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**ALABAMA NDNS MISSION STATEMENT**

Alabama NDNS Athletics mission is to create a place where players have a positive atmosphere and where young athletes who want to be better basketball players have the opportunity to get better. Alabama NDNS Athletics is the vehicle that provides that opportunity for players to take their game to the next level. We exist to make a positive difference in the lives of our players. Our goal is to develop happy, healthy, and confident players. We strive to provide a safe, fun, and successful experience for every player.

# COACHING PHILOSOPHY

To make sure that we are staying true to our mission, our philosophy for the Alabama NDNS is an intense defense first, second, and third type of team. We will rebound both offensively and defensively with ferocity. We will use multiple styles of defense from man to man, zone, full court press, and trap to completely confuse the opposition into making mistakes, which causes turnovers. On offense we will run an up-tempo style of offense on the break and then settle into a motion style offense in the half-court. To accomplish these things our teams have to be in phenomenal physical condition. We **WILL** be in great shape and we will never be beaten because we are tired. We will play fundamentally sound basketball offensively, defensively and when rebounding.

**PURPOSE OF THIS HANDBOOK**

The purpose of this Handbook is to familiarize both parents and players with the Alabama NDNS, and to create expectations for the Alabama Indian experience. For our program to be successful, the rules of this Handbook must be followed and will be enforced. We want to be known as one of the finest youth basketball programs available, and players’ and parents’ adherence to a Code of Conduct will help us reach this goal. We hope this Handbook will answer many of the questions that you may have. If you have questions or concerns that are not addressed in this Handbook, please contact Ricky Adams at (334) 595-1858, Edward Rogers (334)399-0144 or William Brooks at (334)370-5004

# OUR GOALS

The Alabama NDNS have two main goals. The first is to provide quality instruction in all aspects of the game. This instruction will include skill building as well as the development of self-discipline, dedication, and confidence in each athlete. These qualities will assist our players as they progress through the game and through life. The second goal is to prepare those players that have the desire, athletic ability and academic standing to play at the high school and collegiate level. We believe that a competitive athletic experience can enhance social development, contribute to mental and physical health and teach the values of hard work, teamwork and responsibility. We are proud of the opportunity that we offer, and we feel that the players involved will receive a positive experience.

Our program is dedicated to providing all athletes with the opportunity to be successful. Playing basketball with the Alabama NDNS requires a strong commitment to the game, the team, and your teammates. It is important that everyone involved understands that each coach is willing to make this commitment in order for our athletes to become the best basketball players they can be. Participation in the Alabama NDNS Athletics requires time, effort and financial resources, but we feel that it is well worth the investment for your child. After your experience with us, we hope you and your child will agree.

**PLAYER SELECTION PROCESS**

The Alabama NDNS evaluates prospective players at both formal tryouts as well as in other environments. Players are evaluated on attitude, teamwork, and how they execute basic basketball skills such as defense, ball handling, shooting, etc. We base our selections on how the athlete performs during an evaluation and what we perceive their potential to be. We select athletes based on the following criteria (in no particular order): athletic ability, work ethic, drive, coachability, competitive attitude, skill, and potential.

After your athlete has been placed on a team, we reserve the right to move them to a different team at any time during the season to continue to improve the level of play for all considered. This means that a player may be added to a team during the season, or that a player may be asked to move to another team to better match the player with the appropriate team.

**PARENT/PLAYER/COACH RELATIONSHIP**

The Alabama NDNS Athletics Staff believes that great coaching is at the core of a great basketball program. All of our coaches have been selected because we believe they are qualified and bring unique talents to our program and our kids. One of the most important aspects of coaching youth sports is having good communication between the players and their parents.

We understand that basketball can be an emotional sport and sometimes parents are prone to issue instructions to their player from the stands. If these instructions are contrary to those of the coach, this will only cause confusion for the player. **Please encourage your athlete to follow their coach’s instructions and leave the coaching to the coaches**. We believe that parents need to align themselves with the coach in teaching their player how to cope with the natural frustrations of being a member of a team. Sports provides an excellent opportunity to teach young athletes 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, how to achieve mental toughness, and how to be a gracious winner or loser.

