

# Youth Basketball



## **Coaches Information Packet 2025-2026 Brunswick Parks and Recreation**

Updated 11.26.25

# **YOUTH BASKETBALL COACHES MEETING AGENDA 11/19/25**

## **Welcome**

### **Coaches Booklet:**

Coaches clinics – NYSCA certification      [www.nays.org](http://www.nays.org)  
Important Dates  
Department Philosophy and Policies  
Rules and Regulations  
Practice and First Game Info  
Cancellation Procedure  
Parent Meeting Checklist  
Volunteer Coach Job Description  
**Background Consent**  
Assistant Coaches/Parent Stand-ins

### **Coaches Packet:**

Game Schedules  
Uniform Jerseys  
Coaches Shirts  
Rosters – call vs. email  
Practice Schedule

### **Before you leave:**

Turn in coach's application  
**Turn in background consent form**  
Turn in Coaches Code of Ethics  
Turn in Volunteer Coach Job Description Signed  
Sign up for practice times

### **Please take with you when you leave:**

Roster with info to Call Children on your team – Please call them as soon as possible  
Whistle and Lanyard  
Coaches Application for assistant coaches

### **Will be at gym:**

First Aid Kit  
Basketballs  
Pennies  
Accident Report Forms

November 19, 2025

Dear Youth Basketball Coach,

I would like to thank you for taking the time to volunteer for such an important position. A Youth Coach is one of the hardest, most demanding jobs a person can have. Yet, it is also one of the most rewarding experiences as well. As a coach, you have the ability to teach, to learn, to give back and to create wonderful memories for a child. As a coach, you can instill a lifelong love for sports in the hearts of children in our community.

Youth sports, on a recreational level, should have one goal: not to win games, improve an average, or win a championship; As a coach, your level of success should be measured by how many of your players will want to continue to play the game after the season is over. I always ask a coach to determine their success as a coach not by wins and losses, but by looking at next year's rosters and seeing how many of their past players are playing year after year.

Please do not hesitate to call/email me with any questions or concerns you may have regarding the basketball program. I look forward to working with you throughout the season. Thank you again for your time and enthusiasm!

Sincerely,

David Coffill  
Recreation Programmer  
Brunswick Parks and Recreation  
207-725-6656  
[dcoffill@brunswickme.gov](mailto:dcoffill@brunswickme.gov)

Aaron Cropley  
Recreation Manager  
Brunswick Parks and Recreation  
207-725-6656  
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## Basketball Coaches Certification Info

### To obtain your coaching certification

Brunswick Parks and Rec Staff will submit coaches names to NAYS for free online training. If this is your first time, NAYS will email you a link to the site.

You can do this at your convenience at home. Some of you may have done this already this year or for another sport but not basketball, so you **WILL NEED** to complete the basketball portion.

If you don't receive the link by the end of the week please let me know

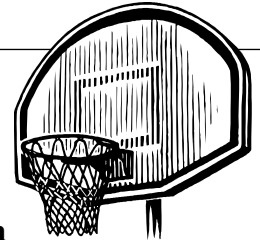


### Important Dates:

Nov 19

Coaches meeting

Players will be notified by their coach as to what team they are on



Dec 1

First Week of Practices

Dec 6, 13, 20

Saturday Morning Games

Dec 27

Elks Free Throw Contest

Jan 3, 10, 17, 24

Saturday Morning Games

Jan 31

Make up Date

## Brunswick Parks and Recreation Youth Sports Philosophy

The Brunswick Parks and Recreation Department is dedicated to teaching children in our community the fundamentals of youth sports in a safe, positive, and age-appropriate manner. As we encourage physical, psychological and social growth and work to build life-long athletes and fitness enthusiasts among our youth, this department emphasizes placing the emotional and physical well-being of any youth athlete ahead of any personal desire to win.

### ***Registration:***

- All players are required to register in the given time period. If a player is not registered until after the registration period has ended, then that player will be placed on a team **ONLY** if there is space available.
- Siblings will be placed together if they are in the same age group.
- Volunteer coaches will have their child(ren) placed on the team they are coaching.

### ***Uniforms and Equipment:***

- Parks and Rec provided Shirts/Uniforms are given to all players for all youth sports programs.
- Coaches are **NOT** allowed to purchase or provide 'team specific' apparel (uniforms, warmups, end of season sweatshirts etc.)

