

Centennial Basketball Association



Traveling Handbook

CBA Traveling Handbook 2011-2012

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***All the information listed in this handbook is subject to change**

What is the CBA?

The Centennial Basketball Association was formed in 1987 with a primary objective of creating a program with close ties and common goals as the Centennial Boys' Varsity basketball program. In its initial year, the CBA had 9 In-house teams and 7 traveling teams.

The CBA's primary goals are to support a program that is:

- Run primarily by volunteers
- Low cost
- Positive influence on the community
- Team oriented
- Focused on the development of Centennial's Varsity basketball programs
- Equal opportunity for boys and girls
- Emphasis on "skill development, sportsmanship, commitment & dedication"

It is the CBA's hope that athletes receive the following benefits from this program:

- Learning basketball fundamentals
- Opportunity for supervised and organized competition
- Mentoring in good sportsmanship
- Opportunity for team participation
- Organized use of practice & game facilities
- Exposure to the benefits of community involvement (through volunteerism and the mentoring of younger athletes)
- Community & school pride

It is the CBA's hope that the community benefits from this program by:

- Providing positive release of energy for our communities' young.
- Providing "no or low cost" opportunities for children of families in need
- Teaching our young athletes the benefits of "returning something to the community"

CBA Board of Directors

The board of directors is elected during our annual meeting. Please refer to the website for a current list. Please contact the appropriate director based upon your request. If you have an interest in getting on the board, please contact the President.

Monthly Board Meetings

- Regular meetings of the Board are held monthly throughout the year. These meetings are held in the city council chamber room at Circle Pines City Hall. If the room is unavailable, a variety of places such as, homes of board members, the Centennial High School cafeteria, Community Services rooms, etc. may also be used.
- Please check the CBA web site for information on meeting dates and times. (<http://www.centennialbball.org/>)
- ***CBA board meetings are open to all CBA members.*** A CBA member is anyone over the age of 18, who volunteers within the CBA program, is a parent or legal guardian of a player in the program, or coaches a team.
- You can contact the CBA Secretary if you wish to be notified about upcoming meetings to express a concern, bring an idea or if you want to help out.

CBA Web Site Address

<http://www.centennialbball.org/>

- List of current board members with e-mail addresses
- Calendar of events (Meetings, registration, try-outs, tournaments, clinics, camps, etc.)
- Traveling basketball information (Registration forms, teams, coaches)
- In-House basketball information (Registration forms, teams, coaches)
- Tournament Information / AAU information
- Link to the CBA, Team Identity, Online basketball store where you can purchase great Centennial Basketball merchandise.

Philosophy

The Centennial Basketball Association strives to create a positive, fun environment for boys and girls to develop basketball skills, promote teamwork, and instill in them the principals of sportsmanship, honesty, loyalty, courage and respect.

Fall Registration

- Registration for winter traveling basketball is available on-line for several weeks each fall at www.centennialbball.org. Refer to the website and August issues of the Quad Community Press for more information.
- All participants must be registered on an official registration form provided by the CBA; refer to registration information on the CBA website.
- Registration forms **MUST** be signed by a parent/legal guardian as a waiver of liability against the CBA prior to tryouts or participation.
- Accident insurance is included in the registration fees.
- Registrations accepted after the last scheduled date is subject to a late penalty of \$10.00 in addition to the normal fee.
- Any person who knowingly registers under an assumed name, or gives an incorrect age, becomes ineligible and is suspended for the remainder of the playing season.
- No Officer, Director, or coach is permitted to conduct any sort of invitational program separate from the CBA.
- Any player that wishes to play for a CBA team, and does not attend a Centennial school or live in the Centennial School District, must file a petition to the Board of Directors. The Board of Directors must approve the petition before the player is eligible.

Fees

The CBA is a nonprofit organization. All fees that are paid to participate in traveling basketball are used to support the program. Costs to support a traveling team include tournament registrations, (approximately \$225 per tournament), gym fees for practice, equipment, insurance, and other miscellaneous expenses. These fees would be significantly more if we did not host our CBA Tournament in November. Profits from this tournament are used to reduce the player's fees. Due to this, it is required that at least one parent work one shift for each child they have participating in the tournament. If you choose not to work, an additional fee will be charged.

