

Player & Parent Handbook



Our Mission

- CLUTCH Performance Training is a competitive basketball program that provides each member the opportunity to become a better athlete, player, and individual.
- Develops a work ethic among student-athletes that is committed to personal excellence and success.
- Creates an intense and enthusiastic environment where players can grow physically and mentally.
- Provides players with the necessary tools to become leaders within their teams, schools, and communities.

Program Leadership

Program Director: Kris Gallagher
& (253) 278-0250
17 u & 16u Boys Coach Gallagherk42@gmail.com

16u Boys Coach: Brandon Gibson
(206)966-1253
Bgibson86@yahoo.com

8th Grade Boys Coach: Bruce Bouyer
(253)651-9561
Pyroluvr69@comcast.net

7th Grade Boys Coach: Clint Absher
(253) 380-2675
Absher.cd@gmail.com

6th Grade Boys Coach: Dylan Cooley
(253)732-0268
Dylancooley33@gmail.com

5th Grade Boys Coach: Henry Guterson
(206)877-3012
hanktg@gmail.com

Website: www.clutchbasketball.org

Social Media: Follow us on Instagram: @clutchbasketball_1

Our Philosophy

As coaching staff, we firmly believe in building people first. Our opportunity as a staff is to develop quality young men and women, who will learn the value of sacrifice and unselfishness through competing at a very high level every single day on the basketball court. The demands and expectations of the program will enable players to make a lifestyle change for the better, thus creating stronger leaders within their team, school, and community. Our coaching staff is committed to creating equal opportunities for all players to maximize their immediate potential as athletes and individuals.

Club Vision

To be the premier basketball program of choice in Pierce, King, and Thurston County.

Core Values

1. Demand Excellence
2. Inspire Confidence
3. Build Character

a. We expect our athletes to be committed.

1. Commitment to the team

- I.** Coaches want athletes that will fulfill their obligation to the team.
- II.** Athletes who have strong commitment to the team will set good examples for others and will be able to follow the team's vision.
- III.** Players must put their needs second and the needs of the team first. "TEAM BEFORE ME"

2. Commitment to each other

- I.** Commitment to ALL teammates is the foundation of unity.
- II.** Teammates are family and need to be treated as so.
- III.** Be kind and take care of each other.

3. Commitment to the program

- I.** Players of Clutch are a part of a bigger picture than just their team.
 - a.** All members of the program are teammates.
 - b.** All members of the program are committed to the vision and the mission of the organization.

4. Commitment to the coach

- I.** Coaches want their players to strive to get better.
- II.** Coaches want their players to trust and believe in them and the vision and goals of the team.
- III.** Coaches expect their players to work hard in practice, but put in "extra work" outside of practice.

b. We expect our athletes to be good teammates.

1. Being on a team is like being part of a family.

- I.** We all don't have to like each other, but we treat each other with respect.
- II.** We take care of each other.
- III.** We have a brotherly love for one another.
- IV.** Good teammates are loyal to each other. If we have disagreements, we don't gossip or get others to choose sides.

c. We expect our athletes to be motivated and to be self-disciplined.

1. A motivated individual is a self-starter.

2. Coaches want athletes who realize there are no short cuts to success.

3. Characteristics of a person who is self-disciplined.

- I.** Good habits
- II.** Maintains a good diet
- III.** Trains extra
- IV.** Stays hydrated
- V.** Stretches regularly

4. Individuals who are motivated have self-discipline and are "SUCCESSFUL."

d. We expect our athletes to be enthusiastic.

- 1.** Enthusiasm is contagious.
- 2.** Enthusiasm breeds positive energy.
- 3.** Athletes who are enthusiastic add fun to the team.

e. We expect our athletes to have a positive attitude.

- 1.** Coaches love athletes with positive attitudes.
- 2.** Players with positive attitudes help build an enjoyable climate.
- 3.** Athletes who have positive attitudes are able to maximize their potential for success better than ones with negative attitudes.

f. We expect our athletes to demonstrate good sportsmanship.