When a player has a concern, parents have the responsibility of teaching their athlete the steps necessary to remedy the situation. Absent situations involving safety or player abuse, the following steps should be taken if a player has a concern with the coach:

**Step One:** The player should discuss the problem/concern with the coach and try to arrive at a solution to the problem. (This is not appropriate for younger kids)

**Step Two:** The parent should call the Director of Basketball operations 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 parents and families of our players have been very supportive in the past, and we hope that support will continue to grow each year. We hope that parents support their athlete(s) by attending their games and giving positive encouragement. We expect you to refrain from criticizing your child, their teammates, their coaches, or the officials.

The Staff and Administration of the Alabama NDNS Athletics Inc will NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED by parents or fellow teammates. If you or your athletes refuse to follow the guidelines set forth, you will be asked to leave the program.

# PLAYERS’ CODE OF CONDUCT

Alabama NDNS Athletics are committed to all of its players exercising good sportsmanship at all times. Our program philosophy is that our athletes should represent their team in a positive and respectful manner. We also would not want spectators to embarrass our players and the team with inappropriate behavior. In addition to the above Code of Conduct, all spectators are expected to adhere to the following:

1. Absolutely no foul language
2. Parents should cheer for all players on their team in a positive manner and not against our opponents in a negative manner.
3. Show respect to those around you.
4. Support your coaches.
5. Refrain from harassing referees and/or event staff (**As much as possible**).
6. As a member of the Alabama NDNS tribe, we expect all players to display high standards of behavior and sportsmanship. All players are expected to know and follow the below general rules.

PLAYERS WILL READ, UNDERSTAND AND FOLLOW LISTED RULES:

1. I will not transport, possess, or drink any alcohol nor take illegal drugs of any kind; (if I am found to be using illegal drugs and/or drinking alcohol, I will be terminated immediately from the program).
2. I will treat the coaching staff respectfully at all times.
3. I will respect the game of basketball and give it my all during practice and games.
4. I will be respectful and courteous to my teammates. I will be respectful in public and display good character as a representative of the Alabama NDNS Athletics Inc.
5. I will not participate in any horseplay, which may injure my teammates or myself.
6. I will not exhibit conduct which is inappropriate as determined by comparison to normally accepted behavior.
7. If I have a problem with a teammate, I will talk to the coaching staff to attempt to solve the problem.
8. I will be committed to being a team player, always remembering “we” goes a lot further than “I”.
9. I promise when I step on the court, I will always remember that “It’s Time to Go to Work”.
10. Players are required to arrive 15 minutes prior to practice, 60 minutes prior to a game or as otherwise directed by your coach.
11. Poor conduct such as: foul language, physical or verbal intimidation of any individual, fighting with other teams/players, and vocal outbursts are not permitted.

REMEMBER:

1. Appreciate your teammates. Every player on your team has certain strengths and weaknesses. Be patient with your teammates as they improve their games — just as they will be patient with you improving your game. Basketball is a team sport. Success can only come when the entire team works and plays well together.
2. Never question an official or express your feelings at a call. Officials are part of the game. It is your job as a player to overcome adversity, whether it is the opposing team, the physical facilities or the officials. Never talk back or show up an official. Remember being an official is not an easy job and mistakes happen.
3. Take time to learn the rules. If you don’t know the rules you don’t know the game.

Enjoy the journey! Win or lose, enjoy every moment on the court both during the games and during practice. Basketball should be challenging, tiring, hard and fun.

**PARENTS CODE OF CONDUCT**

As with our players, parents also represent the Alabama NDNS. We expect parents to act with a higher set of standards than we expect from our players. Parents are the role models.

