



MISSION

Building a Culture for Success in Life.

1. We believe there is an honest relationship between the game of basketball and life. Life is full of challenges and some of them prove to be difficult. The game of basketball has ups and downs just as in life, but we must have the will to weather those storms and persevere no matter the final outcome. In life we depend on family to see us through; we learn through the game of basketball we must depend on teammates and they must be able to depend on us.
2. We believe that integrity is essential. Integrity is not success but rather integrity is who we are, what we do and say in private and out in public. Integrity is God-like consistency and sincerity. Integrity is how we want others to think of us when our names are spoken.
3. We believe that self-discipline is key to success in life and the basketball court is a great place for kids to learn this important skill.

Building a Culture for Success on the Basketball Court.

1. We believe in teaching the fundamentals of basketball to help young girls take their game to the next level.
2. We believe in teaching young ladies to place the needs of the team above their own to maximize the team's potential.
3. We believe that in order to become great at any task you must be willing to push yourself past your comfort zone. We want a program where kids are not afraid to look bad.
4. We believe that failure is not a bad word. In order to understand what it means to succeed our kids must learn that failure is a part of that process. We want our kids to feel confident in pushing themselves past their comfort zone.

Building a Culture of Success for Crosby Girls.

1. Our program is for kids who are serious about improving their skills and have a strong work ethic.
2. Players will enhance their strength and aggressiveness in a competitive tournament atmosphere.
3. Each player will learn how to play and operate on the court.
4. Players will receive individual footwork, shooting, ball handling, and defense training.



EXPECTATIONS

Playing Time:

Playing time will vary according to the team, and is not guaranteed. Playing time is considered to be earned through performance both at practice and in previous games. The most important factor in determining playing time is attitude. Players decide independently on a daily basis how they will react in a situation, and if a player is negatively affecting the team through attitude or play, the coach will substitute them for a player who can positively affect the team, regardless of how long they may have been in the game.

CTX has only one rule dedicated to playing time – Playing time is determined by the players effort, attitude and attendance. Every team wants to perform at a high level and in a competitive AAU tournament, the coach will play the players required to help the team reach that level.

No parent or player should discuss playing time with a coach during or after a game. The coach has the right to play whichever players or combination of players they believe helps develop the team most appropriately. If a player has a question about playing time, the player (not the parent) should ask the coach outside of practice. Our coaches will provide honest feedback on what players need to improve upon to see more playing time. Once that protocol has occurred, it is appropriate for a parent to request a meeting with the coach to discuss candidly their child's opportunity to gain additional playing time.

Parent Requirements:

- Transport and organize transportation to and from practices
- Transport and organize transportation to and from tournaments
- Please notify the Director/Team Coach 24 hours in advance if the player will be unable to attend practice or tournaments.

Parent Expectations

- Your child will mirror your actions and behavior, please make sure they are worth imitating!
- **Please do not coach from the sideline.** It is difficult enough for your child to follow the coach's instructions. Do not make it harder on her by adding more pieces of advice.
- Your child will be a role player on the team, whether they play 10 minutes or 2 minutes their offense and defense are important to the success of the team.
- Parents should communicate with the team coach prior to reaching out to the organizations Directors.
- No disrespect of staff members, coaches, officials, players or facility personnel. Again, your child is listening
- No fighting
- No cursing
- No taunting

IF any rules are violated or behavior on the sidelines become a distraction to child, coach, or others parents, a player can be dismissed from tournament or team.



