

Dear Coach,

Thank you for volunteering to be a C-Sports coach. This is a great time to spend with our children. C-Sports is an important ministry with which Christ United Methodist Church reaches out into the community to spread the Word of God with those who may not know the “Good News”. All of our leagues are designed as developmental leagues. This means that all players should increase in skills and knowledge of the game. All players should play an equal amount of time and receive an equal amount of time and coaching from you. Our mission is to provide a safe, fun, loving environment in which all children and parents can enjoy these sports.

We take this responsibility very seriously and we will do all that we can to meet the expectations of all involved. Please call us if there is anything you need. We welcome both compliments and criticism (constructive, of course!) – If you see something that CUMC can do better, please speak up!

May God Bless You & Your Family,

Jon Seale,

Christ United Methodist Church
Sports Coordinator

Wk# 706-3326 x 216

Email: jon@christumcmobile.com

“In all thy ways acknowledge Him & He shall direct thy paths.” Prov. 3:6

Please visit our web page for more info and game schedules as soon as they are available.

www.cumc-sports.com



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C-SPORTS GENERAL INFORMATION

We are very excited to have you as a C-Sports Coach. Whether you have coached before or have never coached, you can be sure that God will be working through you to touch the lives of your players and families this season.



As a Coach for Christ United Methodist Church you will be a part of one of the most fun and exciting leagues around. You will be surrounded by a group of coaches and parents who want all of these kids to have fun and become better players.

As we are representatives of Christ United Methodist Church, our words and actions will reflect Christian Values. As a C-Sports Coach your primary goal must be to demonstrate and share the love of Christ with all of your players and parents. You should always look for opportunities to bring children and parents into a relationship with the Lord and to instill Christian character into each one of your players. You will accomplish this through your actions at practices and games and by the way you communicate with players, other coaches, officials and parents. You should focus on this goal every time you are with your team.

Primary Goals

To Demonstrate and Share the Love of Christ.

This is the most important responsibility that you have as a C-Sports Coach. You should judge your success as a coach not by the game scores, but by the relationship you have with each player. Your primary focus as a coach is to be Christ centered. If your intent is to win all the games, hand pick your team or glorify yourself as a winning coach, then you are in the wrong place. Welcome to a Different World. CUMC's primary focus is the spiritual, physical, emotional and Christian well being of all children playing CUMC-sports. Teach the rules and skills to play the game in a Christian manner and all the children are winners. Winning games is your last responsibility.

To Provide a Developmental League.

We are a Developmental League which has certain rules that demand that our focus is not on winning games. Our program is designed to teach sports in a safe way in which each child is given an opportunity to learn skills, increase their knowledge of the game, gain self confidence and enjoy being part of a team. Each coach is required to focus attention on all players.

League "Player Game Rotations" are put in place to make sure all players play an equal amount of time, start and finish games and receive an equal amount of time and attention from the coach. This means that coaches are restricted from adjusting the league required Player Game Rotation. There may be a game where normally when behind in score, a coach could put all of the better skilled players in to increase their chance to win. But because of the rotation rule, it is not their turn to finish the game. This can be hard for some players and parents to understand but this is the nature of C-Sports.

On certain occasion when the score of a game becomes lopsided, we have a “Grace Rule” that requires the team in the lead to ease up, back their defense up to let the opposing team try to score all at the cost of losing a game. Winning is good but our purpose is to DEVELOP all players. Another example may be requiring a coach to adjust their game strategy to use the “Grace Rule” during a mismatch of talent by asking the team to pass the ball 5 times before shooting. Sometimes it may be asking teams that are in the lead to not let the one player who has scored many points to not shoot again. This is what is called a developmental league. If a player is told not to shoot again and they do they may be benched by their coach.

This means that C-Sport’s is not for everyone. Some parents and players would enjoy a more aggressive league where the main focus is winning as many games as possible. We understand☺. Remember that C-Sports is a positive environment. We do not permit parent to speak harshly to their own children, other children or parents. We do not permit arguing with a referee or umpires. Coaches must never use negative comments to players, other coaches or officials. Please keep this in mind if you invite a guest to our campus and make sure they know our rules. We want our players to hear only cheers and see lots of smiles.

