conduct. My signature indicates my willingness to support players, coaches, officials, and administrators in order to encourage a positive and enjoyable experience for all. I understand the consequences if I fail to comply.

Name: _____ Date ____/____

Signature _____

(Father)

Name: _____ Date ____/____

Signature _____

(Mother)

Name: _____ Date ____/____

Signature _____

(Legal Guardian)*(Must be signed by all parents / guardians attending any game or practices)



Elk River Girls Youth Basketball



"The mission of this corporation is to promote girls youth basketball at all competitive levels and to provide opportunities to develop skills while acting with integrity to encourage sportsmanship and teamwork."

COACH CODE OF CONDUCT

I pledge to exemplify the highest moral character, behavior, skill, and leadership while participating in ERGYB by following this Coach's Code of Conduct:

- I will teach and abide by the rules of the game.
- I will demand that my players treat other players, coaches, officials and spectators with respect regardless of race, creed, sex, or ability.
- I will teach my players that doing one's best is more important than winning.
- I will never ridicule my players or others for a mistake or losing.
- I will remember that kids play to have fun and that the game is for youth, not adults.
- I will abide by the playing time philosophy of the governing league. (Minimum of at least 25% play time for each player per tournament 6th – 8th grade. Equal playing time is encouraged for 4th – 5th grade travel teams)
- I will emphasize fun, participation, skill development and practice in the lower age groups. In the competitive divisions, I will support positive competition and sportsmanship in winning and losing.
- I will set a good example for players and spectators to follow. This means I will refrain from arguments in front of players and spectators; no gestures which indicate an official or opposing coach does not know what he or she is doing or talking about; no throwing objects in disgust.
- I will shake hands and exchange friendly greetings with the opposite team coach before and after the game in full view in order to set the correct tone for the game.
- I will treat the game official with respect even when I disagree with his/her judgment.
- I understand that public criticism of officials, players, spectators, and administrator is unethical.
- I understand it is my responsibility to instruct participants and spectators in proper sportsmanship and demand that they make it top priority.
- I will not engage in the use of profanity, obscene language or improper actions.
- I will refrain from the use of illegal drugs, tobacco, and alcohol at all ERGYB sports events.

The consequences for violation of the Coach's Code of Conduct are:

First Offense: Verbal warning from the ERGYB Travel Director or President to stop behavior in violation.

Second Offense: A written reprimand and a 1 (one) week / 1 (one) tournament suspension.

Third Offense: Finally, expulsion from participating in the ERGYB program until a grievance hearing is held and a final recommendation is made.

The ERGYB Board of Directors decisions for action will be the final resolution and will be acted upon by all parties involved.

The ERGYB Board of Directors reserves the right to take immediate and appropriate action on any single incident as it seems necessary.

I have read and agree to the Coach's Code of Conduct. My signature indicates my willingness to positively instruct and teach players while abiding by the highest level of sportsmanship and conduct in order to encourage a positive and enjoyable experience for all. I understand the consequences if I fail to comply.

Head Coach: Name _____ Date _____
Signature _____

Asst. Coach: Name _____ Date _____
Signature _____

Book Keeper: Name _____ Date _____
Signature _____

COACH SELECTION

In-House Coach Selection

- The head coach will be selected by the in-house director from a list of volunteers. The head coach must be at least 18 old. The head coach may select an assistant coach subject to the approval of the in-house director. All coaches must pass a background check before they are permitted to coach.

Travel Coach Selection

- Head coach candidates must fill out a coach's application and have a background check done and approved by the ERGYB Board before they are permitted to coach. The application form will be made available on the ERGYB website. An email will be sent to all parents of players advising them of the Travel coach application process and location of the application form.
- Candidates will have until on or about August 1 to return a written or electronic version of their application to the ERGYB travel director.
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- All applicants will be interviewed in person at a "closed" Board meeting in August.
- All coaches will be selected by a majority of board members. The head coach can select his/her assistant coach subject to the approval of the travel director. The Board's selection for "A" coach is subject to the condition that the selected coach's daughter is ranked within the top 15 players at the independent evaluations.

