



2019-2020

Clearbrook-Gonvick Bears Basketball

Kindergarten, 1st, 2nd & 3rd Grades

How Can You Promote Winning Ways With Children?

We all want to motivate and encourage children. Yet, despite our good intentions, what we do and say may have the opposite effect. There are many opportunities to encourage children.

A few tips:

- ❖ Accept and respect each child's uniqueness.
- ❖ Seek out and encourage each child's strengths. Encourage them to build on their strengths but also to work on weaknesses.
- ❖ Keep expectations realistic and age appropriate. Children develop at their own pace. We cannot hurry development, only nurture it. Be aware of the child's physical and mental readiness to advance.
- ❖ Allow children to try to do things on their own. Communicate the message, "You are capable; go ahead and try!"
- ❖ Accept mistakes. Let a child know that it's ok to make mistakes as they learn.

Things to avoid:

- Comparing children to each other
- Unrealistic expectations
- Negative feedback: sarcasm, criticism, nit picking
- Forcing children to perform
- Jumping in to "rescue" a child



Why Do You Pay For Sports???

One of my friends asked "Why do you pay so much money for your kids to do all their sports"? Well I have a confession to make; I don't pay for my kids to do sports. Personally, I couldn't care less about what sport they do.

So, if I am not paying for sports what am I paying for?

- I pay for those moments when my kids become so tired they want to quit but don't.
 - I pay for those days when my kids come home from school and are "too tired" to go to their training but they go anyway.
 - I pay for my kids to learn to be disciplined, focused and dedicated.
 - I pay for my kids to learn to take care of their body and equipment.
 - I pay for my kids to learn to work with others and to be good team mates, gracious in defeat and humble in success.
 - I pay for my kids to learn to deal with disappointment, when they don't get that placing or title they'd hoped for, but still they go back week after week giving it their best shot.
 - I pay for my kids to learn to make and accomplish goals.
 - I pay for my kids to respect, not only themselves, but other athletes, officials and coaches.
 - I pay for my kids to learn that it takes hours and hours, years and years of hard work and practice to create a champion and that success does not happen overnight.
 - I pay for my kids to be proud of small achievements, and to work towards long term goals.
 - I pay for the opportunity my kids have and will have to make life-long friendships, create lifelong memories, to be as proud of their achievements as I am.
 - I pay so that my kids can be out on the field or in the gym instead of in front of a screen...
- ...I could go on but, to be short, I don't pay for sports; I pay for the opportunities that sports provides my kids with to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far I think it is a great investment!

Kindergarten, 1st, 2nd & 3rd grade students and parents:

January 15, 2020

Saturday Basketball for Kindergarten, 1st, 2nd & 3rd grade starts soon! I know you are eager to begin. February 1 will be your first practice but before that we need to take care of registration.

I want to emphasize that this Saturday program is different than the Wednesday after school program we are doing right now. They are two separate programs!

I am pleased that Dylan Goudge, Paul Gustafson, Dudley Wishard, Ole Engebretson will coordinate the program. They will be in charge of all practices and will work with all coaches. This will lead to more consistency in what is taught and emphasized.

Please read the enclosed information about registration, schedules, etc.

Clearbrook-Gonvick Community Education
Elementary Basketball Program Philosophy & General Information

1. All players that attend practice regularly will participate fully in practice and performances
2. Players will primarily be taught and practice ball handling, passing and defensive skills and rules of the game.
3. Players will play/perform at half times of A & B home basketball games. You will learn a basketball skills routine for these halftime performances.
4. The participant fee is \$15.00. This includes a t-shirt which is yours to keep.
5. Please **register by Monday, January 27** so we have time to make the t-shirts.

We will try to keep the school web site updated with Elementary Basketball information also. Go to: <http://www.clearbrook-gonvick.k12.mn.us> and look under the Community Ed link.

Community Education also has a Facebook page which is updated regularly. Please "Like" us on FB so you can get updates that way. This page is different from the school page. Look for the Community Education page when you search.

I have an email list that is used to send out Community Education information. If you wish to be on this list, please put your email address on the registration form. I will not use it to send junk mail!