Giving it your all:

You are the Head Coach – accept that responsibility and lead. Take your role very seriously; “those who teach will be judged more strictly” (James 3:1). Be organized: know what you are going to do before you get to practice. Try to let your assistants know before practice starts what you would like for them to do. Be at practice early.

Sportsmanship: What is it?

Sportsmanship is defined in the Merriam-Webster Dictionary as: Conduct (as fairness, respect for one's opponent, and graciousness in winning or losing) becoming to one participating in a sport.

Sportsmanship (good or bad) is usually demonstrated by children modeling after adults. YOU need to be the best example of showing good sportsmanship. Devotionals during practices are one part of the method that promotes caring, love and sharing among all people. YOU need to stress that these qualities are not just for the team but should be shared with everyone.

The reason they call it, “playing a sport” is because that’s just what you do. You play. We cannot allow our competitive nature to interfere with the fun of the game. The “opponent” is just the guy on the other team. They are not your enemy. Questions and comments from coaches and players should be encouraging to their team and not directed to insult the other team. Celebrating with the other team’s players when they make a good play is a wonderful witness and a great thing for the coach and parents to model.

As coaches you can control some things like running the score up or whether to argue (discuss) a questionable call. It is important that you remember that you have little ones and parents who will mirror your actions. What a great opportunity to minister! Take responsibility to control yourself and maintain your composure even after bad calls, errors, mistakes, and angry parents. Teach the kids to have fun. Yes, winning is fun, but it doesn’t define worth and isn’t what will shape them spiritually. Teach them baseball and sportsmanship, love them, and point them in the right direction. You may be the person they model when they begin raising their own kids.

Discipline:

Any player who does not follow the league rules, referee calls, or coaches' direction may be disciplined by missing an opportunity to play, or may be asked to leave the game and go sit with their parents. Recurring situations will be addressed by the Recreation Ministry. Coaches should try everything possible to motivate each player before using this rule. Let another coach try and deal with the player. The head coach must talk to parents of the child first and warn them of the possible results of such behavior. Coaches should record this conversation in writing with comments made by parents and date. If the parents and coaching staff are not getting the proper response from the player then the Head coach must present the reason for disciplinary action in written form to the Recreation Ministry before any punishment is issued. After turning in the report, at the next offense by the player in question, the coach may then administer appropriate punishment which would be missing playing time. This rule is being added to all C-Sports Leagues to control games better, keep children who are not paying attention from getting hurt and to give coaches more ability to control difficult situations. This rule will be explained to parents during the Parent Conference portion of Player Evaluations.

Coaches Director:

We will try to have a Coaches Director for each age group. His/her responsibility is to assist coaches in practices, answer questions and enforce CUMC's rules. If you would be interested in volunteering for this task please see Jon Seale as soon as possible.

7 Coaching Principles to Live by:

1. **Make It Fun:** This is the primary objective and cornerstone of the entire philosophy. Regardless of whether it's a game or a practice, sports at the youth level should always be fun. This requires a little creativity on the part of the parent/coach to offer and adopt fun methods throughout all aspects of their program. Incorporate games and low-key competitions to teach fundamentals rather than running traditional drills.
2. **Limit Standing Around:** This is a common problem with youth sports that ultimately turns kids off. Whether it's a game, practice, clinic, or camp, we have designed all of our programs to engage every participant consistently. Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills. Many professional coaches put a major emphasis on fast paced and interactive practices that eliminate downtime. You will see your team's attention and energy levels improve immediately when you engage the entire team in drills of short duration.
3. **Everyone Plays:** Sports at the youth level should be an inclusive experience. It is never fun at any level of play to sit and watch others participate, anticipating the opportunity to play if the situation arises. The youth level of any sport should be an equal learning experience for everyone, whether it's a game or a practice. How often have you either experienced or witnessed a practice where several players are being instructed and drilled while a group of teammates stand around and watch, never receiving the same attention? Most often the group standing around has been deemed by their coach to be not as skilled or talented; therefore, the attention is paid to the so-

called "stars" of the team. A coach is a teacher. A teacher/coach's job is to raise the level of learning and skills of not only the most talented, but for everyone on the team, starting with the least talented. The C-Sports philosophy eliminates first, second, and third strings in both games and at practice.

4. **Teach Every Position To Every Participant:** Don't pigeonhole kids in one particular position because of their physical size and/or ability. In order to provide each participant a full experience and appreciation for the game that will last a lifetime, we encourage all programs to teach everyone every position.

