

TOWN OF PLYMOUTH PARKS & RECREATION



YOUTH BASKETBALL PARENT AND PLAYER HANDBOOK

FALL/WINTER 2025-2026

*The Parent and Player Handbook is subject to revisions at the discretion of the P&R Commission. Participants will be notified of any such revisions via email. **Please be certain to have your account set up appropriately to receive email notifications from P&R.**

MISSION

It is the mission of the Plymouth Parks & Recreation Department to provide a basketball program serving young players, their families, and the Plymouth community at large by providing a fun, safe, and enjoyable youth sports experience, enriching young lives with meaningful recreation and socialization.

PROGRAM GOALS

- Progressively learn more about the game of basketball.
- Improve individual skills at an appropriate level.
- Team building.
- Respect of authority and each other; always be polite.
- Have healthy, good, active fun with friends.

ROLE OF THE COACH

- Teach the game of basketball in a positive manner; correct and encourage.
- Promote a trusting atmosphere.
- Inspire players to reach their potential.
- Communicate effectively with the players, parents, and program staff.
- Treat players, BOE and P&R staff, referees, and volunteers with respect.
- Represent the community, program, its mission, and rules in a positive manner.

ROLE OF THE PLAYER

- Be a good teammate, **ON AND OFF THE COURT.**
- Be coachable; listen to the coach, focus, and make an effort to do what is asked of you.
- 100% effort on the court.
- Play smart and communicate with teammates and coaches.
- Be accountable and responsible.
- Display good sportsmanship at all times.
- Represent the community, program, its mission, and rules in a positive manner.
- Enjoy the game and have fun!

ROLE OF THE PARENT

- Be present and aware of your child's behavior during all team activities.
- Support your child on and off the court in a positive manner.
- Communicate injuries to the coach; sometimes children may want to hide injuries so they can continue to participate.
- Be a positive example at games, representing our program and community.
- Encourage and support ALL players on the team as well as the coach.
- Let the coach do the coaching; giving "extra" information/coaching may go against what is being taught and may confuse your child.
- Understand the referees will make mistakes; handle yourself with class.
- Remember that the coach has not only your child, but the entire team in mind when making decisions.

ATTIRE

- **Coaches & players** must change from “street” shoes to “gym” shoes prior to gym entry.
- All players will be provided with a team shirt prior to league play; this team shirt should then be worn for each game.
- Appropriate t-shirt and shorts for practices; black or white shorts for games.
- No jewelry, including earrings, shall be worn by any player, except for medical alert identification, which shall be secured with athletic tape so that no sharp edges are exposed while still leaving the medical alert visible.

ABSENCES

Please notify the coach, or Parks & Recreation (ParksandRec@plymouthct.us), if your child is unable to attend any practice or game. **This courtesy is important to the coach's planning and ability to lead the team.**

INJURIES

- Injuries should be reported to the coach immediately. If you take medication or have prior injuries, let the coach know.
- To maintain a safe playing area, all players are to adhere to the following **BLOOD RULE**: Any player who is bleeding must be substituted for until the bleeding stops. Any game official, coach, or program staff member has the authority to remove the player. Any and all blood soiled clothing must be changed before a player is allowed to return to the game or practice. Re-entry of the player must be approved by program staff.
- At the discretion of the program coordinator, 911 will be called for any head injuries or injuries determined to be of a serious nature. Parents/guardians are responsible for all medical expenses.

COMMUNICATION

24 HOUR RULE: Parents sometimes disagree with a coach's decision, coaching style, officials' decisions, or game rules. Parents have to understand that the coach represents the entire team, not only one player, and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child's sports development from game emotions. For this reason, we have adopted the "24 HOUR RULE", which simply states that the coach/staff will not discuss game situations until 24 hours after the game has passed. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and "cool off" if necessary.

To help keep communication smooth and productive, there is a certain line of communication that we ask everyone to follow:

- 1) Parents should first contact the coach with questions/concerns, then, if necessary, the Program Coordinator;
- 2) Coaches should first contact the Program Coordinator with questions/concerns; and
- 3) If further assistance is needed, then contact the Parks & Recreation Director.

MISCELLANEOUS

- **Controlled Substances:** Tobacco and/or alcohol use in or around any school building is prohibited.
- **Refunds:** All refund requests must be submitted in writing to the Parks & Recreation Commission for consideration.
- **Cell Phones:** Cell phones will be turned off or put on mute/vibrate before a practice or game begins. Players are not to be using their phones while they are watching the game. Keep this distraction away from the TEAM.
- **Stage Access:** Per BOE and P&R policy, stage access is prohibited, including sitting along the edge of the stage. Spectators are to sit in the stands or chairs provided.
- **Weather Policy: If school is canceled for inclement weather, practices for that day are also canceled.** For inclement weather on any weekend day, the Parks & Recreation Commission will have the final decision on cancellations. Updates will be posted on the Parks & Recreation Facebook page, and an email notification will be sent out to all families set up to receive email notifications from the Parks & Recreation Department. Email notification may be set up on the registration website (plymouthtownrec.com), under "My Account" and the "Add/Edit Member" tab (available for set up by only adult members).
- **Discipline:** Parks & Recreation has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, participants, coaches, officials, spectators, or parents) at any program or event and same will be subject to partial or permanent suspension at the discretion of the Parks & Recreation Director.
- **EQUIPMENT:** All equipment will be provided by the Parks & Recreation Department. **Players only need to arrive dressed to play.** Any other equipment brought into the building may be removed at the discretion of the program coordinator, or representative of the Parks & Recreation Department. - **PLAYERS SHOULD NOT BE BRINGING THEIR PERSONAL BASKETBALLS INTO THE GYM FOR GAMES OR PRACTICES.**
- **CARRY OUT WHAT YOU CARRY IN.** Please do not leave any trash in the gym/school.
- **NO FOOD OR DRINK OTHER THAN WATER SHOULD BE BROUGHT INTO THE GYM INCLUDING ANY CONCESSIONS BEING SOLD OUTSIDE OF THE GYM. Anyone with food or drinks in the gym will be asked to leave. If they refuse to leave, the program will end and resume the next scheduled time. WE APPRECIATE EVERYONE'S COOPERATION IN KEEPING THE GYM CLEAN AND PRESERVING THE FLOORING.**

HAVE FUN !!!