Player Expectations

- Always give 100% to your coach, team & yourself; in practice and games.
- Work every day to get better. Focus on fundamentals – dribbling, passing, shooting, footwork, defending and rebounding. This will make you better as you get older and should be worked on outside of practices and games.
- Cell phones are not to be used during practice. This includes breaks.
- Be on time.
- Each player will be allotted 2 missed practices without it impacting playing time. Once three practices are missed, the following guidelines apply:
 - 3rd missed practice – player will sit out the first quarter of the game.
 - 4th missed practice – player will sit out the first half of the game.
 - 5th missed practice – player will sit out the full game.
 - 6th missed practice – removal from the team/organization with no refund.
- Be attentive, respectful and accountable in practice and games; listening to your coach and teammates.
- Communicate directly and respectfully with your coach. Do not be afraid to ask to speak with your coach privately to ask any questions, share concerns or work through any disagreements.
- Always display a positive attitude on and off the court; this includes your body language.
- Cheer on your teammates when you are on the court, on the bench and at practice.
- Be respectful of coaches, officials, opponents and their fans; display good sportsmanship.
- Talking back to the officials will not be allowed, no questions asked!
- As a program, we have zero tolerance for abusive language, vulgarity and constant negative remarks to coaches, game officials, opposing team parents, players or fans.
- Players will be removed from practice due to inappropriate behavior. Removal from one practice means suspension from the next tournament. Removal from a second practice means the player will be removed from the team.



TEAM MEMBERSHIP FEES

17U

\$1,200 per player

Initial Deposit due February 28, 2018.

Second payment due April 12, 2018.

Final payment due May 31, 2018.

17U Payment Options

Deposit \$400

2nd payment \$400

Final payment \$400

9th grade and under

\$850 per player

9th grade and under Payment Options

Deposit \$300

2nd payment \$300

3rd payment. \$250

- Player membership fees will not be refunded should a player quit the team.
- Fundraisers will be available to assist with the cost of membership.

WE WILL NEED A COPY OF BIRTH CERTIFICATE, REPORT CARD, MEMBERSHIP APPLICATION, AND HEALTH INSURANCE INFORMATION IN ORDER TO PARTICIPATE.

PROGRAM EXPENSES

Tournament Fees - Approximately \$250-\$400 each x 10 (\$2500-\$4000-Season)

Includes 2 team camps

AAU Club, Coach and player memberships

When traveling: Hotels, meals, coach expenses, chaperone expenses, vehicle rental, etc.

Coaches travel expenses and skill training fees

Gym Usage

Uniforms (home/away, bag, shooting shirt, sweats)



FUNDRAISING

All fundraising activities require prior approval by our Directors. Fundraising funds must be deposited in the organizations general account so that we follow IRS rules. Fundraising monies cannot be returned to individuals for any activity not related to the actual fundraising purpose. Teams that fundraise for tournaments, but do not attend tournaments, will have their fundraising money turned over into the program's general account. Fundraising money cannot be refunded under non-profit regulations.

Funds raised as a group, such as water sales, will be split evenly among the players attending the fundraiser. The funds will then be applied to the individual player balance. Funds raised by individual players, such as the Nothing Bundt Cake fundraiser, will be applied to the players account. Absolutely no money raised will be refunded or given to the parent/player. If more money is raised than is needed to pay off the player's balance, the money will be turned over into the programs general account.

Fundraising policies

- All fundraising events will be organized and overseen by the CTXHoops fundraising coordinator.
- Use of fundraising funds - Must be used to pay basketball related expenses such as club dues, uniforms and equipment, tournament costs and travel, etc.
- The organization does not encourage players going door to door unless accompanied by a responsible adult.

CONTRACT

WE pray before practice and games. We believe we are blessed to have the opportunities that we have and to be able to compete with our talents that we are so fortunate enough to receive. We as coaches want our team to be the best, not by counting wins but counting growth in character and ability. Winning is not the objective, it is the by-product. We as coaches will always have an open-door policy as far as talking with parents and players, but realize at the end of the day it is about creating kids with integrity, discipline, and character for success in life.

