

NSB Player and Parent Handbook



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Native Stars Basketball

Overview

Native Stars Basketball Fundamental Training Program:

The Native Stars Basketball (NSB) program is a not-for-profit youth basketball training program. The NSB program strives to increase the basketball skill level of athletes in Arizona. The main goal of the NSB program is to promote youth basketball (Girl's 7th-12th Grade). Our NSB program is important because it gives the children of our community a place to go on the weekends, to meet other players with positive values, learn basketball skills and most importantly learn basic life skills. The NSB program has been successful because of player dedication, parent involvement and our simple teaching philosophy. We teach our NSB athletes the methods and techniques in playing competitive basketball at the Middle School and High School level.

Native Stars Basketball Coaches:

The NSB coaching staff believes that our athletic training program encourages our youth to acquire self discipline, develop strong self esteem, foster a positive attitude, promote teamwork and to plan for the future. Our weekend workouts consist of stretching, endurance running, conditioning, ball handling drills, dribbling drills, shooting drills, footwork drills, team drills, team competition, offensive and defensive skill development ranging from the basics to the advanced level of basketball. The coaches have knowledge of basketball fundamentals, have competitive coaching experience for tournament play, and have the ability to instruct these athletes to enhance their awareness of the game. Our coaches are devoted to the fundamentals of basketball. We emphasize defense, ball handling, shooting, transition, teamwork, passing, footwork, and becoming a complete basketball player. The NSB coaches are volunteers. All coaches in our program are coaching because of their love of the game and because of the positive learning environment we provide for the players.

Native Stars Basketball Training Season:

The NSB fundamental training begins in March and ends in June. Our NSB training program does not officially start until after the Arizona High School State Tournament in March. The NSB workouts are on Sunday afternoons in Arizona. The NSB participation fee is non-refundable. The NSB participation fee is applied to the gym rental fee, AAU fees and each player receives a Native Stars Basketball T-Shirt.

Player & Parent Commitment:

Player and parent commitment is so important to the success of the Native Stars Basketball training program. Commitment from both players and parents is essential.

If you have any questions, please feel free to email me at: coachlargo@hotmail.com

Respectfully,

Everett Largo

Head Coach - Native Stars Basketball

Native Stars Basketball

Purpose and Commitment

The purpose of this handbook is to familiarize both the parents and players with the NSB fundamental training program. We hope this handbook will answer many of the questions that may arise.

The main goal of the NSB fundamental program is to assist each of our players in becoming quality Middle School and High School basketball players.

To be successful, the rules of the handbook must be followed. The NSB program expects our athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter. We represent the Native Stars Basketball program and we want to promote the highest level of sportsman-like conduct.

Being a NSB player requires a strong commitment to the program, your coaches and your teammates. It is important that everyone involved understands that each is willing to make this commitment in order for the student-athlete to become the best basketball player she can be.

The NSB coaching staff expects all players to have a good positive attitude, to work hard, be coachable, to have a competitive attitude, to improve your game and to compete with your teammates.

Anyone who has a serious medical condition should speak with Coach Largo prior to the start of the season. It should be noted that if a player is injured or is sitting out of workouts due to injury or illness, they must have a doctor's release before they will be allowed to participate again on a regular basis.

Registration Process

1. All potential NSB players will send their "on line" player interest form to Coach Largo. Submit interest form at: <http://www.nativehoops.com/nativestarsregistration.html>
2. Each player's interest form will be evaluated by Coach Largo.
3. All potential players/parents must read and sign the NSB Player/Parent Handbook. Download handbook at: <http://www.nativehoops.com/images/nsbhandbook.pdf>
4. Send all required NSB paperwork and the player participation fee to Coach Largo (please make check or Money Order payable to: Everett Largo).
5. Mail NSB paperwork and player participation fee to: Everett Largo P.O. Box 7676 Goodyear, AZ 85338

Native Stars Basketball

Parent, Player and Coach Relationship

The NSB program can teach many positive traits, such as respect, the spirit of cooperation, self-discipline, and regard for physical fitness. We ask that parents refrain from criticizing players, other parents and coaches.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach, this only causes confusion for the players. PLEASE ENCOURAGE YOUR DAUGHTER TO FOLLOW HER COACH'S INSTRUCTIONS AND LEAVE THE COACHING TO THE COACH. Parents need to align themselves with the coach in teaching their daughter how to cope with the natural frustrations of being a member of the NSB program. Sports provide an excellent opportunity to teach young women about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity and how to achieve mental toughness.

