

# ***Foothill-SLAM NJB***

***Sunnyvale - Los Altos - Los Altos Hills - Mountain View***

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## **Rookie Program (Grades 1 & 2)**

### ***Parent/Player Information***

Last updated November 11, 2009

#### **Overview**

The emphasis of the program will be having fun while learning basketball skills in a positive environment. Two divisions (higher and lower level) of equally matched teams will be formed from the evaluation process of the co-ed players registered. Games will be played on both Saturdays and Sundays. Players have the opportunity to attend both the Saturday morning and Sunday evening sessions each weekend. The league understands that players may miss some sessions.

**Format:** Practice 45 minutes, 10 minute 2 on 1 game, 40 minute 5 on 5 game.

**When:** Games played both Saturday and Sunday.

**Where:** All games played at Kings Academy. Please be aware that we are guests of Kings Academy. Gym conflicts may disrupt our schedule.

**Teams:** New for this years Rookie league, we will have two divisions (an upper and lower). This will require two time slots for the league so players will be attending at two different times. We understand that kids prefer to have their friends on their team. However, for team formation reasons, we cannot guarantee that your child plays with all of his/her friends. It is our hope that the league fosters new friendships and furthers the development of the youth in the Foothill-SLAM NJB community.

The cost of uniforms continues to rise. Our uniforms are well made and can last for years. We know the kids enjoy wearing them during the off-season. If your child is returning to the program, please indicate if he has a uniform that fits or exchange it for one that does. If you have old uniforms please turn them in. Help keep the league from further cost increases.

#### **Who & Where**

The sessions will be run by City Hoops staff that has been running similar leagues for over five years in the Saratoga and Palo Alto areas. Volunteer parent coaches (no experience required, just follow the City Hoops leader) of the players who are signed up are needed to assist the teams during practices. Two to three coaches per team are beneficial to allow for coaching felicity. Volunteer coaches help players to get ready for their playing time during games. The format for each session will include a 45 minute practice of fundamental skills, a 10 minute transition game, and a 35 minute 5 on 5 game with 4 to 5 minute periods.

The fundamental skills that will be taught include athletic stance, pivots, passing, lay-ups, shooting, ball-handling and a brief introduction to basic defensive principles. The players will practice together led by the City Hoops staff members. Referees and volunteer coaches will assist the players during the skill sessions. All sessions will be held at King's Academy in Sunnyvale in their main gym.

### Structure of Games

The games will not be scored. The players will play with a 27.5 inch ball and shoot on 8 ½ ft. baskets. Referees will be employed during the games. The referees will not call traveling or double dribble in the first 3 weekends of play in- order to promote flow and positive experiences for the players. The remaining sessions, the players who commit these infractions will be asked to take the ball out of bounds to continue play. Fouls on players who are in the act of shooting will result in one foul shot. Both games will have running clocks for 4 to 5 minute quarters. Zone defense is not allowed. No back court pressure is allowed as well.

### Schedule

**TKA means King's Academy in Sunnyvale**

<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Place</b>
11/15	Player Skills/Evaluations	5:00 to 6:30 p.m.	Blach Middle, Small Gym TKA
11/22	Player Skills/Evaluations	5:00 to 6:30 p.m.	TKA
11/22	Div 4 Team Formation	6:30 to 7:30 p.m.	
<b>12/5</b>	<b>Basketball tournament No Div 4 games</b>	None	
12/6	Picture Day	Morning / before games	Grant Park
12/6	Games	4:00 to 5:15 p.m. or 5:15 p.m. to 6:30 p.m.	TKA
12/12	Games	9:30 to 11:00 a.m. or 11:00 to 12:30 pm	TKA
12/13	Games	4:00 to 5:15 p.m. or 5:15 p.m. to 6:30 p.m.	TKA
12/19	Games	9:30 to 11:00 a.m. or 11:00 to 12:30 pm	TKA
12/20	Games	4:00 to 5:15 p.m. or 5:15 p.m. to 6:30 p.m.	TKA
12/21	<i>Holiday Break (12/ 21/09 to 01/01/10)</i>		TKA
1/2	Games	9:30 to 11:00 a.m. or 11:00 to 12:30 pm	TKA
1/3	Games	4:00 to 5:15 p.m. or 5:15 p.m. to 6:30 p.m.	TKA
1/9	Games	9:30 to 11:00 a.m. or 11:00 to 12:30 pm	TKA
1/10	Games	4:00 to 5:15 p.m. or 5:15 p.m. to 6:30 p.m.	TKA
1/16	Games	9:30 to 11:00 a.m. or 11:00 to 12:30 pm	TKA

1/17	Games	4:00 to 5:15 p.m. or 5:15 p.m. to 6:30 p.m	TKA
1/23	Games	9:30 to 11:00 a.m. or 11:00 to 12:30 pm	TKA
1/24	Games	4:00 to 5:15 p.m. or 5:15 p.m. to 6:30 p.m	TKA
1/30	Games	9:30 to 11:00 a.m. or 11:00 to 12:30 pm	TKA
1/31	Games	4:00 to 5:15 p.m. or 5:15 p.m. to 6:30 p.m	TKA
2/06	Games	9:30 to 11:00 a.m. or 11:00 to 12:30 pm	TKA
<b>2/06</b>	<b>Year End Pizza Party</b>	<b>After games</b>	TKA