### ***Jewelry:***

- Wearing jewelry is prohibited during all practices in games in all of our youth sports programs. The only exception would be a medical alert bracelet or necklace. In that event, we ask that the player conceal it under their shirt or tape it to their wrist, so it does not cause injury to themselves or other players.
- Please do not have your child's ears pierced during their sports season. Earrings cannot be worn on the field or court.

### ***Awards and Team Gatherings:***

- The Recreation Department will supply each coach with participation certificates to be passed out to players at the end of the season.
- Coaches may choose to do this at the last game or practice or host a gathering for this event.
- We do not provide or encourage the handing out of trophies or other tangible awards or apparel to players.

### ***Team Snacks:***

- It is often customary for parents to bring snacks to the games for players. We do not discourage this but we do encourage you to provide healthy snacks for your players. While cupcakes and cookies are good, they are not the best nutritional value for young athletes. Fresh fruit, trail mix, juices and even Popsicles are better choices that we would encourage as a healthy snack.

### ***Cancellations:***

- The coaches **DO NOT** have the authority to cancel games – this decision is left up to the Recreation Department Staff.
- Coaches may decide to cancel or move a practice with approval by the Recreation Department Staff.

### ***Practice/Game Responsibility***

- Parents are responsible for their child before and after practice and games. No player will be allowed in the gym until a coach is present. Coaches are responsible for their player's safety during practices and games. Coaches are also asked to stay with their players until everyone has been picked up.

## **Brunswick Parks and Recreation Equity & Fairness in Team Opportunities**

Brunswick Parks & Recreation is committed to providing a consistent, positive experience for every child in our youth sports programs. To uphold fairness and inclusion across all teams, any additional opportunities offered to a specific team must be reviewed by Recreation staff. This review helps us determine whether an opportunity is appropriate, as general team building or if it could create an unintended unfair scenario, such as a competitive advantage, that should be made available to all teams.

While we welcome and appreciate coaches' efforts to enhance their team's experience, it is important that no single team receives exclusive benefits that others cannot access. This ensures that all participants—regardless of which team they are placed on—enjoy the same quality of instruction, support, and enrichment.

### **Examples of opportunities requiring staff approval include:**

- Inviting local high school, college, or club teams to attend practices or games
- Bringing in guest coaches or specialized trainers
  - Remember all adults involved in team practices/games must be Background check
- Access to additional practice time, facilities, or equipment
- Organized team events that could provide skill advantages
- Securing a team sponsor or private donor to provide team specific apparel, equipment, or awards

If you have an idea, you believe would benefit your team, please reach out to program staff. We are happy to discuss the possibility of coordinating it program-wide or determining if it is suitable for your team specifically.

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### **CANCELLATION PROCEDURE FOR BASKETBALL**

In the event of inclement weather or any other unforeseen circumstances in which our Saturday Basketball games need to be canceled, the following procedure will take place:

- The decision to cancel will be made by 7:30 a.m. by **Recreation Department Staff**. Coaches will be notified directly via email. Coaches should notify their players to inform them of the cancellation.
- There may be a situation where we will make the decision to cancel on Friday afternoon. These decisions will be made before 4:30 p.m. The Recreation Department will notify coaches of this decision via email.
- Cancellations will be posted on our town website and Social media platforms.
- **The coaches DO NOT have the authority to cancel games – this decision is left up to the Recreation Department Staff.**

**During the Week:** If the schools or gyms were closed or closed early due to unsafe conditions, coaches will be notified by 3:00pm. It is the coach's responsibility to notify all players if practice has been cancelled.

Brunswick Parks and Recreation  
**ROLES**

The Brunswick Basketball League is operated entirely by volunteer coaches, assistant coaches, and team parents who donate their time and energy to create a rewarding experience for the youth of Brunswick.

**PARENTS' ROLE**

Parents have the greatest influence on each child's level of enjoyment. The following Parents' Code of Ethics is provided as a guide.

***I hereby pledge to provide positive support, care, and encouragement for my child participating in youth basketball by following this code of ethics.***

- I will encourage good sportsmanship at every game and practice. I will remember the game is for children and not for adults.
- I will place the emotional and physical wellbeing of my child ahead of any personal desire to win.
- I will insist that my child plays in a safe and healthy environment.
- I will provide support for the coaches and officials working with my child.
- I will demand a drug, alcohol and tobacco free sports environment for my child and agree to refrain from their use at all youth basketball events.
- I will ask my child to treat other players, coaches, officials, and fans with respect regardless of race, sex, creed, or ability.
- I will do my very best to make basketball fun for my child.