When a player has an issue with the coach, parents have the responsibility of teaching their daughter the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

- STEP 1: The player should discuss the problem/concern with the coach and try to arrive at a solution to the problem.
- STEP 2: The parent should call the coach and schedule an appointment for the player, parent, and coach to meet at an appropriate time.

UNDER NO CIRCUMSTANCES is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The above procedure must be followed in dealing with any situation that may arise. The administration of the NSB training program will NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED by parents or fellow teammates. If you or your daughter refuses to follow the guidelines set forth, you will be asked to leave the NSB training program.

The NSB training program has great support and we hope that support will continue to grow each year. We hope that parents will support their daughter by attending their workouts and to continue to give positive encouragement. We encourage you to refrain from criticizing your child, their teammates and their coaches.

Our simple rule for our NSB players at all times is: Do the Right Thing and Don't Let Your Teammates Down. A player or parent may be asked to leave the premises if they become disrespectful to other players and coaches. Please be careful and be respectful.

Native Stars Basketball

Workout Schedule

The NSB workouts are on Sundays afternoons in Arizona. NSB workouts last for two hours. We will make every effort to not change workout schedules, however, things happen. Please be flexible and cooperative.

Please view the NSB schedule at: <http://www.nativehoops.com/nativestarschedule.html>

If a player must miss a workout, the player must call Coach Largo at 623.692.7901 as soon as possible. Athletes who miss workouts, are missing valuable information and training time. To emphasize player responsibility, we do not want parents to call on behalf of their daughter. It is the player's responsibility to call Coach Largo to discuss the reason for missing a scheduled workout. "No Call, No Show" will not be tolerated.

NSB Rules

- School comes before basketball. Take pride in high classroom achievement.
- Get in shape and stay in shape. Stay healthy and eat healthy food.
- Attend all scheduled workouts and be on time unless excused by the Head Coach.
- All NSB players must wear plain black shorts and their NSB T-shirt/NSB jersey or plain white T-shirt to all workouts.
- All NSB players must wear good basketball shoes to workouts (good ankle support).
- Arrive to all workouts at least 15 minutes early. Use this time to prepare yourself for your workout (change your shoes, get your water, use the restroom, tuck in your shirt).
- Be respectful to all coaches and volunteers. Be responsible and respectful (no talking while coaches are talking).
- No foul language.
- Pay attention when a coach is talking. Listen to the coaches even if they are not talking directly to you. Players are expected to learn from their own mistakes and the mistakes made by teammates.
- Bring a water bottle to the workouts (water breaks are short).
- Pick up trash, towels, water bottles, and other equipment after every workout.
- Do not wear bandanas, jewelry, wristbands, headbands, hair clips or earrings to workouts. Please remove these items prior to arriving to the gym.
- Hustle all the time on the court.
- Work hard with a winning character. Winning character is honesty, loyalty, respect, unselfishness, dedication, discipline and class.
- Be a team player and help one another. You are a part of the NSB family.
- Learn to play all positions on the basketball court. Know your responsibilities. You do not know where your coach will put you during a game, be prepared for everything!

Native Stars Basketball

Player / Parent Expectation and Responsibilities

All NSB players/parents must read and sign this agreement that states what is expected of them. It also explains the results if these expectations and responsibilities are not met. Here is our NSB agreement.

