

# TEAM CAROLINA AAU BASKETBALL



**Team Carolina, an Under Armour Sponsored Program**

# Player/Parent Handbook

## Spring 2020

### **Table of Contents:**

Team Carolina Mission Statement

General Information

Commitment

Team Descriptions

Tryouts and Player Selections

Practices

Tournaments

Playing Time

Expectation of Parents

Conflict Resolution

Fees and Penalties

Staff and Coaches

Other Policies

## **Team Carolina Mission Statement:**

Team Carolina is committed to developing the holistic student-person-player through a structured environment promoting sport. Our goal is to teach young athletes respect for themselves, others, and their community by instilling the values of honesty, responsibility, and teamwork.

We strive to create a safe, exciting, and disciplined setting in which our athletes can reach new heights in the game of basketball while becoming good citizens and role models for their schools, peers, and community.

## **General Information:**

Hoops City Basketball Club and Team Carolina began in 2002 and offers competitive AAU Basketball Teams based out of its host facility, Hoops City U in RTP.

Team Carolina offers a variety of AAU Club team opportunities based on skill level, and features Boys and Girls Teams Grades 2-11. There are three (3) period of times that Teams are formed:

**Spring:** The largest of all seasons, Team Carolina will have more than 24 plus teams in the age groups previously mentioned. Teams begin practicing in February and end in early June for most teams. Depending on the success of a particular team, it is possible that a schedule may continue through mid July if the team qualified for a prestigious Nationals Tournament. Most age groups will feature 2 or more teams based on their level of skill. No age groups will combine to form rosters.

**Fall:** A season that is increasing in popularity. The fall season will comprise of a two (2) month period of time beginning in September and ending in October. Typically, Team Carolina will form 10-15 teams during this season. Some age groups may combine to complete a roster.

**Summer:** A new season that is beginning to see greater traction. This season will operate only during the months of June, July and August. We anticipate the summer season will offer 6-8 teams, which some age groups may combine to complete a roster.

## **STAFF ROLES**

### ***Officers***

Gary Workman- General Manger/ Hoops City U

### ***Affiliated Trainers***

Michko Massago

John Williams

## Commitment

AAU Basketball is not a recreational league; it is intense, competitive play. For example, by joining a Team Carolina Team for the Spring season, an athlete is making a 4-5 month commitment to become a better basketball player by improving their skill sets in practice and devoting themselves to their team.

Teams may practice up to three times per week and play a competitive weekend tournament schedule. By accepting a roster spot, athletes are pledging to commit themselves for the duration of the season.

While each team and age group will have their own schedule, athletes are committing to playing and practicing with Team Carolina during these times:

### 2020 Spring Season

Grades 2,3,4,5,6: February 10 – Early June

Grades 7,8: February 17 – Mid June

Grades 9,10,11: February 24 – Late June

## Team Descriptions

Within the Team Carolina organization, there are levels of teams, based on competitive ability. For the 2020 Spring Season, we anticipate having a total of 32 teams, with most grades having multiple teams. Our age groups include boys and girls grades 2-11.

### Team Carolina

Our Team Carolina brand features our most competitive teams and expected to challenge statewide each season. Team Carolina plays a very strong schedule (10+ tournaments) which comprises of both Regional and National Tournaments.

## Tryouts and Player Selection

Team Carolina Tryouts are open to all interested players (boys and girls) grades 2-12 and will usually provide for a 60 to 90 minute training workout evaluation. There is no cost to attend, and no obligation to join should an athlete be awarded with a roster spot. The available Tryout Dates for the Spring, 2020 AAU Club Season are as follows:

### 2020 Spring Season Tryout Dates

January 19, 2020 – Boys and Girls Teams Grades 2 thru 12

February 2, 2020 – Boys and Girls Teams Grade 2 thru 10

February 9, 2020 – Boys and Girls Teams Grades 2 thru 12

February 16, 2020 – Boys and Girls Teams Grades 9 thru 12

During the tryout process Team Carolina strives to provide an open, organized, objective and fair environment in which the Coaching Staff can evaluate all participants. Each tryout will consist of a specific workout curriculum, which assesses athletes in fundamental skills, strength, speed, acceleration, and competitive game play. All athletes are evaluated using the same criteria and given the same opportunity to make a team, regardless of any previous experience, affiliation with Team Carolina, or AAU experience with other clubs. After tryouts, we will personally email each individual their results. Once an athlete is named to a roster, they are not required to attend subsequent tryout sessions.

