P.L.A.Y Travel Basketball

Parent Meeting

September 2026

Basketball Board members

- **Aaron Arterbury** – VP of Basketball
- **Nathan Wagner** – Director of Operations
- **Mike Buckingham-Hayes** – Director of Player & Coach Development
- **Cole Nelson** – Director Boys Travel
- **Leilani Lee** – Assistant Director Boys Travel
- **Eric Schultze** – Director Girls Travel
- **Stacy Diedrich**– Assistant Director Girls Travel

Basketball Board members

- **Britni Kesselring** – Boys Tournament Director
- **Courtney Ruckdashel** – Boys Tournament Director
- **Allison Matthies** – Girls Tournament Director
- **Sam Lindstrom** – Uniform/Equipment Manager
- **Lyndie Schmitz** – Website/Communication Coordinator
- **Tonya Miller** – Volunteer Coordinator
- **Kim Prchal** – PCA Coordinator
- **Kim Wunsch** – Scheduling Coordinator
- **Andrea Fisher** – Referee Coordinator

P.L.A.Y. Mission Statement

Prior Lake Athletics for Youth, serves the Prior Lake / Savage School District, to provide competitive yet fun athletic opportunities for kids. Our priority is safety, skills development, and the teaching of life lessons through sports.

Our program promotes the importance of sportsmanship, teamwork, leadership, and integrity. We believe learning both success and failure through competition will benefit our future generations.

Code of Conduct: Players

I will promise to conduct myself in accordance to the following Code of Conduct at all times understanding that there will be consequences if abused.

1. I will treat each athlete, coach, parent and official with respect and dignity.
2. I will do my best to attend all practices to learn the fundamental skills, and be attentive to coaches to learn game strategies.
3. I will contact my coach if I am unable to attend a practice or game.
4. I will accept the calls of the officials and will play to the rules of the game.
5. I will give my personal best efforts at all times to help my team and coaches.
6. I will treat all equipment, fields, courts and facilities with respect and adhere to all rules of these areas.
7. I will control Emotional and Verbal outbursts that are detrimental to myself or those around me.
8. I will not use profanity.

Code of Conduct: Parents

As a parent of a P.L.A.Y. athlete, I will:

1. Engage in “No-Directions Cheering”, letting the players and coaches take responsibility for the first goal of winning. I will relentlessly focus on the second, more important, goal of using sports to teach life lessons to my child and other youth.
2. Set an example for my child by Honoring the Game and will encourage him/her to remember ROOTS (Respect for the Rules, Opponents, Officials, Team & Self). This includes appropriate language, comments, dress, and actions.
3. Use positive encouragement to fill the Emotional Tanks of my children, their teammates and coaches. As I understand people perform at their best being positive.
4. Reinforce the ELM of Sports Mastery with my child, meaning that I will encourage my child to… (E) put in a high level of Effort, (L) have a teachable spirit to continue to Learn and improve, (M) to quickly rebound from Mistakes.
5. Support my child’s commitment to their team by getting my child to and from practice and games on time. I will share in my child’s commitment to the team as an in-season sport and work with coaches when conflicts arise.
6. Allow a 24 hour ‘cool down, be objective’ period before I discuss any serious concerns I have with a coach before communicating with that coach in an objective and adult manner.

Role parents play

Before a game:

- Ask for and support THEIR goals
- Release your kids to the sport and the coach

During a game:

- Be there!
- Model appropriate behavior
- Focus on the TEAM
- Pick your role – Spectator, player, coach or official

After a game:

- Learn the best way to support your child (regardless of outcome) and give them space
- Save the post game analysis
- Be a confidence builder

Conflict resolution

- It is a fact…conflicts will occur. Open and effective communication is critical!

