

CEDAR FALLS TIGER BASKETBALL CLUB

2017 SEASON

OUR 32nd YEAR OF SERVICE TO CF GIRLS BASKETBALL

WHEN: The Cedar Falls Girls Basketball Club will begin its 2017 season on **Sunday, October 15.**

REGISTRATION: Any interested players in 2nd through 8th grade can register online at <https://sites.google.com/a/cfschools.org/cedar-falls-women-s-basketball/home/cedar-falls-basketball-club---youth> or sign-up before the first practice at **Holmes Junior High** during the specific time slot for each grade level. Please visit the website for updated information on practice times.

CONTACT: Club President Ryan Hannam at ryhannam@hotmail.com or Head Girls' Basketball Coach Gregg Groen at gregg.groen@cfschools.org

PURPOSE: The purpose of the Cedar Falls Girls Basketball Club is to provide a positive, encouraging atmosphere that allows Cedar Falls girls to develop the skills, both physically and mentally, that are necessary to be successful at basketball.

GOAL: To develop a tradition of excellence in Girls Basketball in Cedar Falls.

PHILOSOPHY: It is our belief that success is made up of a combination of talent, hard work, and a winning attitude. Our goal is to provide a positive environment that allows girls to grow in those areas. Basketball is a team sport and the most successful teams put the team's needs ahead of personal needs. Developing friendships and respect for teammates is a high priority. Hopefully, the friendships and the lessons learned through basketball will last long beyond competition.

COST: The cost of the club membership for the 2017 season will be:

- \$65 for 2nd through 4th grades
- \$85 for 5th through 8th grades

Checks may be made payable to the Cedar Falls Girls Basketball Club and given to your daughter's grade level coordinator.

PROGRAM OVERVIEW: The Cedar Falls Girls Basketball Club is made up of parent volunteers. It is founded on genuine care for the girls and girls' athletics. It is our belief that the more opportunities a girl has at a young age to learn and practice, the better chance they have at being successful at the high school and college levels. The program is not designed to replace programs offered by the school, recreation department, or YMCA. We encourage participation in as many programs as possible.

PLAYERS: The program is open to all girls living, or attending school, in Cedar Falls.

PHYSICAL REQUIREMENTS: We require that all girls have a signed Medical Authorization and Release Form. Basketball is a physical game. We all need to know that our girls are able to withstand the rigors of the game.

COACHES: The coaches in the Cedar Falls Girls Basketball Club are parents willing to donate their time and knowledge to their girls and the girls of other parents. There are no paid coaches. The only compensation the coaches receive is the satisfaction gained seeing the development and improvement of the girls.

TEAMS: The teams are broken down by grade levels. Grade coordinators will be established for each grade. Each grade level will determine practice schedules, attendance requirements, and tournament schedules based upon the number of players and available coaches.

EQUIPMENT: It is important to provide your child with a good pair of basketball shoes. Girls without a good pair of shoes will be at a disadvantage and are more at risk for injury. The club furnishes t-shirts and uniforms. Players in 3rd through 8th grade will receive their own 28.5" basketball, which they should bring to practices. It is our hope that the girls also use these basketballs to practice on their own time. The 2nd grade team will practice with smaller-sized basketballs, which will be provided by the Club.

PRACTICE TIMES: Practice times will be determined prior to October 15th. All teams will practice on Sunday afternoons, and the 3rd through 8th grade teams will have an additional practice time at night during the week.

GAMES: The importance of the game experience varies with age and skill level. All players will have the opportunity to participate. Playing time will vary by grade level and will be determined by each grade level's coaching staff. For tournaments, we will try to form as many teams as possible to maximize playing time. Tournament games are the reward for hard work and accomplishment. Girls that work hard and regularly attend practices will be given priority over other girls. **Players in 2nd grade will not attend tournaments. 2nd graders will focus on fundamentals and intra-squad scrimmages.**

PARENTS' ROLE: Parents can be most helpful by being involved and interested in the program. We are looking for great fans. Please keep in mind that most everyone involved at this level is a volunteer and doing this for the good of our children. The majority of referees are either beginners or simply offering their time as a favor to the programs. Cheer loudly for all of the good plays that you see. Please refrain from expressing yourself negatively towards players, coaches, or referees. If you encounter problems, please discuss them with the coach or the Club Board of Directors. Lastly, encourage your kids to practice often and to have fun.

"I love to win. In fact, I don't know anyone that likes to lose. After all, winning is fun and is the reason for competition. And the higher up in sports you go, the more important it becomes. It is the driving force for all professional, college, and high school teams and influences every decision they make. But in youth sports, winning is not the only goal. It is certainly *one* of the goals, but an over-glorified view of winning in youth sports causes problems. It makes parents go crazy, causes coaches to compromise on things that are not the best for the players, and can distract the players from learning things about life that are just as important, if not more important, than a winning score."

-Janis Meredith