

White Bear Lake Basketball Association

Traveling Program

Information

I. Philosophy

The White Bear Lake Basketball Association provides the opportunity for boys and girls in 5th through 8th grade, living or attending school in the White Bear Lake District, the opportunity to participate in a basketball program which is highly competitive.

The development of individual and team skills will be emphasized along with the idea that basketball should be fun. More emphasis will be placed on winning in the traveling program than the Community Recreation program.

Tryouts will determine the best basketball players. The association attempts to find coaches with the most experience, qualifications and desire to help our players succeed. We expect our teams to be competitive as well as to develop teamwork, skills, knowledge and sportsmanship.

II. Teams

The White Bear Lake Basketball Association will attempt to field 2 teams at each 5th through 8th grade level for girls and boys. Teams at the 5th grade level will usually be split evenly, while 6th–8th grade will consist of an A and B team.

The number of players per team is dependent upon the total number of tryout participants. If 20 or more players tryout, and 2 coaches have been accepted to coach, 2 teams of 10 will be chosen. If there are less than 20 participants, the boys or girls director will decide the makeup of the team(s). For example, if 18 players tryout, it is possible to have 2 teams of 9, or a team of 8 and team of 10. This will depend on the evaluations of talent and the level the team will be playing at (A or B).

III. Practices/Games

Each team will practice a minimum of 2 nights per week for 1 1/2 hours each night. Practice days will be chosen by the coach and will be either on Mondays, Tuesdays, or Thursdays anywhere from 5:00 p.m. to 9:30 p.m. Later evening times will be expected to be used by the oldest players teams. Players are expected to be at each practice and game. Excused absences for illness and emergency are understood. Players or parents are asked to call their coach in advance if they are not able to be at a practice or game. We realize kids have other one-time activities which may arise. However, if your child's schedule is going to constantly conflict with practices/games, it may be better for your son/daughter to sign up for the recreation league.

All games are tournament games. There is not a league in which we play. Each team will play between 9-11 weekend tournaments. Practices begin in early October and end with the State Tournament the first or second week in March. Some tournaments will be one day only, some Sat. and Sun. and some may be Fri.-Sun. Coaches decide their own tournament schedules. Contrary to many beliefs, most tournaments are not an all weekend situation. Most teams will play 2-3 one day tournaments, 5-6 two day tournaments and only a couple Friday-Sunday.

IV. Tryouts

Players are selected for teams based on their tryout performance. Tryouts are usually the third weekend in September, and consist of both a Saturday and Sunday evaluation for all players. Players are evaluated by college and high school basketball coaches from outside the White Bear Lake District using a standardized system of scoring.

Players will be selected by rating results as well as position considerations. Each team needs to consist of a distribution of guards, forwards and centers. Coaches will select the teams according to the bylaws. Seven of the highest scoring players must be placed on the A team. Seven of the next highest scoring players must be placed on the B team. If one of the top 14 players is not selected, the coaches must confer with the Board.

Scoring consists of 35% drills and 65% scrimmages. Day 1 drills are rebounding, dribbling, shooting and lay-ups. Day 1 scrimmages are 3 on 3 half-court. Day 2 drills are Hot Shot and Day 2 scrimmages are full-court. During scrimmages, evaluators are looking for the ability to score, offensive skills (passing and ballhandling), defensive skills and team play.

Players are encouraged to tryout at their grade level. If a player chooses to tryout at the next highest grade level, they must score in the top 5 to be placed on a team.

V. Parent Commitment

Parents are asked to pay their share of team costs. Each parent will pay \$200 at the beginning of the year, which covers all costs for their child throughout the season (2004-05). The association provides each player a uniform which will be turned back in and a practice jersey the player may keep. In addition to the \$200, the association will require a check for \$50 which will be returned at season's end if all parental requirements are met. These requirements include returning the uniform in good shape, one or two nights of an hour of concessions at a varsity basketball game, working a 2 hour shift at our White Bear Lake tournament, and possible association fundraiser events. Players are encouraged to buy their own basketball. All girls and 5th and 6th grade boys use the 28.5 size and 7-8th grade boys use the official size. A leather composite indoor ball is suggested, which can be bought at our kick-off night.

VI. Coaches

Anyone interested in coaching should submit an application by July 15. Applications are available on our website www.whitebearbasketball.com

Traveling directors will select the coaches based upon qualifications. We expect our coaches to teach the game and skills of basketball as well as developing teamwork, sportsmanship and positive self-esteem in our players. Parents are encouraged to contact the coach with any concerns, and then the director. Playing guidelines state that each player must play a minimum of 40% of the total game time for the year.