1. Act as a leader. Leaders are people whose actions inspire others. A leader treats their children’s teammates, your peers, the coaches, opponents and officials in the same manner you would like to be treated. That means with respect, dignity, and total sportsmanship at all times. If you set the example the players will follow the example you set.
2. Do not draw attention from the players. Youth basketball is for the kids. If you find yourself becoming too emotionally involved in what’s happening on the court, take a step back and relax.
3. Value your child’s commitment. Get your kids to practice and games on time. Make sure they have their uniform and sneakers. Help them eat and drink right before, during and after the game. The more your children see you acting responsibly, the more they will do the same.
4. Act in a respectful manner. Nothing is better for a young player than having their parents on hand to watch them play. And nothing is worse for a player than hearing a parent using foul language, booing, taunting, screaming or making comments at, or about players, coaches, fans or officials (that includes your team as well as your opponent). Offer applause and cheers of encouragement for both teams following a good play or a great effort, otherwise keep quiet.
5. Never question an official or express your feelings at a call vocally. Officials are part of the game. Parents should demonstrate proper behavior to the players. It is not the parent’s job (or the players) to officiate the game. Accept the call and move on. Remember being an official is not an easy job and mistakes happen and are part of the game.
6. Total motivation through confidence. Try and identify a positive from every game or practice to help build confidence. A young player’s sense of achievement is the greatest motivator. Don’t analyze your young player’s performance following every game. They know how they played and if you give them the opportunity and situation they will open up to you. If you do, chances are they will avoid talking to you at all after games or worse yet, not want you at the games at all. Let your children come to you for advice.
7. Allow the game to be fun. So help make it that way. Keep smiling. Encourage enjoyment and participation over results. If it’s not fun, something’s wrong.
8. Good communication is key. If you must, talk with the coach after the game. Or better yet, wait until the next day if you have an issue to discuss. Let the heat of the moment pass never make a scene in front of the team, as it’s embarrassing for you, your children and the coaches. And chances are nothing will get resolved.
9. Enjoy the journey and put winning and losing into perspective. Games have winners and losers. Keep reminding your child about this reality and the need to deal with both outcomes.

**PLAYING TIME AND PRACTICES**

We know that all players want to play and many concerns by players and parents involve the amount of playing time that is allocated to the player. The following sets our general philosophy on playing time.

* + Playing time is not guaranteed, is not equal and must be earned.
  + Playing time is based on the player’s performance at practice. If you are not at practice, for whatever reason, it is difficult to earn playing time.

Your coach will determine who plays and how much. They will take into account many factors in coming to that decision, but the decision is theirs.

* + Parents are always welcome to watch practice. However, leave the coaching to the coaches.
  + Be on time!

Practices will usually be two to three times per week. They will last normally for 1 ½ to 2 hours. You will be notified of practice times and locations by your coach or Team Manager. We will make every effort to not change practice times and locations: however, things happen!!

Please be flexible and cooperative.

If a player must miss a practice, the player must call the coach or team manager as soon as possible (not reasonable for younger players, good for HS). Athletes who miss practice are missing valuable information and potentially may have their playing time affected by consistent absences or tardiness.

**TOURNAMENT TEAM RULES**

1. First and foremost, it is important to remember that each player and parent is representing the Alabama NDNS program when we play in local or out-of-state tournaments. Traveling with the team is an honor and must be respected.
2. The players will be responsible for uniforms when attending tournaments. When traveling please make sure that your basketball bag with your shoes and any other items (i.e. contacts, braces, knee pads, etc.) required for you to play is packed, ready to go and in your possession when you get into your mode of transportation. This means that if you are traveling by personal automobile you verify that your equipment is in the car. This also means that if you are traveling on an airplane your basketball bag is your carry on item. It is a good idea to include extra socks and personal items in your bag.
3. Players are expected to wear appropriate clothing at all times.
4. Room numbers, room phone numbers are not to be given out to anyone other than your parents or teammates.
5. No persons other than Indian players, coaches, or family members are permitted inside a player’s hotel room.
6. No player is allowed off hotel property without a parent/coach/chaperone permission.
7. When traveling to tournaments we will attempt to travel together.
8. When we are traveling, we will eat together, stay at the same hotel if possible, and spend time together as a team. Exceptions must be approved by the coach.
9. Alabama NDNS Athletics is dedicated to developing all of our players, not only on the court but we also try to provide new and unique experiences. However, when traveling for tournaments please remember that our reason for being in a particular location is to play basketball. When possible, we will try to schedule free time to allow the athletes to have fun.

