

Welcome to the CWJRD 2018 - 2019

Girls Basketball Season!

Reminder for Players:

- ❖ Please wear basketball/tennis shoes and shorts when practicing. It's good practice to carry in shoes and change once inside.
- ❖ Please bring water bottle marked with name.
- ❖ No jewelry. This is for their safety!!!
- ❖ If you child will not be able to attend a game or practice, please let your coach know if at all possible.

Reminder of the Parents/Spectators:

- ❖ Please set a good example of sportsmanship for the girls. This league is based on learning fundamental and making sure that the girls have fun.

The CWJRD Code of Conduct is in effect at all times.

Cancellations:

- ❖ No practice if Canal Winchester Schools have a snow day. We will e-mail everyone and use the call system if there is a cancellation for a Sunday game.

Our focus is to:

- ❖ Provide basic understanding of the game as well as learn basketball skills.
- ❖ Learn good sportsmanship.
- ❖ Learn how to be part of a team.
- ❖ Most importantly have FUN!!! Please remember basketball can be a difficult sport to learn and it may take time for the girls to develop certain skills. Although the girls will play games we feel the practicing of skills and proper technique are the most important things they will gain. It is not uncommon to stop a game, explain a violation or rule, and then set up the offense and defense again. We focus on the LEARNING not the "winning".

RULES--INSTRUCTIONAL GIRLS

- ❖ Games are played in 4 quarters (8 minutes long) with a running clock.

- ❖ Every game each girl will play “point guard”. Each team member will get 4 minutes (1/2 quarter) to play this position. We do this because at this age there really isn’t much offense so the person who dribbles the ball up the court will probably shoot.
- ❖ Defense is man-to-man. They are to start defending the ball at the top of the key --no pressing.
- ❖ No stealing. But please encourage the girls to protect the ball when dribbling. However, if there is an extremely bad pass (wild pass to no one) either team is able to get the loose ball.
- ❖ At least for the beginning of the year, the girls are to use a bounce pass. This gives them time to react to the ball and not stub fingers.
- ❖ Baskets will be 8 ft height.
- ❖ Basketball size is called Junior, size 5 or 27.5”