

HEAT

2008 CLUB HANDBOOK

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Red Deer Heat Basketball Club Welcome Message

“Our mission is to develop the Red Deer Heat players’ basketball fundamentals and life skills to give them educational opportunities, and to allow them to play at the highest level of competition available.”

I am the director of the Red Deer Heat Basketball Club. I would like to welcome you to our program. The goal of our club is to assist the student-athlete who is motivated to reach the next level of competition. We do this by providing a positive environment that stresses fundamentals, teamwork, and dedication to your team and yourself. Through basketball, we strive to teach our players life skills that will make them successful and outstanding citizens.

As this is only the second season of the Red Deer Heat Basketball Club, there is much to be done in the next few months: clothing purchases, gym rentals, tournament registrations, etc. Sponsorships, fund raising, and advertising are high on our list of priorities as we are extremely excited about continuing to transform this club into one of the most recognized and well-respected athletic clubs in Alberta.

As the old saying goes, you’re only as strong as the people who work for you. Our coaching staff is absolutely first class: five of the eight teams will be coached by former and current college or university players, two coaches are assistant coaches with Red Deer College, and five of the coaches are current head coaches within Red Deer’s school systems. Moreover, eight members of the executive board have decided to stay on for another year. There is no doubt that we are extremely lucky to have such experience and knowledge throughout our entire program.

There are many dedicated players, parents and sponsors that also support our organization. Our successes depends on this support. Please contact us and ask how you can help if you are interested. We definitely need you!

We encourage our parents, players and volunteers to provide us with input and feedback about the program. If you have questions or comments, please do not hesitate to contact me at spottage@rdpsd.ab.ca or info@reddeerheat.org or by visiting our website <http://www.reddeerheat.org>. Communication is a key to the success of our organization.

We all look forward to our second season of Heat basketball.

In Hoops,

Stephen Pottage
Executive Director
Red Deer Heat Basketball Club

Red Deer Heat Basketball Club

Mission Statement

Our mission is to help young student athletes develop into skilled basketball players capable of competing with the best players in Alberta. We believe encouraging athletes to pursue a balance between their sports endeavours and their academic pursuits is essential to preparing them for their adult lives.

Purpose and Commitment

The purpose of this handbook is to familiarize both the parents and players with the Red Deer Heat Basketball Club, and to provide a better understanding of Heat Basketball. We hope this handbook will answer many of the questions that may arise. The Red Deer Heat Basketball Club is a highly visible and regionally recognized program. We are glad that your son(s)/daughter(s) have been selected to be a part of our program.

Our program has three main components. The first is to provide quality training in all aspects of the game. One of the Red Deer Heat's main goals is to develop self-discipline, dedication, and confidence in each athlete, qualities which will assist them as they progress through life. The second purpose is to assist each of our players in becoming quality high school basketball players. The third purpose is to improve the level of play within Central Alberta. The competitive athletic experience can enhance social development, contribute to mental and physical health, and teach the values of teamwork and responsibility. We are proud of the opportunity we offer, and feel the players involved will receive a positive experience.

For this program to be successful, the rules of the handbook must be followed and will be enforced. The Red Deer Heat expects our athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter. We represent one of the finest programs that Central Alberta Basketball has to offer, and we want to promote the highest level of sportsman-like conduct.

Our program is dedicated to treating all athletes fairly, and giving each individual athlete an opportunity to improve the many skills associated with basketball. Playing basketball with the Red Deer Heat requires a strong commitment to the game, the club, and your teammates. It is important that everyone involved understands that each is willing to make this commitment in order for the athlete to become the best basketball player they can be.

The Red Deer Heat Basketball Club focuses on the development of excellent basketball skills within a philosophy that emphasizes the importance of our players doing well in school. The Red Deer Heat Basketball Club expects its players to devote the same conscientious effort to their schoolwork as they do to their basketball. Players neglecting their schoolwork will be encouraged to do better. However, players who continue to neglect their schooling will not be permitted to play for the Red Deer Heat.

Participation in the Red Deer Heat program requires time, effort, and financial resources, but we feel that it is all well worth the investment. We feel that the training and the experiences that your son(s)/daughter(s) will receive from the coaches and the staff will be very beneficial.