For any athletes that attended tryouts and were not named to a team, they are invited to attend any and all subsequent tryout sessions, as well as attend training classes at Hoops City U to improve their skills. (Details at [www.hoopscityu.com](http://www.hoopscityu.com))

As we strive to provide the most competitive teams across all divisions, Team Carolina reserves the right to move a player to another Team Carolina roster prior to the start of the season. Though this is rare, the ultimate objective for all athletes is that they enjoy a tremendous growth and developmental experience. If a unique situation such as this would occur, the athlete and parent would be notified of any changes to their roster status before the season begins.

Once an athlete is named to a roster spot, they are given the opportunity to hold their spot by paying the initial fee and partake in the annual signing night. The athletes who do not pay the deposit will be removed from the rosters and evaluated again at the next tryout session.

Should there be any available roster spots remaining following the final tryout session, we will contact other athletes who performed well in tryouts but were not originally selected to a team and offer them an opportunity to join a team.

Team Carolina anticipates fielding 32 teams across all age groups for the 2020 Spring Season, however the total number of teams within the club is based on the number of athletes who decide to participate with Team Carolina

Tryouts take place at our host facility in RTP:

Hoops City U  
4300 Emperor Blvd, Ste 250  
Durham, NC 27703

## **Practices and Training**

Team Carolina is different than most AAU organizations, as there is a broader focus than on just team practices. With Team Carolina, in addition to practices our athletes have the opportunity to attend weekly Skills Training Sessions led by some of the absolute best trainers and coaches in the business. For the Spring 2020 Season, our athletes will train with Renowned NBA trainers, with additional sessions led by Coach Rik Seymour.

These training sessions, which are included in each team member's tuition represent a \$1500 value and provides Team Carolina athletes with a knowledge and skill base that is unparalleled. Also, since Team Carolina has its own home facility in Hoops City U, our athletes have use of advanced training equipment and a safe, consistent location to which they may depend upon.

A detailed season practice schedule for each team will be released February 2, 2020 after tryouts and teams are finalized. Unfortunately, it is impossible for Team Carolina to release the practice schedule earlier, as there may be team maneuvering that requires adjustments.

### **Practice Times**

Most practice sessions are 90 minutes long, and can be during the week or on weekends depending on the teams' tournament schedule. On weekday evenings, there are two time sessions offered:

Session 1 - 6:00PM - 7:30PM

Session 2 - 7:30 PM - 9:00PM

Weekend Sessions would be allocated based on availability and day:

Saturdays – Teams will be scheduled morning and afternoon

Sundays – Teams will be scheduled in the afternoon to early evening

Each team will practice at least twice per week at Hoops City U. Because Team Carolina fields so many teams, and to be fair to every team, it is impossible for each and every practice to be held at Hoops City U. Therefore, we must incorporate other venues into our practice schedule. Although we do our best to balance out distance, please understand our teams consist of players from throughout the Raleigh-Durham-Chapel Hill area and even will have many participate from Fayetteville and beyond Greensboro. While the exact other locations are being finalized, practice facilities we anticipate utilizing for the 2020 season includes:

- North Raleigh Christian Academy – Raleigh
- Emily Krzyewski Center – Durham
- Hoops City U – RTP

All practices are considered mandatory. If there is a conflict, athletes are expected to notify their coaches a minimum of 24 hours prior to practice. Each individual coach will express how he or she prefers to be contacted, whether via telephone, email or text.

Each practice session is very important to the development of our athletes and teams. Team Carolina expects athletes to make every effort to attend each practice as absence could affect the team performance at tournaments. Our coaches spend valuable time preparing their practice plans and need to know if and when an athlete will not be present. We appreciate your attention to this matter.

Team Carolina understands our athletes are students, however part of being a student athlete is learning to allocate time properly. Team Carolina athletes are expected to schedule their time so they can complete studying and homework, as well as participate in practices. It is customary for teachers to provide ample advance notification of any scheduled tests and school projects. As such, we expect all our athletes to manage their time efficiently to ensure they are able to meet all expectations.