Your child, his/her teammates, and opponents should hear only encouragement from the sidelines. The coach should be the only one "coaching" during the game. Encouraging your child and their teammates after the game is very important for young children. Teaching good sportsmanship in victory and defeat is an important skill that can begin at home.

The league goal is that participants have fun and that everyone participates.

Please practice and reinforce commitment and the idea that basketball is a team sport in which one relies on the others.

All parents are asked to volunteer, when possible, to become familiar with league rules and to join in the fun. Parents are also asked to transport their child to practices and games on time and notify coaches when an absence is anticipated. You should check with the coach about his/her policy for parents leaving children at practices and games. ***It is your responsibility*** to be on time to pick up your child.

## COACH'S ROLE

- Compete fairly
- Organize two practices per week
- Provide instruction and encouragement to all players
- Be a role model for good sportsmanship
- Answer parent and player questions or seek answers from league officials
- Appoint a team administrator who will support the coach with team-related tasks
- Conduct a parent/player meeting at the beginning of the season
- **Strive to rotate the players through all positions on the court during the season.**
- **While striving for equal playing time should be a goal, many variables can affect playing time decisions, and those decisions are made by the coaching staff.**

## PLAYER'S ROLE

- Display good sportsmanship
- Be respectful of all players, referees, coaches, and opponents
- Listen to the coach and participate when called upon
- Help and encourage teammates
- Allow teammates to participate
- Always Give your Best
- Have fun!





**BRUNSWICK PARKS AND RECREATION DEPARTMENT**  
**3<sup>RD</sup> & 4<sup>TH</sup> GRADE BASKETBALL LEAGUE**  
*Say YES to Better Sports for Kids*

**PROGRAM PHILOSOPHY**

It is more important in the development of young athletes to ensure that they participate, develop new skills and have FUN...rather than in winning a game.

**RULES & GUIDELINES**

Games will be conducted in accordance with the 2025-2026 High School Federation Basketball Rules, with exceptions and modifications, as follows:

**THE GAME**

- Unless otherwise noted, games are played on Saturdays at the Harriet Beecher Stowe School.
- Practices are held weeknights as determined by coaches and recreation department staff.
- Games will be officiated by Brunswick High School or JHS students/players, or volunteer coaches/adults.
- The game will start with a jump ball. Alternating possession thereafter.
- The score will not be kept on the scoreboard.
- Basket height is 9 ft. Free throw line distance is 13 ft.
- Intermediate size (28.5") balls will be used. Games are played cross-court.
- Games consist of four, 8-min. periods. The first six minutes of each period is straight running time. During the final two minutes of each period, the clock will stop on all whistles. (Fouls, ball out of bounds, etc.)
- Halftime will be five minutes. Overtime periods will not be played.
- A score sheet will be kept for player fouls, time-outs and quarters played.
- Fouls: Any player accumulating five fouls in a game will "foul out" and be removed from further play.
- Each team is allowed one time-out (60-sec.) per period. Unused time-outs may not be used in subsequent periods.
- Players entering a game before each period must report to the scorekeeper.
- Players must wear team shirts for all games.
- Only man-to-man defense may be played. Full-court pressing defense is not allowed.
- Any player who is bleeding, has an open wound, or blood on his/her body or clothing shall be removed from the game or practice until the bleeding has been stopped, the injury treated and blood saturated clothing removed.

**PLAYERS, COACHES, AND PARENTS**

- Volunteer coaches are trained and certified through the National Youth Sports Coaches Association. (NYSCA)
- It is each player's responsibility to contact their coach if they are unable to attend a scheduled game or practice.
- Good sportsmanship and appropriate conduct is expected. Kindly respect and support the decisions of the coaches, referees and recreation department staff.
- Each player must play in at least two periods during the game. This is a fundamental principle of the program. \*\*Once five players start a period, they all must finish that same period unless injured.
- Substitutions will be allowed only when a player: a) fouls out; or b) must leave the game due to injury, or c) is being removed as a result of negative behavior or sportsmanship. Coaches are encouraged to use a rotation system to ensure that each player receives equal playing time throughout the season.
- If a team does not have five players ready to play ten minutes after the designated starting time, the game will be started by selecting another player(s) from the opposing or other similarly aged team.
- No player will be allowed to play in more than three periods of each game. (Exception: If only six players are present, then two players will have to play the entire game; if only five players are present, then all the players will have to play the entire game. Coaches should use discretion when determining which players will play the entire game, should it become necessary.)