1. **SCHOOL COMES FIRST.** Your good grades come before basketball. Do your homework and study when you are suppose to. Do not wait until the last minute to do your homework. "If you don't make good grades, you can't participate in the NSB program. Bad Grades will make you ineligible to play in your school team".
2. **ALL SESSIONS ARE REQUIRED.** The NSB coaching staff expect players to show up to scheduled workouts/practices and games on time. All NSB players must wear plain black shorts and NSB T-shirt or NSB jerseys to workouts/practices and games. It is a sign of disrespect to your coaches and your team for you to show up late and disrupt a workout/practice or game that has already started. We know that circumstances may arise where you must miss a workout/practice session or a game. When this occurs, the player must inform Coach Largo of the nature and date of the absence. Excused absences include family business, personal illness, personal injury, family emergencies and family vacations.
3. **EXCESSIVE ABSENTEEISM.** Excessive absenteeism will not be tolerated in our NSB program. Each player will be limited to two unexcused absences. First unexcused absence will result in a verbal reminder. Second unexcused absence will result in a dismissal from the NSB program.
4. **RESPONSIBILITIES.** Each player is responsible for providing a copy of their Birth Certificate, a copy of their student photo ID, a signed "Expectations and Responsibilities agreement form, medical release and insurance information form and any additional required forms. Furthermore, each player is responsible for paying their share of the gym rental fees, uniform fees, tournament fees and any other additional fees.
5. **TOURNAMENT GAMES.** Playing time is not guaranteed. All playing time is a decision made by the NSB coaching staff. Playing time is based on the following criteria: The player's commitment to attend all scheduled practices and games, the player's commitment to work hard at practice, the player's commitment to playing team basketball and "Not Me Ball", the player's willingness to be coach-able and the player's intensity and effort on the court during games. The player's who work the hardest, show the most commitment, loyalty and respect for the team will earn playing time.
6. **RESPECT AND COURTESY.** Our player's will treat everyone with respect and courtesy. Behavior that puts other players or coaches down, having a bad attitude, not being coach-able, not being loyal to the program, results in profanity, or demonstrates lack of self-control will not be tolerated in our NSB program. Any instance of this behavior will result in the player being asked to leave the NSB program.
7. **DISRESPECT ON THE COURT.** It will be considered showing disrespect to your NSB team members if you do not do your part and listen to what the coach is asking of you on the court. Each NSB player has an important role on the NSB team and is expected to do their best to fulfill their role on the NSB team.
8. **SIDE LINE COACHING:** Parents please do not coach your child from the sidelines. The NSB coaching staff have drills, plays and strategies they are teaching the players. Sideline coaching just distracts your child and it is not fair for the rest of the NSB team when your child messes up the drill or play because they are listening to a parent instead of the NSB coaches. Please show respect for other teams, coaches and officials. Please do not embarrass yourself and your child by being negative or critical. Please be positive and support your child and our NSB basketball program.

I agree to abide by the expectation describe on this sheet.

Player: (print) _____ Sign: _____ Date: _____

Parents: (print) _____ Sign: _____ Date: _____

Native Stars Basketball

Permission, Liability Waiver and Release Form

I acknowledge that the player is receiving valuable instruction and experience by her involvement with the Native Stars Basketball program. I verify that my child has been checked by a licensed physician and is physically able to participate in the Native Stars Basketball program. In consideration thereof, I hereby grant permission for _____ to participate in the Native Stars Basketball program to play, compete, train, and otherwise participate in the Native Stars Basketball program including but not limited to workouts, practice, games, tournaments, clinics, camps, fundraising activities and team building events.

I recognize the fact that basketball is a contact sport and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to the player as a result of her participating in the Native Stars Basketball program. I waive any and all liability against the Native Stars Basketball program, coaches, trainers, volunteers, affiliated organizations, sponsors and the owners and operators of any facility utilized by the Native Stars Basketball program, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by or on behalf of the player as a result of the player's participation in the Native Stars Basketball program. I further agree to indemnify and hold harmless all of the above organizations, coaches, trainers, volunteers and sponsors for any judgment awarded, attorney fees, and other expenses with respect to any claims, loss, damage, or expense which may be sought by or on behalf of the player or her family/guardian.

I further authorize the administration of the Native Stars Basketball program to release pertinent information about my daughter to college coaches and media for the purpose of enhancing the recruiting process. This information includes but is not limited to photographs, press releases and game summaries.

