



2018
PLAYER AND
PARENT
HANDBOOK

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Introduction

East Coast Power Basketball is one of the premier programs in the Philadelphia region, with a mission to give young athletes the coaching, training and skills to become competitive, team-oriented players on the court, as well as confident and capable young men off the court.

Our goal is to instill a winning attitude, a strong work ethic, confidence, perseverance and integrity in all of our players. Our program is designed to position our players to compete at middle school, high school varsity and college level. Basketball is a lifelong sport, and our hope is that our players will develop a passion for the game that will allow them to continue learning, playing and teaching basketball for the rest of their lives.

We've developed this parent and player handbook to educate our club families about the mission, core values, goals and policies of our club, and to clearly define coach, player and parent responsibilities during the season. We hope this handbook will address any questions you have about our club and will serve as a useful guide for getting the most out of your East Coast Power Basketball Club season.

Club Leadership & Staff

East Coast Power Basketball has assembled a strong leadership team of the most experienced high school, club, and college coaches in the region as well as an experienced staff to support our club families. You can find more information about our leadership, coaches and staff on our website.

Mark Campion
President

Jason Fisher
Boys AAU Director

Kristie McCann, Business Manager

Part I: Playing for an East Coast Power Team

Mission Statement & Core Values

East Coast Power Basketball is committed to helping student-athletes reach their full potential on and off the court. We challenge our players to practice and compete at the highest level, and hold them to a high standard that includes a competitive attitude, hard work and team spirit. Our goal is to develop the “whole athlete” and create opportunities for all of our players to improve their skills, develop lasting friendships, continue their basketball careers into college and grow into confident, capable young men. Below we’ve outlined the core values of East Coast Power Basketball.



Player Development: Individual player development, both on and off the court, is the key to the success of any club or team. Our training program is focused on helping individual athletes reach their full potential,

Coaching Excellence: Coaches are a significant influence on the lives of our players. We hold our coaches to a high standard both on and off the court and offer a comprehensive coach development program so that every East Coast Power player receives the highest level of quality coaching.

Effort: Each time our athletes step on the court; they have an opportunity to better themselves. We expect maximum effort in both practice and competition. As a club, we put forth tremendous effort to ensure a positive, enriching experience for your child.

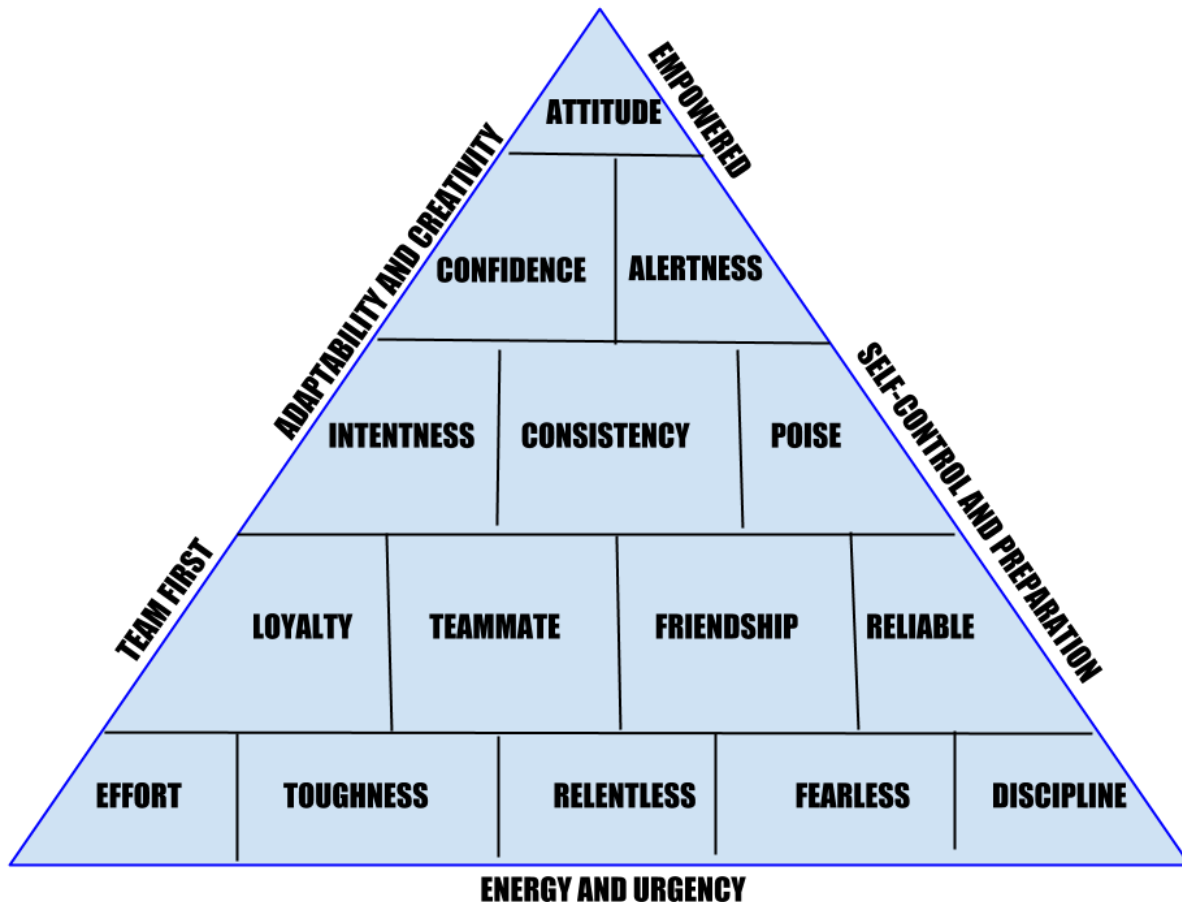
Competition: Challenging players against tough competition is more important than a short-term win. We put our teams and players in highly competitive situations and ask them to raise both their physical and mental game in order to reach their full potential.

Attitude: We believe that the attitude of our players, parents and coaches determines the success of our club. We expect a winning attitude of respect, effort, discipline and teamwork from players, parents and coaches.