Each athlete is responsible for arriving to practice, as Team Carolina does not provide transportation. Obviously, some practice locations may be more convenient for our individual families than others. We understand this, and in some situations, carpooling may be an option for teammates. If you choose to carpool, please make sure your coach knows all pertinent details. Team Carolina cannot be responsible for athletes outside of practice.

Our coaches and staff will utilize every minute during a practice session, thus players are required to be ready to begin practice at the designated start time. Please arrive early to allow yourself adequate time to prepare for practice. "If you are on time, then you are late, and if you are early, you are on time."

Most facilities have water fountains or beverages for purchase, but athletes are encouraged to bring their own water bottles to practice.

Finally, it is imperative that athletes be picked up on time by parents when practice concludes. This is especially important for our second session weekday practices as the facility closes.

## Tournaments

During the season, each team will participate in weekend tournaments. Each coach and the administration of Hoops City U will determine the team's tournament schedule, and this schedule is not announced prior to the season. This philosophy is in place as each tournament provides a different level of competition, and it is up to the coach's discretion which tournament is best for each team. Some tournaments are strict about which level of teams can participate, others are not. Your coach will be able to talk to the tournament directors and determine the appropriate competition level so as to plan the tournament schedule. Team Carolina has no control over outside tournaments, their game schedules, or opponents.

Most tournaments are either a one day, two day, or three day event. Most one day events take place on Saturday, two day events cover both Saturday and Sunday, and some large tournaments stretch out across Friday Evening, Saturday and Sunday.

Each tournament makes their own schedule, has their own tournament rules, and determines which age groups comprise their tournament. Though rare, it is not unheard of for a team to be signed up for a tournament, and then to learn just a day or two prior to the tournament that the age group did not fill up and the event cancelled. For example, it is difficult for a tournament to predict how many 6<sup>th</sup> Grade teams will participate. So, if a Team Carolina coach calls the tournament director and commits to play, the tournament director will add them to the field. However, if only one other 6<sup>th</sup> grade team decides to participate, the tournament director has no choice but to inform our Team Carolina team that the age group did not fill. Though it can be frustrating, there is no way around this problem and will happen to nearly every team at least once during the season. Please note that Team Carolina also organizes Tournaments locally in the Raleigh area. Typically, most of our teams will play in a minimum of five (5) of these events (they are offered on 16 different weekends during the spring). Because we have been organizing these tournaments since 2003, we typically have between 50-70 teams enroll in each event. As such, we do not cancel age groups, as always there is an adequate quantity of teams that participate in each age group.

Most tournaments begin a tournament with pool play, consisting of "round-robin" games. Following the round-robin games, the teams then receive seeds and start bracket play for the top finishers. This may vary across tournaments, but this is the most common format.

Since seeds will need to be established, teams will begin a tournament only knowing the actual game times of one or two of their games. Following the completion of those games, the coach will know when the team will play again. Depending on the tournament format, teams may only have one game per day, or could have up to three a day. Additionally, it is not uncommon for there to be several hours between game times, especially during large tournaments.

All tournament directors want the tournament to run on time, however games can be unpredictable, and with various tournament formats and management styles it is often very difficult to predict when a tournament will end. Furthermore, the exact tournament schedule is often not available until just before the tournament begins (sometimes even the day before the first games). This is due to team withdrawals, changes, late entries, as well as unforeseen issues; all of which impact the number of games, schedule, and match-ups. Athletes and parents should begin a tournament understanding that the schedule may change during the event.

Each tournament has a team entry fee, set by the tournament host club or director. This fee can range from \$150-400, depending on the size and location of the tournament. The team entry fee is split amongst the team members, and is not included in Team Carolina tuition. For example, if the tournament entry fee is \$225 and there are 12 members of the team, each athlete would be responsible for \$18.75 towards the fee. All tournaments require the entry fee to be paid a week prior to the start of the tournament.