Red Deer Heat Basketball Club Selection Process

Each year we evaluate a large number of players. Some players have extensive playing backgrounds, while others do not. Players are evaluated on attitude, teamwork, and skill execution such as ball handling, shooting, etc. We base our selections on what the athletes do during the open gym/tryout period and what we perceive their potential to be. We select athletes based on the following criteria: athletic ability, work ethic, drive, coachability, competitive attitude, skill ability, and potential.

We expect you to have a great attitude, to work hard, improve your game, and to compete with your teammates for playing time and team placement. There is no guarantee of equal playing time, or team placement. Your playing time and team placement is determined by you.

It is important to note that new players will be evaluated each year to fill the needs on specific teams. If additional players and coaches are available, additional teams may be added. We will evaluate the new players at open gyms/tryouts, which will combine many of our existing players with new players looking to join our program. It is each player's responsibility to come into the open gyms/tryouts ready to make a team in our program.

Anyone who has a serious medical condition should speak with the head coach or administrator prior to the start of the tryout and the regular season. It should be noted that if a player is injured or is sitting out of practices due to injury or illness, they must have a doctor's release before they will be allowed to practice or participate again on a regular basis.

Red Deer Heat Basketball Club Parent/Player/Coach Relationship

Club basketball can teach many positive traits, such as the spirit of cooperation, self-discipline, and regard for physical fitness.

We ask that parents refrain from criticizing opposing players, other parents, other clubs, teammates, or officials.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players. PLEASE ENCOURAGE YOUR CHILD TO FOLLOW HIS/HER COACH'S INSTRUCTIONS AND LEAVE THE COACHING TO THE COACH. Parents need to align themselves with the coach in teaching their children how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young people about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser.

When a player has an issue with the coach, parents have the responsibility of teaching their child the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

- STEP ONE: The player should discuss the problem/concern with the coach and try to arrive at a solution to the problem.
- STEP TWO: The parent should call the coach and schedule an appointment for the player, parent, and coach to meet at an appropriate time.
- STEP THREE: If the above steps do not remedy the problem, the parent should call the Administration of the Red Deer Heat to schedule a meeting with the player, parent and coach to arrive at a solution.

UNDER NO CIRCUMSTANCES is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The above procedure must be followed in dealing with any situation that may arise. The administration of the Red Deer Heat will NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED by parents or fellow teammates. If you or your child refuse to follow the guidelines set forth, you will be asked to leave the program.

The parents and families of our Red Deer Heat players have been very supportive in the past, and we hope that support will continue to grow each year. We hope that parents will support their children by attending their tournaments and giving positive encouragement. We encourage you to refrain from criticizing your child, their teammates, their coaches, or the officials.

Our number one rule for our players at all times is: Don't Let Your Teammates Down. A player or spectator may be asked to leave the premises if they become disrespectful to other players, coaches, or officials. Please be careful and respectful.

Red Deer Heat Basketball Club

Player / Parent Commitment, Conduct and Travel

All players and parents are to review this.

1. Practices, Games, and Tournaments

PLAYING TIME IS BASED ON YOUR PERFORMANCE AT PRACTICE.

PLAYING TIME IS NOT GUARANTEED.

Practice expectations will be outlined by the coach at the first practice of the year. Practices are held twice a week as well as a monthly Saturday session. Practices normally last for 2 hours. You will receive a monthly practice schedule from your coach. We will make every effort to not change monthly schedules, however, things happen! Please be flexible and cooperative.

If a player must miss a practice, the player must call their coach as soon as possible. Athletes who miss practice, are missing valuable information and training time, and potentially, may have their playing time affected by consistent absences or tardiness. To emphasize player responsibility, we do not want parents to call on behalf of their child. It is the player's responsibility!

Our objective is to ensure that our teams play in a minimum of three (3) weekend tournaments (dependent on team). There will be breaks in the season to give everyone a rest and allow players to concentrate on their school examinations.

2. Player Commitment

The Red Deer Heat Basketball Club is an elite program. In order for our coaches to help you become a better basketball player, the Red Deer Heat Club must be a priority commitment for you. Coaches outline their expectation for their players at the first practice of each year. Coaches will monitor player's attendance at games and practices.

3. Playing time

You are joining a competitive basketball program. Coaches determine playing time. Playing time will vary from game to game. Players committed to the program will receive quality-playing time in each game.