- Following procedure should be used:
  - Players and parents should first discuss any issues with the Head Coach of the team
  - If the issue can't be resolved or is in regards to the Head Coach the matter should be brought to the Girls or Boys Travel Director
  - If the issue still cannot be resolved, the matter should be brought to the VP of Basketball

- 24 Hour rule is not just for tryouts…it's always in effect!

Travel Basketball

- Aimed at higher level of competition with more repetition
- Goal is to have fun, develop skills while being competitive
- Significant time commitment from both players and families
  - 9 or 11 tournaments
  - 2 to 3 practices per week
- Should be players primary sport/activity during the season
  - No additional travel leagues or full season sports should be played during the season

Program costs

- Registration costs for travel basketball have increased
- Among the lowest in the twin cities still
- Home tournament revenue aids with expenses
- Funds breakdown:
  - Tournament fees average – approx. $6000 per team per season
  - Gym space
  - Equipment
  - Apparel
  - Development opportunities
  - Insurance
  - Technology (app, website, etc)

Tryout information

- Friday, Saturday and Sunday, September 11th – 13th
- Prior Lake High School Activity Center
- What to bring:
  - Signed copy of last page of handbook (signed by BOTH player and parent)
  - $500 check PER athlete for volunteer deposit (Made out to P.L.A.Y.)
  - Water bottle
- Tryout jerseys will be provided with a number (jerseys must be returned at end of tryouts)
- Parents are not allowed in the gym during tryouts

Tryout times

GIRLS	SATURDAY, September 12th	SUNDAY, September 13th
3rd Grade	9:00 – 10:00am	8:30 – 9:30am
4th Grade	10:15 – 11:15am	9:45 – 10:45am
5th Grade	11:30 – 12:45pm	11:00 – 12:00pm
6th Grade	1:15 – 2:45pm	12:30 – 2:00pm
7th Grade	3:00 – 4:30pm	2:15 – 3:45pm
8th Grade	4:45 – 6:15pm	4:00 – 5:30pm

BOYS	FRIDAY, September 11th	SATURDAY, September 12th	SUNDAY, September 13th
3rd Grade	N/A	5:00 – 6:15pm	8:30 – 9:45am
4th Grade	N/A	3:15 – 4:45pm	3:00 – 4:30pm
5th Grade	N/A	12:45 – 2:45pm	12:30 – 2:30pm
6th Grade	7:15 – 9:15pm	N/A	10:00 – 12:00pm
7th Grade	5:00 – 7:00pm	8:30 – 10:30am	N/A
8th Grade	N/A	11:00 – 12:30pm	4:45 – 6:15pm

Tryout information

2024

- Strong base of support with High School program

2025

- High School partnership continuity
- Inclusion of prior year coaches feedback
- Callback day

2026

- Deep connections with High School program
- Inclusion of MORE prior year coaches feedback
- Addition of independent evaluators
- Extended time

Tryout process

- Tryout evaluation: 60% of score + Prior Year Coaches evaluation – 40% of score
- Over 20,000 total data points collected
- Two evaluation sessions
  - Focused on Ball Handling, Shooting and Finishing, Game Play and other Intangibles
  - Athletes will be moved around during sessions to allow them to compete with a variety of different players
- Prior year coaches scores are shared with THREE (3) total leaders in P.L.A.Y
- Final evaluation scores combine evaluator scores and prior year coaches scores to create overall rankings that are used to create teams (this data is only shared with selection committee)

Team Selection

- Player evaluation scores create rankings of all players which aid in determining team placement
- Team selection process is attended by VP of Basketball, Travel Director, Director of Operations, head evaluator(s) and executive board representative
- Selection committee reviews all teams for fit, balance and coaching availability
- Number of teams per grade level are not finalized until after tryouts
  - Max number of teams is A=1, B=2, C=3
- Team rosters are targeted between 8 – 10 players depending on numbers and tryout data
- Rosters will post no later than Friday, September 18th

