

PARENT MEETING CYO ST. IGNATIUS BASKETBALL 8th Gr. 2009-10

WELCOME to CYO Athletics

THANKS

- for parents coming tonight
- cooperation in advance
- coaching staff and team parent

INTRODUCTIONS

Coach- Jim Almeida ph#779-1622 Coaches Team Mom Parents

CYO PHILOSOPHY

- excerpts from CYO Athletic Manual, pg.2 and 24

TEAM GOALS

- have fun
- make new friends
- learn some basketball
- improve as individual and team
- trying hard, more important than doing well
- good habits: be on time, practice on own, be prepared, etc.

GAMES

- Approximately 10 League games run November-February, 1 game per weekend
- possibly practice games, tournaments, etc.(could be additional cost)

PRACTICES

- A weeknight(TBA) 7:30-9pm at Antioch Middle School Oct. 1 thru Dec. 19
- Saturdays at Dallas Ranch Middle School playground starting Sept. 27 thru Nov. 15 from 9:00-10:30am
- possibly other times TBA
- please arrive early so we can start on time and also be there promptly to pick up your child
- we need adult female at all team functions

BRING TO PRACTICE

- tennis shoes-if expensive, use for gym only
- proper socks
- appropriate clothes-sweats/shorts, top, sweatshirt/jacket(regardless of weather)
- reusable water bottle(only water at gym practices)
- I would advise to NOT bring a basketball to gym practices, mark it if you do(OK at outdoor practice)
- NO jewelry or anything hard in your hair, use hair tie, etc., and short nails at practices and games

VOLUNTEER-4 HOURS APPROXIMATELY

- scorekeeper/timekeeper, there will be a training session
- gym monitor/snack bar at DVHS
- other

UNIFORM

- wash in cold water, wear for games only, take good care of
- players can wear a T-shirt underneath their top but it must match main color(maroon/gold)

SNACKS

- 1 family brings drink and snack per game(please try to bring nutritious items, i.e. juice instead of soft drinks, fruit snack instead of candy/cupcakes), if possible bring a few extra for siblings

BE COURTEOUS

- try to be on time for all practices and games
- be at games 30 minutes prior to start
- if you can't make a game or practice or will be late/leave early, inform coach as soon as possible

PARENT CODE OF CONDUCT-blue sheet to be read , signed, and turned in

PLAYING TIME

- all players will get into game for AT LEAST 2 playing periods(3:30 each)

SENSITIVE COACHES

-Coaches will keep in mind all kids are at a different development level-athletically, emotionally, etc. So the goal is to improve, not necessarily be good

- coaching children requires physical contact, we will be sensitive with this issue

QUESTIONS

- basketball rules:High School with CYO exceptions
- St. Ignatius CYO website: www.stignatiusofantiochcyo.com links to league and Oakland Diocese site
- CYO league website: www.eastdiablocyo.com
websites for schedules, rules, directions, etc.
- other