As we all know, kids grow at various rates. A smaller child may develop late and become much larger than his/her present size indicates and vice versa. For example: how many athletes has football lost throughout the years because of coaches taking the largest kids and making them play the line? These kids often experienced an entire football season without touching the football.

Kids should have the opportunity to experience every position. As Peter Brock, former center for the New England Patriots, explains to youth coaches in the Boston area, "What a tragedy it would've been for New England Patriots football history if Drew Bledsoe had been told as a big kid beginning youth football that he could not play quarterback, and was forced to play the line due to his size. Who knows? He may have dropped out of football like so many other kids in his situation and gone on to play baseball, another sport, or dropped out of athletics completely."

A youth coach's job is to introduce and teach every position to every kid. Never make judgments based on someone's size alone; teach every participant every position and they will naturally find the position they belong in, and you will be in a better position to guide them.

5. **Emphasize The Fundamentals:** Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success.

Warning: Do not attempt to replicate plays you see in professional and college games! Every scheme that is attempted in a college or pro game is supported by years of training in the fundamentals of the game.

If one player does not execute the fundamentals of his position correctly, the most sophisticated scheme in the world will not work. It is unfair and not fun to focus on running plays that will fail 9 out of 10 times. Youth programs that focus on scheming plays over executing fundamentals are cheating every participant out of the chance to learn the game properly.

6. **Incorporate A Progression Of Skill Development For Every Participant:** Regardless of a player's skill level, it is your responsibility as a coach to teach every kid on your team. It is no secret that if kids experience improvement in their skills, no matter what their athletic ability may be; they will continue to participate and return to learn more.
7. **Yell Encouragement, Whisper Constructive Criticism:** Keep it positive. As a youth coach you should never tolerate negative comments from your players, parents, coaching staff, and especially yourself. Kids realize when they have made mistakes. What they don't need is to have that mistake compounded by negative feedback and comments. What they do need is feedback on how to correct the mistake supported by positive encouragement.

Coaching in C-Sports:

Teach the game: “I will instruct you and teach you in the way you should go; I will counsel you and watch over you.” Prov. 22:6 Educate yourself as much as you can. Ask other coaches, learn from your assistants, and search online for tips and drills. Learn and share tips and drills. Talk to the other coaches before the games and after about problems you are having. Don’t be afraid to ask for advice. Motivate each player and focus on all players not just your more talented ones. Teach fundamentals of the game to the entire team. To be Christ-like in our coaching we need to lift up the inexperienced and not glorify those that are already accomplished in the sport. Set realistic team goals. Be patient and remember that we never want to put pressure on a player to play up to our expectations. Teach and abide by all league rules. Teach game strategy to the entire team. Teach sportsmanship and Christian Character – Don’t run up the Score.

Communicate: Talk to your players at their level. ALWAYS make positive comments. Never belittle a player. Never say anything negative to a player or about a player. Make sure that you communicate to your parents at every practice. The greatest tool for parent communication is a “TEAM MOM”. You MUST have a team mom. Communicate to other coaches during the season. Learn how to communicate to Referees in a positive manner that reflects Christ. NEVER say anything negative to or about a referee!!!! We will not allow this from our coaches or parents during a game. If you have a complaint against a referee please see one of the directors after the game. Make sure your parents understand this rule. Your response to a bad call or situation will be reflected by all who are looking to you for leadership. Do not argue with coaches, parents or the referee. Your players look up to you and will do as you ask and do as you do. Use positive affirmation towards all players, coaches and referees. Be shepherds of God’s flock...eager to serve; not lording it over those entrusted to you, but being examples to the flock (1 Peter 5:2).

Maximize your Assistant Coach: Train them to be head coaches next year. Ask them to officiate some of the games you are assigned to call. Share all responsibilities with them. Have several practices that are completely run by your assistant. Select a couple of games and let your assistant coach be the head coach during the game. Learn to work together and delegate responsibility. Bench Parent: You also need to assign a Bench Parent whose primary responsibilities include having the players ready for the next play (i.e.: lined up w/ helmet on in their batting order for Baseball) , taking care of minor bumps or cuts, or keeping them from running on the field or court. This is an opportunity for someone whose children has never played before but would like to be involved and potentially become an assistant coach next season.

