



Prince George Minor Basketball Association Coaches Information 2019-2020



Thank you for volunteering as a coach this season!

- ❖ **Season: November 2nd, 2019 – February 23th, 2020**
- ❖ **Schedule:**

Division	Day/Time	Location
K – Grade 1	Mondays 6:00 – 7:00	Pinewood Elementary
Grade 2 & 3 girls	Saturdays 9:30 – 10:30	Spruceland Elementary
Grade 2 & 3 boys	Saturdays 10:30 – 11:30 or 11:30 – 12:30	Spruceland Elementary
Grade 4 & 5 girls	Saturdays 12:30 – 2:00 <i>Tuesdays 6:00 – 7:00 or 7:00 – 8:00</i>	Spruceland Elementary <i>Spruceland Elementary</i>
Grade 4 & 5 boys	Saturdays 9:30 – 11:00 or 11:00 – 12:30 <i>Mondays 6:00 – 7:00 or 7:00 – 8:00</i>	Ecole Lac des Bois <i>Spruceland Elementary</i>
Grade 6-8 girls	Sundays 9:30 – 11:00 <i>Wednesdays 5:45 - 6:45 or 6:45 - 7:45</i>	Duchess Park Secondary <i>Ecole Lac des Bois</i>
Grade 6-8 boys	Sundays 11:00 – 12:30 <i>Thursdays 5:45 – 6:45 or 6:45 – 7:45</i>	Duchess Park Secondary <i>Ecole Lac des Bois or Heather Park</i>

At the Gym

- As a PGMBA coach you are responsible for the children assigned to your team and for the facilities we use. Ensure that all players on your team have been picked up before you leave the facility. The gymnasiums are available to us at cost and proper care must be taken by all of us to ensure continued facility use.
- The Grade 2-3 divisions Saturday sessions will be divided between practice and mini game play.
- The Grade 4-5 divisions will have a 45 min practice and 45 min game on Saturdays and a practice with 3 on 3 games on the weeknight (suggestion: 30 minute practice, 30 minute 3 on 3 games).
- The Grade 6-8 divisions will have a 30 min warm up and 60 min game on the weekend and a practice with 3 on 3 games on the weeknight.
- Equal playing time for all players in all divisions (3-5 minute shifts). No score is kept in the grade 2-3 division. Scorekeeping rules for the 4-5 and 6-8 divisions are provided in your coaching package and are available on the website. Team standings and individual statistics are not kept in the league.
- In the grade 2-5 divisions coaches of both teams are expected to referee the game and provide a degree of instruction while refereeing (i.e., “freeze”, “rewind”, and be another passer). In the grade 6-8 division, referees will officiate the games (junior officials under supervision of a senior official). Please remember the Junior Refs are in training so please be patient and supportive!!
- Players need to wear their PGMBA jersey and bring their ball to every practice/game which are theirs to keep at the end of the season.
- Please ensure that all participants wear appropriate footwear. Players must wear running shoes with non-marking soles. No street shoes please! Encourage removal of outdoor footwear outside the gym by both players and parents. The school custodians typically put up signs in the entranceway directing parents and players to remove their outdoor footwear.

- Keep all players in the gym except to use the bathroom/water fountain. Players (and siblings/friends) should not be in the hallways and classrooms of the school. PGMBA bookings are for gym use only, not school use.
- Players must sit together on the team's bench during games with spectators on the other side.

Facility Information

- At School District 57 public schools, access to the schools will be by a School District 57 custodian who will open the door 10 minutes prior to the start and secure the school after we leave. Please leave the school immediately after your practice/game.
- If the School is locked 10 minutes prior to the start of your practice, call:
 - **Bonnie at 250-640-0768 or Kelly at 250-565-4846** and explain that you are with PG Minor Basketball and are scheduled to be in the gym.
- First Aid Kits and bandaids are available at the facilities (in the ball bag, or find the custodian if needed), use snow in a bag for ice if necessary.

Equipment – basketballs and discs

- This year each player will be provided with a basketball to bring to every practice and game that is theirs to keep at the end of the season. Please encourage parents to label their child's ball. Each team will also be provided with a bag containing a few extra basketballs and discs/cones. Do not use the school's balls or equipment.
- Please ensure players do not sit on or kick the balls.
- Please ensure that all basketballs and discs are tucked away in a bag or behind the benches during the game to prevent injury and loss. No basketballs in the foyers/hallways.