CTX HOOPS is a separate organization and is not associated with Crosby ISD. Our goal is only to keep our Crosby community kids playing together to help enhance each kid's skill and help our Crosby program as a whole. Our goal is to maintain a great coaching staff with strong core values and the goal of helping our girls grow as players and people. Our staff is focused on teaching kids' life lessons centered around faith, family, and their future here in Crosby. We as coaches volunteer: we have lives outside of AAU. If you want advice or a meeting, please call us during normal business hours to arrange a meeting. A TEXT is not an appropriate way to schedule a meeting, call! Two coaches must attend all parent meetings. Remember, nothing is personal. We are all here to help kids get better, but that takes time and effort. Please support your kid no matter their role. Your child will not realize their role has less minutes or importance if you as a parent do not harp on it. Instead, praise them for the time they get and encourage them to continue to contribute and work to get better.



Team Hopping - We want kids that are committed through the good and the hard times. We do understand that our kids will get asked to play on other teams. We are trying to build a culture of commitment and unity. Please help us build that culture by keeping the commitment to our team all the way through the season.

Bullying – We have a zero-tolerance policy for bullying. It will be addressed and dealt with immediately.

- At no time will there be a kid or parent harassing or physically harming a kid or any kid within or around our organization.
- No parent will talk about a kid's performance other than their own kid. Parents, you do not know who is listening and who is in stands watching. You may set up a meeting with your child's coaches, but once you talk about another kid than the conversation is finished. We are about your kid and your kid only. Save the drama for another organization, because if we can't come to an agreement you will be dismissed.

Belittling- talking down upon a person or the organization.

- No parent or kid shall down play or talk down about someone else's kid. All players are kids, make mistakes and have differences. Even as coaches we all strive to get better. It does not matter who you or your kid is, belittling will not be tolerated. You will have one warning and will be dismissed from the organization on the next occurrence.
- No parent shall talk about a coach. Again, save that for your house or a meeting. Coaches are volunteering their time to teach your kid. Keep in mind kids talk to each other and they also show body language and attitude toward the coach, so watch what you say. It will not be tolerated. If you know more, then coach your own kid, and start your own organization. You are more than welcomed too.

Emotions - We all have emotions, that's what makes us human. We are all capable of controlling our emotions as well. Basketball is and can be an emotional sport. We as coaches and players must understand when to become emotional. We as a team cannot be crying during a game unless of course there is an injury. It shows signs of weakness as a team. Crying can be more than just tears. Example: When asked or told to do something by a coach, even if you as a player disagree, know that is for the better of the team, and if not done or crying is the result from the player the situation will be dealt with accordingly.

Frustration and Anger - In the game of basketball both of these emotions will come out, but showing them on your faces is a sign to your opponents that you are down. We must keep a stern face.

Horse playing - Playing around during practice, not paying attention, will result in disciplinary actions. Time is valuable and when in practice you are wasting time if you are not getting better or hindering someone from getting better.



Tardiness - We are aware that things happen. Please give notice when late. Tardiness puts the organization in a bind. We need to know if we need to make adjustments or move on to something else. There are consequences for kids that are late and missing tournaments, practices, etc. You may get mad or ask why my kid didn't play as much, well keep in mind we have games to play and we are teaching more than basketball. Be considerate your kid was late and the show goes on.

"Early is on time, on time is late, late is unacceptable"

Technical Fouls -

- 1st - suspension from the rest of that game and running in practice
- 2nd - automatic suspension from that game and the next game, running in practice
- 3rd - possible removal from team

Tournaments - During tournaments kids are not to be running around, going to various places (malls, game stores, horse playing, etc.). Please keep in mind we are here to play basketball and there is a time and place for the other things.

Game time - We try to get our game time scheduled for convenience but keep in mind, we are not hosting the tournament, so it is what it is. Kids need to be there 30 minutes prior to the game, because games can be played early. Also, if you are late the game must go on. Do not expect special treatment. It is the coaches' discretion to play or not to play your kid.

Games - Please do not approach or call a coach after game emotions are high. If you have concerns, please wait until the next practice or set up a meeting. All kids are not on the same level, playing time is at the coaches' discretion.