**INFORMATION**

**GENERAL:**

1. It is recommended that all players attend training practices/classes every month for the duration of the season. Our spring season runs for approximately 3 months (March, April, May, and some teams may play in June).
2. Players/parents commit to the season and the fees for that season.
3. If a player quits their team before the end of the season for any reason, there are NO refunds.
4. If a player is asked to play up or fill in a vacated spot for a tournament, their fee will be divided equally amongst the players of the team for the total fee for that tournament.
5. If a player needs to miss for any reason, you must contact the coach and team manager ahead of time. To emphasize player responsibility, we do not want the parents to call on behalf of their athlete. It is the player’s responsibility! The exception is for younger players and the parent would be the one to reach out to the coach or team manager.
6. The Alabama NDNS coaches have full discretion to move players from one team to another.

**FINANCIAL COMMITMENT**

Participating with the Alabama NDNS takes a commitment from both the parents and the players. As a team, we will try to conduct fundraising activities to keep costs to a minimum.

For the 2023 Spring/Summer season, team fees of $700.00 are due no later than April 1st. If your fees are not paid by the due date the player won’t be permitted to practice or attend any games until the account is brought current. If you are unable to pay your monthly dues, please contact the Director of Basketball Operations.

The organization understands that this is a difficult time for many families due to the economic climate. If your family is in a hardship situation, please contact the Director of Basketball Operations to discuss your options regarding the above fee reminder.

Team fees will cover the cost of Tournaments, Hotel stays, Uniforms, and insurance needed to protect both the organization and your athlete throughout the season.

The Alabama NDNS Athletics also offers individual training sessions to any players if they or their parents would like to have additional training. We believe that the training you will receive is second to none and is key in developing your athlete. Training is separate from the team fees and is either $150 per month for one training session per week or $200 per month for unlimited training.

**PARENT/PLAYER CONTRACT**

PLEASE INITIAL AT EACH CORRECT SPOT. BY INITIALING YOU ARE AGREEING THAT YOU COMPLETELY UNDERSTAND AND AGREE TO EACH STATEMENT AND CONTRACT AGREEMENT THAT PRECEDES YOU’RE INITIAL.

\*\*PLEASE READ EVERYTHING YOU ARE SIGNING SO THAT THERE IS NO CONFUSION\*\*

Initial: I understand that there is a one-time Team Fee per season. This is separate from the training fee and goes to pay for tournaments, hotel stays, and insurance requirements. There is no refund on this one time seasonal Team Fee.

Initial: I understand that we need to pay the team fee, and turn in the waiver/ medical release, liability form, insurance information, parent/player contract, and financial responsibility form.

Initial: I understand that if I do not meet the obligations defined in the paragraph above my athlete will not be able to participate in team practice or any Alabama NDNS events until all documents are turned in.

Initial: I understand that all tournaments held outside of the Alabama NDNS operation are out of our control. Such as game times, gym locations, and cancellation of tournaments. Game times, gym locations and cancellations will be communicated to all parents as soon as possible. In the event that the tournament provides a refund back to the team, this refund will be credited to your account.

Initial: I understand that communication with the team will be done through E-Mail and or cell phone. It is the parent’s responsibility to check E-Mail’s and cell phones on a regular basis.

Initial: I understand that the best form of communication is to text/call/e-mail your coach or the Director of Basketball Operations for the Alabama NDNS.

Initial: I understand that Coaches/Athletic Director has full discretion on moving players up or down from one team to the other.

Initial: I understand that a coach or director can relocate or replace a player if a player does not meet coaches or directors expectations in attendance, commitment and/ or production.

Initial: I understand that playing time is not guaranteed and must be earned with commitment and production.

Initial: I acknowledge that I have received, read and discussed with my parents the information in the Player/Parent handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization.