UNBC Coaches and Players at practices

- UNBC Coaches and Players will run a few practices in each of the divisions again this season. You will receive a schedule with the dates and times that the coaches and/or players will be at your practice.

UNBC Timberwolves games and playing at halftime

- PGMBA teams in the grade 2-3 and 4-5 divisions are invited to play at halftime of UNBC Timberwolves home games. You will receive a schedule for the game that your team is scheduled to play.
- Information for parents about playing at halftime can be found on the website on the Parents page.
- Players receive free admission to all UNBC Timberwolves home games when they wear their PGMBA jersey. If they are playing at halftime, a family member is also admitted free to that game.

General Information for Coaches

- You are the main point of contact for the parents/players on your team. A parent meeting/team meeting is a good idea at the start of the season to introduce yourself and encourage the parents to communicate with you throughout the season as needed. Please provide your email or phone number in case a parent needs to reach you about their child's attendance. If any serious issue arises involving a child or parent that you are not comfortable dealing with, please contact a member of the PGMBA Executive (or pgminorbasketball@gmail.com or call the Coaches line (250-552-7472)).
- Please contact pgminorbasketball@gmail.com if your contact information changes. Throughout the season you will receive any important information and updates via email. Sometimes gym bookings are cancelled or changed with minimal notice and we need to be able to reach you.

- Coaches are responsible to ensure that they have a substitute coach if they will be away. Contact pgminorbasketball@gmail.com if you cannot find someone.
- Police Information Checks must be completed by PGMBA Coaches every two years.
- Picture days will be on December 8 & 9. You will receive a picture day schedule to hand out to players two weeks before picture day.
- Coaches have no PGMBA mandated role or contact with players outside of the scheduled game/practices held each weekend as determined by the league.
- Behavior of players is of critical importance – please “time-out” players if necessary and explain why (let PGMBA know if there is a consistent problem or if you need help)
- Please encourage your parents to visit the website. On the “Parents” page they will find the Steve Nash Youth Basketball Parents Guide and information about playing at halftime of UNBC games.
- Old jerseys- if you/players have old jerseys please give them to an Executive Member and we donate them to an afterschool program
- Coaching resources – visit the website: www.pgminorbasketball.com – Coaching Info and Coaching Ideas pages
- PGMBA practices:
 - Grade 2-3 Divisions have group practices and can play mini games
 - Grade 4-5 Divisions Saturdays: practice 45 minutes, 4 on 4 game 45 minutes. Weeknight: one hour practice that can include 3 on 3 mini games.
 - Grade 6-8 Divisions Sundays: practice/warm up 30 min then 5 on 5 game. Weeknight: one hour practice with 3 on 3 mini games.
 - Pick up at centre line (no full court in Gr. 2-5 Divisions and only after Christmas in Gr. 6-8 Division)
 - Use “freeze” and “rewind” for traveling, double dribble at the start of the season in younger divisions.
 - It is important that players learn proper defensive play. Call and correct any illegal personal contact (e.g., fouls like reaching-in, “body hugs”, fouls under the hoop). Man to man defense only; no zone defense.
 - Balance the teams any week when necessary (i.e., mix the two teams or set stronger lines against each other) – communicate with your fellow coaches to ensure the best experience for everyone!
 - No screens in the Gr. 2-5 Divisions and allow only after being taught in the Gr. 6-8 Divisions – talk with your other coaches
 - Three cheers and shake hands at the end of every game

Please call your players by October 31st to let them know:

- *Time, date and location of the first session (November 3rd or 4th)*
- *Your name and the team name so that they can find you on the first day*
- *Wear gym strip and bring indoor shoes. Players will receive a jersey on the first day that is theirs to keep.*
- *Bring a water bottle*
- *Parents will receive a schedule for the season on the first day as well as a copy of our parent code of conduct*

On the first day (November 2nd or 3rd)

- *Have your team list handy – players will be looking for their teams/coaches*
- *Hand out the jerseys*

- *At the end of the game, hand out schedules and parent codes of conduct. You may choose to have a parent meeting to introduce yourself, especially for the grade 2-3 and 4-5 divisions.*

Remember this is a fun game! Enjoy it, and thank you again for coaching!!!

PGMBA contact info: pgminorbasketball@gmail.com

COACHES' LINE: 250 552-7472