Parent Code of Conduct

- I will be responsible for my child's commitment, making sure they attend all practices, games and team functions and adhere to the "Players Code of Conduct".
- I will do my best to remember that basketball is supposed to be FUN and that winning and losing are part of all players' experience.
- I will encourage good sportsmanship by demonstrating positive support for ALL players, coaches and officials.
- I will treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability. I will let the coach's coach and the officials officiate.
- I will not use any trash talk or profanity.
- I will remember that the coaches are volunteers who are doing the best job they can. I will address any concerns I have to the coach at the appropriate time or contact the CBA boys or girls traveling director.
- I will make sure my child knows that win or lose, I am proud of them and their efforts. I will allow them to do their best without fear of failure. I will provide constant, positive reinforcement.
- I will encourage them to have fun.

Player Code of Conduct

- I will make the commitment to attend all practices, games and team functions and adhere to the “Players Code of Conduct”.
- I will work hard, put my team before myself and support my teammates in practice and in competition.
- I will be respectful of teammates, coaches, officials, volunteers and spectators. I will encourage good sportsmanship in victory and defeat by demonstrating positive support for ALL players, coaches and officials. I understand that my actions are a reflection of my family, team, school and community.
- I will treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will not use any trash talk or profanity.
- I will demand a sports environment that is free from alcohol, drugs, and tobacco and will refrain from their use at all times.
- I will remember that the coaches are volunteers who are doing the best job they can. I will accept constructive criticism and not take it personally. I will address any concerns I have to the proper people at the appropriate time.
- I will respect and adhere to the rules governing eligibility and competition.
- I will believe in myself and play with confidence. I will not let fear of failure hold me back or dwell on my mistakes.
- I will have fun!

Grievances

- A grievance is a dispute or complaint involving a coach, player or a CBA Board member.
- Any grievance must be submitted, in writing to either the President or Vice-President of the CBA within five (5) days, stating the time, place and as many specifics of the incident as possible.
- The Board of Directors will meet within ten (10) days of receiving the complaint.
- The Board of Directors will discuss and decide the issue after the parties involved have been dismissed and will notify the parties of the decision, in writing within forty-eight (48) hours.

Coach's Responsibilities

- The coach has the ultimate responsibility and accountability in the running of the team.
- All coaches in the CBA are expected to be examples of good sportsmanship and instill the principles of good sportsmanship in all players.
- A coach should teach all players the fundamentals of the game of basketball and the Centennial varsity basketball system.
- When a dispute or question arises, the coach will deal with officials in a respectful manner.
- A coach in the CBA must not be under the influence of alcohol prior to or during practices or games, while responsible for the transportation of players.
- A coach must not engage in the use of illegal drugs at any time.
- A coach must not use abusive or vulgar language in the presence of officials, players, parents, or spectators.
- A coach must not physically or verbally abuse any player, official, parent or spectator.
- Coaches are responsible for the conduct of assistants, players and fans. Upon requests of the officials, he/she will take whatever action necessary to allow the game to continue.
- If an issue arises among players and/or parents, an opposing team or a tournament, it is the coach's responsibility to notify the CBA president, vice president or traveling director as soon as possible to address the issue appropriately.
- Coaches should hold a meeting for players and parents at the beginning of each season to share their coaching philosophy and objectives for the season.
- Coaches are encouraged to communicate, in positive terms, team and individual player's progress throughout the course of the season.
- Coaches may request a team parent to assist with the administrative/communication process.
- Coaches are responsible for all the equipment that is issued to them. (Balls, First Aid Kit, Ball Bag and any other equipment furnished to the team). All equipment should be kept in good condition and must be returned to the CBA at the end of the season no later than two weeks after the season is completed.

Playing Season

The regular season runs from October to mid March. Traveling teams are encouraged to stay intact for the spring season. Traveling Directors will identify alternative options if a team chooses not to stay intact. No more than one additional tournament shall be added to any teams schedule during the regular traveling season without the prior approval of the board of directors.

Tryouts and Team Selection

- Members of the CBA traveling teams are selected on a tryout basis. These traveling teams represent the CBA in competition with other communities.
- Any candidate not selected for a traveling team will automatically be put on an In-House team or receive a full refund if requested. Middle school students have the option to play intramural basketball.
- The traveling team selection committee can be comprised of past/present CBA Board members and at least one member of the high school coaching staff and/or outside evaluators.
- Participation in tryouts is mandatory for a position on a traveling team, however special circumstances may apply.
- No player may be added to any team's roster without the CBA approval. Circumstances must be presented to the CBA for review and consideration.

