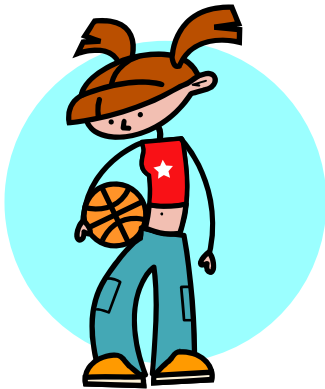


# Bear Basketball

2009



2010



4th, 5th, 6th grade



# 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.

4th, 5th, 6th grade students and parents:

November 23, 2009

**WE ARE READY FOR ANOTHER YEAR OF BASKETBALL!!**

Shawn West will be our Coordinator this year. He will be in charge of all practices and will work with all coaches as well as attend all games. We have asked some adults to coach each group (we still are looking for a few to help us out).

We will again be part of the Snowflake Conference, playing games against area schools on Saturdays in January. That schedule is still being finalized and you will receive it as soon as it is available. We will have 6 practices in December and then several practices as well as games in January.

Our Elementary Basketball program will begin Thursday, December 3. **REGISTRATION WILL BE HELD FROM 5:45-6:45 IN THE COMMONS AND PRACTICE WILL BEGIN AT 6:15.** Please read the enclosed information about registration, schedules, etc. Thank You!

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

Clearbrook-Gonvick Community Education

Elementary Basketball Program Philosophy & General Information

1. All players that attend practice regularly will participate fully in practice and games
2. Players will primarily be taught and practice ball handling, passing and defensive skills, as well as rules, and basic team strategies.
4. Teams will play at half times of A & B home basketball games.
5. The participant fee is \$25.00.
6. Participants may buy their own jersey or it will be supplied with a deposit needed.
7. Registration will take place on Thursday, December 3 from 5:45-6:45 during the first practice.
8. You may order or check out a jersey at that time
- 9. If students ride the bus to an away event and will not be riding the bus home, PARENTS MUST SIGN A PERMISSION FORM WITH THE COACH TO TAKE THEIR STUDENTS HOME WITH THEM. IF YOU WISH TO HAVE THEM RIDE HOME WITH SOMEONE ELSE, YOU MUST PROVIDE A NOTE.**

**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,

Shawn West, Coordinator (487-6108)  
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. Be on time! For bus trips, be there at least 5 minutes before the departure time. If you are late, you will probably be left!
5. Wear your jersey to all practices, halftime events, Fun Days & tournaments. Wear black or dark shorts for games.
6. 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.
7. Follow halftime behavior and expectations.
8. Follow any additional rules your coach may have.
9. Your behavior and grades in school are important. YOU NEED TO DO YOUR VERY BEST!!
10. Wear only your basketball shoes on the gym floor. NO STREET SHOES.
11. Inform your coach if you are riding to or from an away game with parents/guardians. **PARENTS: If your child rode the bus to an event but will ride home with you, PLEASE SIGN THE BUS FORM THE COACH HAS BEFORE YOU TAKE THEM. IT IS IMPORTANT WE KNOW THIS SO WE CAN ACCOUNT FOR ALL PLAYERS.**
12. 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:**

Buy your own or check one out from Community Education. There is a \$5.00 deposit on each jersey that is checked out. Remember this is a deposit. If it is cash it will be returned to you when you turn in your jersey in reasonable condition (if check it will be torn up). If your jersey is not turned in, you will be charged the full replacement cost (\$15.00/youth size, \$17.00/adult size). No uniform will be checked out until we have your deposit.

Make checks to Clearbrook-Gonvick Community Ed.