I the parent acknowledge that I have received, read and discussed with my child/children the information in the Player/Parent handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin his season with the Alabama NDNS until all required forms are signed and submitted to the Athletic Director. The forms include the Handbook Acceptance, Waiver/Medical Release, Insurance information, code of conduct, and financial Responsibility.



Player Name (Print) Player Signature Date

Parent/Guardian Name (Print) Parent/Guardian Signature Date

We like to post photos of teams and training classes on our Website and Facebook page, by signing below you give Alabama NDNS Athletics the right to post photos of your athlete.

PARENT SIGNATURE

**PARENT PERMISSION FORM, LIABILITY WAIVER AND RELEASE**

I understand that participation with Alabama NDNS Athletics Inc involves risks and dangers of serious and permanent bodily injury up to and including death. I hereby release, hold harmless, discharge and agree not to pursue legal action against The Alabama NDNS Athletics Inc, The Alabama NDNS Athletics Inc Camps, all directors, officers, employees, coaches, officials, volunteers, agents, sponsors, advertisers, and owners/leasers of premises for and from all liability from my participation in and with these and any other related travel, lodging, social and recreational activities.

I have given my daughter/son permission to participate in The Alabama NDNS Athletics Inc events, and I certify that she/he is in good health, has been cleared by a physician and can take part in all physical activities not limited to but including training, practices and games. I am aware of all laws, rules and safety procedures regarding head concussions if an injury occurs, I authorize the staff members to take any action and use the emergency service available at the nearest hospital if necessary. I understand my personal insurance will be used in this case. In case of an emergency, I authorize the Alabama NDNS Athletics personnel to act. I have read and understand and agree with all the parent, players and team packets and will follow all rules and code of conduct.

I also understand that Alabama NDNS Athletics Inc retains the right to use for publicity and advertising, photographs and video taken of the participants.

Signature Date

**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 Alabama NDNS Athletics Inc, its officers, employees, 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 include admission to a hospital or medical facility if the attending physician deems it necessary.

Player Name (printed)

Parent or Legal Guardian Signature (If player is a minor) Date

**PLAYER INFORMATION FORM**



Player Name Jersey Number Height



Date of Birth School Grad Year



High School that you will attend or are currently attending



Parents/Guardian



Address



Email

 

Home Phone Cell Phone



Insurance Carrier Policy #



Primary Policy Holder ID #



In Case of emergency contact (Other than parent or guardian)



Relationship Emergency Contact Home #

 

Emergency Contact Work Emergency Contact Cell

If your insurance carrier requires a phone call prior to treatment or hospital admission, please provide that phone number and/or point of contact:

**PLEASE ATTACH A COPY OF THE PLAYERS BIRTH CERTIFICATE**

**HANDBOOK ACCEPTANCE FORM**

I acknowledge that I have received, read and discussed with my Athlete the information in the Player/Parent handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin his/her season with the Alabama NDNS Athletics Inc until all required forms are signed and submitted to the Coach or team manager. The forms include Handbook Acceptance, Waiver/Medical Release, Insurance information, code of conduct, and financial Responsibility.



Player Signature Date



Parent/Guardian Name Parent/Guardian Signature Date

**CONTACT INFORMATION**

Alabama NDNS Athletics Inc.

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Wetumpka, AL 36093

(334)595-1858

Ricky Adams

Director of Basketball Operations/Coach

(334)595-1858

Edward Rogers

Director of Player Development/Coach

(334)399-0144

William Brooks

CEO/Coach

(334)370-5004

**Tournament Schedule**

* **April 1-2 National Super 64 Exposure Showcase**

**(Baller TV) Chattanooga TN**

* **April 14-16 7th Atlanta Hoopfest**

**Atlanta GA**

* **April 21-23 Montgomery AL (Younger Teams)**
* **April 29-30 Future Stars Shootout**

**(UWF) Pensacola FL**

* **May 12-14 New Orleans Breakout**

**New Orleans LA**

* **May 19-21 Tuscaloosa AL (Younger Teams)**
* **June 2-4 Panama City Breakdown**

**Panama City FL**

* **Schedule is subject to change, however there will be plenty of time to make appropriate changes in the event of a change.**