

THE MOST



IMPORTANT

PART OF COACHING BASKETBALL

RELATIONSHIPS & TRUST



TEACHING THE GAME

SPRINT BACK
REBOUNDING



CULTURE & STANDARDS



ADAPTABILITY & GROWTH



CARSON D.U.C.K.S.

RANCHO DOMINGUEIZ PREPARATORY ATHLETIC PROGRAM



ACADEMIC & BEHAVIOR EXPECTATIONS

- Student-Athletes must maintain 2.0 GPA and meet attendance and behavioral expectations
- Avoid harassment, bullying, threats, aroids
- Possession of weapons or illegal substances
- Vandalism, theft, disrespect to staff, officials grs
- Obey all RDP Athletic Rulles and Regulations



HEALTH & SAFETY REQUIREMENTS

- Athietes must an annual physical on file berfor tep participation if required
- Health insurance
- Alcohol, tobaccc (including vapes), steroids



TRAVEL & TRANSPORTATION

- Athletes are expected to travel with team-via school bus
- If parent picks up a waiver must submiten



PARTICIPATION & PRACTICE EXPECTATIONS

- Athletes commit to one team per season
- Attend all practices and games if nen-lege scer
- Out-of-season practice: optional-not guaranteee



COMMUNICATION & PARENT INVOLVEMENT

- Athletes must notify teachers prsinsons team changes
- Parents at events must follow school policies



DISCIPLINE & CONSEQUENCES

- Violations may result in meetings, suspenion, removal from team, or legal/school consequences



HOW TO JOIN CARSON D.U.C.K.S BASKETBALL

- 1 Complete these **eight steps** to finalize onboarding and fully enroll your child.
- 2 **PAY FIRST MONTH'S DUES**
- 3 **SAVE THE D.U.C.K.S APP**
- 4 **SAVE OUR PHONE NUMBER**
- 5 **FOLLOW & SUBSCRIBE**
- 6 **DOWNLOAD SPORTSYOU APP**
 - Parent Handbook
 - Player Handbook
- 7 **BUY UNIFORM PACK**
- 8 **SUBMIT ENROLLMENT CHECKLIST**

WATCH A TUTORIAL



PARENT MANUAL- OVERVIEW

To build a strong team-family partnership that supports each player's growth both on and off the court.

PROGRAM PHILOSOPHY

- Focus on development, teamwork, and sportsmanship
- Emphasis on effort over outcome and character-building
- Support players in becoming well-rounded student-athletes

SEASON STRUCTURE

- Practice Schedule (eg. 2x per week)
 - Game & Tournament calendar
 - Team Meetings & events
 - Attendance policy
- Parents are expected:
- Encourage effort and sportsmanship
 - Communicate respectfully with staff
 - Let coaches-coach

COMMUNICATION GUIDELINES

Use team app/group chat for:

- Practice/game updates
- Emergencies or absences
- Volunteering or event reminders

FEES & FUNDRAISING

- Registration
- Uniforms
- Travel/tournament costs

HOW TO SUPPORT YOUR PLAYER

- Focus on effort, not just stats
- Avoid coaching from sideline
- Encourage positivity, teamwork, and resilience

HEALTH & SAFETY

- Injury prevention & reporting process
- Hydration, nutrition, and rest

HOW TO SUPPORT YOUR PLAYER

- Focus on effort, not just stats
- Avoid coaching from the sideline
- Encourage positivity, teamwork, and resilience

Together, coaches and parents create a positive basketball



✔ **Constructive Criticism:** Be clear and firm —but never yell, belittle, or humiliate (leave your 90's coaching style in the past).

✔ **A Challenge:** How could you do better? Could you have made ___ number of shots? Let's see if you can do it faster. Make it a competition between teammates.

Your goal is to correct performance without damaging confidence. Players will run through walls for a coach who believes in them and shows it.

If your players know you believe in them, they will be more likely to believe in you and each other.

And while athleticism and skill is important, your team's culture can overcome a disadvantage in both areas if they are playing for something, for someone bigger than themselves.

From only 6 to more than 30 campers.

When I took over as the varsity coach I had 6 first and second graders at camp. One of my first priorities was to build a robust camp for

↩ Reply

➦ Forward





Coach the Person, Not Just the Skill

Our delivery matters just as much as what we say. The best teaching environments have a balance honesty and positivity and competitive nudge.

Players like to hear...

✓ **Positive reinforcement:** Point out great reps. Let your players feel success. Use their name, everyone (even you) likes to be told they are doing good things.