- 1.** Good sportsmanship is a testimony to good character.
- 2.** Coaches want players to respect the game, the officials, the opponents, the crowd, and most importantly, themselves.
- 3.** Athletes who have good attitudes will be winners for life.

a. *We do not like selfish players.*

1. A selfish player puts himself before the rest of the team.
2. A selfish player is only concerned with individual playing time and doesn't support and celebrate with the rest of the team.
3. A selfish player is concerned and compares their success to others instead of as a team.
4. A selfish player mopes and pouts in front of the team or on the sideline when they don't get what they want.
5. A selfish player is the "cancer" of the team and will be the leading cause of the team's demise.

b. *We do not like complaining, whining, excuses, or blaming.*

1. Good teammates and good athletes don't complain.
2. Athletes who complain bring the team down and make the climate unpleasant.
3. Complaining can be avoided by confronting teammates and coaches with suggestions for problems
4. Whining is a bad habit and can be broken.
5. Making up Excuses is simply a lack of taking responsibility for one's actions. Good athletes find a way to overcome challenges.
6. Blaming others when things don't go well will not be tolerated. Teams win together and they lose together.

c. *We do not like players who think they are entitled.*

1. Having a sense of entitlement has become a growing problem in today's society.
2. Athletes who play and belong to a team need to remember that they are privileged.
3. Expecting things and earning them are completely separate.
4. Nobody is above subbing.

d. *We do not like players who do not follow the rules.*

1. Not following the rules of the team or club is unacceptable and will not be tolerated.
2. Players with bad attitudes and who are selfish only follow the rules because they have to. These are the players who usually end up breaking major rules during the season.
3. Coaches want players who follow the rules because it is important to the team.

Players who demonstrate these types of undesirable behaviors and/or fail to follow the 5 general rules will result in the following consequences:

1. *Meeting with Head Coach and loss of playing time*
2. *Meeting with Head Coach, Club Director, and Parents and loss of playing time*
3. *Removal from program without refund*

FIVE GENERAL RULES THAT WILL BE IN EFFECT AT ALL TIMES

To Ensure a Positive And Healthy Learning Environment For Our Parents And Athletes

a. Communication

1. Communication is the foundation of successful relationships.
 - I. Coaches need to be clear and concise so players have understanding of the coaches' needs and expectations.
 - II. Players need to be able to communicate to their coach with questions and concerns first, before they involve their parents.
 - III. Parents are to encourage and help their children with tools so they are successful communicators with their teammates and coaches.
 - IV. Players need to communicate to coaches if they will be late or must miss a practice/match as early as possible.
2. Team Vision
 - I. It is important for coaches to communicate the vision for the team and the program.
 - II. An athlete who knows and understands where the team is going increases the value and will be more motivated to work harder.
 - III. Creates unity and motivates teammates to work together to accomplish common goals.
3. Practices
 - I. Reasonable expectations will be set and clearly communicated by coaches.
 - II. Communicating with athletes in positive ways help build enjoyable climates.
 - a. Effective communication with players and explanations of why we do things the way we do provides value. Everything we do as coaches have purpose.
 - b. $\text{Motivation} = \text{Expectation} \times \text{Climate} \times \text{Value}$
 - III. Equal Opportunity in practices not in games

b. Consistency

1. Consistency from athletes shows value.
2. Consistency is necessary for trust, durability, and longevity.
3. Good athletes and teammates need to “show up” at every practice and at every match.
4. Peaks and valleys are the downfall to a team.

c. Attitude

1. Having a good attitudes help build winners for life.
2. Good attitudes from athletes build a positive climate and make the season enjoyable.
3. Athletes who have positive attitudes learn faster and have increased performance.

d. Program First Attitude

1. Players on our teams must put the needs of the team before their own needs.
2. Athletes with this concept are exceptional teammates and are held in high value from the coaches.
3. “Whatever I can do to help the team” and “I will play any position the team needs me to play” are examples of players who put the team first and themselves second.
4. Competing against each other for your position in practice is expected but “Team Before Me” players support, cheer, and celebrate for one another during matches.

e. Respect

1. Coach and player relationship; respect is earned.
2. Our players will respect the game, the officials, the opponents, the crowd, our teammates, and themselves.
3. Respect our staff and people in authoritative position.
4. Our players are ambassadors of our club—represent us proudly.

2019 SEASON DETAILS

AAU REGISTRATION (Players must register in order to compete in Tournaments)

- Go to www.aausports.org
- Scroll over to the Join AAU tab and click under where it says “click here”
- Click on Get A Membership
- Click on Youth Athlete Membership
- Select Basketball as your Sport
- Are they a member of a Club? Yes, Enter: WWE7F5 for Club Code
- Continue Registering and Email Membership ID to Coach Gallagher when finished

NCAA REGISTRATION (ONLY FOR HIGH SCHOOL PLAYERS; MUST REGISTER TO COMPETE)

- Go to: <https://web3.ncaa.org/bbcs/login>
- Complete Registration by April 1st

FEES:

In order for the Program to execute our annual plan, we must adhere to our budget. Registration Fees go towards paying for club fees, league entry fees, coaching and administrative honorariums, coaches certification and education, equipment costs, and facility usage. **Costs do not include AAU registration fee (\$14.00)**

Total Costs and Payment Schedule will be handed out at Parent/Player meeting.