ADDITIONAL GAMES AND PRACTICE: We support parents' rights to provide additional practice and games for their children (Pacesetter, etc.). We do ask however that any groups or parents that choose to do this make sure that all players and parents understand that these practices and games are completely separate and unrelated to the Community Education program. In addition, we feel it is very important for these groups to clearly define how they will conduct their program. Hopefully, with good communication in all programs, everyone will have the success they are looking for and our youngsters can benefit from any program/s in which they choose to participate!

We look forward to an enjoyable basketball season!

Sincerely,

Dylan Goudge, Paul Gustafson, Dudley Wishard, Ole Engebretson, Coordinators
Tiffany Kroulik, subbing for Judy, 478-4599
Judy Engebretson, Community Education Coordinator (776-3112, ext 102)

CLEARBROOK-GONVICK ELEMENTARY BASKETBALL

EXPECTATIONS & RULES

Bears basketball has a tradition of having competitive, well-mannered ball players who exhibit sportsmanship while they play hard and strive to do their best at all times. We expect everyone to continue this tradition. We list our general rules and expectations so you know what we expect. Participants & parents or guardians should read, sign and date the attached form (on the back side of the registration form) and return it at registration.

1. Practice hard, give full effort at all times, enjoy what you do.
2. Support all your teammates. Cheer them on when they do well & encourage them when they make a mistake. All players are important to the team.
3. BE A SPORT! Sportsmanship is important, win or lose. Congratulate the winner, accept congratulations humbly. Be proud of your accomplishments, but don't put down those you are fortunate enough to defeat. Winning is great but the most important thing is the effort you give.
4. Wear your t-shirt to all practices, & performances. Wear black or dark shorts if you have them.
5. Show respect to everyone, including yourself! Show respect to coaches and officials as well as all players. Be on your best behavior; you represent yourself, your team, your family and our communities.
6. Follow halftime behavior and expectations.
7. Follow any additional rules your coach may have.
8. Wear only your basketball shoes on the gym floor. NO STREET SHOES.
9. HAVE FUN!

CONSEQUENCES for broken rules may be one or more of the following:

1. Talk with your coach.
2. Benched for part of or entire event.
3. Talk with coach and parent/guardian.
4. Removal from team for an extended period of time.

UNIFORMS:

A t-shirt will be provided as part of your registration. Please wear it for all your basketball practices and performances. You may keep the t-shirt when you are done with basketball.

CLEARBROOK-GONVICK COMMUNITY EDUCATION
2019-2020 ELEMENTARY BASKETBALL SCHEDULE
Kindergarten, 1st, 2nd & 3rd grades

SCHEDULE:

Saturday, February 1: K-3 from 9:00-10:15

Saturday, February 8: K-3 from 9:00-10:15

Saturday, February 15: K-3 from 9:00-10:15

Saturday, February 22: K-3 from 9:00-10:15

Saturday, February 29: K-3 from 9:00-10:15: Last practice!!

PLEASE NOTE: Traditionally we have been able to have a game day for the 2nd and 3rd graders with several other schools. We are still working on something for this year.

HALFTIME SCHEDULE: Play at both halftimes on your night.

Kindergarten, 1st, 2nd & 3rd grade **girls**: Thursday, February 13, **BE HERE BY 6:15**

Kindergarten, 1st, 2nd & 3rd grade **boys**: Thursday, February 20, **BE HERE BY 6:15**

HALFTIME PERFORMANCES--EXPECTATIONS FOR BEHAVIOR:

The Clearbrook-Gonvick Schools are making a very strong emphasis on safety of all athletes and fans at games. Principal, Mr. Dugstad, Athletic Director, Mr. Christianson and the rest of the staff are asking that all students remain seated during games.

It is a privilege for Elementary Basketball participants to participate at halftime of the B and A games. Therefore, the following will be expected of all halftime participants.