Payments

- All payments are non-refundable. If you decide after the first tournament to quit or move to another team, any payments made are non-refundable.
- No one will be allowed to participate in a tournament without deposit and tournament payments being met.
- Players may not be able to practice if payment options are not met.
- The organization will attempt to raise as much of the cost as possible. Every parent will be expected to help in these endeavors. If a parent doesn't not participate he/she will be asked to make the next installment out of their own pocket.



Parents, we are about our Crosby kids and the program. We will always make decisions for the better of the program and the kids. It is not about you (parents), please leave the drama, the tension or anything negative at home or elsewhere. We do not want any issues which may cause a parent or child to be asked to leave the organization.

I (parent/guardian) _____ / _____ (child) have read the rules and agree that this is the program for me. My child and I look forward to being a part of CTX Hoops.

_____ Parent signature

Crosby ISD, Crosby employees, and Coaches or personnel are not associated with this league and cannot be held liable for injuries that occur while using Crosby ISD facilities.

_____ Parent signature



**CTX Hoops
Risk and Waiver of Liability Form**

Child's Name _____

Date of Birth _____ Age _____ Grade _____

REGULATIONS:

To be eligible to play basketball, a participant and his/her parent or guardian must completely fill out and properly sign this form attesting that the participant is physically fit for athletic competition and that the parent or guardian consents to such participation. A physical medical examination, while not compulsory, is highly recommended prior to participating in any sport program. Accident insurance is recommended for all participants in any sport program and it is the responsibility of the parent/guardian to provide such insurance.

PARTICIPATION CONTRACT:

I/We hereby verify that the above information is true and correct, and that _____ is physically fit for athletic competition. I/We understand that any false information will result in the loss of privileges and immediate suspension from basketball for the remainder of the season. The parents/guardians and the participant agree to comply with the rules and regulations for the sport, facilities and activities as established by CTX Hoops.

I/We also understand that _____ is making a commitment to the coach and teammates to be a part of this team and will attend all practices and games.

PARENTAL CONSENT AND WAIVER:

I hereby consent to and approve of the above-named child participating in youth basketball. I understand the risks associated with participating in this sport and hereby waive, for myself and the above named child, any and all claims, demands and right of action against CTX Hoops and its members, organizers, coaches, trainers, volunteers, officials and/or any facility used by CTX Hoops, its officers, employees, coaches and owners from all liability for any and all damages for any injury or accident which may occur to the said child as a result of participating in this sport.

VIDEO WAIVER/RELEASE

I/we give consent to CTX Hoops to use photographs and/or videos, comments and likeness in order to promote CTX Hoops basketball club.

I certify that I am the legal guardian of the child with the right to give this consent.
I understand that the child may be photographed or videotaped.

Print Name of Parent or
Guardian _____

Parent/Guardian Signature _____ Date _____



**CTX Hoops
Photo Release**

I _____ give permission for my child,
_____ picture to be used on any of CTX's media
outlets, websites, banners, and/or appreciation plaques for sponsors.

Print Name of
Parent/Guardian _____

Parent/Guardian Signature _____ Date _____



Mentally Strong Kids Have Parents Who Refuse to do These 13 Things

Raising a mentally strong kid doesn't mean he won't cry when he's sad or that he won't fail sometimes. Mental strength won't make your child immune to hardship – but it also won't cause him to suppress his emotions.

In fact, it's quite the opposite. Mental strength is what helps kids bounce back from setbacks. It gives them the strength to keep going, even when they're plagued with self-doubt. A strong mental muscle is the key to helping kids reach their greatest potential in life.

But raising a mentally strong kid requires parents to avoid the common yet unhealthy parenting practices that rob kids of mental strength. In my book, "13 Things Mentally Strong Parents Don't Do", I identify 13 things to avoid if you want to raise a mentally strong kid equipped to tackle life's toughest challenges:

1 | Condoning a victim mentality

Striking out at the baseball game or failing a science test doesn't make a child a victim. Rejection, failure, and unfairness are a part of life.