Coaches will be selected based upon the following criteria:

- Basketball experience
- Coaching experience
- Knowledge of the game
- Ability to provide the time commitment
- Coach evaluations
- Ability to teach, encourage, and motivate youth in a positive manner
- Knowledge of ERGYB program and guidelines

TRAVEL AND IN-HOUSE COACH RESPONSIBILITIES

Coaches are a very important aspect of ERGYB and represent our program. We expect them to adhere to the highest standards of conduct. The following is a list of expectations of all ERGYB coaches:

- The coach has the ultimate responsibility for the running of the team.
- All coaches in the ERGYB are expected to be examples of good sportsmanship and instill the principles of good sportsmanship in all players.
- A coach should teach all players the fundamentals of the game of basketball.
- When a dispute or question arises with the game officials, the coach will deal with officials in a respectful manner.
- A coach in the ERGYB must not be under the influence of alcohol prior to or during practices or games or while responsible for the transportation of players.
- A coach must not engage in the use of illegal drugs at any time.
- A coach must not use abusive or vulgar language in the presence of officials, players, parents, or spectators.
- A coach is responsible for communicating to the parents the expectations as per the Parent Code of Conduct.
- A coach must not physically or verbally abuse any player, official, parent or spectator.
- Coaches are responsible for the conduct of assistant coaches and players. If a problem arises, the coach must address it.
- If an issue arises among players and/or parents, an opposing team or a tournament official, it is the coach's responsibility to notify the ERGYB president or travel director as soon as possible to address the issue.
- Coaches are encouraged to hold a meeting for players and parents at the beginning of the season to share their coaching philosophy and objectives for the season.
- Coaches are responsible for all the equipment that is issued to them. (Balls, First Aid Kit, Ball Bag and any other equipment furnished to the team). All equipment should be kept in good condition and must be returned to the ERGYB at the end of the season.

IN-HOUSE PROGRAM

Team Formation

Teams will be formed by the In-House Director and his/her assistant(s) using the following criteria:

1. Grade;
2. Skill level;
3. Years of experience;
4. Height;
5. Number of players;
6. Conflicts with schedule

Playing Time

The in-house teams will adhere to equal playing time based on the number of girls on the team. This will be monitored and enforced by the in-house director.

Practice Schedule

Practice times will be scheduled by the in-house director. Generally, teams will have 1 hour per week of practice and Saturday morning games. In addition, in-house has a mid-season and end of season tournament.

Playing Season

The regular season runs from September to November. Players are eligible beginning in the 1st grade. In-house programs try to run through high school ages depending on the interest level.

TRAVEL PROGRAM

Playing Season

The regular season runs from October to mid-March. Grades 5-8 will attend 10 travel tournaments. Grade 4 will attend 5-6 tournaments. Teams may sign up for additional tournaments at their own expense.

Tryouts and Team Selection

- Members of the ERGYB traveling teams are selected on a tryout basis. These traveling teams represent the ERGYB in competition with other communities.
- Any candidate not selected for a traveling team will receive a full refund and be eligible to play for an in-house team.
- The traveling team selection committee should be comprised of independent evaluators selected by the Travel Director who can seek input from the high school coaching staff, if desired.
- Participation in tryouts is mandatory for a position on a travel team, however special circumstances may apply.
- The tryout format will be determined by the Travel Director with the approval of the ERGYB Board.
- Tryouts are closed to everyone except the independent evaluators, ERGYB Travel Director and/or ERGYB Assistant Travel Director and the head coach candidates for the “A” and “B” travel teams.
- Only independent evaluators will have input on player scoring and resulting rankings.
- The ERGYB Travel Director and/or ERGYB Assistant Travel Director will have the sole responsibility of facilitating the tryout session.
- The ERGYB Travel Director will also have the responsibility of securing evaluators. Evaluators must not have a child or relative involved in the ERGYB travel program nor can they be a current ERGYB Board member.
- Prior to the posting of the results, if necessary, the Travel Director may include the Board of Directors for a review of the results, when necessary.