**BRUNSWICK PARKS AND RECREATION DEPARTMENT**  
**3<sup>RD</sup> & 4<sup>TH</sup> GRADE BASKETBALL LEAGUE**  
*Say YES to Better Sports for Kids*

- If any player exhibits poor sportsmanship or negative behavior on the court, the coach may substitute for that player immediately. One period of play will be credited to the player being removed.
- If one, of only five remaining players, fouls out and no substitutes are available, that player will be allowed to remain in the game.
- A girls and boys travel team will be formed at the end of the regular season in February. Players are chosen by division coaches and recreation staff on the basis of ability, attendance at games and practices, attitude, sportsmanship, etc. Teams will participate in area tournaments and play games with other communities through the end of March.
- Coaches are responsible for notifying players and parents of any changes in game schedule, practices or other information pertaining to the team.
- In case of inclement weather- Cancellation Procedure (SATURDAY GAMES)
  - A) One coach from each team will be contacted by email no later than 7:00am on Saturday morning.
  - B) Coaches should then notify their players.
  - C) Brunswick Parks & Recreation will also post cancellations on social media, Facebook, & Website
- QUESTIONS? COMMENTS?
  - Please contact Aaron Cropley or David Coffill at:
    - 725-6656
    - [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org) or [acropley@brunswickme.org](mailto:acropley@brunswickme.org)

**BRUNSWICK PARKS AND RECREATION DEPARTMENT**  
**5<sup>th</sup> & 6<sup>th</sup> GRADE BASKETBALL LEAGUE**

**Start of Game:**

- Coaches and players should be on site 10 minutes prior to the scheduled start time.
- Each team will be allowed a 5-8 minute warm-up time before tip-off.
- Games will start when each team has at least (5) players present. Officials will call a forfeit at tip-off if a team doesn't have enough players. Teams will then be created with the players who are present from both teams, and a scrimmage will be played.

**Length of Game:**

- The game will consist of (2) halves. 1st half, (15) minutes running time. 2nd half, (15) minutes stopped time.
- Halftime - 5 Minutes
- If at the end of regulation the game is tied a (3) minute overtime will be played. The (3) minute overtimes will continue until there is a winner.

**Clock Stoppage:**

- 1st Half: Clock will stop during timeouts, shooting fouls, injuries, and substitutions ONLY.
- 2nd Half: Clock will stop anytime that the whistle is blown (all timeouts, out of bounds, fouls, injuries or any undue delay the officials deem necessary, etc.).

**Timeouts:**

- Each team is given (6) timeouts per game (4) 30 second timeouts, and (2) 60 second timeouts.
- There will be no additional timeouts given in overtime.
- Timeouts CAN be carried over. (Use them wisely)

**Substitutions:**

- Unlimited: **MUST** check in at scorer's table.
- All players must play a minimum of 12 minutes; this doesn't have to be consecutive, but the equivalent in the course of the game.
- Rotation sheets are recommended.
- Substitutes may only enter the game when the ball is dead and the clock is stopped. Entering the game at any other time when not beckoned by the officials constitutes a technical foul.

**Free Throws:**

- All players must begin their shot from behind the free throw line, but may go over the line on their attempt, providing they are not trying to gain an advantage on a potential rebound.
- Players will be allowed (10) seconds to shoot a free throw. If a player exceeds the (10) seconds it will result in a violation and loss of that free throw attempt.
- Players around the paint cannot enter the lane until the ball is released from the hand of the shooter. Shooter and players outside the 3-point line may enter after the ball hits the rim. Shooter may jump over the foul line when releasing the ball but cannot advance to the rebound until the ball hits the rim.
- Free throws will be awarded for all shooting fouls. Free throws may also be awarded for non-shooting fouls if a team is "over the limit". If a team reaches their 7th team foul the opposing team will shoot a "1 & 1". Once a team reaches their 10th team foul, (2) shots will be awarded to the player who was fouled.

**BRUNSWICK PARKS AND RECREATION DEPARTMENT**  
**5<sup>th</sup> & 6<sup>th</sup> GRADE BASKETBALL LEAGUE**

**Three Second Violation:**

- An offensive player is allowed (3) seconds in the lane before he/she must reset or his/her team loses possession of the ball.

