

All About St. Bernard Basketball 2009 – 2010 Season

The League:

The season starts about November 20th, and after about 20 games, ends in early March. Playoffs then begin for the Enfield League. The "All New England Championship" playoffs are at about the same time. They are often held in Boston or Hartford.

This alone is what makes CYO ball great as there ARE playoffs beyond the local league, unlike Town Travel Basketball.

All JV Boys games are held at St. Bernard Gym (Saturday's at 9am -12 noon) and St. Adalbert (Sunday's at noon or later). Varsity boys play on Friday nights at St. Adalberts and on Sunday mornings at Bulkeley High in Hartford.

Practices for JV are Wednesday's at 6pm -8pm. Varsity Boys is Thursday's 6pm-8pm And Girls will be determined, as **we are still in need of a coach for that team!**

CYO follows the rules of High School ball. Games will run in four 7 or 8 minute quarters, depending on the league, or 15 minute running halves. Time stops as in high school games for out of bounds, fouls or timeout situations.

The league has rules that require us to designate our team as a "School" or "Parish" team. The reasons and rules why are complicated. Whichever division we select requires us to play in a playoff for that system. Most likely we will be a school team (TBD) which means your family must be registered as a member of St. Bernard's school. If we are a Parish team then all players families must be a member of the church. Call Jackie at the rectory to join St. Bernard's Church at 749-8353. Please discuss with me for further clarification.

We will not play if there is inclement weather or the schools were closed on that day for any reason.

Grades & Faith:

Grades and school work are important. A "C" average or better is required to play. You must make sure your child achieves their grades first so they can play. For 3rd graders this is a "meets" grade or better overall. Most parents are on top of this and so if your child needs to miss a practice or game due to school work please do what you need to do and just let the coaches know.

The Coaches and the kids are to coach and play with Christian beliefs and demeanor. Obviously, no bad language, disrespect or bad attitudes allowed. We play hard and fair and kids get knocked down and have to learn to dust themselves off and get up. There is to be no retaliation during practices or games. If these

rules are consistently broken then kids will be dismissed from the team after 3 warnings to the child's parent when I cannot resolve it with the child.

Program/Help/Costs:

We will teach the boy's JV and girls teams' basic dribbling, defense, proper shooting skills, passing, body positioning, man-to-man and zone defenses. We will run at least 4-6 offensive plays and have several defenses. Varsity basketball is a bit more involved. Teamwork and sportsmanship will be paramount to everything. We will also "run" the kids through conditioning drills such as "suicides" and others as the games are full-court and they must be conditioned and ready to play.

We always can use folks to volunteer to run the clocks, score and help with the concession stand during games. The concession work simply requires re-selling Gatorade and snacks we purchase from Costco, but do offer a unique view of the games. Profit from the stand will go to buying basketballs or for the February tournament or to the school auction.

Once selected for the team, there is a fee of **\$100 for each child**. This covers **\$65** for the league fee and **\$35** for the reversible practice (you keep) and game jersey (school provides). The church provides \$500 for each team each year to help pay for the league fees. We collect all the checks at practice and cash them a week later. Most towns charge \$200-\$300 in participation fees, plus uniform costs for Travel B-Ball. We are able to keep our league more affordable as we do not have to pay for court time or insurance costs.

We will also need a copy of each player's birth certificate. If you played last year, no need to provide them again. Each child must be age 8 by 12-31-08 but not older than 13 by the same date to play grade 5-6 JV basketball. Varsity and girls have different age maximums but no minimums.

What equipment do I need:

All boys must have **basketball** sneakers -- without exception. I also recommend white socks, athletic shorts and tee shirts for practice and the game uniform must be worn for the games. I suggest mouth pieces as well. Have your dentist make them for your son or you can get them for \$5 at Dicks. We will have basketballs for the practices but encourage your child to bring his own ball.

Fluids:

Players should bring filled water bottles or Gatorade to both practices and games. They should have small towels to wipe off sweat. Having their own water etc. shortens or eliminates any trips to the fountains and I can keep an eye on all the boys. Make sure your child's name is clearly marked on the bottle.

Attendance:

The school requires that all kids enter from the Gym's side door. Do not use the front door except for games on weekends or days other than Wednesday night CCD. This is in deference to the CCD teacher. We do not want our kids mixing it up with the CCD kids.

We will have 3rd and 4th grade kids play on the JV teams if space allows. Most of the time does go to the 5th or 6th graders during the season or at crunch time. There will be a lot of times we will provide good playing time to all younger kids as the

games in the Hartford league do not lead to a league champion, only the Enfield league. The Enfield league is made up of Holy Family, St. Martha's, St. Bernard's and St. Mary in Simsbury.

If you fail to bring your son to the practices and games it may have an impact on your child's playing time. We play the kids that attend practices. We can't play kids who don't know the plays. Some kids will need a lot of practice to become game-ready. We should be running on all cylinders by November 15th. Our philosophy on JV and girls games is to play everyone equally (playing time) in position's suited for their skills. Some time will be spent on trying kids in positions not suited for their skill set. We will give the boys drills to take home and use during and after the season. I plan to keep key players in games to start the game and to end the game. Each child will get the opportunity to play in important moments. If a child does not play in a game, they will play in the next game. The emphasis for JV boys will be on 5th and 6th grader playing time and development of the younger kids first.

The Varsity league is a bit more competitive for playing time and is based on talent and attendance at practices.

We expect kids to make mistakes as they will learn from those mistakes. Kids will not be penalized for making mistakes in games.

We are very excited about the upcoming season. Basketball has been my favorite sport and I hope to pass on my passion for it on to the kids. If you have any questions, please feel free contact me at the email above.

**Thanks for your consideration,
Will Lorenz**