4. School work

A good education is important to your future. Your coaches expect you to work hard in school. Coaches are obliged by the Red Deer Heat guidelines to limit the playing time and even suspend players who are not regularly attending, or making an effort in school.

5. Commitment from the Red Deer Heat

Coaches are encouraged to give players feedback regularly on their progress in the program. At the end of the season, coaches should meet with each player and her/his parents to evaluate the individual's

progress in the program. Each athlete will receive, at the end of the season, a written evaluation from their coach.

6. Player or Parent Concerns about the Program

Issues should first be raised with the coaches. If concerns remain, direct them to the Club Executive Director.

7. Travel and Tournaments

In order to provide the best competition for our athletes, Red Deer Heat teams must travel to tournaments in other cities. Our athletes not only represent the Red Deer Heat Club, but also the City of Red Deer, and Central Alberta.

In an effort to ensure that we represent ourselves in a proper manner and ensure that we are ready to compete at a high level, the following rules will apply to all athletes when traveling:

a) Dress Code

Allowed:

- Properly worn hats that must be removed when inside all buildings.
- Blues jeans with no holes
- Sweats or warm-up pants.

Not allowed:

- Shirts with inappropriate sayings, suggestions or pictures.
- Any clothing deemed inappropriate (by coaching staff).

b) Accommodations and Meals

- All players will stay in hotel rooms with appropriate adult supervision.
- Players are expected to eat properly in order to maintain acceptable performance levels. During long trips, there is to be no junk food consumed. Nutritious, high-energy meals are preferred.

Red Deer Heat Basketball Club Sportsmanship

The Red Deer Heat is committed to exercising good sportsmanship at all times. Our club philosophy is that our athletes should represent their club in a positive and respectful manner. We also would not want spectators to embarrass our players and the club with inappropriate behavior. The code of conduct expects the following from our families and spectators:

- Absolutely no foul language shall be permitted.

- Parents are asked to cheer for the Red Deer Heat in a positive manner, not against our opponents in a negative manner.
- Show respect to those around you.
- Support your coaches and staff.
- Refrain from harassing referees and/or event staff.

Behavior Off Court:

- Players are expected to show respect to all adults at all times, either associated with or not associated with the Club.
- Adults in supervisory positions and coaches are responsible for the conduct of their teams.
- No swearing or inappropriate language will be tolerated.
- Players are not allowed in rooms other than their own team without the permission of a supervisory adult.
- Any players caught with drugs or alcohol will be returned home immediately at the parents' expense.
- All curfews put in place are to be respected.
- Players caught damaging property will be expected to pay for the damages and depending upon the severity, sent home.

Behaviour On Court:

- Swearing is not tolerated.
- Abuse of officials, fans, other players, equipment; or facilities is not tolerated.
- Players assessed a technical foul will be removed from the game. Further discipline to be defined by the coach.
- Trash talking is not tolerated and the offending players will be removed from the game.
- Appropriate Red Deer Heat attire only to be worn in the warm-up.
- Uniforms are to be tucked in at all times.

Red Deer Heat Basketball Club

Finances

Annual Budget and Player Fee Structure

1. The Red Deer Heat Basketball Club fee structure & proposed budget will be presented at the first parent meeting of the year. This meeting is called after the Tryout Camp and before regular practices begin.

There is a non-refundable payment of \$175 due by the first team practice, unless previous arrangements are made with the Red Deer Heat Executive. This commitment fee will be used to off-set the administrative costs of the club. The payment of the remaining Club fee is due two weeks after the initial parents' meeting, unless other arrangements are made.

2. The fee structure includes:

- Club Registration fee
- Player Insurance fee
- Tournament Entry fees
- Gym and Facility rentals
- Coaches' travel expenses & Honorariums
- Administrative services
- Equipment (basketballs, etc)
- Player kits (shorts, reversible jersey, warm-up shirt, t-shirt, bag)

3. The annual budget will be administered as follows:

- Bill payments and expense reimbursements will be authorized by the Executive Director and/or Treasurer.
- The Executive processes all budgeted & approved transactions and provides monthly accounting of transactions.
- Unbudgeted items will be referred to the Club Executive Director prior to processing. The Executive Director in consultation with the Red Deer Heat Board representatives will deny, approve, or refer the item to a parent meeting, depending on the nature and scope of the item.
- An Audit will be conducted by a certified accountant at the end of the season. The audit will be made available, by written request to the Executive, to any registered member of the Red Deer Heat Basketball Club.