Communication: Communication - among coaches, players, parents and staff -- is essential to a successful program. We believe that teaching our sons or daughters how to communicate with coaches and teammates is an important part of the growth process offered by club basketball. We encourage thoughtful, constructive communication between all parties.

Club Philosophy

Individual player development, focusing on both physical skills and mental attitude, is at the center of the East Coast Power Basketball training program. Every interaction with our players is guided by the belief that **attitude** is the most important quality in a player's success, on and off the court. While winning is not the ultimate goal of our player development program, we ask players to maintain a winning attitude, which means staying positive and respectful with teammates and coaches, and putting forth maximum effort at both practices and tournaments. To help players understand the qualities we hope to instill, we've developed a pyramid of the core values that encompass a winning attitude. The values outlined in the pyramid will shape all coach and player interactions, and players will be expected to learn the components of the pyramid during the season.



Tryouts



Selection Process

Selection to an East Coast Power team will be based upon the following criteria:

- Player performance during tryouts, including skill level, effort, competitiveness and interaction with other athletes
- Athletic potential, and how a player may develop over the course of a season
- Attitude and coachability of the player
- Evaluations of the player from past club seasons, camps or high school performance
- Past history of parental involvement or behavior
- Being in good standing with East Coast Power Basketball

Verbal Offers and Commitments

East Coast Power Coaches may make a verbal offer to the parents of a player prior to the official tryout date. ECP coaches make offers of this nature with the highest level of integrity, and we expect the same from our player families who make verbal commitments to our club.

Notification and Commitments

During the tryout process, ECP will verbally contact parents of players being offered a position within the club. The parents will be asked to verbally commit to the team. This

will be followed by a written offer via email. A parent must reply and accept the offer via email. Once a parent has replied and committed to our club, the commitment is binding for the season.

Response time

East Coast Power gives player families 2 days to respond to a written offer. We would like to remind parents that if they plan to decline our offer to please do so as quickly as possible so we can offer the opportunity to another player who wants to join ECP.

Waiting List

Unfortunately, we do not have the resources to immediately contact tryout participants who are not selected for a position within the club. However, everyone who is not immediately contacted is placed on a waiting list. In past years, many boys on waiting lists have been offered positions. Depending on the size of the waiting list, we may create an additional team to accommodate strong interest in a particular age group. We will do our best to keep everyone in the age group informed once all the team positions are filled. The contact time will be within 48 hours.

Multi-Sport Athletes

East Coast Power Basketball encourages our players to be involved in school activities and understands the value of participation in high school sports. We will do our best to accommodate the reasonable demands of other sports and school activities, but we expect ECP practices and tournaments to take priority over other endeavors during the club season. Athletes who have conflicts with other sports should discuss this with their coaches as soon as possible, but a decision to miss practice or a tournament for another sport may have an impact on future playing time. Before trying out, players and parents should discuss whether the athlete can make the necessary time commitment to the club and his team.



Boys Teams

First Team Philosophy

All ECP teams are trained as “A” team. ECP field multiple teams at each age group. We do not view any team as a “B” team and expect our players and parents to adhere to this philosophy in all interactions with players, coaches, parents and those outside the club. It is an honor to play for any East Coast Power team and selection to these teams is a great accomplishment no matter what team that is.

National Teams

In creating our National Teams, ECP selects the top players in each age group, and combines them to form the strongest teams possible, depending on player position, skill level and team chemistry. All of our national teams practice and train at the same level and attend the same tournaments or equivalent tournaments (when possible). ECP

typically fields one to two national team per age group. These teams will practice two days a week for 1.5hrs each night. These teams will play in 10 tournaments. The tournament schedule for this team is designed so that these teams play against the best competition in the region. These teams will also have the opportunity to play in front of college coaches during the recruiting period.

Premier Teams

Premier Teams Will participate in top level events. Will participate in exposure events in an attempt to give the players as much exposure as possible while being as competitive. Premier teams will play in 9 tournaments each year. Most tournaments will be within a 5 hour travel. These teams will play in 2-3 event that will require an overnight stay. To ensure that players on Premier teams are challenged at the highest level, teams sometimes may compete in the same events as showcase teams. Premier teams will practice two days a week, but will otherwise receive the same training resources as players on ECP National teams and will be held to the same standard of commitment and behavior to their coaches and teammates.

Regional Teams

Regional Teams have a high focus on skill development. Regional teams typically play 7 tournaments each year. Most events will be within 1.5hrs hours of King of Prussia. These teams will play in 1 event that will require an overnight stay. To ensure that players on Regional teams are challenged at the highest level, teams sometimes may compete in a higher age group. Regional teams will practice two days a week, but will otherwise receive the same training resources as players on ECP Showcase and National teams and will be held to the same standard of commitment and behavior to their coaches and teammates.

Local Tournaments

A local tournament is defined as a tournament within an hour and a half drive of the practice facility. Local tournaments do not require a hotel stay, although some families may choose to stay in a nearby hotel the night before a competition. No travel arrangements will be made by ECP staff for local tournaments. For all traveling events ECP Staff will accommodate rooms blocks that will be sent out in advance to allow for all Parents/Players to stay at the same location when attending the travel event.

