**PALS Basketball**

**Team Rules**

*Parents: These rules are in place in addition to the league rules. These are rules we put into place with each team we coach to make the season as successful as possible.*

*They help build good habits your child will need in the future to become a*

*great player & teammate!*

1. Shoes that are worn outdoors are not permitted on the court. *The player should change into their 'basketball shoes' when arriving to practice & games and change out of them when practice & games are over. This is a practice they should get in the habit of now for future years. You do not have to buy a new pair of shoes. If they have a pair of tennis shoes already, just clean off the bottoms of them. At this age, they will 'slip and slide' a lot as it is and clean 'basketball shoes' will help them keep good traction. Please let me know if you do not have a pair of shoes to use so we can come up with other options for your kiddo!*
2. Arrive 10 minutes before all practices. *This gives you time to change into your shoes, get your water ready, stretch, etc. We don't have a lot of time to practice between games & I like to take advantage of all of the practice time with ready players!*
3. Arrive 30 minutes before all games & sit together as a team. *We are SO PROUD of every team we coach when they do this. It gives them time to get ready for the game & sit together and watch the games before us. This shows unity as a team & they don't use all of their energy running around the gym before the game!*
4. Wear proper workout clothing. *You do not have to wear your game jersey to practice, but a t-shirt, shorts, socks and tennis shoes are required. No denim. Please make sure if your hair is long that it is pulled back out of your face for practice & games. No jewelry. I want everyone to feel comfortable & ready to play some BALL!*
5. Hold the ball & listen when your coach is talking. *Again, we have a very limited amount of time to teach you as much as we can! If we stop in the middle of a drill to teach something, please hold your ball (no dribbling) and listen to the coach.*
6. Bring water. *Please bring a bottle of water to each practice & game. No sharing of water, please.*
7. Keep siblings & others off of the court. *This can be extremely distracting, especially when our players are so young. When other people are playing in another part of the court we are not using, you can guarantee the players will be watching them instead of learning important skills! We encourage all family members to watch their child practice, but please do not disrupt it.*
8. Please address any issues privately with the coaches AFTER practice/games. *We understand you may not agree with everything we do. Please feel free to speak with us after practice or games privately. Feel free to call, email or text us any time as well.*
9. You need to bring a ball. *We only have enough to lead practice. Every child needs their own ball to practice drills and develop skills at home.*
10. Call if you will not be able to make a practice or game. *Please call, text or email us if your child will not be able to make any practice or game. Also, please let us know beforehand if your child will be coming or leaving with someone other than you. I am a parent too, and I don't want to worry!*

**Please contact me at any time if you have any questions or concerns.**

**Coach Number** [**Email**](mailto:dtmeroney@yahoo.com)

We have these rules in place so your child can have the best season possible.

They are going to learn SO MUCH!

We can't wait for you to see the progress in them at the end of the season!

**GO PONDER LIONS!**