



Dubuque Dream Center  
**DUBUQUE INTENSITY**  
Traveling Basketball Program



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Intensity Dream Traveling Basketball Program

**Program Polices Procedures & General Information:**

**Club Objectives:**

1. To develop individual and team fundamental skills. 2. Provide quality-coaching instruction and 3. Influence character development. 4. Provide fun experience and memories. 5. Enhance academic achievement

Respect - Responsibility - Positive Attitude - Teamwork

**Club Philosophy:**

Intensity basketball believes in the promotion of more than just basketball. The club instills responsibility, respect, caring and honesty for their team, their club, the coaches and parents. We recognize that each player is at a different skill level and developmental stage. Therefore we make an effort to place each player in an environment that creates a feeling of self-worth, self-confidence and achievement.

Emphasis is placed on sportsmanship, teamwork and hard work with winning as a result not the focus.

PLAY Hard

PLAY Smart

PLAY Together

HAVE Fun!

**General Information:**

- A. Referral from school administrator, teacher, or community organization
- B. Parents/guardian must register each participant
- C. Meeting with parent or guardian to review program policies.
- D. Must attend after school tutoring and mentoring program
- E. Must abide by school and DDC program values
- F. Must be present in school in order to attend practice or games. No school no practice or games! Exceptions should be approved by coaches.
- G. Any player suspended from school cannot participate in Intensity practices, games, or activities. This includes encounters in community outside of school or with law enforcement or authorities.

**Program Placement:**

Program Placement is the Intensity Dream System used to evaluate players and place them on a Team

- Coaches will evaluate players throughout the program
- Our goal is to place players on a team with other players of similar ages & abilities, in order to ensure a comfortable playing experience.
- Players will be evaluated at their grade level
- If numbers permit, 2 or more teams can be developed at each grade level

**Selection of Intensity Traveling Teams:**

The number of Traveling and League teams selected will be determined based on the following factors:

- Number of registered participants
- Qualified Coaches
- Gym availability
- Financial resources
- Skill level of participants, which are determined by the Intensity evaluators during practices throughout the year.

The numbers of players on each team are:

- 7 – 10 players
- Exceptions are determined by evaluation of each team and situation

**Player Placement**

- If an opening becomes available or a team has an opening on their roster, players may still be added with the following criteria:
  - Coach must notify Intensity Coordinator
  - Player information presented to Intensity Coordinator
  - Approval given by Intensity Coordinator and/or Executive Director

Season, the 2014-15 Intensity Dream Traveling Basketball Program will support 4-5 teams from grades 3-8 with the expectation that resources such as enough committed players, qualified coaches, & gym space is available.

Players who are placed on a Team are asked to make a one-year commitment to that team.

**Coaches:**

Coaches will be selected using the following guidelines:

- Individuals who have a good understanding of the game of basketball, including the rules and fundamentals
- Individuals who have the ability to teach individual and team basketball fundamentals
- Individuals who look to motivate and encourage their players continually, during both practices and games.
- Individuals who have the willingness to have open communication with both players and parents
- Individuals who are willing to instill the club philosophy to their team
- Individuals who attend the Annual Intensity Coaches Clinic
- Must make a one year commitment
- Background checks will be done by DDC for all coaches and volunteers

**Financial Responsibilities:**

- A. Program Registration –Players will be asked to assist in securing sponsorships to support annual season fees.
- B. Fundraising – All Intensity players are required to participate in all fundraising activities.
- C. Uniform – players are financially responsible for the loss, damage, repair and/or replacement of uniforms or warm-ups.

## Conduct & Behavior

- A. Each player must always be aware of their official representation of the Dubuque Dream Center Intensity Basketball program, staff and members. All players must conduct themselves in a manner that reflects the best possible image for the organization. At all times, individuals should exhibit high standards of behavior, positive attitudes, good taste and high moral character. Any disrespect to your coach is grounds for dismissal under coach discretion.
- B. Negative or bad attitudes will not be tolerated
- C. NO profane language, using drugs or alcohol, using obscene gestures, or any other action deemed inappropriate by the Coach.
- D. The Coach is responsible for the discipline of the team. A player may be suspended or dismissed from the team if it is determined to be in the best interest of the Dubuque Dream Center, the coach, and/or the team.
- E. Players who quit or are removed from the team for non-compliance to any rules may be ineligible for games or future participation in the program. School suspension or academic troubles can result in disciplinary action.
- F. As highly visible members of the Dubuque Dream Center player's actions are under constant observation. Absolutely while in uniform, but also while not in uniform, players are known, and subject to scrutiny for inappropriate behaviors. Intensity Players should use good judgment at all times.
- G. Players shall not consume drugs, alcoholic beverages, or any illegal substances. Players who violate this rule will receive disciplinary action.
- H. In general D.D.C. programs will incorporate 3-strike system when applying consequences. D.D.C. volunteers and staff should use judgment however and can apply consequences prior to the 3-strike system. D.D.C. will utilize "R & R" (Respect Reminders) and D.D.C. Dollars for consequences and rewards. Strikes should be recorded on kitchen board. General consequences include:
  - 1. Staff and player counsel
  - 2. R & R's
  - 3. Reduction of activity participation (this includes practice, or game playing time)
  - 4. Non-participation in field-trips
  - 5. Parent Contact
  - 6. Parent Meeting
  - 7. Program suspension

## **The Season:**

### Practice Policies

- A. ALL PRACTICES ARE MANDATORY! You must contact the coach directly if there is an emergency, which causes a player to miss. Players are expected to attend all practices and tournament games unless excused by Head Coach
- B. Practices can be scheduled Monday-Saturday. If additional practices are needed, days or times are changed; parents & players will be notified in advance. Practices are scheduled according to gym availability, coaches schedule, and team dynamics. Practices will be scheduled following registration.
- C. Practices will begin in September. Each Team will practice a minimum of 2 times per week for the duration of the season.
- D. Practices will take place at the Dubuque Dream Center and other locations. Please read your practice schedule in advance and carefully.
- E. All players and parents will receive monthly calendars.
- F. No gum or candy will be allowed during practices. Water may be brought in closeable containers
- G. Practice Attire: Loose fitting athletic clothing. Players must be completely dressed and ready to go, before they enter gym area. Players should have shoes tied, hair up, etc. None basketball shoes, bare feet, sandals are not allowed.
- H. No cell phones/calls will be tolerated during practices.