Number of Players

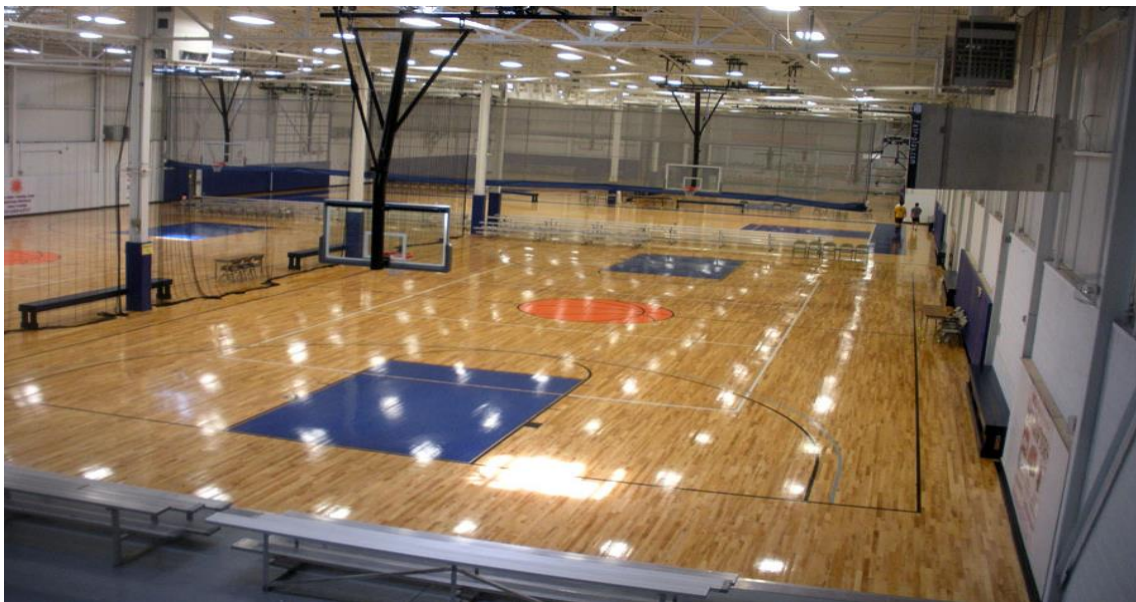
Teams typically consist of 11 athletes, but in some cases the number may be as low as 9 or as high as 12, depending on the needs of the team and the composition of the tryout pool. All EC Power players from the previous season must try out like all

prospective players. ECP Basketball typically will field 1 to 2 National Level teams, 1 to 2 Premier level teams and 1 to 2 Regional level teams at each age level in King of Prussia

Team Names

All ECP teams are named after their coaches last name. That's because at ECP, we don't call our teams "A" and "B." Every team is capable of a winning season, and every ECP player receives the same level of training whether he or she is on a national team, Premier team or regional team.

Team Practices



Schedule

East Coast Power Basketball teams practice 2 days a week. Team practices are usually 1.5 hours in length, and may consist of group skills practices with other teams, team-specific practice or a joint-practice and scrimmage with another ECP team. We will do our best to maintain a consistent practice schedule at the same location throughout the season. However, ECP staff may sometimes have to adjust the practice schedule due to weather conditions or scheduling conflicts beyond our control at the practice facility.

Practice Requirements

The following rules apply to all practices

- Players are expected to attend all scheduled practices during the season.
- Players are expected to be on time to all practices. This means players should arrive 10 minutes prior to practice time to give players time to say hello to

teammates, change into court shoes etc. so they can start practice on time. A player who knows he or she will be late to practice or needs to leave early must inform his or her coach prior to practice.

- Players are expected to work hard and be attentive and respectful to their coach and teammates during practice. Players who do not appear engaged, who are talking or disruptive or who are putting forth little effort will be asked to leave the practice.
- Players are expected to bring adequate water to practice and have the water available at courtside for breaks. Players should not leave the practice area to purchase water once practice has started.
- Player items and bags should be placed neatly at the side of the court.
- Cell phone use is strictly prohibited during practice. At the start of practice, all cell phones must be left inside the backpack and cannot be used or checked until practice is over and the player has left the practice court. Violations of this policy may result in confiscation of the cell phone or a player being benched during practice. Repeated violations of this policy may result in loss of playing time during a tournament
- Players should not talk with parents or visitors during practice time.
- Violations of the ECP practice policies may result in suspension from practices and/or tournaments.

Missed Practices

Players who consistently miss practice or are late to practice should expect to lose playing time during tournaments. The following rules apply:

- If a player will be late to practice or must miss a practice, a telephone call or text (not email) to their head coach is expected at least 4 hours before practice. Advanced notice is expected if the missed practice or late arrival is due to vacation, school function or another event scheduled in advance.
- If a traffic delay occurs that will cause a player to be late to practice, please text your coach to inform him or her of the delay.
- While we recognize that academics take priority over athletics, we ask players to exercise time management so they can complete homework, studying and projects in a timely manner so they are able to attend scheduled practices. If a player knows an academic conflict will interfere with practice, he must discuss the conflict with his coach in advance of missing practice.
- Injured athletes who can attend school are expected to attend practice to support their team and be available to help where they can, even if they cannot physically participate in practice. Players with long-term injuries should discuss practice participation with their coach.

- Players who are ill should not come to practice.
- Players who must miss practice due to poor weather conditions should alert their coach as soon as possible. While we ask players to make every effort to attend practice, a player who is absent due to severe weather will not be penalized for the missed practice.

Cancelled Practice

Some practices may be cancelled due to weather conditions or facility scheduling conflicts. While ECP will do its best to makeup a cancelled practice, this may not always be possible. Cancelled practices, especially due to weather, are an inevitable part of the season and no refunds will be given for cancelled practices.

Parent Attendance at Practice

- Practices are open, however we discourage parents from regularly attending full practices. While we know parents enjoy watching their children play, we believe that players will learn and improve faster when they are focused on their coach and teammates without the regular distraction of a parent nearby.
- Parents who attend practices must sit in designated areas on the edge of the court. Parents may not cheer, coach or offer instruction to their son, daughter or another team member at any time during practice.
- Parents should not have conversations with players during practice. Parents are not permitted on the court, unless requested by the coaching staff. Parents who violate a practice rule will be asked to leave the practice area.

TOURNAMENTS

East Coast Power Boys teams typically will compete in 7 - 10 tournaments during the regular season, which begins in March and ends in May or July depending on team placement. A tentative schedule will be posted on the ECP website during tryouts. Players who accept a position on an ECP team are making a commitment to attend all tournaments, including those that are not outlined on the preliminary schedule.

Cancelled Tournaments: While we do our best to adhere to the planned tournament schedule, unforeseen events may lead to a tournament not being scheduled as planned or cancelled. Reasons for a cancelled tournament include but are not limited to tournament availability, decisions by tournament organizers, weather conditions, facility issues, player injuries or player scheduling conflicts and other unforeseen events. In the event a tournament is cancelled for any reason or can't be scheduled, East Coast Power Basketball will make every effort to replace the tournament with a similar

tournament. Depending on the timing of the cancellation and the existing schedule, it is not always possible to find an alternative tournament. No refunds will be given for a cancelled tournament. ECP will not send teams to travel tournaments with fewer than 7 players on a roster and reserves the option to cancel a tournament in the event the team cannot field a full roster of 10 players. ECP will do its best to inform parents in a timely fashion of potential cancellations. ECP is not responsible for player costs, airline change fees or hotel costs related to cancelled tournaments.