Refuse to attend your kids' pity parties. Teach them that no matter how tough or unjust their circumstances, they can always take positive action.

2 | Parenting out of guilt

Giving in to guilty feelings teaches your child that guilt is intolerable. Kids who learn this won't be able to say no to some- one who says, "Be a friend and let me copy your paper," or, "If you loved me, you'd do this for me."

Show your kids that even though you feel guilty sometimes – and all good parents do – you're not going to allow your uncomfortable emotions get in the way of making wise decisions.

3 | Making kids the center of the universe

If you make your entire life revolve around your kids, they'll grow up thinking everyone should cater to them. And self-absorbed, entitled adults aren't likely to get very far in life.

Teach your kids to focus on what they have to offer the world, rather than what they can gain from it.

4 | Allowing fear to dictate choices

Although keeping your kids inside a protective bubble will spare you a lot of anxiety, playing it too safe teaches your child that fear must be avoided at all times.

Show your kids that the best way to conquer fear is to face it head-on, and you'll raise courageous people who are willing to step outside their comfort zones.

Give your kids an opportunity to practice taking orders, listening to things they don't want to hear, and doing things they don't want to do. Let your kids make simple choices while maintaining a clear family hierarchy.

5 | Giving their kids power over them

Letting kids dictate what the family will eat for dinner or where the family goes on vacation gives kids more power than they are developmentally ready to handle. Treating kids like an equal or the boss actually robs them of mental strength.

6 | Expecting perfection

Expecting your kids to perform well is healthy, but expecting them to be perfect will backfire. Teach your kids that it's okay to fail. It's fine, and normal, not to be great at everything they do.

Kids who strive to become the best version of themselves, rather than the best at everything, won't make their self-worth dependent upon how they measure up to others.

7 | Letting kids avoid responsibility

Letting kids skip out on chores or avoid getting an after-school job can be tempting. After all, you likely want your kids to have a carefree childhood.

But children who perform age-appropriate duties aren't overburdened. Instead, they're gaining the mental strength they need to become responsible citizens.

8 | Shielding kids from pain

Hurt feelings, sadness, and anxiety are part of life. Letting kids experience those painful feelings gives them opportunities to practice tolerating discomfort.

Provide your kids with the guidance and support they need to deal with pain so they can gain confidence in their ability to handle life's inevitable hardships.

9 | Feeling responsible for their kids' emotions

Cheering your kids up when they're sad and calming them down when they're upset means you take responsibility for regulating their emotions. Kids need to gain emotional competence so they can learn to manage their own feelings.

Proactively teach your child healthy ways to cope with their emotions so they don't depend on others to do it for them.

10 | Preventing kids from making mistakes

Correcting your kids' math homework, double checking to make sure they've packed their lunch, and constantly reminding them to do their chores won't do them any favors. Natural consequences can be some of life's greatest teachers.

Let your kids mess up sometimes and show them how to learn from their mistakes so they can grow wiser and become stronger.

11 | Confusing discipline with punishment

Punishment involves making kids suffer for their wrongdoing. Discipline, however, is about teaching them how to do better in the future.

Raising a child who fears "getting in trouble" isn't the same as raising a child who wants to make good choices. Use consequences that help your kids develop the self-discipline they need to make better choices.

12 | Taking shortcuts to avoid discomfort

Although giving in to a whining child or doing your kids' chores for them will make your life a little easier right now, those shortcuts instill unhealthy habits in your kids for the long term.

Role model delayed gratification and show your kids that you can resist tempting shortcuts. You'll teach them they're strong enough to persevere even when they want to give up.

13 | Losing sight of their values

Many parents aren't instilling the values they hold dear in their children. Instead, they're so wrapped up in the day-to-day chaos of life that they forget to look at the bigger picture.

Make sure your priorities accurately reflect the things you value most in life, and you'll give your children the strength to live a meaningful life.