Prayer: Every team must pray at the end of every practice and before every game. Use this time to educate your players about the importance of prayer. Encourage players to lead the team prayer if they feel like it. Use simple prayers so players can see how easy it is.

Coaching Web-Sites:

Some Web-Sites are listed below. This is a great place to find help or ideas with practice and the game. Please use these and if you find more useful websites, email their address to the league director.

Basketball: <http://www.coachesclipboard.net> www.weplay.com

Soccer: <http://www.grassrootscoaching.com/> <http://www.soccerclub.com/>
<http://www.and-again.com/>
<http://www.soccerhelp.com/>
<http://www.soccerdrills.com/>

Baseball: www.baseballdrills.com
www.qcbaseball.com
www.webball.com

Football: www.goflagfootball.com

Volleyball: www.y-coach.com www.avca.org

Running: <http://www.kidsrunning.com> <http://www.active.com/running>

What To Say After a Team Loses A Game:

A team, including the parents, will learn from and, perhaps, mirror a coach's attitude. That is why it is so important to be positive in all of your interactions before and after games. While it is great to celebrate after a victory it is also important to be humble realizing that the opponents were not our enemy and that gloating and failing to acknowledge their efforts with an expressed, "good game" would be unsportsmanlike and un-Christ like.

But what do we do when we're on the other end? We assume that the reason we keep score is to know who won or lost. Our efforts are directed toward succeeding which would include kicking, passing, running and defending. If the other team is more successful that day, your team would be the one that "lost." While disappointment is natural in this case it is important for the coach to emphasize the positives such as improvement and character building. Younger children sometimes do not even realize that they lost unless the adults tell them or display their own disapproval regarding coaching, officiating, etc. Children want to know that they were seen when they score or make a good play. Teamwork can be an area of growth including better position play, being "ready" each time the ball is put into play, cheering for team mates, etc. Talk of corrective measures should be geared toward getting even better rather than avoiding poor play. There should be no talk whatsoever about poor officiating or perceived indiscretions by the other team.

It is important that coaches and parents put the game, the score, and the child's performance in proper perspective. At their young age children will rarely remember wins or losses in the future but will always remember if they had fun. Angry parents or coaches, destructive talk in the car going home, and criticism will negatively shape a child's attitude and character and make the sport and their entire competitive environment unpleasant. Remember, any of the children on our teams may one day be your grandchild's coach.

You are molding your players' understanding of the sport as well as their character and technique. Take this opportunity to tell them that in life they will sometimes try their best and still not get something they want. They may try very hard to get a job they want and still not get it. Pray that God will give you the words to say that will get the job done right.

Safe Sports

Before beginning any athletic event, there are a few simple guidelines to help prevent injuries and ensure that the child is ready to participate in athletic competition.

A minimum 15-minute warm-up period before any game or practice is recommended. Warm ups prepare the body for performance, decreases the potential for soft tissue injuries, and helps reduce the delayed onset muscle soreness that can follow exercise or participation in athletic events. The warm-up should consist of sub-maximal sport-specific exercises. These activities increases the bodies heart rate, body and muscle temperature, and muscle elasticity. Jogging increases the blood flow to the muscles and joints thus increasing their flexibility and decreasing the chance for injury. The athlete should jog until a light sweat develops, then progress to the stretching phase. Players should stretch properly before and after an athletic event of any kind. All muscle groups should be stretched prior to the event. This should be done in a systematic fashion beginning with the legs and including the trunk, back, neck, and arms. Stretching prepares your muscles for activity and prevents injuries to soft tissue structures such as muscles and tendons. Static stretches should be slow and sustained; no bouncing or jerking. You should not feel pain while stretching. Stretch the entire body. No sport requires just part of the body's involvement. Stretch each body part two to three times for 20-30 seconds.

Pre-sport exercise key components to remember:

Warm up – light jogging, sub-maximal sport specific exercises.

Stretch – legs, trunk, back, neck and arms; no bouncing; static stretching only, hold each stretch 20-30 seconds, repeat each stretch 2-3 times.

Sport Specific Exercises – maximal effort sport specific drills or activities.