General Guidelines for the Tryout Process

- Evaluations for all ERGYB travel teams will be conducted during one 3 hour session. All players are required to attend tryouts for their respective grade.
- If a valid medical reason exists that prevents a player from participating in the evaluations, the coach must seek permission to have the player placed on any team. The request must be made in writing and must contain valid and reasonable reasons as to why the player should be placed on such team. This request will be reviewed by the Executive Committee. This will count as a coach selection if granted.
- Evaluations will consist of a variety of skill assessments and game like play.
- Evaluators will rank each player based on observations made during the tryout sessions. Individual rankings made by the evaluators will not be shared with the player or parent.
- Evaluation sessions are closed, parents and spectators will not be allowed into the gyms during evaluations.
- All player fees must be paid prior to evaluations.
- Evaluators will be selected by the ERGYB Travel Director and will include independent evaluators.
- Coaches for the ERGYB travel teams have been pre-selected and ranked in the event that the results of the evaluations dictate a change in the pre-selected coaches.
- The A team coach's daughter, if applicable, must be in the top 15 ranked players for that grade level. In the event that a selected B or C team coach's daughter is placed on a team higher than that selected for, ERGYB will address this on an individual basis. However, in no way will the player be moved to accommodate for the level the coach was selected for.
- Head travel team coaches selected will attend evaluations; however, they will not take part in the final rankings of each player.
- In the event of a player ranking tie, the evaluators will vote a second time on the players involved in the tie. If the evaluators are still tied, the head coach provides the tie-breaking vote.
- Head coaches for each travel team will have input into the final team composition as follows:
 - A Team: Top 5 ranked players are automatically on the A team; the head coach will be allowed to select a minimum of 3 players to a maximum of 5 players from the next top 10 ranked players. Team size will be a minimum of 8 players to a maximum of 10.
 - B Team: The next 5 highest ranked players will automatically be placed on the B team. The head coach will be allowed to select a minimum of 3 players to a maximum of 5 players. Team size will be determined by the ERGYB Travel Director based upon the total number trying out.
 - C Team: The remaining top six to eight players (depending on the size of the team) will be placed on the C team. If team size allows, the coach will be allowed to select two players. Team size will be determined by the ERGYB Travel Director based upon the total number trying out.
- All B & C travel teams will have a minimum of 8 players and a maximum of 10 players. ERGYB will determine the size of these teams based on the number trying out. It is the philosophy of ERGYB to maximize team size on the B & C teams to minimize player cuts.
- ERGYB strives to provide balanced teams that are competitive in the travel program. By allowing coaches input into the process following independent evaluations, we believe that the teams formed will be fair and balanced by position.
- Results of the evaluations will be posted on the ERGYB website within a couple of days from the time the final teams are selected.

Practices

- Traveling teams typically practice is 2 times per week during the regular season. Coaches will sign up for available practice times based on gym availability provided by Community Education. Coaches will provide practice schedules to their team.
- Travel players in grades 6-8 are also expected to attend the after-school skills sessions. For 6th grade, the skills session is 1 night per week. For the 7th and 8th grade, the skills sessions are 2 nights per week.
- Players are expected to attend all practices. The travel program means a greater dedication and commitment to the team.
- Coaches and players must respect the gym and equipment. Do not use any equipment that has not been authorized by Community Education. If it's not for basketball, leave it alone!
- If there is a school closing due to inclement weather or for any other reason it can also mean any practices or games scheduled in that building are cancelled as well.

Play Time

The goal is to develop all players. Play time, however, will not be equal at the travel level. Play time is determined by attitude, coach ability, sportsmanship, team play, attendance and effort at practice and parent behavior. **Equal play time is encouraged in 4th and 5th grade travel teams. Coaches of 6th grade and higher are expected to play all players at least 25% of the available time per tournament.**

INJURY PREVENTION

- Be conscious of injury prevention. Try to create a safe environment for practices and games.
- Report all injuries to the coach when they occur. Have all skin abrasions treated and covered, no matter how minor.
- Warm up thoroughly before every practice and game.
- Players should inform coaches when they are really tired. That is the time when injuries are most likely to occur.
- Personal equipment (T-shirts, socks, shorts, etc.) should be clean. Skin infections start with dirty equipment.
- Never engage in horse-play. You expose both your teammates and yourself to injury.
- Learn the fundamentals of basketball well. Players who know how to play well are seldom injured. The best injury insurance is aggressive, alert play.

UNIFORMS

- Each player is responsible for purchasing his/her own uniform through the ERGYB.
- The ERGYB board is in charge of uniforms and issues jersey numbers.
- Players will keep that same jersey number year after year.
- All uniforms should be kept clean and in good condition. If a uniform gets damaged during the season the player is responsible for its replacement.

SHOOTING AND DRIBBLING CLUBS

To encourage our players to practice in the off-season, ERGYB sponsors a Summer Practice Challenge. The clubs are open to all travel and in-house players.

Forms and information are available on the ERGYB website.

GRIEVANCES

A grievance is a dispute or complaint involving a coach, player, parent or board member.

Any grievance that arises should be handled in the following manner:

1. The player/parent should bring their concerns to the coach but must wait until at least 24 hours after the issue arises.
2. If the grievance is not handled to their satisfaction, they should inform the Travel Director or In-House Director in writing of the concern. This notification should be followed up with a meeting to discuss the concern.
3. If the grievance remains unresolved, the next step is to inform the President. This should be done in writing to president@ergyb.org.
4. Any grievance must be submitted within five (5) days of the meeting with the Travel or In-House Director. It should state the time and place and as many specifics as possible.
5. The Executive Committee will discuss the complaint within ten (10) days of receiving it.
6. The Executive Committee will make a determination and/or recommendation based on the information provided and discussion with the parties involved. The parties involved will be notified in writing of the Committee's decision.