Tournament Policies

East Coast Power teams attend all tournaments to compete. Everything else is secondary. While we know many player families travel with their players and schedule vacation time around the tournament schedule, we ask that parents support their player's goal to compete at the highest level. This means that sightseeing, socializing and visiting family members should be saved for the end of a tournament and should not interfere with a player's focus during the tournament. The following rules apply to help players maintain maximum focus during team competition.

PREPAREDNESS

- Players should arrive on time to all tournaments. It is club policy that players who are late to a tournament will not start in the first game and will lose playing time.
- Players commit to getting enough sleep prior to the tournament and to maintaining proper nutrition before and during the tournament.
- Players commit to maintaining the condition of their uniform and having all uniforms quickly available at all times during a tournament. Players who do not have the proper uniform will not play.
- Water bottles should be filled before a team begins warmups. Players are required to maintain their own water bottles. Parents are not allowed to enter the court or team huddle to provide a player with water.
- Players should be dressed and ready to warm up prior to the start time of their warm up period.
- Players should not wear any jewelry during the tournament, and wear secure headbands and hair ties that are not at risk of falling off during play.

ATTITUDE & BEHAVIOR

- Players are representing the club, their teammates and themselves at a tournament and promise to always behave in a respectful manner to tournament officials, coaches, teammates, parents and their opponents.

- Players should refrain from negative behavior on the court. Every game includes mistakes and disappointments. It's important that players learn how to manage their emotions and stay positive for themselves and their teammates.
- Cell phones are to be put away during warmups, competition and work duties. Players who violate this policy will sit out the next half. No exceptions.
- Players and parents should never argue with officials. Disputes over scores should be handled by players and coaches only, and parents should not shout or intervene in any way.
- Players who want to speak with their coach about playing time or position during a tournament should be respectful of their coach's time and ask to have these discussions at appropriate times during the tournament. (Additional guidance can be found in the *Conflict Resolution* section of this handbook)
- Players will be penalized with loss of playing time if their parents approach a coach about issues of playing time, position or other disputes during a tournament. (Please see the *Conflict Resolution* section of this handbook.)
- Players will be penalized with loss of playing time if their parents interfere in any way with tournament play. This includes interrupting warmups, huddles or coaching from the sidelines by parents.



TEAM TOGETHERNESS

- Players will stay with their team at all times during a tournament. This means players will dine together and spend time together in between matches whenever possible.
- Players should do their best to stay focused on the task at hand. As a result, we ask our players to limit contact with non-team members during tournaments. This includes parents, siblings, relatives and friends who have come to watch you play. Spend your downtime with your teammates and maintain your focus. Please save socializing for after play has ended for the day.
- Players should always show respect for each other on and off the court. Poor sportsmanship, finger-pointing and bullying tactics will not be tolerated.
- Team Events are essential to success. Team lunches, dinners and outings are encouraged. Team parents should consult with the group to plan a reasonable number of affordable team activities at a tournament, and players are encouraged to attend once a team activity has been arranged and agreed upon by a majority of the group.
- Players, whenever possible, should spend their downtime supporting other East Coast Power teammates competing in the venue.

ALERTNESS

- Players should pay attention and observe the opposing team during warmups and downtime to prepare themselves and their teammates for competition.
- Players should be aware of their practice and tournament schedules, tournament arrival times and game start times
- Players on the bench should stay alert and positive, cheering for teammates and staying engaged in the games. Players on the bench should use this time to study an opposing team so they are fully prepared to return to play. Unless a player is feeling unwell or very tired, a player on the bench is expected to cheer for her teammates during play.
- Players should be aware that college recruiters and opponents are always watching and should demonstrate their best behavior while on the court, leaving the court, on the bench, during warm ups and at the end of the match.
- Players should be aware of the many demands on their time including school, sport and social demands. Players should be organized and aware of test and project schedules so they don't interfere with practice and tournament obligations.

PLAYING TIME

When a parent and player make a commitment to AAU/Club basketball, they are investing in the benefits and challenges of playing a team sport and all that goes with it. At East Coast Power, our commitment to parents and players is that we will focus on the whole athlete, helping him or her develop her basketball skills by providing quality coaching, intensive practice and player development opportunities and tournament competition. In the course of the club season, players also learn how to cope with adversity and pressure, develop poise and mental toughness and how to balance the competing demands of school, sports, college goals and friendship.

That said, tournament playing time and team position remain the greatest sources of parent-coach conflict in club basketball. We want to outline our playing time policy here so that every parent is aware of the commitment they are making when they sign their son or daughter up for an East Coast Power team and the commitment East Coast Power is making to our players.

Playing Time During Pool Play

Our goal at the beginning of the season is to give every player a chance to prove himself or herself by allowing all players to compete during pool play. Depending on the level of competition, the player's position and relative skill level, this may mean a playing time every game or only a portion of every other game during pool play. We advise our coaches to be more equitable about playing time when dealing with 14U and younger teams and regional teams. Players on national and travel teams and high school-age teams are accustomed to a higher level of competition and specialization and should recognize that playing time will not be evenly distributed across players. Please note that at no time is a player guaranteed a minimum amount of playing time.

Playing Time During Bracket Play

Once a team has advanced to playoffs, the coach will play the strongest lineup, trying whenever possible to give playing time to everyone. The coach and club leadership decide how much playing time an individual player will receive based on performance at practice and tournaments and the relative level of competition in the remaining matches.

Players on the Bench

When a player is on the bench, he or she is still participating in the match. Time on the bench is essential for both physical rest and to help a player recharge his or her emotional batteries to stay engaged in competition. Downtime during a game is an opportunity for players to study their opponent. A bench player may be called on at any time during a game, and it's important that he has maintained the mental alertness to study the opponent and maintain poise and confidence to jump onto the court and play his best. There were many times during past seasons when players were called from the bench at pivotal moments and rose to the occasion. It is for this reason that players and parents must maintain a positive attitude whether they are on the court or on the bench. A player on the bench should show sportsmanship, team spirit and court awareness at all times.