✓ **Encouragement:** Praise the hustle, even when the execution isn't perfect.

✓ **Constructive Criticism:** Be clear and firm —but never yell, belittle, or humiliate (leave your 90's coaching style in the past).

✓ **A Challenge:** How could you do better? Could you have made ___ number of shots? Let's see if you can do it faster. Make it a competition between teammates.

Your goal is to correct performance without damaging confidence. Players will run through


← Reply


→ Forward








You're a purpose-driven creator on a mission.

 **Educator at heart** — You're building "Beyond The Curriculum Education," blending cartoons, culture, and clarity into a 3-part powerhouse: Environment, Instruction, and Curriculum. Teaching isn't just your job — it's your *artform*.

 **Team Builder & Visionary** — With Carson D.U.C.K.S Basketball, you're not just coaching hoops — you're crafting a movement that shapes youth on and off the court. From PDF playbooks to full-season roadmaps, you bring strategy and soul to every drill.

 **Creative Strategist** — You think in slideshows, cartoons, and brand-ready graphics. Whether it's sourdough packaging, London itineraries, or scholarship campaigns, you turn ideas into impact with sharp visuals and sharper intent.

 **Detail-Oriented, Mission-Focused** — Every request has a clear vision. Editable formats? ✓. Representation matters? ✓. Story-driven and community-minded? Always.

You're the kind of person who turns programs into platforms, lessons into cies, and questions into action plans.

Interview questions for How the School Basketball coach interview





POST-GAME REFLECTION

MM/DD/YYYY | vs OPPONENT NAME | SCHOOL NAME

BASIC INFO

- Player Name _____
- Opponent Name _____
- Division _____
- Were you a starter or a sub? _____
- Final Score (if available): _____

TEAM REFLECTION

- ★ Rate your Team's Performance (1-5) _____
- What did your team do well in this game? _____
- What does your team need to work on? _____
- Team Stats (if available): _____

SELF REFLECTION

- ★ Rate Your Performance (1-5) _____
- What did you do well in this game? _____
- What do you need to work on based on this game? _____
- Your Game Stats (if available): _____
Where did you perform better today? Offense Defense
 Same Neither _____

SUMMARY & PLANNING

- How did you feel after the game? _____
- What's one thing you want to focus on in practice this week?
- Anything else you want to remember or work on? _____

Top 10 Things To Do on a 1-Day Layover in Lima, Peru

Near Hilton Hotel - Miraflores

1

Malecón Walk
Ocean view stroll

2

Larcomar Shopping
Cliffside mall with cafes



3

Ceviche at La Mar or Punto Azul
Try the citrusy classic



5

Parque Kennedy
Plaza with vendors & cats



5

Huaca Pucllana
Pre-Inca ruins



6

Chocolate & Coffee Tasting
Sample local treats



7

Artisan Markets (Inca Market)
Handmade goods



8

Afro-Peruvian Music or Dance Show
Catch a cultural show



9

Bike or Scooter Ride Along the Coast Rent and exx



10

Spa or Massage
Relax before your flight



QUICK TIPS:

- Allow 1 hour to return to airport
- Miraflores is safe & walkable
- Convert currency at airport or hotel



WHAT IS JUNETEENTH

HAPPY JUNETEENTH



Juneteenth (short for 'June Nineteenth') commemorates the end of slavery in the United States. Union General Gordon Granger arrived in Galveston, Texas, on June 19, 1865, announcing that all enslaved people were free—over two years after the Emancipation.



KEY HISTORICAL TIMELINE

- **JAN. 1, 1863** – Emancipation Proclamation issued by President Lincoln
- **JUNE 19, 1865** – Freedom officially reaches Texas
- **2021** – Juneteenth becomes a federal holiday in the U.S.

WHY JUNETEENTH MATTERS

- A celebration of Black freedom & resilience
- A reminder of delayed justice
- A time to learn, honor, and act for equity



„Nobody’s free until everybody’s free.”

Fannie Lou Hamer



COACH BIO - COACH CHINEDU GILLIAM

FOUNDER & COACH, CARSON D.U.C.K.S BASKETBALL



D.U.C.K.S
Basketball

COACHING BACKGROUND

- 10+ Years of Coaching Experience
- Coached: Elementary, Middle, & High School
- CPR/First Aid Certified, USA Basketball (Gold) Certified, AAU Certified, NFHS Certified
- UC Riverside Alum

COACHING STRENGTHS

- Player Development, Mentorship
- Fostering a safe & positive environment



COACHING PHILOSOPHY

MINDSET.
SKILLSET.
CHARACTER.

