

Charlotte Dream Elite Program Overview 2018-19 WINTER SEASON

Club Policies and procedures

Our club/academy will offer year-round skill and team training sessions for our players. We believe that development of advanced individual skills (dribbling, passing, shooting, rebounding, defense and all footwork that comes with that) is critical to both individual and team development. We are offering an environment where the players feel confident and are not afraid of making mistakes. We don't believe in management by fear. We believe in a positive, safe, fun, yet demanding learning environment.

We are looking to be the most organized girl's grassroots organization in the Charlotte area with high quality in everything we do on and off the court. With that in place we believe in individual and team success. We believe in the importance of preparation by running high quality training sessions and practices. We will not travel unnecessarily just to try to win championships. As long as we have good competition fairly close will we pick those options to keep cost down for the parents and to use the coaches, players and the families time wisely.

Practice location: North Charlotte Area (Mountain Island Fitness or fairly close)

Schedule: In the beginning of the season we will set the practice and game schedule for the entire season. All players will also be offered skill sessions in addition to 1-2 team practices each week (depending on season, see below for more details). Everyone will be able to plan family activities etc. We expect our players and parents to make basketball practices and games a priority. That also include planning school work and study ahead of time to be able to make every session.

Seasons: Our main season is Spring/Summer, around March 1st – July 31st depending on age. Fall season is September 4th – November 4th. We might need to hold new tryouts in August in case we need to add someone for the Fall. **Winter season is November 15th – February 15th.** During the winter our teams schedule varies a lot depending on age.

Tryouts: We will conduct multiple sessions to provide our coaching staff the best opportunity to evaluate every player. We also understand that players can have an "off day" so we will provide ample opportunities. A specific workout curriculum is used to assess skills, agility and small and full court game play.

College recruiting assistance: Each player who participates on one of our high school teams will receive recruiting advice. We will go through step by step (with players and parents) how to; write letters to coaches, conduct phone calls, prioritize questions to ask, schedule visits and put together and send film. Normally our 8th or 9th grade and older teams will participate in NCAA certified showcase events to get exposure in front of college coaches.

Grievance policy: All grievances need to wait at least 24 hours before reaching out to coach/team parent/director to set up a phone call or meeting. This allows time for everyone involved to calm down.

Insurance policy: All team members are required to have accidental/medical insurance that will cover them in the event of injury or illness.

Contact information: Director/ Head coach for the club: George Holm, 833-99-DREAM, info@charlottedreamelite.com

Team Policies and procedures

Team Coach: _____ Team parent: _____

General practice times, all teams have 1 team practice per week during fall/winter season (2 team practices per week during spring/summer), plus offered skill workouts) at _____, _____ and _____. For full schedule including tournaments and practices, please see separate season schedule (will be released at the latest 11/20/18).

TEAM MEMBER RESPONSIBILITIES -

1. Always be dressed and ready to practice five (5) minutes before the actual starting time
2. "If you cannot be on time, be early"
3. Do your very best to attend every practice, except for: family emergencies. You can always plan your school work. Study a little on weekends or whatever it takes. Even if you are unable to practice physically, you should still be there to observe.
4. If unable to attend practice, please give Coach a call/text or email at the latest 2h before practice starts so we can make changes to the plan.
5. Always listen to your coaches (not talking when the coaches are talking and hold the ball).
6. Try your hardest at all times (i.e.: give your best effort).
7. Proper practice attitude – be coachable, listen, concentrate, discipline yourself "to do the little things".
8. Basic goals for the season; Show improvement individually and as a team. Continue to learn the fundamentals of the game. Always play with a winning attitude and effort level. Have fun.
9. Our team is considered "a family" and each member should respect each other as people
 - we will not tolerate arrogance or selfishness
 - will not tolerate harassing or making fun of another player
 - will not and cannot have jealousy or individualism on this team, but in the same respect I do want you to be confident.
10. Dress Code etc - practice
 - a. When arriving and leaving practice, make sure that you are dressed appropriately (hat, socks, coat, etc,)
 - b. Wear practice gear every day (reversible) or bring a white and a dark t-shirt.
 - c. The gym must be clean and organized before we leave. If the mess is not yours, pick it up anyway.
 - d. Being part of any team is special. I will always put the team first, ahead of my own desires. Because I know that if the team is successful, I am successful. There is no "i" in team.

DURING THE GAME DISCIPLINE

1. Wear proper uniform and warm up clothing. Bring a drink and back up colors.
2. Never complain about officiating, never show disrespect to another team.
3. Never yell at teammates. Focus on the floor or bench, not in the stands
4. Bench conduct- full attention is on the game, not in the stands
5. Everyone's attention is in the huddle
6. It is understood that everyone wants in the game. You earn your playing time during practices.