Players Getting "Pulled"

A coach may make a decision to "pull" a player from his starting spot. Sometimes this occurs to give players rest or to create an opportunity for another player to have playing time. Sometimes the player is pulled for a poor performance or attitude. In all of these cases, we expect the benched player to maintain a winning attitude. Players should leave the court quickly with head held high and offer encouragement to the replacement player. They should use their bench time wisely, to rest or regain composure if they performed poorly. ECP coaches may penalize players who demonstrate a negative attitude or poor sportsmanship when taken off the court.

Playing Time During College Recruiting

As we all know the NCAA has strict guidelines on when Division 1 recruiting can occur. There is a limited amount of “Live” periods throughout the year. ECP teams from 14U – 17U will compete in events that are considered Live recruiting events. This is the time where division I, II, and III college coaches will come out and evaluate players. During this period there are no expectations for playing time. Players will need to earn playing time through their play, attitude, work ethic, and attendance. Players during these events are held at a high level and are expected to act accordingly since there will be coaches watching at all times. Players should inform the coach when a college recruiter may be visiting the court during a tournament. While the presence of a college recruiter will not influence a coach’s overall playing time decisions, a coach can reach out to a recruiter on behalf of a player. College recruiters understand that a player may not be on the court while they are present. **Athletes should be aware that college recruiters often watch players during warmups.** In addition, your coach can talk to the recruiter about the player’s abilities, invite the recruiter to attend a practice or the player can make arrangements to attend a college practice or camp. Playing time at one tournament does not make or break a recruit’s chances and parents and players still need to comply with the conflict resolution policy if they do not agree with the coach’s decisions.

Parents and Playing Time

The support of parents is essential to an individual player and the success of his or her team. We ask our parents to maintain a positive attitude and encourage their player to stay confident and positive, whether he is a starting player who receives significant playing time or a substitute plays who plays fewer rotations. Coaches and the club leadership are the ultimate authority about team lineups and playing time decisions. **Under no circumstances is a parent to discuss lineups or playing time with coaches whether at a tournament, at practice or by email or text.** A parent who wants to discuss decisions should follow the steps outlined in the conflict resolution policy.

Violations of the Conflict Resolution Policy

A parent who tries to talk to a coach or AAU/Club official about an issue of playing time or position will be reminded to follow the conflict resolution policy. A second infraction will result in lost practice and/or tournament playing time for the player. **A parent who approaches a coach about an issue of playing time, position or any grievance during a tournament will be asked to leave the tournament and will be suspended for the next tournament.** The player will be benched for at least the next game or more, at the coach’s discretion. Approaching a coach at a tournament to air a complaint is a serious violation of club policy. **A second violation will result in a more severe penalty, including possible player expulsion from the club.**

Constructive Communication

We recognize that sometimes a parent may feel angry or frustrated and be tempted to vent his or her feelings. We also know that at times a parent may have a legitimate concern that needs to be aired. We ask both our coaches and our parents to maintain perspective and self control at all times, complying with our 24-hour rule and our conflict resolution policy (see below.) **Abusive behavior toward anyone is a serious violation of club policy.** A parent who yells at or makes threatening remarks to a coach, player, parent, official or staff member will be banned from all future practices and the player may be benched, suspended or terminated from the club.



Part II: Our Commitment to Our Players

Player Development Program

Player development is a core value of East Coast Power Basketball. Our unique player development program is aimed at helping every player set and achieve his or her goals during the season **and reach her full potential** on and off the court.

Our Directors, team coaches, specialty coaches and leadership staff all will work with athletes to ensure a positive club experience. Members of our player development staff will help players focus on individual goals and offer club-wide programming that focuses on both skill training and character development.

Skill Development

Individual skills training is essential to player and team success. During the first half of our season, training will center around skill-based group clinics. Skill clinics focused on passing, shooting, rebounding, defensive sets, etc. The focus on individual skills early in the season may result in fewer team successes in April and May, but the focus on technique and consistency will result in a more successful season overall. Players also have the option of seeking individual lessons outside of practice time. Information about additional clinics and private and group lessons can be found on our website.

Character Development

The player development program will include handouts, emails and talks on confidence, teamwork and attitude, as well as team-building programs and other activities to help players set and achieve goals and gain confidence. We ask players to take part in all player development activities as members of an ECP team.

College Recruiting

Players on 14U, 15U, 16U, 17U National teams, and all other 16U & 17U teams who want to continue playing basketball in college will be included in our college recruiting program. *(See College Recruiting Section)*

COLLEGE RECRUITING PROGRAM



Players who make the time and financial commitment to compete on a national travel team typically are interested in continuing their basketball careers in college. Our training and tournament schedule is designed to maximize a player's exposure to the college recruiting community and create opportunities for our athletes to receive scholarships and/or compete at the college level. While a competitive schedule is essential to the college recruiting process, it is not enough. Each player must take the initiative to reach out to college coaches and present themselves as prospective recruits

for a team. We know this process can be confusing and intimidating to players and their parents. East Coast Power Basketball offers the most comprehensive college recruiting program in the region and personalized plans to help every player navigate the recruiting process.

Every ECP player on a 15U, 16U, 17U National Teams, and 16U, 17U Premier teams will have access to the following services:

Personal Recruiting Plan: Player and parents will meet with a member of the ECP recruiting team individually or with the teams to discuss their college goals. ECP staff will outline a step-by-step plan for starting your recruiting process, including how to organize your recruiting effort, registering for SATs and college recruiting websites, identifying target colleges, developing a player profile and video and contacting coaches.

Recruiting Spreadsheet: High school players will receive a customized recruiting spreadsheet based on player questionnaire or a personal consultation. The spreadsheet includes prospective colleges, coaching contacts and details about each athletic program to help student athletes focus their recruiting efforts.

Player Profile: High school players will receive a custom online recruiting profile on the East Coast Power website. Players will share links to this profile when contacting college coaches. **Parents and players will be responsible for maintaining the online profile.**

Recruiting Seminars & Visits: ECP will host club-wide recruiting seminars to offer additional support, information and question and answer sessions to player families. College coaches may attend ECP practices to take a closer look at our talented players.