In addition to the tournament team entry fee, each tournament will have a spectator admission fee. Every spectator will be required to pay for entry, and the amounts range from \$15-30, depending on the day and even the age of the spectator. Some tournaments offer a weekend pass option while other tournaments require

spectators to pay by the day. Parents should expect to be required to wear a bracelet or other identifying item for the duration of the tournament if they purchase a weekend pass. Most tournaments only accept cash, so parents should plan accordingly. Team Carolina has no control over the prices a tournament sets, though they are normally available to the coach prior to the tournament.

As with practices, Team Carolina will not provide transportation to tournaments.

As mentioned earlier, there may be multiple games on one day spread across several hours. Not all tournaments have concessions, thus parents should make sure their athlete has snacks or meals available to them. Team Carolina Coaches will not be responsible for purchasing food for athletes.

Tournaments, like practices are required for all team members. Since most tournament dates are set several weeks in advance, athletes are expected to inform coaches at the earliest possible time if they must miss a tournament or game.

## **Playing Time**

Playing time will vary according to team and is not guaranteed. Playing time is considered to be earned through performance both at practice and in previous games. The most important factor in determining playing time is most often attitude. Players decide independently in a daily basis how they will to react to a situation, and if a player is negatively affecting the team through attitude or play, the coach will substitute them for a player who can positively affect the team, regardless of how long they may have been in the game.

Team Carolina has only one rule dedicated to playing time – Each team member will enter into at least one game during the course of a tournament. All other playing time is determined by the coach and is non-negotiable. Every team wants to win, and in a competitive AAU tournament, the coach will play the players required to help the team perform best.

***No parent or player should discuss playing time with a coach during or after a game.*** The coach has the right to play whichever players or combination of players they believe helps develop the team most appropriately. If a player has a question about playing time, the player (not the parent) should ask the coach outside of practice. Our coaches will provide honest feedback on what players need to improve upon to see more game minutes. Once that protocol has occurred, it is appropriate for a parent to request a meeting with the coach (not Team Carolina) to discuss candidly their child's opportunity to gain additional playing time.

## **Team Carolina's Expectation of Parents**

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

Team Carolina parents should leave the coaching to our coaches! Often during the excitement of a game or practice parents can unintentionally give a player advice or instructions that are contrary to those of the coach, which leaves the player confused. Parents should instead focus on offering encouragement by cheering and supporting the team.

Our coaches are giving their time and energy to teach the sport of basketball, and Team Carolina cannot tolerate the condemnation of coaches. The easiest way to disrupt a team's progress is to undermine the authority of the coach. Parents should enter the season understanding that you will not agree or like every coaching decision or tactic, but this does not warrant or deserve criticism. All Coaches have the best interests of your child at the core of their heart.

Officials are a part of every game, and like every other person they can and do make mistakes. Parents are expected to focus on the team and the game, not berating officials. Team Carolina believes strongly in leading by example, and if any parent is ejected from a tournament or game, their athlete is automatically suspended for the rest of the tournament. Officials have no preference to any team winning any game; allow them to do their job as best as they can.

## Conflict Resolution

Team Carolina and our coaches strive for excellence on and off the court and believe that open communication between coach and player solves nearly all issues and concerns. However, if a parent has an issue they wish to discuss with the coach, there is a conflict resolution procedure that must be followed.

Parents are NOT permitted to confront the coaches during tournaments to discuss playing time, tactics, individual, or team performance. Should a parent confront a coach during a tournament, Team Carolina coaches have been instructed to walk away and refuse to discuss any controversial matter. This is a policy of our Club and should not be reflective of the coach. The ONLY time a parent or player should discuss any problems with a coach is at an arranged meeting.

It is important for our athletes to learn the appropriate steps for problem conflict resolution. Thus, if an athlete has a concern about/with their coach, they should follow these steps:

1. The Player should discuss any and all concerns with the coach openly and arrive at a mutual solution. This should be done outside of practice, and never at games or tournaments. Our coaches want each and every player to succeed and will work with the athlete to find a solution. The player should be open and honest, but most importantly willing to listen to the coach's explanation and rationalization. Players should remember that oftentimes if they don't voice a concern for a perceived problem, the coach might not know it exists!
2. If after time the concern has not been resolved, the player and parents may make an appointment to speak with the coach about the ongoing issue. This must be done outside of practice, and never at a game or tournament.
3. If after time a solution still has not been reached, a parent may contact the club to set up a meeting with the player, parents, coach, and a club leader. All decisions by the club leader will be final, and no refunds or other concessions will be awarded if a parent disagrees with the club leader.