8 Fundamental Keys – for every practice and game:

- **Catch and see** – get quicker...defense coming quick – go....defense coming slow – shoot
- **Talk** – a team is a family, must talk to function
- **Balance** – be down (when playing defense, setting screens, catching the ball etc)
- **Toughness** – shoulder to shoulder, box out etc
- **Details** – the small details make a big difference (possession of the ball, screens with correct angles etc)
- **Act** – fake, set up your player before receiving a screen. Before going backdoor etc.
- **Finish every play** – last part of a lay up needs to be the strongest part. Offensive rebounds etc
- **Always focus on the next little play** (next slide step, next time you receive the ball, positive)!

Our objectives at every practice:

- **Get better.**
- **100% effort and attitude.**
- **Have fun!**

FEE DETAILS – WINTER SEASON 2018:

Our fees include coach, gym space rental for 1 team practice and participation in 1 skill workout per week (offered on Wednesdays and Sundays, you pick the day), tournament fees (WINTER LEAGUE DURING 5 SATURDAYS see next page), admin, memberships to associations, club insurance and coach's travel for leagues/tournaments.

Grade 6 November 12th – February 3rd \$250 (includes 1 team practice and 1 skill workout/week plus league, see below)

Grade 7 November 14th – February 3rd \$150 (includes 1 skill workout/week plus league, see below)

Grade 8 November 14th – February 3rd \$150 (includes 1 skill workout/week plus league, see below)

Grade 9 November 14th – February 3rd \$75 (no league play, focus on high school ball)

All players are required to have (purchase if new) a **player package** including Nike back-pack, practice jersey and shooting shirt (warm up). They can be ordered through the club for \$90 total. Fan wear will also be offered.

Uniforms will be rented from the club. A \$120 fee will be invoiced if uniform is not returned at the end of the season. Game uniforms belong to the team/club after the season, not the individual. New teams will have to do a uniform fundraiser to cover uniform cost.

Eligibility paperwork: All players will be required to turn in a copy of their birth certificate and a copy of their most recent report card, to the team coach, before the first tournament. The coach/team parent will keep all players paperwork in a binder to be used as proof when needed.

Coaches certification: All our head coaches hold a USAB gold license which also includes background check.

Travel cost: Players/families are responsible for any additional cost of travel, including transportation, admission and housing. Players are often able to carpool to tournaments and split cost for hotel rooms etc, when needed.

Schedule winter 2018:

Winter league schedule at Carolina Courts Concord:

December 1st, 22nd, January 5th, 19th and 26th.

Team practice for Grades 6 will be on Monday nights at Mountain Island Fitness

Skill workout opportunities - all in grades 6-8 Wednesdays 6:30-7:30pm at MIF but main CDE workout day will be Sundays 2-3pm at Huntersville Elementary School for grades 6-9.

Parent code of conduct: I understand that I'm representing Charlotte Dream Elite (and Dream Big Basketball Academy), and I will always do my best to represent the organization and its values. I will let coaches coach and I will not coach my child from the sideline, during practices and games (mixed communication is confusing for players). I will not yell at the referees. I will be a proud member of the team family and speak positively about my child, her teammates, coaches, other parents and the club overall.

Contact information: Trainer/Mentor/Director: George Holm: 833-99-DREAM (will also be the coach for some teams).

By signing this Team Policies and Procedures Document, coaches, players and parents confirm that you have read everything and will/want to follow these team rules!

Team member (printed) _____

Team member's signature _____

Parent(s) or Guardian signature _____



Teams with talented players have an (obvious) advantage, but they are not *guaranteed* success.

Talent is not enough by itself to win a championship.

Basketball is a *team* game. Thus teamwork is an essential ingredient to success.

Players must put the team first.

A great player can win *any* game. A great team can win *every* game.

If you have talent, you need teamwork to maximize it.

If you are short on talent, you need teamwork to overachieve.

7 Pillars of Teamwork:

1. **Lead your teammates.** Coaches cannot be the only leaders on the team. Leadership must come from the players, on and off the court, at every practice and every game.
2. **Elevate your teammates:** If you aren't making your teammates better; you are making them worse. Players need to raise the level of their teammates through their enthusiasm, encouragement and through working hard by example.
3. **Respect your teammates:** You don't have to be BFF's with every teammate. But you do have to respect every teammate. The starting point guard needs to respect the last player on the bench (and vice versa). Respect them as a person; respect their role.
4. **Trust your teammates:** You have to trust that your teammates know, accept and embrace their role. You have to have full confidence that they will be in position on 'help defense' and trust they'll make the shot when you give them the extra pass.
5. **Discipline your teammates:** Players need to police each other on and off the court. Coaches can't be everywhere. Coaches can't see everything. Players need to 'fix' poor behavior internally.
6. **Back your teammates:** A team is a family. Would you let someone pick on your little brother at the park? I hope not. If your teammate ever gets in a bind, on or off the court, they need to know you have their back.
7. **Challenge your teammates:** Competition amongst teammates is invaluable. If you are the 'back-up' point guard, you should challenge for that starting position every single day. Not challenging your teammates during practice is selfish. Competition should bring out the best in everyone.

Source (7 pillars...) – Alan Stein, Stronger Team.

Dream Big. Work Hard. Stay Humble.®