A selection committee chooses players based on a combination of the following:

- Attitude/Coachability
- Sportsmanship
- Team Play
- CBA experience/history
- Team balance (Need to create a balanced team with perimeter and post players)
- Player physical ability
- Competitive nature
- Overall basketball skills.

Practices

- Traveling teams practice up to 2 times per week during the regular season. Coaches will supply players with practice schedules once they are set.

All 7th and 8th grade traveling players are encouraged to participate in the school basketball program, as once school-ball begins; traveling practices are reduced to once a week for those grades.

- The CBA does not decide days or times for team practices. These are determined by Community Services in an effort to minimize potential conflicts with other sports and school activities. Practice times and days of the week may not necessarily be optimum but Community Services and the CBA do the best they can with limited resources.
- In order to have a successful team, practice is essential, and therefore it is important that players attend all practices. Remember part of the traveling philosophy means a greater dedication and commitment to the team.
- We expect that all players and coaches respect all gyms and equipment. Do not use any equipment that has not been authorized by Community Services. If it's not for basketball, leave it alone.
- If there is a school closing due to inclement weather or for any other reason it also means any practices or games scheduled in that building are cancelled as well. You can call the Centennial School Closing Information Line at 763-792-6030 for information on emergency school closings. School closing information is also broadcast on WCCO-AM (830) radio.
- You may arrive at your designated practice facility no more than 10 minutes early and must be picked up afterward at the designated finish time.

Shooters Club

To encourage our players to practice in the off-season, the CBA sponsors the “CENTENNIAL SHOOTERS CLUB”. The club is open to all traveling, in-house and varsity players.

Each player who makes and records a minimum of 5000 shots from April 1st to September 30th will become a member of the club. The Members will be recognized each year with the presentation of a “Shooters Club T-Shirt”.

In addition to a T-shirt, players may earn additional awards. Each award is earned by accumulating made baskets. Players can receive more than one prize each year. Total shots are accumulated from year to year to determine prizes. Prizes for each level are awarded just once.

Players are asked to chart MADE SHOTS on the “Shooters Club Shot Chart” or on your own calendar. Shots must be made on a 10 foot basket and vary from free throws, lay-ups, 3 pointers, etc. You are on your honor to be truthful. Shot charts must be mailed by December 1st on that year to be eligible for awards. All members of the CENTENNIAL SHOOTERS CLUB will be recognized at halftime of a varsity game during the season.

SHOOTERS CLUB SHOT CHARTS are available in March on the CBA website. If you have any questions, you can contact the CBA Shooters club director.

Summer Cougar Camp

The boys and girls varsity staff will run a summer basketball camp, through community services, for 3rd through 9th grade in-house and traveling players. Registration will take place in the spring. Watch for information on the CBA website and in the summer community services bulletin.

Coach Selection

Head coaches and assistant coaches must fill out a coach's application and agree to have a police background check done and approved by the CBA Board before they are permitted to coach. Each coach is required to complete the concussion training (every 3 years) found at www.cdc.gov/concussion/HeadsUp/online_training.html .

- A "Coaches Selection Committee" will interview coaching candidates when necessary (e.g. multiple applications for the same position). This committee will be headed by the President or VP of the CBA and will include the appropriate traveling director and a varsity coach.

Coaches will be selected based upon the following:

- Basketball experience
- Coaching experience and history
- Knowledge of the game
- Ability to provide the time commitment
- Coach evaluations
- Ability to teach, encourage, and motivate youth in a positive manner

Paid Coaches for 8th and 9th grade:

In order to prepare players for transition into the varsity program, our goal is to hire paid coaches for players at the 8th and 9th grade level. Every attempt will be made to hire qualified individuals with considerable basketball experience and/or persons training to be coaches at the high school level. Parents and relatives of players are not eligible to coach at this level unless they hold a coaching certificate issued by the Minnesota State High School League or a similar accreditation from another state or in the event a qualified paid coach cannot be found.

9th Grade Team Selection:

The 9th grade traveling team players are selected by the high school coaching staff and all practices are held with the school coaches.