It is important for these steps to be followed, as a club leader will not meet or discuss any issues with a parent if the player, and then the player and parent have not formally met with the coach. A Club Leader could be one of potentially 8 committee members, which could be: Club Director, Club Administrator, Director of Training, Director of Player Development, Marketing Coordinator, Accounting Director, Communication Director or Community Service Director.

## Fees and Penalties

Team Carolina fees cover court rental fees, coaches' fees, administrative costs, trainers fee, and equipment costs. Each athlete and parent will be provided with a detailed cost sheet at tryouts, however simply put the fees vary based upon the type of team the athlete joins. The more court time the team utilizes, the more the higher the fees are for that team.

Tuition will be payable in 2 or 3 payments; depending upon the time a player joins Team Carolina. The due dates of payments are as follows:

1<sup>st</sup> Payment at Signing Night

2<sup>nd</sup> Payment

3<sup>rd</sup> Payment

(these dates may change – please consult the cost sheet provided at tryouts)

Team Carolina tuition must be received by the due dates, or the athlete will not be permitted to practice or participate in any tournaments. In the opinion of the club director, if an athlete is overly delinquent in tuition, he or she will be removed from our rosters.

All checks must have the athlete's name in the memo line, and be made out to HOOPS CITY U.

Tuition payments are non-refundable. Our payment due dates are situated around our rental contract dates. Thus, as we receive tuition, we must make payments for facility rentals. Any payment or tuition concerns or discrepancies should be made in writing to the club director.

The payments are due no later than the date listed on the Cost Sheet. AN EXAMPLE is provided below. This does not reflect the actual dates of this year's program that will be distributed at tryouts.

11/4/2018	Base Fee
02/1/2019	½ of Fees Due
03/1/2019	Remaining Fees

These payment dates are based on when Team Carolina must pay rental payments to our practice facilities. This makes up the largest portion of the tuition.

For example:

If a court is rented for \$75/hr for a 90 minute practice = \$112.50

\$112.50 x 2.5 sessions per week = \$281.25

21 weeks (approx.) x \$281.25 week = \$5,343.75

\$5,343.75 team season rental fee / 10 players on team = \$534.00/player court rental share

Also included in tuition are Head Coach Stipends, Compensation for Professional Trainers, Administrative Costs and Personnel. Team Carolina does not charge a fee to use any of its state of the art advanced player technology equipment. It is a benefit to being a part of the program.

There may be other costs and fees associated with playing AAU basketball that are not included in tuition, they may include but are not limited to:

Tournament Spectator Fee

Team Tournament Fee

Travel Costs (gas/lodging/transportation)

Food During Tournaments

Uniform

Extra Gear/Clothes/Shoes

## Staff and Coaches

Team Carolina prides itself on the quality of our staff and coaches. Our head coaches and specialized trainers have been thoroughly reviewed and approved by our staff and have previous coaching/playing experience at the scholastic, collegiate, or professional level. Many of our coaches have been with us for several years and repeat with us in all AAU seasons.

Coaches for individual teams will be listed on our website, and in some cases will be posted with final tryout results prior to the season.

In addition to great coaches, Team Carolina athletes will have the opportunity to work and train with NBA and Elite coaches and Trainers. This is a great advantage to enjoy the leaders of the industry.

## **Other Policies**

Team Carolina is committed to providing a safe, enjoyable, diverse, and enriching basketball experience for our athletes. Thus, Team Carolina will not tolerate nor participate in discrimination based upon religion, race, color, national origin, or sexual orientation. All Team Carolina staff, athletes, and parents are prohibited from discrimination, using language or terms deemed to be discriminatory, or other actions regarded to be hurtful resulting from discriminatory feelings.

Any coaches, athletes, or parents found to be in violation of the discrimination policy will be up for review from the club director and may be suspended or banned from any or all TEAM CAROLINA activities with no refund or compensation.

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