### League & Tournament Policies

*Teams* will compete in 3-12 tournaments during the 2014-2015 season including the DYSA and Boys & Girls Club league. The season goes from October through March.

- A. Attendance is mandatory.
- B. Players must be completely dressed and ready to go 30 minutes before a league game and 45 minutes before a Tournament game.
- C. Hair must be up and off the face at all times.
- D. Uniforms and shoes must be clean.
- E. Fingernails must be trimmed.
- F. Coach will evaluate player appearance.
- G. Players must stay with teammates during the Tournaments & League games at all times. This includes food trips, store runs, etc. Parents are not allowed to plan for players to go *anywhere* apart from the team. (Exceptions at Coaches discretion)
- H. At least one coach or Parent Assistant is to supervise players at all times.
- I. Player should inform coach of trips to concession, bathroom, etc. and must go with another player.
- J. No alcoholic beverages, cigarettes, drugs, etc. are allowed in the presence of players.
- K. During Tournament weekends, players must abide by curfew set by Coaches discretion.

### **Player Attendance Policy.**

\*Coaches are to be notified in advance of any absences or if player is to be late  
No Call - No Show could result in disciplinary action.

#### **Unexcused absences can include:**

- Coach not notified in a timely manner
- Absences not approved in advance by the coach
- Absences due to conflicts with other sports or non-school/church related activities.

#### **Excused absences can include:**

- Absence due to injury or illness of player.
  - Absences due to serious illness or death of family member.
  - Absences due to church related activities.
  - Absences due to scheduled school sports.
  - Absences due to special school assignments.
- \*Players should NOT be consequence for EXCUSED absences at team practices, games, and team functions.

#### ***Consequences of unexcused absences:***

*(NOTE: Excessive tardiness will also result in the following)*

*A player is considered late if the player is not dressed out on the court by the scheduled practice time*

**Missing 1 practice** – Verbal warning from the coach.

**Missing 2 practices** – Player does not play in the first 10 minutes or 1<sup>st</sup> quarter of each game of the tournament to follow.

**Missing 3 practices** –Player does not play in the following tournament, but is required to attend the tournament.

**Missing 4 or more practices** – Consideration is made for further action. The D.D.C. coaches staff will make final decision.

**Missing 1 Tournament** – Player does not play in the first half of each of the next three scheduled games.

**Missing 2 Tournaments** – Player does not play in the following tournament, but is required to attend the tournament.

**Missing 3 or more Tournaments** – Consideration is made for further action. The D.D.C. coaches staff will make final decision.

Our goal is for players to be dedicated to their team and their teammates. We understand that there can be instances where a player has to miss a practice or a game. We also want the player to be responsible and notify their coaches of an upcoming situation in a timely manner so the coach can make the necessary adjustments.

### **Player Guidelines**

60/40 playing time for the season. Playing time may vary from game to game. Playing time will be determined by the following factors:

- Respectful/good attitude towards the coach & players
- Commitment to the team
- Work ethic each practice
- Game situations
- Skill level

All players will play in every game unless; 1) the player is being penalized for unexcused absences, 2) if the coach deems the player injured and not physically able to participate, or 3) because of a disciplinary action. Disciplinary actions must be communicated to the parents and appropriate Travel Basketball Director.

### **Chain of Command/Emergency Plan**

Doctor

Trainer/Program Director/School Site Staff

Parent

Emergency Plan

- Call 911
- Contact Parent
- Ice, First Aid, etc.

### **Liability:**

- Guy/girl
- Communication
- Physicals
- Transportation liability
- Have basic medical records of player: asthma, allergies, allergic reactions, or medication for any problems
- Prevention
  - Proper attire (shoes, no loose clothing, earrings, etc.)
  - Proper warm-ups
  - Weather
  - Safe surroundings



## **Health & Nutrition**

Basketball Players must be excellent athletes. Stretching before practices, games, etc. is mandatory. Players must demonstrate the coordination, athleticism, and flexibility, which is necessary in basketball.

An injury must be reported to the coach immediately. The coach must approve an absence from practice, game, etc. due to a player attending an appointment with a personal physician, in advance. If an injury or illness incapacitates a player, they will not be permitted to practice or play for a period of time as determined by their physician and the coach.

Good nutritional habits are encouraged throughout the season. Coaches should provide encouragement and guidance.

## **Conflict Resolution:**

Parents – Please respect the coaches for their decisions. A coach's' decision is not questionable. Please don't coach your child from the sideline during the game. If you have an issue, speak to the coach at an appropriate time.

Player issues are to be directed to the head coach of a team. They are to be resolved at a non-game situation (i.e. before or after practice if coach approves, separate scheduled meeting, etc). Players are encouraged to speak with the coach themselves, then, if necessary, the parents should contact the coach. If resolution cannot be attained in this manner, a meeting with all necessary parties may be called if deemed necessary.

Remember: Coaches and parents are facilitators in making this a productive and enjoyable experience. All of the above Procedures, Policies, and guidelines are subject to revisions or changes.

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