4. Deficits, Surpluses & Carryovers

a. The Club budgets all teams on a breakeven basis. The Club bases its team budgets on the estimated costs to run a predetermined program for each team. Deficits and surpluses are not anticipated.

b. The Club budget also describes the deliverables of the program; that is, what parents/players should expect from the program and "get for their money".

c. Surpluses may from time to time occur either because of unanticipated favorable financial transactions or because the program was substantially altered.

- Surpluses due to favorable financial transactions will be carried over as part of the General Club sources of funds at the beginning of the next season.

- Surpluses due to the program being substantially altered may be, in part or in whole, refunded to parents/players.

Fundraising

1. All families in the Red Deer Heat Basketball program are expected to participate in the fundraising activities of the Club. Each athlete also is responsible for a \$250 fundraising payment due two weeks after the try-out camp. If the athlete participates in the fundraising activities, the cheque will be ripped up. Parents who choose not to participate will have their cheque cashed.

2. Fundraising activities will be used to help defray travel expenses.

3. Fundraisers require pre-approval from the Club Executive to ensure no conflicts with existing fundraising initiatives. All requests should be made through the Executive Director.

Corporate Donations and Sponsorships

1. Parents may (and are encouraged to) solicit donations and/or sponsors from businesses. The Executive Director must approve all potential businesses prior to them being approached to ensure compliance with Red Deer Heat Basketball Club policy on fundraising and must be submitted through the Executive Director.

2. Donations to the Club must be made payable to the Red Deer Heat Basketball Club and will be credited to the general Club account and budget.

3. It is the responsibility of the parent/player to ensure that businesses making donations are advised of and agree on the intended use of their funds.

Red Deer Heat Basketball Club 2008
Parent Permission Form, Liability Waiver and Release, and
Authorization for Medical/Dental Treatment

I, the undersigned, the parent and/or legal guardian of (if Player is a minor), or the person (if Player is age of majority), _____(Player) acknowledge that the Player is receiving valuable instruction and experience by his/her involvement with Red Deer Heat Basketball Club. In consideration thereof, I hereby grant permission for the Player to play, compete, train, and otherwise participate in the Red Deer Heat Basketball Club including but not limited to practice, games, tournaments, clinics, camps, fundraising, volunteering, social activities, travel by any and all means including private, public, and commercial transport, and other activities sponsored by the Red Deer Heat Basketball Club.

I recognize the fact that basketball is a contact sport and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to the Player as a result of him/her trying out for and participating in the Red Deer Heat Program. I waive any and all liability against Red Deer Heat Basketball Club, its officers, employees, coaches, trainers, volunteers, affiliated organizations, sponsors, vendors/suppliers, the school districts, and the owners and operators of any facility utilized by the Red Deer Heat Basketball Club, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by or on behalf of the Player as a result of the Player's participation in the Red Deer Heat Club Program. I further agree to indemnify and hold harmless all of the above organizations, employees, officers, coaches, trainers, volunteers, and sponsors for any judgment awarded, attorney fees, and other expenses with respect to any claims, loss, damage, or expense which may be sought by or on behalf of the Player or her family/guardian.

I, the undersigned, the parent and/or legal guardian of (if Player is a minor), or the person (if Player is age of majority), _____(Player) hereby grant permission for the Red Deer Heat Basketball Club, its officers, employees, coaches, and trainers, to authorize medical or dental treatment for the Player by any available and qualified physician/dentist or other trained medical personnel. In addition, this permission extends to and includes authorization for emergency treatments, procedures, and surgeries for the Player. Furthermore, on-going medical treatment is authorized until such time as the undersigned shall dismiss these physicians/ medical personnel in writing and have engaged another qualified physician. This permission and authorization includes admission to a hospital or medical facility if the attending physician deems it necessary.

I understand that monies paid and donated to the Red Deer Heat Basketball Club are non-refundable. I understand that participation in the Red Deer Heat Program is done in accordance with the acceptance of this permission, authorization, release, and waiver. The permission for participation and authorization for medical treatment is effective for four (4) months after the date of my signature hereto (Participation Period). The waiver and release of liability for causes of action arising under or related to the Participation Period continue into perpetuity.