Halftime participants (players & coaches) will get in free. Please sit with parents or guardians except during the following times:

1. With 3 minutes remaining in the 1st half of the B game, meet your coach in the southeast corner of the gym (closest to the concessions). Remain with your coach until halftime when you will perform. Your coach will dismiss you to go back to your parents/guardians. **NO ONE IS ALLOWED IN THE SMALL GYM UNLESS YOUR COACH TAKES YOU THERE!!**

2. With 3 minutes remaining in the 1st half of the A game, meet your coach in the southwest corner of the gym (closest to the concessions). Remain with your coach until halftime. After you perform your coach will dismiss you to go back to your parents/guardians. **NO ONE IS ALLOWED IN THE SMALL GYM UNLESS YOUR COACH TAKES YOU THERE!!**

We want to emphasize that the coaches are not responsible for students except during the above times. Students should sit with parents at all other times. We expect that all students will follow these rules and remain seated during games. If you choose not to follow these rules you will not be allowed to play that night, or if it occurs after halftime, you will not be able to participate in the next event. **PLEASE SHOW YOUR RESPECT FOR PLAYERS AND OTHER FANS BY REMAINING SEATED DURING ALL GAMES YOU ATTEND.**

2019-2020 CLEARBROOK-GONVICK ELEMENTARY BASKETBALL REGISTRATION

Kindergarten, 1st, 2nd, 3rd grades

PARENT/GUARDIAN NAME/S _____

MAILING ADDRESS _____

CITY _____ STATE ____ ZIP _____ EMAIL _____
Email will be used to send information about Community Education programs.

HOME PHONE _____ CELL/S _____

CHILDS' MEDICAL INFORMATION WE SHOULD KNOW: _____

IN CASE OF EMERGENCY, if we cannot reach a parent/guardian, WHO MAY WE CONTACT:

NAME _____ PHONE _____

I give permission for my child, named on the registration form, to participate in the Clearbrook-Gonvick Elementary Basketball program. Please check one of the following statements:

_____ I certify that my child is adequately covered by personal insurance.

_____ I certify that I do not carry insurance but will allow my child to participate, and assume all legal responsibility for all injuries and liability.

_____ DATE _____

**** PARENT/GUARDIAN SIGNATURE (Required for registration) ****

Return registration to school office by Monday, January 27.

BASKETBALL REGISTRATION (K, 1st, 2nd, 3rd grade)

Fee is \$15.00/participant (T-shirt is included in the registration fee.)

Write CHECKS to CLEARBROOK-GONVICK COMMUNITY EDUCATION.

Children must register and pay the registration fee before they may participate.

CHILD'S NAME _____ GRADE/Teacher _____

CHECK _____ CASH _____ AMOUNT PAID _____

T-SHIRT SIZE: Included in the cost of registration.

Circle size: Youth X-Small (4-6) Youth Small (6-8) Youth Medium (10-12)
Youth Large (14-16) Youth X-Large (16-18)
Adult Small, Adult Medium, Adult Large, Adult X-Large, Adult 2X-Large

*** Players will receive their shirts on the first day of practice.

****PLAYERS & PARENTS NEED TO SIGN THE PLEDGE ON THE REVERSE SIDE**

PLAYERS PLEDGE

As an athlete, you have the opportunity to learn new skills, be part of a team, make new friends, gain experience, and have fun. The most valuable skill you can learn will be a positive attitude. Win or lose, if you can honestly say after each practice and game "I have done my best", then you will have succeeded.

I hereby pledge to be positive about my youth sports experiences and accept responsibility for my participation by following this Players' Code of Ethics pledge:

- I will be a good sport, and encourage and support my teammates.
- I will attend every game and practice that I can.
- I will expect to receive a fair amount of playing time.
- I will do my best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect, and I will expect to be treated the same.
- I deserve to play in an environment that is free from drugs, tobacco and alcohol and expect adults to refrain from their use at all youth sports events.
- I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.
- I will follow all the rules/expectations for Community Education basketball.

Player Signature _____ Date _____

PARENTS PLEDGE

I hereby pledge to provide positive support, care and encouragement for my child and all others participating in Youth Sports by following this Parents Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at games and practices.
- I will place the emotional and physical well-being of my child and all children participating ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches working with my child in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth – not adults.
- I will do my very best to make youth sports fun for my child.
- I will treat other players, coaches, fans and officials with respect.
- I will insist that my child treat other players, coaches, fans and officials with respect.
- I will remember that the priority is that all players receive playing time and winning is secondary.

Parent/Guardian Signature/s Date _____