College Contacts: Our leadership roster includes Division II and III college coaches and players as well as experienced club coaches with numerous contacts in the college recruiting community. Once our players establish their college recruiting goals and target colleges, our coaches will work closely with the college recruiting community to help athletes connect with a college program.

Coach Development Program

Coaching Excellence is a core value of East Coast Power Basketball. Coaches are a significant influence on the lives of our players, and we hold them to a high standard both on and off the court. To support our coaching staff, we offer a comprehensive coach development program and numerous coaching resources so that every East Coast Power player receives the highest level of quality coaching.

Joint Practices: Shared practices with other teams are an essential part of our training program, allowing both players and coaches to work with other members of East Coast Power and develop consistent skill-based training.

Communication

Communication is a core value of East Coast Power Basketball. We believe strong communication is the cornerstone of a strong program, and that problems and misunderstandings are avoided when the club and coaches communicate with parents and players. We provide several opportunities for player families to stay informed about everything that is happening at East Coast Power Basketball.

Website

Ecpowerbasketball.com is your best resource for keeping up with everything happening in our Club. We have hundreds of player families taking part in our boys teams, youth programs and clinic series. Our website is used to celebrate your child's accomplishments and to keep everyone updated on news and information related to tournament schedules and practices. You will also find key club policies, club contact information, coach information and team schedules, rosters and player profiles on our website.

Facebook & Twitter

Please like us on Facebook (ecpbasketball16) and Twitter (@ecpbasketball16) for the latest updates from our club.

Emails

Email is our main form of club communication so please check your email regularly for important updates. If you do not see emails from our club, please check and make sure we have your correct address. When filling out our tryout forms or other forms PLEASE

use care to input your correct email address. Careless typos mean we will not have your correct contact information.

Cell Phones and Text Messaging

We understand that players often communicate best by text messaging. Our coaches may use text messages to communicate with players about practice changes and tournament times.

Parent Communications

We encourage parents to email mark@ecpowerbasketball.com with questions about club business. You are also welcome to contact coaches by email or text message about issues of logistics or scheduling. However, please refer to our Conflict Resolution Policy in this manual for guidance on how to communicate about issues related to your child's performance or playing time.

Part III: Policies & Procedures

UNIFORM POLICY

Players are responsible for having uniforms with them at all times, for maintaining their uniform in top condition and for keeping track of their uniform and equipment at all times. The following rules apply.

ORDERING

- Players who accept a position at East Coast Power Basketball also commit to being available on uniform ordering day, typically the first or second week or weekend after tryouts. There will be no makeup day for uniform orders. Players who don't attend uniform try-ons will be asked to select a size anyway. If the uniform ordered does not fit, the player is required to purchase a replacement uniform directly from the supplier at extra cost.
- Players are responsible for trying on uniforms and all clothing items during the ordering period to ensure a proper fit. No replacement uniforms will be issued due to poor fit.
- Parents of 14U and younger players (or their representatives) must be present during uniform try ons to approve sizing choices.
- East Coast Power will not manage any uniform replacement requests. All requests must be made and billed directly through our supplier.

UNIFORM CARE AND MAINTENANCE

- Players must bring all uniforms to every tournament. No exceptions. A player who does not have his or her complete uniform will not be allowed to play.
- Players must keep all uniform items inside a zipped backpack. Players should not toss items to the side of the court or place them on top of a backpack.
- Players should keep backpacks near the court at all times in case a uniform change is required.
- Uniforms should be washed separately from other items in cold water. Please do not dry uniforms in a heated dryer. Uniforms dry quickly and should be air dried in order to preserve the printed numbers. Uniforms that are not cared for properly and have peeling numbers must be replaced at the player's expense.
- Our high quality Under Armour jerseys are made with flexible, breathable fabric to ensure maximum comfort and movement for our players. As a result, the fabric can snag and tear during the course of active play. Repairs and replacements due to tears and snags are the responsibility of the player.
- Uniforms are the property of the player and all replacements, no matter what the circumstance, are done at the player's expense. The only exception to this rule is an error in printing by our supplier or a uniform that is damaged upon arrival. All of these issues must be addressed during the uniform delivery process and identified before a parent or player signs off on delivery.
- Players must alert their coach when a playing jersey is lost and make every effort to replace the lost jersey as quickly as possible. Single jersey replacement is expensive and may be \$60 or more depending on the item.

TRAVEL POLICIES

East Coast Power Basketball manages travel each year for more than 30 teams and hundreds of coaches and players, and their families. For this reason, it is essential that our parents pay attention to emails about travel and hotel bookings and meet deadlines. It is the parent's responsibility to ensure that they have booked hotels in a timely fashion to attend tournaments. The following rules apply.

- Players on travel teams commit to attending all travel tournaments. It is the responsibility of the player family to pay for travel and hotel accommodations for players attending travel tournaments. **ECP is not responsible for player costs or change fees related to cancelled travel tournaments. (See tournament section for policies on cancelled tournaments)**
- Hotels for all travel tournaments will be booked in hotel blocks by the club. Parents will be asked to secure rooms in the hotel block or via a rooming list

using a personal credit card. All hotel costs related to tournaments are paid for by player families and are not included in season tuition.

- Parents are asked to make hotel reservations or complete rooming lists within one week of receiving the email instructions. One follow up email reminder will be sent, and after that parents will be required to find their own hotel accommodations.
- Only one room per family will be reserved by the club. Families who want extra rooms for grandparents or friends or large families must contact the hotel directly but they may not receive the team rate.
- Rooming lists are sometimes required by our hotel contracts to protect the integrity of a room block. The stock of hotel rooms at some tournaments is very limited, so for security reasons, a hotel asks us to provide a list of names of player families who are allowed to book a room in our block. When a rooming list is required, parents must not contact the hotel directly. Parents who don't follow instructions and contact the hotel directly risk having their reservations automatically cancelled once our rooming list is submitted.

FINANCIAL POLICIES

We know that club basketball is a significant investment of time and money for our player families. Our goal as a club is to deliver a quality program that will help young athletes improve both their skills and knowledge of the game, gain confidence and poise on and off the court, achieve their dreams of playing in college and develop lasting friendships. We do our best to minimize costs and to offer reasonable payment options to ease the financial burden for our player families. The majority of the costs of club basketball stem from practice facility costs, tournament fees and uniforms. Coaches Expenses, travel costs and administrative costs make up the remaining portion of player tuition. All tuition details will be stated in the player contract that they will sign when accepting a position in the club.

