

# LEMONT PARK DISTRICT

***Itty Bitty***

***Hoops League***

**Makers  
of  
Memories**

# PLAYERS & PARENTS MANUAL



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LEMONT PARK DISTRICT YOUTH ATHLETICS

**MISSION**

**Our mission is to provide high quality, safe and accessible recreation programs, facilities and parks that meet the leisure needs for residents now and in the future by improving the quality of life for the residents with Lemont Park District boundaries.**

PARENT/GUARDIAN PLEDGE

As a parent/guardian of young athlete, I understand the important role sports can play in the development of a child's character. I also understand that the highest potential of sports is achieved when everyone involved in an athletic program, including the parents, works to Pursue Victory with Honor.

I promise to help my child and his/her team Pursue Victory with Honor by modeling my behavior at all times after the 6 pillars of character:

**Trust**

**Respect**

**Responsibility**

**Fairness**

**Caring**

**Sportsmanship**

and expecting my child to do the same.



### Timeline of Events

Registration August & September, 2010

**DEADLINE: 9/24/10**

Team Picking September 27<sup>th</sup> – October 1<sup>st</sup>

1<sup>st</sup> week of practice/games October 5<sup>th</sup>  
(1<sup>st</sup> day would be a practice day. Games would not start until 10/12)

Picture Day Tuesday, October 19<sup>th</sup> or October 26<sup>th</sup>

\*\* A professional photographer will come in and take individual and team pictures. Will advise you of exact date & time. There is no obligation to purchase pictures. A team picture is required.

The scheduled events and dates are subject to change.  
The League Director will notify all coaches of any time change.



## **PARENTS RESPONSIBILITIES**

- Children are expected to be at all practices and games. Children who do not attend practices and who are not excused from practice by their coach may reduce the amount of playing time for that player in the next scheduled game.
- Parents are encouraged to attend all games to show support for their child/children
- Parents will be responsible for promoting sportsmanship to players, other parents, coaches and officials at all times while at all games and are subject to removal if they display inappropriate behaviors.
- Children must be escorted in and out of the facility for all practices and games.
- All siblings who are not scheduled for a practice or game **MUST BE** supervised at all times in the gym (**DO NOT** play in hallways)

## **EQUIPMENT**

- T-shirt & gym shoes for practices
- Shoes - rubber soled shoes are suggested. **NO BLACK SOLES** or **HARD SOLED GYM SHOES**. During the snowy, rainy months, please **DO NOT** wear your indoor gym shoes outside.
- Size Ball: 28.5
- Team Uniform T-shirts (players must complete the uniform with black shorts)



## EMERGENCY PROCEDURES

### Procedures for Serious Injury

- Remain calm
- Assess the situation
- Call an ambulance immediately
- Call the parents immediately
- DO NOT MOVE the child - apply ice or bandages
- Fill out an Accident Report & then notify the Lemont Park District,  
Toni @ (630) 257-6787 x 3005 & @ [toni-paolini@lemontparkdistrict.org](mailto:toni-paolini@lemontparkdistrict.org)  
or Amy Kramer e-mail @ [amy-kramer@lemontparkdistrict.org](mailto:amy-kramer@lemontparkdistrict.org)
- Keep players away from the injured person
- Follow up - call parents to see how the child is doing
- If a trip to the hospital is needed by ambulance and the parents cannot be contacted, a COACH must accompany the child to the hospital. Call Toni immediately & the park district will be able to get a hold of me.

### Procedures for non-serious injury

- Apply ice or bandage  
DO NOT move child until you recognize the non-serious nature of the injury
- **I** ce
- **C** ompression
- **E** levation
- Contact parents
- Fill out accident/incident report and notify the Lemont Park District (630-257-6787)
- Follow up – call parents to see how the child is doing



## FOR GAMES STARTING IN OCTOBER THROUGH DECEMBER

Parents and Fans:

Welcome to Lemont Park Districts Itty Bitty Hoops League. We hope everyone has fun. The league will be competitive as well as educational. As we begin, here is some information and rules we think you should know.

1. You are responsible for any children that you bring to the practice/game. Children must be supervised when using the restrooms.
2. Extra basketball hoops are not to be used.

### ***It's a safety thing***

3. Only water or Gatorade/Powerade in the Gym. **No food, gum, coffee etc.**
4. **Always walk around the perimeter of the basketball courts.** This will help keep the courts clean and safe.
5. Please cheer everyone on, remain positive and save criticism for the proper venue.
6. Parents and all families are responsible for setting an example of sportsmanship and are responsible for their behavior and the behavior of their children.
7. Please know that the parents who have volunteered to coach your son or daughter have committed their time in many ways:
  1. Practice and games
  2. Agreed to a criminal back-round check
  3. Agreed to review basketball rules and learn strategies for teaching children - another few hours.
  4. Are doing this for **all** the kids.

### House Rules

- ❖ Running clock (2) 10 minute halves
- ❖ NO score keeping
- ❖ Fouls will be given but NO player will foul out
- ❖ NO press, NO 3 pt shots
- ❖ Defense must remain in the key with (1) foot
- ❖ No free throws

Each team will be allowed two (2) time outs per game.  
Teams responsible for supplying pre-game balls.

### Technical Fouls:

- a. Technical fouls count as personal fouls. 1 assigned to each player on the floor & bench.
- b. All technical fouls will consist of the ball awarded out of bounds.
- c. Coaches are responsible for their fans.