

**2009-2010
Clearbrook-Gonvick
Elementary Basketball
1st, 2nd & 3rd Grades**



How Can You Promote Winning Ways With Children?

We all want to motivate and encourage children. Yet, despite our good intentions, what we do and say may have the opposite effect. There are many opportunities to encourage children.

A few tips:

- ❖ Accept and respect each child's uniqueness.
- ❖ Seek out and encourage each child's strengths. Encourage them to build on their strengths but also to work on weaknesses.
- ❖ Keep expectations realistic and age appropriate. Children develop at their own pace. We cannot hurry development, only nurture it. Be aware of the child's physical and mental readiness to advance.
- ❖ Allow children to try to do things on their own. Communicate the message, "You are capable; go ahead and try!"
- ❖ Accept mistakes. Let a child know that it's ok to make mistakes as they learn.

Things to avoid:

- Comparing children to each other
- Unrealistic expectations
- Negative feedback: sarcasm, criticism, nit picking
- Forcing children to perform
- Jumping in to "rescue" a child

Winning's Not Everything!

A survey of 10,000 boys and girls by the Youth Sport Institute of Michigan State University indicated that "pressure to win" was one reason why they said they quit team sports as teenagers. When asked to list the experiences in sports that made them feel successful, "my performance" came in first. "I won" didn't even make the top half. The statement "Winning isn't everything" really is true.

1st, 2nd & 3rd grade students and parents:

January 20, 2010

Basketball for 1st, 2nd & 3rd grade starts soon! I know you are eager to begin. February 6 will be your first practice but before that we need to take care of registration.

As you may have noticed, we have added the 1st graders to our basketball program. Welcome!

I am pleased that Ross & Jennifer Faldet will be our Coordinators. They will be in charge of all practices and will work with all coaches. This will lead to more consistency in what is taught and emphasized.

Please read the enclosed information about registration, schedules, etc.

Clearbrook-Gonvick Community Education
Elementary Basketball Program Philosophy & General Information

1. All players that attend practice regularly will participate fully in practice and performances
2. Players will primarily be taught and practice ball handling, passing and defensive skills and rules of the game.
3. Players will /perform at half times of A & B home basketball games. You will learn a basketball skills routine for these halftime performances.
4. The participant fee is \$15.00. This includes a t-shirt.
5. Please **register by Friday, January 29** so we have time to make the t-shirts.

We will try to keep the school web site updated with Elementary Basketball information also. Go to: www.cgbearzone.com and click on the Elementary link.

ADDITIONAL GAMES AND PRACTICE: We support parents' rights to provide additional practice and games for their children (Pacesetter, etc.). We do ask however that any groups or parents that choose to do this make sure that all players and parents understand that these practices and games are completely separate and unrelated to the Community Education program. In addition, we feel it is very important for these groups to clearly define how they will conduct their program. Hopefully, with good communication in all programs, everyone will have the success they are looking for and our youngsters can benefit from any program/s in which they choose to participate!

We look forward to an enjoyable basketball season!

Sincerely,

Ross & Jennifer Faldet, Coordinators (776-3112, ext 503)
Judy Engebretson, Community Education Coordinator (776-3112, ext 102)

CLEARBROOK-GONVICK ELEMENTARY BASKETBALL **EXPECTATIONS & RULES**

Bears basketball has a tradition of having competitive, well-mannered ball players who exhibit sportsmanship while they play hard and strive to do their best at all times. We expect everyone to continue this tradition. We list our general rules and expectations so you know what we expect. Participants & parents or guardians should read, sign and date the attached form (on the back side of the registration form) and return it at registration.

1. Practice hard, give full effort at all times, enjoy what you do.
2. Support all your teammates. Cheer them on when they do well & encourage them when they make a mistake. All players are important to the team.
3. BE A SPORT! Sportsmanship is important, win or lose. Congratulate the winner, accept congratulations humbly. Be proud of your accomplishments, but don't put down those you are fortunate enough to defeat. Winning is great but the most important thing is the effort you give.
4. Wear your t-shirt to all practices, & performances. Wear black or dark shorts.
5. Show respect to everyone, including yourself! Show respect to coaches and officials as well as all players. Be on your best behavior; you represent yourself, your team, your family and our communities.
6. Follow halftime behavior and expectations.
7. Follow any additional rules your coach may have.
8. Wear only your basketball shoes on the gym floor. NO STREET SHOES.
9. HAVE FUN!

CONSEQUENCES for broken rules may be one or more of the following:

1. Talk with your coach.
2. Benched for part of or entire event.
3. Talk with coach and parent/guardian.
4. Removal from team for an extended period of time.

UNIFORMS:

A t-shirt will be provided as part of your registration. Please wear it for all your basketball practices and performances. You may keep the t-shirt when you are done with basketball.