Financial Commitment

A player family that commits to play for East Coast Power Basketball is making a financial commitment to pay the full tuition in a timely manner.

Late Payments

Timely payment of tuition is essential to our program, as payments for uniforms, facilities, tournaments and travel are due early in the season. We ask that parents recognize the importance of payment deadlines. We will impose a \$25 late fee on payments that are more than 10 days late and a \$40 fee on returned checks. Please communicate with us in a timely fashion if you are having difficulty making a payment.

Refunds

Team tuition is determined by a number of fixed costs. As a result, no refunds will be issued. Any player who leaves the team or who is suspended for violations of the player handbook is still contractually obligated to pay the full tuition.

Injuries

While we do our best to help players practice and play safely, injuries are an inevitable part of any sport. We do not issue refunds to injured players and expect injured players to continue coming to practice until healed. Long-term injuries that remove a player from a team for the majority of the season will be considered on a case-by-case basis.

Typically, we will give an injured player credit toward a summer program to recoup the costs of missed club practices.

Part IV: Parent and Player Responsibilities

Role of the Parent

Parents are essential partners in training the club athlete. We know parents make a significant financial and time commitment to allow their children to take part in club basketball. We also know parents are an important influence on a player's attitude at practice and tournaments. For these reasons we have outlined some helpful reminders to ensure that your player gets the most out of his or her season.

- *Let the coaches coach.* We respectfully ask that parents leave the coaching to the coaches. This includes advice and comments from the sidelines at practices and tournaments, after-game-critiquing, etc. You have entrusted the care of your player to our coaches, and they need to be free to do their job. If players have too many coaches, it is confusing for them and their performance usually declines.
- *Provide logistical support.* Please continue to provide your child age-appropriate support when it comes to being on time for practices and tournaments, being prepared, having uniforms clean and available, having an adequate supply of water and having all appropriate gear at practices and tournaments. Be sure your child is eating the proper foods and getting adequate rest.
- *Be your child's biggest fan.* Players rely on their coaches for feedback, skill development and coaching. They rely on their parents for moral support. Please continue to support your child unconditionally. Please do not engage in post game critiques. Instead basketball conversations with your athlete should focus on maintaining a positive attitude, being a supportive teammate, setting goals and staying confident in themselves and their training.

- *Do not talk about other players.* Parents should never, ever discuss the performance of players. Not on the sidelines. Not with other parents and not with their children. Please, never comment in public or private about another child's ability or performance.
- *Support all players on the team.* The success of the team creates opportunities for every player. Foster teamwork. Cheer for every player and encourage your child to learn from his or her teammates.
- *Support the program.* The success of our teams and our clubs is dependent on the support of parents. Please stay positive, attend club events, organize fun team outings and fill out all necessary forms, meet travel reservation deadlines and comply with the Parent Code of Conduct. When parents dispense with club business in a timely fashion, ECP coaches and staff have more time to devote to improving our program for your child.
- *Encourage your child to talk with the coaches.* If your child is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. Allowing them to take this responsibility fosters their individual growth and maturity.
- *Learn the Game.* It's important that parents understand the rules of basketball. Many issues, including coach playing time and lineup decisions, can be resolved by knowledge of the game. Many parents who see their child on the bench don't understand that their son or daughter has simply been subbed off of the court for rest and remains a key player in the lineup. A strong player may be subbed out during a substantial lead to give other players an opportunity to compete. New parents may not understand strategic lineup decision and we ask you to respect the coaches decision. Talk to your son or daughter to learn more about basketball (you will be surprised at how much they know!), ask other experienced team parents if you don't understand something and feel free to ask our coaches and staff members general questions about the sport to improve your basketball IQ. Use the resources posted on the EC Power website to stay up to date on our sport.
- *Display appropriate game behavior.* Be supportive during matches and cheer when appropriate. Refrain from loud cheers or direct statements to your player or other players. Do not coach from the sidelines. To perform their best, players need to focus on the parts of the game that they can control (awareness, effort, decision making) and should not be distracted by comments from parents. We expect ECP parents to always be respectful to other teams and officials.
- *In-game positioning:* When possible, we suggest parents, family and friends sit on the *opposite* side of the court from the players and coaches. This allows

players to focus on the game and limits distractions from family members and friends cheering them on.

- *Help your child keep his/her priorities straight:* Help your child manage stress and maintain a focus on school work, relationships and the other things in life in addition to basketball.
- *Keep basketball in its proper perspective:* Competitive sports can produce strong emotions in parents. We feel our child's disappointments so strongly; it can be difficult to keep those feelings under control. Remember your relationship will continue with your children long after their competitive basketball days are over.
- *Have fun!* Club basketball is about growing as a player and a person, as well as forming powerful, lasting friendships and amazing memories shared by teammates and family members. Win or lose, basketball should always be fun!

Conflict Resolution Policy

While our club and team policies are outlined in this document, we know that from time to time, some concerns may arise. Our conflict resolution policy gives parents and coaches a constructive forum for resolving questions and concerns. We offer the following guidelines to resolve areas of concern.

Step 1: Player Communicates to Coach: We encourage our players to communicate their concerns to their coach at any time, whether an issue arises at practice or during a tournament. We know its not always easy for players, particularly our younger players, to express themselves to a coach. Parents should encourage their sons to take this step, and we expect our coaches to offer thoughtful responses that will help a player set goals and develop and **improve his or her game.**

We ask our coaches to have an open door policy when it comes to player communication. While there are no limits on player communication with a coach, we ask players to use good judgment about how and when they approach a coach at a tournament or during practice time. Players should do their best not to interrupt practice unless they are asking a specific question about a skill or instruction. At tournaments, players should be respectful of the many demands on a coach's time. Here are a few guidelines for players who want to talk with their coaches.

- Always feel free to talk to your coach if you are struggling with a skill or have a question about an instruction, lineup, practice time or tournament issue. Discussions about playing time or position should be saved for scheduled meeting times when a coach can focus on your concerns.

