

**St. Alban Roe
Basketball Training League
2017-2018**

Coaches Meeting
October 16, 2017

Welcome Coaches – Thank You for Volunteering!

- **SAR Basketball Mission**

Provide children with the opportunity to learn individual and team basketball skills in an atmosphere of Christian behavior and fellowship

- **New SAR Basketball Home Page**

<http://www.stalbanbasketball.org/>

- **Meeting Summary**

- Coaches Requirements
- Rules
- Referees
- Practice Schedules
- Game Schedules
- Coaching Clinic



CYC Coaching Requirements - #1 & #2: Do Not Apply for Training League

Info below can be found in the basketball website:

<http://www.stalbanbasketball.org/Home.aspx>

Item	Requirement	Coaches			Players			Renewal	Notes
		Trophy Head	Trophy Assts.	Training All	Training	Grades 3-4	Grades 5-8		
1	CYC ID Card	Yes	Yes	No	No	Yes	Yes	Depends on Age	https://idcards.cycstl.net
2	Coaching to Make a Positive Difference	Yes	Yes	No	No	No	No	1 Time - Good For Life	Needed to obtain CYC ID Card Can be taken on-line https://idcards.cycstl.net
3	Protecting God's Children	Yes	Yes	Yes	No	No	No	1 Time - Good For Life	Needed to obtain CYC ID Card See link below for workshop dates St. Alban Workshop: Monday, Nov 14 6:30 pm - Mikesch Hall (must register via link below) Use either of the following to locate a workshop and register: www.archstl.org http://www.cycstl.net/coaches/protecting-gods-children-workshops
4	Background Check	Yes	Yes	Yes	No	No	No	Every Other Year - Handled by SAR Parish Office	Request form from Sally Tschopp at SAR parish office Renewal req'd every other year, handled and paid for by parish (Sally Tschopp) Social security # IS required, but copy of social security card NOT required (even though the form says it is)
5	Archdiocesan Code of Ethical Conduct	Yes	Yes	Yes	No	No	No	1 Time - Good For Life	Form available on 'Coaches' page of the basketball website (see link above)

Training League Rules

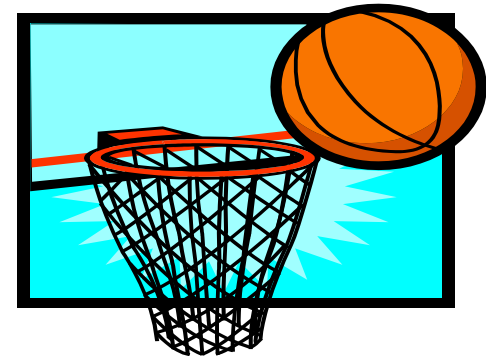
- Please read and follow gym usage guidelines (see handout) guidelines include LaSalle Institute gym
- 1 graders – 8 ft baskets, 2nd graders 9 ft baskets, All use 27.5 ball
- No scores are kept at games
- 2 – 23 minute halves with substitutions at 18, 12 and 6 min – no timeouts
- Each team will supply one referee
- Every player must play at least 50% of the game, if that player attends practices
- **No stealing**
- Fast Breaks only if ball stolen beyond foul line
- Defense only to the 3-point line
- Introduce and enforce a new rule every week
- Uniforms: SAR will provide numbered tees (1st grade) player will wear tee shirt with black shorts preferably (player provided)
- Wrist Bands provided

Referees



- Jason Dohrmann is a HS ref so he will ref all games
- Each team will provide a ref, preferably a coach or Asst. coach
- Referee training will be available
- Referees Responsibilities:
 - Understanding rules and knowing new rule of the week
 - Making sure games start off with prayer (coach picks and starts)
 - Managing clock
 - Making sure substitutions occur at prescribed times

Rule Introduction



Week # 1 : No rules, just play safe!

Week #2: Enforce Out-of Bounds

Week #3: Enforce Over & Back (Back court violation)

Week #4: Enforce Man Defense (no zone, double or triple team)

Week #5: Double dribble

Week #6: Enforce traveling

Week #7: Enforce 3 seconds (actually 5 sec)

Week #8: Enforce inbound violations

Week #9: All rules apply

Week #10: All rules apply

St. Alban Roe weekly practice time slots

4:00-5:15PM, 5:15-6:30PM, 6:30-7:45PM, 7:45-9:00PM.

LaSalle Institute weekly practice time slots

4:00-5:30PM, 5:30-7:00PM, 7:00-8:30PM

* LaSalle Keys – contact Rob Erusha

Season Start Date

Practice start week of Thanksgiving

Games start January 6, 2018 (Saturday)



Additional Practice Requests

o Request for additional practice time are coordinated via SAR Resource Coordinator (Rob Erusha)

o Note that individuals must be a “Volunteer” prior to receiving additional practice time

Practices

Week 1: No rules - Play Safe!!		
8:00 AM	Schoessel-2G	Green-1G
9:00 AM	Schoessel-1G	Restovich-1G
10:00 AM	Soucek-1G	Mimlitz-2G
11:00 AM	Srsen-1B	Vermeersch-1B
Break		
1:00 PM	Lenoard-1B	Redders-1B
2:00 PM	Redders-1B	Sommer-1B
3:00 PM	Cunningham-2B	Orf-2B
4:00 PM	Engle-2B	Jones-2B



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NOON	Lenoard-1B	Redders-1B
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Web Sites/URLs

- Everything is on SAR Basketball Coaches Website
 - <http://www.stalbanbasketball.org/Coaches.aspx>
- CYC Website
 - <http://www.cycstl.net/>
- CYC Roster & Manager's Info
 - <https://www.stalbanroeregistration.org/Logon.aspx>
- CYC Rules
 - <http://www.cycstl.net/forms-and-rulebooks>
- Coaching To Make A Positive Difference
 - <http://www.cycstl.net/coaches/coaches-training-program>
- Protecting God's Children
 - <http://www.cycstl.net/coaches/protecting-gods-children-workshops>