Player Name (printed)

Player Signature

Date

Parent or Legal Guardian Signature
(if Player is a minor)

Date

**Red Deer Heat Club Basketball
Player Medical History Information**

Name: _____ Birthdate: _____ Age: _____ Sex: _____

Address: _____

Parents/Guardians: _____

Home Phone: _____ email: _____

Business phone: _____

Alternate contact: _____ Phone: _____

Alberta Health Care #: _____ Other Insurance: _____

Record of Illness

State Illnesses/Surgeries in past five years: _____

Asthma Diabetes Heart Disease

Recurring Headaches Seizures Chest Pain

Allergies (specify): _____

Corrective Lenses: None Glasses Contacts

Immunization year of last tetanus: _____

Medications: _____

Physicians Name: _____ Phone: _____

Date completed: _____

Red Deer Heat Basketball Club Code of Conduct Agreement

In consideration of being a Player, Coach, Parent, Volunteer and/or Administrator in the Red Deer Heat Basketball Club, I consent to abide by the rules of conduct set forth herein. I understand that these rules extend to my conduct in all activities and events sanctioned or sponsored by the Red Deer Heat Basketball Club including practices, travel to and from events, tournaments, and overnight stays. I also understand that if I violate any of the following rules, I may be subject to disciplinary action as deemed appropriate by the authorized person, persons, boards or committees of the Red Deer Heat Basketball Club. Disciplinary actions may include loss of playing time and/or the Club may send a player home from a tournament at the parent's expense and/or dismissal from the Club.

The following actions are prohibited:

- Illegal transport, possession, or use of drugs or other illegal substances.
- Physical damage to a facility or theft of items from a room, dormitory, residence or other person.
- Any action considered to be an offense under Federal, Provincial, or local laws/ordinances.
- Violation of the specific policies, procedures, and/or regulations of the various School Districts where we practice or participate in tournaments and/or of the Red Deer Heat Basketball Club.
- Conduct which is inappropriate as determined by comparison to normally accepted behavior.
- Physical or verbal intimidation of any individual.

As a player in the Red Deer Heat Basketball Club, I have read the Player Code of Conduct and agree to abide by the Code and the rules established by the Club. I will assume the consequences of my actions should I choose not to abide by the Code of Conduct and any established rules.

Player Signature Date

Date

As a parent of a player in the Red Deer Heat Basketball Club, I have read the Player & Parent Codes of Conduct and agree that my child and I will both abide by the Code and the rules established by the Club. I will assume the consequences of our actions should either of us choose not to abide by the Code of Conduct and any established rules.

Parent Name (printed)

Parent Signature Date

Date

Red Deer Heat Basketball Club 2008
Freedom of Information and Protection of Privacy Statement

I consent to the use by the Red Deer Heat of any videotape, photograph, slide, audiotape, or any other visual or audio reproduction in which I or my child may appear. I understand that these materials are being used for promotion of the Red Deer Heat Basketball Club. Such promotional activities extend to recruitment, fund-raising, advocacy, etc. I release the staff, volunteers, etc. of the Red Deer Heat Basketball Club from any liability connected with the use of my or my child's picture or voice recording as part of any of the above or similar activities.

I have read the Red Deer Heat Basketball Club Code of Conduct and agree to instruct my child to abide by the rules of the Club. I agree that if my child fails to abide in any way with this Code of Conduct, my child will be asked to assume the natural consequences of his/her actions.

Parent/Legal Guardian

Date

Red Deer Heat Basketball Club Coaches' Code of Ethics

I will...

- Require my team to treat other players, parents, fans, and officials with respect regardless of race, sex, or ability.

- Encourage good sportsmanship by demonstrating positive support for all players, parents, and officials at every game, practice, or other youth sporting event.

- Insist that my team play in a safe and healthy environment.

- Stress that winning is not the foremost object of the Club, but by competent coaching and positive reinforcement of goals, these young people will learn how to win, how to lose, and how to do both well.

- Inform my team that sports are only part of the education process. Teams are expected to put the proper emphasis on academics. I will work closely with parents to keep a proper perspective on sports and school.

- Make sure that each player receives an equal amount of coaching time at practice in an atmosphere where self-improvement is rewarded.

- Treat every player and parent/guardian in a respectful way and encourage them to express their opinions to me in an appropriate setting. I will have team meetings with parents/guardians at least once a year.

Coach

Date