**Five Second Violation (Closely-Guarded & Throw-In):**

- Closely Guarded Violation: When the offensive player with the ball does not pass, shoot, dribble, or make a basketball move while being closely guarded by a defender. This results into a violation and turnover.
- Throw-In Violation: A team has a total of five seconds to release the ball towards the court/throw it in on an out-of-bounds play. The count starts when the basketball is at the disposal of the team/player on offense.

**Ten Second Violation:**

- The team with possession has 10 seconds to advance the ball over the half court line. The 10-second backcourt count begins when a player on the floor legally touches the ball.

**Back Court Violation:**

- Back Court Violation: A team loses possession if the ball goes back over the half court line without it first touching an opposing player.

**Personal/Technical Fouls:**

- Maximum of 5 fouls per player. (Players will foul out if they receive a 5th foul) Use this as a learning tool. Players should be learning how to play with some discipline
- A technical foul will result in (2) foul shots for the opposing team, that team will also retain possession. A player technical foul also counts as a personal and team foul. All technical fouls will be reviewed by the league.
- If a player or coach receives two technical fouls in one game they will be ejected. If a coach receives more than two technical fouls in a season they will be banned from the

**Defense:**

- Man-to-man defense only. Switching is allowed. Players are allowed to steal the ball off the dribble. NO ZONE DEFENSE.
- Double-teaming is not permitted outside of the **three point line**. A player must make every effort to stay with their opposing player or move off from a double team. Officials will warn players of double teaming, giving them reasonable time to cover player to player. If the player(s) fail to release from a double team it will result in a violation and the offensive team will receive the ball out of bounds closest to where the violation occurred. If an offensive player puts themselves in a vulnerable position and plays into a double team no infraction will have occurred and play will continue.
- Full court pressing is not permitted until the final (4) minutes of the game (second half). Otherwise players must pick up their man at half court. Teams cannot press if they are leading by 10 or more points.

**BRUNSWICK PARKS AND RECREATION DEPARTMENT**  
***5<sup>th</sup> & 6<sup>th</sup> GRADE BASKETBALL LEAGUE***

**Miscellaneous:**

- Basket height: 10 feet
- Basketball size: 28.5
- Foul line: 15 feet
- 3 point shooting field goals are permitted.
- Double dribbling and traveling will be left to the discretion of the official.
- All players must wear their team uniform during game play. No alterations to team uniforms is permitted (i.e. removing sleeves).
- No jewelry (necklaces, earrings, rings, etc.) can be worn during competition.
- Street shoes are not allowed on the court playing surface.
- Officials will be adults and/or college/high school students.
- **ZERO TOLERANCE:** Referees, league officials, and building supervisors have the right to eject any and all individuals/fans who exhibit unsportsmanlike behavior. All ejections will be reviewed by the league.
- In the event of a snowstorm coaches/parents will be contacted via email on the status of games scheduled for that day. If games are postponed every attempt will be made to reschedule them. Brunswick Parks & Recreation will post all cancelations on our Facebook page and Town Website.

## **BRUNSWICK PARKS AND RECREATION DEPARTMENT**

### **7<sup>TH</sup> & 8<sup>TH</sup> GRADE CO-ED BASKETBALL LEAGUE**

*Say YES to Better Sports for Kids*

#### **PROGRAM PHILOSOPHY**

It is more important in the development of young athletes to ensure that they participate, develop skills and have FUN ...rather than in winning the game.

#### **RULES & GUIDELINES**

Games will be conducted in accordance with the 2025-2026 High School Federation Basketball Rules, with exceptions and modifications, as follows:

#### **THE GAME**

- Unless otherwise noted, games are played Saturdays at the Brunswick Recreation Center.
- Practices are scheduled on weeknights, as determined by coaches and recreation department staff.
- Games will be refereed by certified IAABO officials, whenever possible.
- This league is a 5 on 5 Co-Ed league,
- Basket height is the standard 10 ft. Free throw line distance is 15 ft. Games are played full court.
- A men's *official size* ball will be used.
- The 3 point shot will be in effect.
- Games will consist of four 8 minute periods, *stopped time*. Clock will be stopped on all fouls and violations.
- Clock will stop at approx. 4:00 minute mark (each period) for team substitution.
- Substitutions can be made only at the beginning and the halfway point of the period, unless there is an injury.
- Overtime periods will be 3 minutes.
- Half-time interval will be 5 minutes.
- Each team is allowed four (60 sec.) time-outs per game. One additional time-out is available for each overtime.
- Players entering the game must report to the scorekeeper.
- Players must wear team shirts for all games. Shirts may not be altered (sleeves cut, etc.).
- Any player who is bleeding, has an open wound, or blood on his/her body or clothing shall be removed from the game or practice until the bleeding has been stopped, the injury treated and any blood saturates clothing removed.