I understand that monies paid and donated to the Native Stars Basketball program are non-refundable. I understand that participation in the Native Stars Basketball program is done in accordance with the acceptance of this permission, authorization, release, and waiver form.

Player Name (printed)

Player Signature

Date

Parent or Guardian Name (printed)
(if player is a minor)

Parent or Guardian Signature
(if player is a minor)

Date

Native Stars Basketball

Authorization for Medical / Dental Treatment

PLAYER INFORMATION

Player Name: _____
Address: _____
City: _____ Zip code: _____ Emergency Phone: _____
Home Phone: _____ Cell: _____ Work: _____
Email Address: _____
Parents Name: _____

AUTHORIZATION FOR MEDICAL/DENTAL TREATMENT

I, the undersigned, the parent and/or legal guardian of (if player is a minor), or the person (if player is age of majority), _____ (player) hereby grant permission for the Native Stars Basketball, coaches, and trainers, to authorize medical or dental treatment for the player by any available and qualified physician/dentist or other trained medical personnel. In addition, this permission extends to and includes authorization for emergency treatments, procedures, and surgeries for the player. Furthermore, on-going medical treatment is authorized until such time as the undersigned shall dismiss these physicians/medical personnel in writing and have engaged another qualified physician. This permission and authorization includes admission to a hospital or medical facility if the attending physician deems it necessary. I further testify that I am the parent/legal guardian of the child listed above and have the right to give such permission.

PARENT OR GUARDIAN: _____ Date: _____

INSURANCE COMPANY INFORMATION

The above child is fully covered by my/our insurance company:

INSURANCE COMPANY: _____
ADDRESS: _____
PHONE: _____
POLICY NUMBER: _____

OTHER PERTINENT MEDICAL INFORMATION: (medication, allergies, injuries, surgeries, ect.)

IN CASE OF EMERGENCY IF PARENT OR GUARDIAN CANNOT BE REACHED,

PLEASE CONTACT: _____
HOME PHONE: _____ CELL PHONE: _____
ADDRESS: _____
EMAIL ADDRESS: _____

**NATIVE STARS BASKETBALL
TEE-SHIRT ORDER FORM**

We will be offering tee-shirts to the Native Stars Basketball players, their families and fans. Each tee-shirt will cost \$15. The Native Stars Basketball logo will be on the front of the tee-shirts.

TEE-SHIRTS: (Adult size - short sleeve – 100% cotton)

_____ # OF TEE-SHIRTS	SIZE: (SMALL)	AMOUNT: \$ _____
_____ # OF TEE-SHIRTS	SIZE: (MEDIUM)	AMOUNT: \$ _____
_____ # OF TEE-SHIRTS	SIZE: (LARGE)	AMOUNT: \$ _____
_____ # OF TEE-SHIRTS	SIZE: (X-LARGE)	AMOUNT: \$ _____
_____ # OF TEE-SHIRTS	SIZE: (XX-LARGE)	AMOUNT: \$ _____

Mail Delivery: (\$4.00 shipping fee per tee-shirt) AMOUNT: \$ _____

- Yes (please send me the tee-shirt(s) by mail)
- No (I will pick up the tee-shirt(s) at the NSB workout)

TOTAL AMOUNT ENCLOSED: \$ _____

NAME: _____

ADDRESS: _____

PHONE: _____

Please make check or money order payable to: Everett Largo

Mail order form and payment to:

**Everett Largo
P.O. Box 7676
Goodyear, AZ 85338**

Native Stars Basketball

Handbook Acceptance Form

I acknowledge that I have received, read and discussed with my daughter the information in the Native Stars Basketball Player/Parent Handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the Native Stars Basketball program. A player may not begin her training with the Native Stars Basketball program until all required forms are signed and submitted to the Head Coach. The forms include: Handbook Acceptance form, Parent Permission, Liability Waiver, Release, Authorization for Medical/Dental Treatment form, Insurance information and Medical Information form. In addition, each player must submit a copy of their Birth Certificate, a copy of their student school photo ID and (if required) a copy of their Certificate of Indian Blood (CIB).

Parent/Guardian Name

Parent/Guardian Signature

Date

Player Name

Player Signature

Date