Uniforms

- P.L.A.Y. operates on a two year cycle for uniforms 2026 is year two for us so new uniforms are coming NEXT year
- All players MUST purchase the selected jersey and shorts
- Fittings for uniforms will occur during tryouts:
  - Friday, September 11th : 5:30pm – 7:30pm
  - Saturday, September 12th: 10:00pm – 3:00pm
- Order website will open AFTER teams are announced and will only be open for a short while to meet timelines
- Shooting shirts are OPTIONAL, however, if you choose to wear them they MUST be the NEW option from PLAY
- Direct questions to Sam Lindstrom: basketballuniforms@playinfo.org

Volunteer

- The program is run entirely by volunteers from the
- We rely on volunteers to help make our tournaments successful and keep costs down

- **2026/27 Volunteer requirements:**
  - Each family must complete SIX (6) total hours at either P.L.A.Y. hosted tournament, you are not limited to your players tournament.
  - Team Managers must complete THREE (3) hours
  - Coaches, assistant coaches and board members are exempt
  - Families with more than one child playing travel basketball must complete an additional three hours for a total of NINE (9) hours.
  - Volunteer slots are filled on a first come first serve basis

  - Volunteer deposit check of $500 PER PLAYER must be turned in at tryouts
    - If hours are not fulfilled, check will be cashed at the conclusion of the season
    - If you do not intend to fulfill hours, let us know in advance

Playing time

- Following the mission statement of P.L.A.Y., we want all players to have a fun and competitive season
- All players will play
- There will be times when some get more than others
- Playing time is determined by:
  - Skill and game knowledge
  - Foul trouble
  - Match-ups
  - Attitude
  - Attendance
- Imbalanced playing time is the #1 piece of feedback in end of year surveys. Don’t wait…bring it up if it is a problem!

Playing time policy

- **3rd through 5th grade:**
  - Minimum expected playing time for every player is an average of 45% of minutes per game over the course of a tournament.

- **6th through 8th grade:**
  - Increased emphasis placed on players and team performing at a higher competitive level
  - Minimum expected playing time for every player is an average of 40% of minutes per game over the course of a tournament.

- Holistic tournament is used to allow coaches more flexibility across multiple games vs a single game.
- If you notice a gap in playing time…DO NOT WAIT to share. Give our volunteer coaches a chance to correct it quickly!

Practices

- 2 to 3 times per week on weeknights only*
  - No Wednesday practices
- Coaches may add additional practices if gym space is available
- Early time slots are available and help create space in the schedule (2:30pm and 4:30pm). Validate this works for parents
- Work with other coaches as needed to swap times or locations
- Head coach needs to approve any and all practice changes
- Kim Wunsch – Scheduling Coordinator (only head coaches should contact)
  - kw4pack@gmail.com

Tournaments

- 3rd grade: 9 tournaments
- 4th – 8th grade: 11 tournaments
- Tournament dates are updated on website. Subject to change – pending team formation
- All tournaments held in the Twin Cities metro area (except Brainerd and Rochester)
- Most tournaments use a “no gate” model
- Additional tournaments can be registered for by coach with costs being covered by parent group.
- MYAS State Tournaments (location announced closer to dates):
  - Girls: February 27th and 28th
  - Boys: March 6th and 7th (3rd through 6th grades)
  - Boys: March 13th and 14th (7th and 8th grades)

P.L.A.Y. It Up Classic Tournament

- Girls Tournament – November 7th and 8th
- Boys Tournament – November 14th and 15th

- Represents a significant revenue stream for the program
  - Need volunteers to support
  - Represent P.L.A.Y. and the community to the highest level
  - Bring your friends and family to cheer on all of our Lakers!

Out of town tournaments

- Girls – Brainerd
  - February 13th and 14th
- Boys (7th and 8th only) – Rochester
  - February 27th and 28th
- Block of hotel rooms will be reserved at a discounted rate for families. Details will be provided soon!
- Families are responsible for costs.
- Reminder: Athletes, parents and families represent Prior Lake. Follow all policies and conduct yourselves with the utmost integrity!