#### **DEFENSE**

- Teams are permitted to play both person-to-person and zone defense.
- Full court pressing is permitted in the second half only, unless a team is ahead by 10 points or more.

#### **PLAYERS, COACHES, & PARENTS**

- Volunteer coaches are trained and certified through the National Youth Sports Coaches Association (NYSCA).
- It is each player's responsibility to contact their coach(s) if they are unable to attend a scheduled game or practice.
- Good sportsmanship and appropriate conduct is expected. Set a good example for young players by displaying respect and support for the decisions made by referees, coaches and recreation department staff.
- Each player must play similar minutes during the game. This is a fundamental principle of the program. Coaches are encouraged to use a rotation system to ensure that each player receives equal playing time throughout the season.

**BRUNSWICK PARKS AND RECREATION DEPARTMENT**

**7<sup>TH</sup> & 8<sup>TH</sup> GRADE CO-ED BASKETBALL LEAGUE**

*Say YES to Better Sports for Kids*

- If a team does not have four players ready to play ten (10) minutes after the designated starting time, the game shall be played by selecting a player(s) from the opposing or other divisional team. Any players that are picked up to fill roster will need to be approved by director.
- If a player receives a technical foul or exhibits unsporting behavior on the court, the coach may substitute for that player immediately. One period of play will be credited to the player being removed. A player is immediately disqualified from any game in which they receive two technical fouls. They will also be ineligible to play in the next scheduled game. Further disciplinary action may be rendered by the recreation department if warranted.
- If a player fouls-out and substitutes are not available, the player may *remain* in the game. However, the resulting penalty will be awarding the opposing team two free throws, in addition to the ball out-of-bounds at the division line away from the scorer's table. If that same player commits any additional fouls, the same penalty will apply. Coaches and/or referees reserve the right to remove any player who fouls out, even though a substitute may not be available, in the interest of game control.
- Coaches are responsible for notifying their player s and parents of any changes in game schedule, practice times or other information pertaining to the team.
- Travel teams will not be formed at the end of the season.
- In case of inclement weather – Cancellation Procedures: (SATURDAYS GAMES)
  - A.) One coach from each team will be contacted by email no later than 7:00am on Saturday morning.
  - B.) Coaches should then notify their players.
  - C.) Brunswick Parks & Recreations will also post cancellations on social media, Facebook, & Website
- QUESTIONS? COMMENTS?
  - Please contact David Coffill – 207-725-6656 or [dcoffill@brunswickme.gov](mailto:dcoffill@brunswickme.gov)

## Suggested Format for Practices

Practices should be consistent in format but varied in content. Avoid too much scrimmaging – it does not teach the players the basic skills and often children who need coaching on skills do not get it during a scrimmage. The following is a suggested format that you can use at every practice.

1. **Free Shoot**—While other players arrive, allow free but controlled shoot. Use this opportunity to work individually with players on their skills and get to know them better.
2. **Announcements**— Take a minute to sit the players down and explain what you will be doing at practice that day. You should also use this time to announce any schedule changes, additions or information about upcoming games that they will need to know.
3. **Warm-Up**- Always do stretching exercises and jogging before beginning practice. The older players will become skilled at leading the warm-up exercises, but the younger ones will need your guidance. Warm-ups may include lay-ups, shots, or dribbling relays.
4. **Individual and Small Group Drills**- *At this level of development skill development is top priority.* Introduce a new skill or practice an old skill at every practice. *Scrimmaging should be used as a reward for good effort in practice, not as the practice!*
5. **Scrimmage**— Encourage team play and passing. Do not let your best player hog the ball- every player, no matter what their skill level is- deserves a chance to play. Use scrimmages to work on positioning and strategy. Use positive reinforcement, rather than negative criticism to get your point across.
6. **End of practice meeting**—Review Announcements, compliment players and remind them of the next time they will get together. *Always try to end your practice on a positive note.*