If a family decides to voluntarily withdrawal from the program for personal reasons, injury, or is removed for violation of Clutch program rules during the 2019 season, they will be responsible for the balance of their dues.

Players will be financially responsible for replacing any lost or damaged game uniforms.

Delinquent accounts

Any player with a delinquent account during the current season will not be allowed to participate in practices and/or tournaments until the account is made current.

A player with a delinquent account during the current season will not be allowed to participate in practices and/or games until the account is made current or individual arrangements are made with the Program Director.

SCHEDULES

PRACTICES: Attendance is mandatory.

Players are expected to be at every practice session. Every effort should be made to manage homework and schedule outside activities in a way that does not conflict with practices and games. A player's absence has an adverse effect on the individual player as well as the development of the entire team. If a player needs to miss practice, arrive late, or leave early, that player must notify his coach with as much notice as possible. Failure to communicate with the coaching staff, unexcused absences, and tardiness (5 minutes or later) will result in the following:

1st Offense: Extra conditioning and must sit for the first 10 minutes of the next game.

2nd Offense: Extra conditioning and suspended for next game.

3rd Offense: Removed from Clutch program without refund and cannot participate in any future Clutch activities.

CLASSROOM EXPECTATIONS: Student comes before athlete

Our players are expected to maintain a high level of success in the classroom and represent our program with class and integrity at all times.

Practice Schedule: Practices will take 2X per week either within the University Place School District (check calendar for specific practice dates & times):

League/Tournament Schedule: Information will be shared at parent meeting and posted online.

TRAVEL

Out of area tournaments: When the team travels together to “out of area tournaments” the coach will give a time to check in to the hotel. All members of a team are encouraged but not required to stay in the same hotel. Hotel rooms will be booked by the Program Director. Players will not leave the hotel without a parent, coach, or chaperone and must notify the coach. Players must use a buddy system at all times. When traveling as a team, room numbers and phone numbers are to be given ONLY to members of the travel party. Curfews for the players will be established by the coaches. It is the parent/chaperone’s responsibility to assist coaches in enforcing such curfews. **Violation of a curfew may result in the player being expelled from the club.** Players who damage any property at lodging or playing facility will be responsible for the damages. **Any player found in possession of alcohol or other controlled substances, including tobacco products, while representing the Clutch Basketball program will be sent home immediately at the expense of the parent or guardian.** Club leadership will decide any other reasons for sending a player home at the expense of the parent/guardian during an out of area tournament.

TRANSPORTATION

Due to Clutch’s liability policy, coaches cannot drive or transport players. When traveling out of state, the parents will be responsible for transporting players to/from hotels and to/from playing sites. The players are still expected to attend all team dinners and functions. If a parent cannot travel with a player, then the parent is responsible for finding another parent to take on the transportation of that player. Parents will also be responsible for booking hotel rooms for their child. Coaches will provide traveling itineraries for players and parents for all out of state tournaments.

GAME DAY EXPECTATIONS

Expectations of players and parents on Game Days:

1. All players are expected to be in the gym, READY TO WARM UP, 30 minutes prior to scheduled game time unless told otherwise by the Head Coach.
2. Proper demeanor is expected of all members of the Club (coaches, players, parents, supporters) at all games. This includes treating members of the officiating crew, other coaches, players and parents with respect during and between games. Keep in mind you are representing Clutch Basketball.
3. Parents are not permitted to confront coaches on game days to discuss playing time, or to complain about tactics, strategy, individual, or team performance.

Responsibilities, Ethics, and Conduct

Player Responsibilities: Players within the Clutch Program will be held to highest standard of behavior on and off the court by the Clutch coaching staff. They should remember that they represent their parents, coaches, and Program to the larger community every time they participate in any Program related activity. No player is allowed to use alcohol or other controlled substances, including tobacco products, at any Club-related practice or event. Any player involved in any of these activities (and any other activities deemed inappropriate by Club leadership) will be dismissed from the club immediately with no refund of Club fees. See second page of handbook for player expectations.

Parent Responsibilities: The Clutch philosophy ensures that every player has the opportunity to learn and grow. As we respect you as parents, we ask for the same respect in return as coaches. Appropriate parental support and involvement is vital to the success of a team. Because players are expected to fully participate in practices and games, we expect parents to refrain from interfering and distract their players during these times.

