



RICHARD E. WORKMAN
Sports & Wellness
Complex



Jr. NBA Basketball League Registration Form **Kindergarten & 1st 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 Tuesday June 26th and closes Friday August 31st**
- **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 20th & Aug. 10th at 6pm – 8pm)
- **Skills assessments Date: (Please Circle the Group that works best for you)**
Thursday August 30th: Group A: 5:30pm – 6:30pm Group B: 6:30pm – 7:30pm
Friday August 31st: 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: \$40.00 Non-Member: \$60.00 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: Kindergarten & 1st Grade

All coaches are encouraged to attend both skill assessments being held on Thursday August 30th and Friday August 31st. 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 Tuesday September 4th 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 Wednesday September 5th and Sunday September 9th 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
- Girls teams will play **all regular season games** on Mondays
- Boys teams will play **all regular season games** on Tuesdays and Thursdays
- Boys teams scheduled on Tuesdays will play **all regular season games Tuesdays**
- Boys teams scheduled on Thursdays will play **all regular season games Thursdays**
- Team schedules will vary during playoffs, **all teams will participate in the playoffs**
- For each gameday teams will meet for a 40-minute practice just before their game
- The listed start time on the schedule is the start time for your teams practice
- Teams in this age group will play (4) 8-minute quarters
- Teams will have a 5-minute halftime at the end of the second quarter
- Teams will only be allowed to play man to man defense
- Players are required to guard the player on the opposing team with a matching band
- Players cannot foul out
- After the 5th team foul of a quarter, the opposing team will shoot 1 free throw per foul
- The shooter will be selected by the team that was fouled
- All start times will be 5:15pm or 6:45pm
- All players will play at least half of each game
- Teams will play 6 regular season games followed by a single elimination tournament