Eligibility and Suspension

- Only registered players are eligible to practice or compete with a traveling CBA team.
- All 7th and 8th grade traveling players are encouraged to try-out for and participate in their respective school ball program. Once the school basketball programs begin, traveling team practices are reduced to once a week rather than twice a week. Participating in the school basketball program gives the extra practice time necessary for traveling players.
- Both the parent/legal guardian and player must understand the philosophy of a “TRAVELING TEAM”. Besides teaching and learning, there is more emphasis placed on skill development commitment and dedication.
- Any game in which a team uses an ineligible player is declared a forfeit. Any game in which both teams use ineligible players is declared no contest and is not replayed.
- Only the head coach, or in his absence any assistant coach, may suspend a player.
- A coach may suspend any player who:
 - a. Fails to attend practices or games without prior approval.
 - b. Fails to respect the authority of the coaches, officials/referees and facility supervisors.
 - c. Uses any form of tobacco, alcohol, or narcotics.
 - d. Displays poor sportsmanship, either by word or deed.
 - e. Any technical foul is an immediate benching of the player for a time to be determined by the coach.
 - f. Each subsequent technical foul, for the playing season, must be reported to the traveling director by the coach to determine the disciplinary action.
- All suspensions must be submitted in writing by the coach to a Board member within forty-eight (48) hours and verbally inform the respective parents/legal guardians within twenty-four (24) hours of the violation.

School Suspension Policy

The CBA policy for students subject to school suspension is for the parents and the CBA participant to be responsible for following the exact terms of the school suspension with regards to all CBA activities. Current school policy is that once a suspension occurs, the child is not allowed on any school district property until the suspension is complete. This includes all games and practices. In addition to the school district policy, the player will not be allowed to participate in any CBA practices or games during their suspension.

Injury Prevention

- Be conscious of injury prevention. Try to create a safe environment for practices and games.
- Report all injuries to the coach when they occur. Have all skin abrasions treated and covered, no matter how minor.
- Warm up thoroughly before every practice and game.
- Players should inform coaches when they are really tired. That is the time when injuries are most likely to occur.
- Personal equipment (T-shirts, socks, supporters, etc.) should be clean. Skin infections start with dirty equipment.
- Never indulge in horse play. You expose both your teammates and yourself to injury.
- Learn the fundamentals of basketball well. Players who know how to play well are seldom injured. The best injury insurance is aggressive, alert play.

Uniforms

- All traveling teams' uniforms should use the color scheme of the Centennial High School.
- Each player is responsible for purchasing his/her own uniform through the CBA.
- The CBA board member in charge of uniforms issues Player jersey numbers.
- Players will keep that same jersey number year after year.
- All uniforms should be kept clean and in good condition. If a uniform gets damaged during the season the player is responsible for its replacement.

Fundraising

- The CBA believes that fundraising is necessary to achieve the prime objective of equalization of registration fees to encourage maximum participation.
- Individual teams and players may not engage in fundraising without the approval of the CBA board.
- The CBA hosts one basketball tournament for boys/girls combined in the fall. The funds that are raised hosting the fall tournament go directly to the CBA program to pay for such items as; equipment, gym time, trophies, shooters club prizes, etc. These fund raising efforts also allow us to keep our registration fees lower than most surrounding communities. Our varsity players contribute to the CBA in the following ways: (Run time clocks and keep score for all tournaments hosted by the CBA, referee CBA In-house games, coach in-house teams, help the varsity coaches with clinics and camps and Little Cougar's Camp).
- All CBA traveling team parents are expected to help out by working a minimum of one 3 or 4 hour shift, for each child playing, at the tournament hosted by the CBA in which your child participates. Each family is also requested to provide one, 24 pack of soda to be donated to the concessions at each tournament hosted by the CBA in which your child participates.

Centennial Basketball Players Oath

As a member of a traveling team, I promise to play hard during games, and work hard during practices. I understand my responsibility to be at games and practices on time and be mentally and physically ready to play. I promise to bring a positive attitude towards my play, as well as the play of my teammates. I recognize that one individual cannot win a game, it takes a team. I realize that our limited practice time is too valuable for conditioning and it is my responsibility to take time outside of practice to do whatever is necessary to get into shape. I promise that if I have any questions or concerns about my play, the team, or my role on the team, I will talk with my coach about them, not my teammates.