Clutch parents are expected to:

- Release their child to the experience of playing basketball on a select team
- Display sportsmanship and respect towards other players, parents, coaches, and officials at all times.
- Allow the coaching staff to handle any concerns over an officials ruling.
- Understand and respect the differences between parental roles and coaching roles (i.e. please don't approach coaches with your philosophy of basketball, or tell the coaches what position your athlete should play, or discuss playing time).
- Focus on your child's development of skills and strategies rather than competitive success. The nature of competition creates its own pressure to succeed.
- Communicate your true concerns with the coach. A positive working relationship is based upon clearly communicating mutual goals among parents, coaches, and players.
- Become a fan of the program, not just your child.
- Refrain from a "Reply All" to emails from the program or coaches. If you have concerns you can reply directly to the coaching staff.
- Discuss with the Program Director (not other parents) any issues or concerns you might have during the season.

COACHES RESPONSIBILITIES

Coaches will plan and lead all practices and game activities with a sense of purpose, working towards clearly established goals. Emphasis in practice and competition will be placed on skill development and overall team improvement.

Clutch coaches are expected to:

- Display sportsmanship and respect towards players, parents, coaches, and officials at all times.
- Always put the welfare of the players ahead of any personal gain.
- Be punctual for all scheduled events.
- Get to know each player and their individual needs.
- Know the rules about the game.
- Make informed playtime and strategy decisions.
- Prepare informative and challenging practices, so that maximum court time is devoted to learning, and cover relevant basketball skills and concepts.
- Use realist and practical goals to teach players how to continually develop skills and strategies in relation to the game of Basketball.
- Emphasize performance and process over outcome.
- Be positive and consistent with feedback.
- Communicate with players and parents by making sure they are familiar with expectations, procedures, and team rules.
- Protect the safety of players. Direct any injury or illness to the appropriate person.
- Provide a role for each player selected for a team.
- Be a good role model on and off the court.

Playing Time

Playing time must be earned. Equal playing time is never guaranteed on any team or at any event. The following factors influence playing time, in no particular order of importance:

- Basketball skill and ability as evaluated by the coach
- Level of effort and individual participation displayed at practices and tournaments, and attitude in practice and game situations
- Individual position and role on the team
- Adherence to the coach's rules
- Adherence to the club's rules

Playing time is **NOT** an issue to be brought to the coach's attention by the parent. If a player has questions about her playing time, she may address these with the coaches at an agreed time apart from practices or games. Coaches take into consideration many factors in selecting players to fill out their rosters, and may feel that the player and team would benefit by developing a player to play a different role than he or she has previously performed. Playing time concerns are not subject to the grievance process – any concerns will be discussed with the player (players will know where they stand at all times. Players can discuss this directly with their coaches).

Knowing when and how to communicate with your player's coach is a concern for almost every parent at some time during the season. Most often, the concern is how to inquire about issues surrounding playing time (see playing time above). Clutch will not tolerate a hostile or aggressive confrontation between a parent or player and any official, coach, other parent, or other player, whether or not the coach, other player, or other parent is a member of Clutch. *Violation of this policy may result in the player's dismissal from Clutch.*

It is inappropriate for any player (or parent) to approach other Clutch members (or their parents) about a problem the player (or parents) have with a Clutch coach, objections to coaching decisions, or a disagreement with an administrative decision. Asking uninvolved persons to take sides in an issue is unfair to the third party and to the Program. Competitive team athletics, by its very nature, creates situations where not everyone may be happy all the time. For the psychological health of the team and the Program as a whole, grievances need to be handled by only the parties involved and the decision-makers in the situation. *Violation of this policy may result in the player's dismissal from Clutch.*

Clutch encourages any player to talk to the coach when she/he has questions about her/his playing time or if she is unclear about what the coach's expectations are either in practice or in competition. An appropriate attitude may be for the player to ask the coach what she needs to do in order to get more opportunities to play in matches. This discussion should take place away from tournament play or practices (after practice is an acceptable time with an email sent beforehand to give the coach adequate time to prepare.)