## ITEMS THAT SHOULD BE REVIEWED BEFORE YOUR FIRST GAME

1. How to match up properly and begin the game with the jump ball
2. Positions
3. Basic Motion Offense
4. Basic Out of Bounds Plays
5. How to line up for foul shots
6. How to take the ball out of bounds
7. Rules (especially the half court man defense, 10 second count, back court)
8. Basic Defensive stance and concept (stay between your man and basket)
9. Fundamentals: Dribbling, Shooting, Passing



# Parent Meeting Check List

## Introductions

- Your Name
- Why are you coaching
- Your coaching expectations
  - o From Players
    - (Respect, try hard, expectations for practices and games, sitting with your teammates, being a team player)
  - o From Parents
    - (Being on time, let me coach – you can cheer, respect, let know if kids wont be at practice/game)

## Cancellation Procedure

- Practices
- Games (what time they can expect to hear if it's cancelled)
- Confirm Parent's Email/Phone for notifications

## Rules (pass out to every parent)

- If your child attends practice they are required to play at least half the game
- Jewelry is not allowed!! NO NO NO NO!
- Game format – 4 quarters of 7 min stop time
- Officials – please be respectful
- AGAIN cheer – don't coach

## Game Schedule (pass out to every parent)

- How early should they be at the gym before a game (no more than 15 min.)
- What they need to wear on game days (t-shirt, bring water)

## ANY OTHER THOUGHTS:

# Town of Brunswick

## Volunteer Coach Job Description

**TITLE:** Volunteer Coach

**DESCRIPTION:** Coaching children of all ages. You will be considered a role model for young athletes assigned to your team; therefore sportsmanship, fair play, and full participation are all mandatory.

**RESPONSIBILITIES:**

- \* Provide a safe and fun environment for the players.
- \* Plan and supervise games, practices, and events.
- \* Create a positive atmosphere that will allow players to demonstrate the highest level of sportsmanship to coaches, players, parents, fans and game officials.
- \* Supervise and positively communicate with assistant coaches and team parents.
- \* Teach players the rules, regulations, and skills needed for their sport.
- \* Schedule and conduct parent and team meetings.
- \* Serve as a positive role model.
- \* Provide all players with an equal amount of playing time in accordance with the program's policy.
- \* Promote the emotional and physical well being of all players ahead of any personal desire to win.
- \* Attend all league meetings, classes, clinics, and functions.
- \* Maintain Brunswick P&R equipment and return at the end of the season.

**QUALIFICATIONS:**

- \* Complete the application procedure and successfully pass a background check
- \* Attend any scheduled coaching clinics or meetings
- \* Successfully complete the National Alliance for Youth Sports coaching certification
- \* BE: organized, dependable, patient, and enthusiastic.

**SUPERVISOR:** Reports directly to the Recreation Programmer and Recreation Manager

I agree that I have read and understand the above job description for youth sports league coaching position, and that I accept the terms of the job description.

\_\_\_\_\_  
Application Signature

\_\_\_\_\_  
Name (Printed)

\_\_\_\_\_  
Date

**Please note: Failure to sign this page will render the application incomplete and unacceptable.**



## COACHES' CODE OF ETHICS

I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA Coaches' Code of Ethics:

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

Coach Signature

Date

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Coach Name (printed)

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Level\_\_\_\_\_  
Coed\_\_ Girls\_\_ Boys\_\_

# BRUNSWICK PARKS & RECREATION YOUTH BASKETBALL COACH

2025-2026

NAME\_\_\_\_\_

ADDRESS\_\_\_\_\_

GRADE COACHING\_\_\_\_ Practice\_\_\_\_\_  
(night) (time)

PHONES- H- \_\_\_\_\_

W- \_\_\_\_\_

OKAY to call work number yes/no

C- \_\_\_\_\_

OKAY to call cell number yes/no? Do you use Text Messaging yes/no?

Email \_\_\_\_\_

Have You taken NYSCA COACHES TRAINING COURSE: \_\_\_\_\_

NYSCA BASKETBALL Specific Video\_\_\_\_\_

-----Staff Use Only-----

NYSCA Training completed \_\_\_\_ Date\_\_\_\_\_

Code of Ethics \_\_\_\_ Date\_\_\_\_\_

Basketball Specific Training\_\_\_\_ Date\_\_\_\_\_