I aim to create an environment where players of all skill levels (beginner to advanced) can develop their skillset, mindset, and character.

My coaching focuses on these areas:

- Character development
- Proper exercise & nutrition
- Basketball skill development

CARSON



D.U.C.K.S

DuckBeats

EXIT INTERVIEW & END-OF-SEASON FEEDBACK *FEDBACK*

◆ Player Information

Name: _____ Grade: _____

Position(s): _____ Years on Team: _____

◆ Reflection Questions

1. What was your favorite moment from this season?

2. What part of your game improved the most?

3. What was the most challenging part of the season?

How would you describe your relationship with teammates?

Strong Good Fair Needs Work _____

Comments: _____

4. How would you describe your relationship with coaches?

Comments: _____ Comments: _____

5. How would you describe your relationship with coaches?

Explain: _____

6. How would make the team experience better for future players?

◆ Looking Ahead

10. Do you plan to return next season? Yes No Not Sure

11. What are your basketball goals this offseason?

Improve skills Get stronger Play AAU Work on grades

Take a break _____

Final Comments or Suggestions: _____



ASSISTANT COACHES MANUAL



MISSION OF THE ASSISTANT COACH

Support the Head Coach by reinforcing team culture, executing drills with energy, developing individual player skills, and managing team operations to ensure a positive and competitive environment.

✓ CORE RESPONSIBILITIES

1. PLAYER DEVELOPMENT

- Conduct small group skill stations, (e.g. shooting, footwork, defense)
- Give positive, corrective feedback with clarity and consistency
- Track player progress weekly

2. GAME SUPPORT

- Chart stats, deflections, rebounds, turnovers
- Assist with substitutions, timeouts

3. PRACTICE EXECUTION

- Arrive early & pre-equipment
- Lead warmups or breakdown drills

4. CULTURE + COMMUNICATION

- Uphold team values: effort, resilience
- Connect with players before/after practice



GAME DAY CHECKLIST

- Jerseys/Uniforms & Equipment Check
- Player Warm-Up Oversight
- Track Bench Energy & Morale
- Hawthorne Notes + Adjustments
- End-of-Game Debrief & Clean-Up



NON-NEGOTIABLES

- Represent Carson D.U.C.K.S. with professionalism on and off the court
- Be fully present, no phones or distractions during games/practices
- Disagree in private; support in public



WEEKLY DUTIES

- Attend staff meetings (virtual or in person)
- Submit player progress report (every Friday)
- Prepare a drill or motivational quote for the week
- Lead film breakdown once per month

“Be the coach you needed as a player.”



CARSON D.U.C.K.S. BASKETBALL

ASSISTANT COACHES MANUAL

DISCIPLINE • UNITY • COMMITMENT • KNOWLEDGE • SERVICE

MISSION OF THE ASSISTANT COACH



Support the Head Coach by reinforcing team culture, executing drills with energy, developing individual player skills, and managing team operations to ensure a positive and competitive environment.

CORE RESPONSIBILITIES

P PLAYER DEVELOPMENT

- Chart stats small group skill stations (shooting, footwork defense)
- Give positive, corrective feedback
- Track player progress (notes, videos, or checklists)



P GAME SUPPORT

- Chart stats
- Assist with substitutions, timeouts; and bench engagement
- Provide strategic input respectfully



P PRACTICE EXECUTION

- Arrive early & prep equipment
- Lead warmups or breakdown drills
- Monitor effort, communication and accountability

NON-NEGOTIABLES

- Represent Carson D.U.C.A.S, with **professionalism** on an off the court
- Be fully present: no phones or distractions during games/practices
- Disagree in private; support in p

GAME DAY CHECKLIST

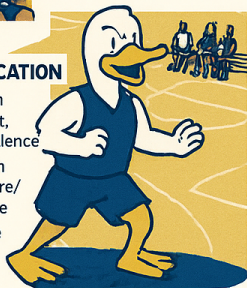
- ✓ Jerseys/Uniforms & Equipment Check
- ✓ Player Warm-up Oversight
- ✓ Track Bench Energy- & Morale
- ✓ Halftime Notes + Adjustments

SCRAPS HALL

- Sprint
- Contest
- Attack

CULTURE + COMMUNICATION

- Uphold team values, effort, respect, resilience
- Connect with players before/after practice
Help enforce standards without undermining



“Be the coach you needed as a player.”