The coaches and/or Club Director will not discuss "coaching decisions." *"Coaching decisions" include, among other things, specific game decisions such as who played when, substitution patterns, and or offensive/defensive strategies.* The amount of time any player is given on the court is a result of a complex determination, in that coach's opinion, of the player's ability, the player's potential, the player's position, the team's needs at the moment, and the team's needs in the future. The coach will **NOT** be required to defend his/her thought processes, strategy, or conclusions in these determinations, and it is improper for a parent to make that request. **Coaches will not discuss any player other than the parent's own or the actions of any other Clutch coach.** If you, as a parent, have legitimate concerns about your player's coach, a coach other than your player's coach, or with a player other than your own, you need to address this with the Program Director. Please remember that "coaching decisions" and playing time are **NOT** legitimate concerns.

When a coach is experiencing issues with a player, the coach will take the following steps of communication:

1. The coach will speak to the player.
2. If the issue is not resolved, the coach will then speak with the player's parents.
3. If the issue is still not resolved, the coach will then speak with the Club Director.
4. The coach, Club Director, parent, and player will have a meeting to discuss the issue and action required.

When a parent or player has a legitimate concern, the following steps of communication should be followed:

- The player should speak with the coach about the matter.
- If the issue is not resolved; the parent should then speak with the coach.
- If the issue is still not resolved; the parent may then speak with the Program Director and request a meeting with the coach and Director.

Meetings of this nature are to be at times and locations other than tournaments. If a parent approaches a coach during a tournament, we have instructed the coach to refuse to discuss any controversial matter and to walk away. The coach has been instructed to say "Please check your parent handbook in this scenario." The recommended time for a parent and/or player to talk to a coach about a problem is at a previously arranged meeting either before or immediately after a

scheduled practice. Repetitive complaining by a parent or player to third parties may be cause, in the sole determination of the Program, to terminate program membership. As necessary, Program Leadership will be involved in helping to make appropriate decisions about any issues or incidents that arise during the season.

INJURIES / ILLNESS

If a player sustains an injury or becomes ill during a practice or game, he must tell his coach immediately. A coach will not allow a player to practice or compete if there is:

- a verbal statement from a player expressing an injury
- a physical action shows that they are unable to play
- a signed note from a parent or doctor

Parents will be notified immediately upon any emergency. If a player sustains an injury or illness that is so severe that she is unable to participate in practices or tournaments for a period of time, written notification of recovery from a parent or qualified healthcare provider is required before that player may resume participation. Players that are unable to compete for more than 3 months time based on a severe injury may be eligible to have the balance of their dues waived by the Program. Such players must submit medical documentation from a qualified and treating health care provider. No refunds will be granted for pre-paid tournament fees. The decision to waive the remaining fees is as the sole discretion of the Program Director.

Lystedt Law – Governing Concussions

The 2009 Washington State Legislature passed EHB 1824 setting forth important requirements for schools and sports clubs to follow when a player may have sustained a concussion. Clutch will strictly abide by this law and expects all players and parents to report any signs of head injuries. The law requires Clutch to not permit a player to practice or participate in tournaments until the player has been evaluated by a licensed health care provider trained in the evaluation and management of concussions. The player must receive a written clearance from the health care provider to return to play. <https://apps.leg.wa.gov/rcw/default.aspx?cite=28a.600.190>

Clutch Basketball Player Contract

THIS AGREEMENT is made between **Clutch Basketball Training**, and _____, the legal parent/guardian of _____, a junior player (the parent/guardian and the player are collectively referred to as the "Member").

The Member will:

- Pay all fees and costs associated with membership in the Program as described in the Clutch Player and Parent Handbook.
- Abide by the program's grievance process as described in the Clutch Basketball Player and Parent Handbook.
- Abide by the program expectations as written in the Clutch Player and Parent Handbook

The Club will:

- Deliver the basketball education, training, and playing opportunities described in the Clutch Basketball Player and Parent Handbook; and provide the ancillary items described in the Clutch Player and Parent Handbook.

I certify that I am the legal parent/guardian of player, _____, and have the authority to agree and sign this contract and waiver on behalf of the player. I acknowledge to Clutch that participation in this athletic activity can result in serious injury or death to participants and agree to indemnify, defend and hold harmless the Program for all claims for harm or injuries suffered during participation in Program activities, including but not limited to games and practice. I further agree to waive and release the Clutch Basketball Training and it's coaching staff from any all demands, claims, actions, lawsuits, liability and damages of any kind arising from participation in the Program activities.

Parent/Guardian (PRINT)

Parent/Guardian (SIGN)

Date

Parent /Guardian PHONE

Parent/Guardian EMAIL

Player (PRINT)

Player (SIGN)

Date

I certify that I am a legal representative of Clutch Performance Training, (the "Club") and have the authority to agree and sign this contract on behalf of the Club.

Club Representative (PRINT)

Club Representative (SIGN)

Date