Coaches

- First and foremost…THANK YOU!
- ALL Coaches meeting Thursday, October 8th at 6:30pm in High School Auditorium (Girls and Boys coaches should attend)
- Equipment Pickup: TBD
- Hold team meeting before first practice
- Communicate effectively with parents
  - Practice time or location changes
  - Player performance/behaviors
  - Potential for adding tournaments
- Have a practice plan and keep activities fresh and engaging
  - Encouraged to work with other teams to foster competition and development
  - ALWAYS add an element of FUN into practice
- Monitor and ensure playing time standards are met
- Submit tournament photos and tournament feedback – info on how coming soon from Lyndie Schmitz
- Should you need anything, Director of Player/Coach Development, Mike Buckingham-Hayes available to support as needed
  - Basketballdevelopment@playinfo.org
- **Important**: End of season player evaluation is required of each coach

Coaches tools

- **Development Section of Website**
  - Blank practice template
  - Sample practice plans
  - Example drills for variety of skills with quick 60-90 second videos
  - Available beginning of October

- **High school coaching clinics**
  - Boys – Thursday, October 8th at 7:30pm, PLHS (immediately after coaches mtg)
  - Girls – Tuesday, October 13th at 6:00pm, PLHS
  - P.L.A.Y. Coaches Clinic – Monday, October 12th at 6:00pm, PLHS

Miscellaneous

- Travel program Handbook
  - www.playinfo.org/travelbasketball
- Picture Day
  - TBD
- Laker Sports Pass
  - Free admission to PLHS athletic events (winter sports only) for all grade levels
  - Paid adult is required and team jersey must be worn
- *NEW* Laker Punch Pass for Adults
  - $75 gets you into any TEN (10) regular season winter sports games
  - Purchase at a varsity game or PLHS Activities office
- PLHS partnerships
  - Meet the Lakers (Boys) - Monday, November 30th at 6pm, PLHS Gold Gym
  - Team of the Night – select nights and teams, details coming soon

Miscellaneous

- SportsEngine
  - Used for scheduling and communication
  - All activity completed by Coaches/Team Parent
- Team volunteer activity
  - Options will be coming shortly
- Shot and Dribble Club updates
  - Prizes can be picked up at either the Girls or Boys Prior Lake tournaments
- Submitting tournament results and photos



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Aaron Arterbury – VP Basketball
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Megan Peterson

P.L.A.Y. Executive PCA

Positive Coaching Alliance-PCA

Key concepts for sports parents

- Triple Impact Competitor
- Helping your athlete through sports disappointment
- ROOTS of Honoring The Game
- Double-Goal Coach
- Supporting Athletes from the sidelines

Triple Impact Competitor

A Triple-Impact Competitor works on three levels:

1. Self
    a. Growth mindset
    b. Giving max effort
    c. Setting goals
    d. Improving one's mental game
    e. Being a 24- hour athlete

2. Teammates
    a. Support
    b. Being a team player
    c. Developing Empathy

3. The Game
    a. Guided by the ROOTS of Honoring the Game the athlete represents themselves as a positive athlete at school and in the community

Helping your Athlete through Sports Disappointment

- Lead with Empathy
- Move toward constructive reflection
- Focus on growth beyond the season
- Look at the bigger picture

ROOTS of Honoring the Game

- R — Rules
- O — Opponents
- O — Officials
- T — Teammates
- S — Self

Double Goal Coach

- Model and teach your players to Honor the Game
- Help players develop; it isn't just about the scoreboard
- Fill your players' emotional tanks
- Have positive conversations throughout the season- avoid the negative post game lectures
  - focus on "ELM" -Effort, Learning and bouncing back from Mistakes

Supporting Athletes from the Sideline

- Provide encouragement without direction
- Your Athlete will do better if it is their game
- Let the coaches give directions