



**RICHARD E. WORKMAN**  
Sports & Wellness  
Complex



## Jr. NBA Basketball League Registration Form: 4<sup>th</sup> & 5<sup>th</sup> Grade

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Male / Female

Parent/Guardian Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

I \_\_\_\_\_ (Parent/Guardian) have enrolled \_\_\_\_\_ (Child's Name) in a program of strenuous physical activity, offered by The Workman Sports & Wellness Complex (WSWC). I hereby affirm that I am or the above person is in good physical condition and does not suffer from any disability that would prevent or limit participation in this program. In consideration of myself, my heirs and assigns, hereby release by the WSWC from any claims, demands, and causes of action arising from my or the above named person's participation in any of the above stated programs, and I hereby release the WSWC, from any liability now or in the future including but not limited to heart attacks, muscle strains, pulls, tears, broken bones, shin splints, heat prostration, knee, lower back, or foot injuries and any other illness, soreness or injury however caused occurring before, during or after participation in any other of the above stated programs offered at the WSWC or at any time, while in the vicinity of the premises of the above stated business, or in any activity sponsored, represented, or organized by the WSWC, for any reason. I agree that my or my child's picture or likeness can be represented and published in any by the WSWC. By signing, I hereby affirm that I have read and fully understand and agree with the above waiver.

Signature of Parent/ Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

- **Registration opens Monday June 25<sup>th</sup> and closes Thursday November 15<sup>th</sup>**
- **Season Tipoff will be on Saturday December 1<sup>st</sup>**
- **If you are interested in coaching, please fill out the reverse side of this form**  
**(Volunteer Coaches will pay only \$20.00 per child per team they coach)**  
**(Ron Reed will host 2 free coaching clinics on July 20<sup>th</sup> & Aug. 10<sup>th</sup> at 6pm – 8pm)**
- **Skills assessments Date: (Please Circle the Group that works best for you)**  
**Thursday November 8<sup>th</sup>: Group A: 5:30pm – 6:30pm Group B: 6:30pm – 7:30pm**  
**Thursday November 15<sup>th</sup>: Group C: 5:30pm – 6:30pm Group D: 6:30pm – 7:30pm**
- **Please circle the appropriate jersey size from the options listed below**

Youth Small    Youth Medium    Youth Large    Adult Small    Adult Medium    Adult Large

**Fee: Member: \$60.00 Non-Member: \$85.00    Fee for Coaches: \$20.00 (Cost of Jersey)**

**For Office Use Only:**    Payment Method: Cash \_\_\_\_\_ Check \_\_\_\_\_ Credit Card \_\_\_\_\_ Amount \_\_\_\_\_  
Date Paid \_\_\_\_\_ Processed \_\_\_\_\_ Employee \_\_\_\_\_

# Coach's Background Check Consent & Code of Conduct

Coaches Name \_\_\_\_\_  
Last First D.O.B.

Home Address: \_\_\_\_\_

Child's Age Group: \_\_\_\_\_ Child's Name: \_\_\_\_\_ Boy's Team / Girl's Team

## Coach's Code of Conduct

**Respect the Golden Rule:** Treat your players, their parents, and the officials in the same manner you want to be treated. That means no yelling, no sarcasm, and no embarrassing anyone in front of others.

**Be Everyone's Coach:** "There is no I in TEAM." Let everyone contribute. Treat everyone the same.

**Appreciate Your Assistants:** No youth basketball coach can do it all. Find a good assistant or two, give them responsibility and never stop thanking them.

**Focus on the Fundamentals:** Help your players master the basketball basics. Wins and losses come and go, but you only get one chance to develop a player's skills. Don't waste that opportunity.

**Teach—and Enforce—Good Sportsmanship:** Spend time at practice and before games explaining to your team how to behave after a win or a loss. Good sportsmanship means no trash talking or taunting. Teach your players to develop a positive relationship with the officials. Have the courage to enforce sportsmanship if one of your players misbehaves. That's the key.

**Understand the Rules of the Game:** Read the rulebook. Identify any special policies your league

**Promote Fun and Be Patient:** Avoid getting too serious. Don't get crazy about winning. Make sure you smile. Above all else, make sure the kids have fun. If they aren't, then you are doing something wrong. Players miss shots, make crucial turnovers, and commit needless fouls. They need the freedom to make mistakes. Help them learn from those mistakes and be patient.

\_\_\_\_\_  
Print

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



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## **League Information Sheet: 4<sup>th</sup> & 5<sup>th</sup> Grade**

**All coaches are encouraged to attend both skill assessments being held on Thursday November 8<sup>th</sup> at 5:30pm or 6:30pm Thursday November 15<sup>th</sup> at 5:30pm or 6:30pm. At the end of our second day of assessments coaches and league supervisors will meet to complete the league draft. At the end of the player draft coaches will be provided the parents phone number and email for each player they selected. Coaches will be asked to contact each of the parents for all their players on or before Monday November 19<sup>th</sup> at 8:00pm. Each team will conduct (1) one-hour practice prior to the start of the season. Coaches will select a day and time between Tuesday November 20<sup>th</sup> and Friday November 30<sup>th</sup> to hold their first practice.**

- Teams will have between 7-9 players & only siblings are guaranteed to be teammates
- Team jerseys will be handed out just before each teams' first game
- **All games for this age group will take place on Saturday mornings**
- For each gameday teams will meet for a 45-minute practice before each game
- The listed start time on the schedule is the start time for your teams practice
- Start times for this age group will be between 8:30am and 12:00pm
- Teams in this age group will play (2) 20-halves with a running clock
- Teams will only be allowed to play man to man defense and half-court
- During the final 2 minutes of each half teams may use the full court press
- Players cannot foul out.
- After 5 fouls for a player, the opposing team gets a free throw and possession
- The shooter will be selected by the team that was fouled
- On (team) fouls 6-9 of a half, the opposing team shoots a 1 & 1 free throw per foul
- For every team foul after 9 fouls, the opposing team will earn 2 free throw attempts
- Teams will play 10 regular season games followed by a single elimination tournament
- All players will play at least half of each game