- To schedule a time to talk to your coach, ask your coach in person, email or text if he or she has time to talk, and set up a convenient time to meet.
- During tournaments, players should be respectful of the demands on their coaches time and try to address concerns at a convenient time for the coach. As a rule of thumb, a player should approach a coach about issues of playing time or other concerns at least 20 minutes prior to the next game or 20 minutes after the previous match. Give your coach time to recover from the emotions of the game and respect the fact that he or she needs to prepare for a match or spend tournament time on recruiting or scouting concerns.
- Parents, please discuss the parent-coach conversation with your player, show support for his/her effort and stay positive about the team.

Step 2: Meeting with Parent Liaison: We recognize that sometimes parents may need an additional outlet to discuss concerns. The Parent Liaison is here to assist parents with issues they feel are not addressed in our Conflict Resolution Policy. We also advise parents to talk with the parent liaison if they feel the need to go to Step 3 of the Conflict Resolution Policy.

Step 3: Parent and Player Communicate with Coach: If, after the player-coach meeting, you feel the issue requires further discussion, please schedule a time for *you and your player* to meet with the coach.

- Do not outline your grievance by email or text. Use email, text or phone calls to set up meetings only, and save all discussion for the scheduled meeting.
- Never approach a coach at a tournament to discuss playing time or other grievances related to competition. This includes the entire duration of the tournament including travel time, downtime during the competition, and evenings at restaurants or team hotels. (Friendly conversations with coaches are allowed.). Violations of this policy are taken seriously and will result in player suspension from the tournament and possible expulsion from the team.
- Parents are required to wait at least 24-hours after the final play of a tournament before raising a concern with the coach. Violation of the 24-hour rule may result in player suspension from a future match or tournament.
- We expect coaches to go into parent meetings with an open mind with the goal of listening to parent and player concerns. We ask our parents to show coaches the same courtesy.
- Outline your concern to the coach in a clear, concise manner. Please approach your coach in a professional, collaborative tone and refrain from angry exchanges or inappropriate language. Listen to your coach's response. The goal

of the meeting is to gather information, resolve differences and agree on a course of action to help a player achieve her/his goals.

- Focus your conversation on ways to improve the situation, and identify solutions and opportunities for your player to improve.
- At no time should parents discuss another player on the team. The coach-parent meeting should be focused on the needs and concerns of your player only.

Step 4:

Schedule a meeting with a member of the club leadership and/or director. Most of the time, players, coaches, and parents are able to resolve conflicts on their own. In rare cases, parents and/or coaches may feel the need to approach the club director to mediate a dispute. While we hope parent-coach conflicts never reach this level, the Parent Liaison will coordinate these meetings if needed.

PLAYER CODE OF CONDUCT

As a player for East Coast Power Basketball, I, _____, promise to conduct myself by the following Code of Conduct.

Player Handbook: I have read the player handbook and understand what is expected of me as a representative of East Coast Power Basketball. _____ (Initials)

Attendance: I will attend all practices and tournaments. I will contact my coach immediately by phone, text or email if I am unable to attend practice. _____ (Initials)

Attitude: I will always demonstrate a winning attitude, and will put into practice the core values outlined in the Pyramid of Success. I will be attentive and focused on the coach's instruction, and respectful to my coach, teammates, officials and opponents at all times. I will exhibit exemplary sportsmanship whether the team is winning or losing, playing well or not playing well. _____ (Initials)

Effort: I commit to putting forth maximum effort at practice and tournaments, to play hard on every point and to chase after every ball. _____ (Initials)

Alertness: I commit to paying attention at all times, to watching and learning from my opponents and to work toward raising my basketball IQ. _____ (Initials)

Playing Time: I understand that coaches make decisions about lineups and playing times, based on a variety of factors including skill, ability, attitude, effort and attendance. I commit to supporting my team whether I am on the court or on the bench, and to constructive communication about goal-setting in order to increase the opportunities for playing time and contributing to my team. _____ (Initials)

Appearance & Conduct: I will dress appropriately, in the team uniform, for all tournaments, and maintain my team uniform in good condition. I will not use my cell phone during practice or ever on the practice court. I will not use my cell phone during team warmups, work assignments, or on the tournament court. _____ (Initials)

Communication: I will communicate, on and off the court, with teammates and coaches.

I understand that failure to meet these expectations will be cause for loss of practice and/or playing time or suspension from my team.

Athlete's Signature

Date

PARENT CODE OF CONDUCT

As a parent with East Coast Power Basketball, I agree to the following Code of Conduct:

I have received a copy of the parent/player handbook and understand what is expected of me as a parent with East Coast Power Basketball. _____ (Initials Parent 1) _____ (Initials Parent 2)

I have made a commitment for my child to attend every practice and to arrive on time and ready to play. I will provide logistical support to make sure my child is able to meet her/his commitment to team practice. _____ (Initials Parent 1) _____ (Initials Parent 2)

I commit to the team tournament schedule and providing the logistical and financial support for my child to attend all local and travel tournaments. _____ (Parent 1) _____ Parent 2)

I have read and agreed to the club's financial policies. I will meet all my financial obligations to the club. I understand that failure to pay tuition by posted deadlines will result in a financial penalty, and may affect my child's participation. _____ (Parent 1) _____ Parent 2)

I have read and understand the Conflict Resolution Policy. _____ (Parent 1) _____ Parent 2)

I will conduct myself with appropriate sportsmanship at tournaments. I will not coach players from the sidelines or interfere in any way with the coach-player relationship during tournaments or practice. _____ (Parent 1) _____ Parent 2)

I have read and agree to the club's travel policies and will act promptly on hotel scheduling requests and travel arrangements. I understand my child is required to stay in the team hotel at all times at my expense _____ (Parent 1) _____ Parent 2)

I have read and agreed to the club's uniform policy and understand that players must try on samples and place the appropriate order, and that any replacement uniforms due to wrong size, loss or wear and tear will be paid for by the player. _____ (Parent 1) _____ Parent 2)

I understand that failure to comply with the parent handbook or meet the above expectations may result in a loss of playing and/or practice time for my child and/or suspension from the team.

Parent 1 Signature

Date

Parent 2 Signature

Date