Proper warm up and stretching prior to athletic event will help minimize risk of injury to muscle and tendons. In the event that an injury does occur, you should follow the R.I.C.E. acronym to address the pain and swelling over the first 48 hours. R.I.C.E stands for Rest, Ice, Compression and Elevation. Rest is often easier said than done but let common sense prevail, if it hurts, don't do it. Ice should be applied to the affected area for 15-20 minutes once every hour or two. An elastic bandage should be used to apply compression to assist with minimizing swelling. Always apply the bandage from the heart and work away from the heart on the affected area. The bandage should be taut enough to provide compression, but not so tight as to compromise circulation. The final component is elevation. The key to effective elevation is to have the injured area above the heart. If pain and swelling persist beyond 48 hours, the child should be evaluated by a physician. The RICE method is used to address soft tissue injuries. Injuries of the bones, joints and of the head should be seen by a physician.

Hank Farnell, PT IWR Therapy Systems

Concussion Symptoms include unconsciousness, headache, dizziness, nausea, blurred vision and ringing in the ears.

Heat exhaustion Symptoms include lack of energy, dry mouth, lack of sweating, flushed face, muscle cramps, high body temperature, confusion and unconsciousness.

Fractures Symptoms include painful, deformed or discolored limb, swelling, fingertip pressure against injured area causes significant pain.

Note: When kids have a sniffle it is fine for them to play, but parents have the final say because they will be staying home from work to tend to them. Exercise can actually stress the immune system and lengthen or worsen the illness. Players with a fever may resume play once they have been fever free for 72 hours.

C-Sports Emergency Plan

Lightning Disturbances:

Except in the case of a local storm emergency, lightning emergencies will only affect outdoor sports. Staff should be assigned to monitor weather conditions prior to the event.

A 30 second or less “flash to bang” count calls for the removal of people from the playing fields to appropriate shelter.

Once play has been suspended, 30 minutes must expire after the last flash of lightning is witnessed or thunder is heard prior to resuming play.

National Federation of State High School Associations

Communicable Disease and Skin Infection Procedures

While the risk for blood-borne infectious diseases and skin infections remains low in sports, proper precautions are needed to reduce the risk of spreading the condition to others.

Proper hygiene is expected for all players, coaches, and associated personnel.

Any known illness or condition that may be considered infectious should be evaluated by a physician before the participant comes to the event.

C-Sports personnel reserve the right and responsibility to refer any participant for medical evaluation before allowing their participation.

Wounds that are bleeding must be covered and blood soaked clothing must be changed before the participant is allowed re-enter the game.

Caregivers are encouraged to wear protective gloves to treat wounds.

All contaminated surfaces must be cleaned with disinfectant before being used again.

Any blood exposure or bites to the skin should be reported to the coach and league director as soon as possible.

Emergency Procedures

There should be no Recreation Ministry sanctioned sports activities without CUMC personnel on campus and available in case of an emergency.

C-Sports/Recreation Ministry personnel should have thorough knowledge of first aid resources and procedures.

When an injury occurs, or a child/adult shows symptoms of a medical condition that may require attention, the coach must be notified at once. The coach will then notify CUMC Recreation Ministry staff and report the condition.

Parents and family members will be the first resource if a child or adult needs transport to a medical facility or temporary care (ice bag on a knee, etc.)

Injuries or symptoms that appear serious may require emergency medical personnel. 911 should be called as soon as that determination is made.

In the case of a potentially harmful situation on the field (angry fan, growling dog, etc.) children and adults will be moved away from the situation before or while C-Sports and/or Recreation Ministry officials deal with the situation. Any official may determine if emergency personnel are needed and call 911. Safety is our first concern.

Inclement Weather Policy Regarding Outside Play:

The Recreation Ministry will monitor conditions daily. Decisions on canceling Practice or Games will not be made until Practice or Game time. Games and Practice will be cancelled if the Recreation Ministry feels it would be unsafe to play. Unsafe: Lightning, Thunder, or Strong Winds. Soccer, Football, & Baseball practices and games may be played in the rain!! Coaches or referees may STOP a game or practice if the weather conditions warrant. Parents and coaches should be prepared with appropriate rain wear. We will try to notify coaches and coaches should try to notify their Team Mom or parents. If you have not heard from your coach you should call the recreation desk at 706-3326 for weather decisions. There will be no make-up practices or make-up games (rain outs).

Coaches Be Aware!

In any public venture there are realities and perceptions. The two do not always go together. People respond instinctively to their perception of a situation. Thus, it becomes our responsibility to anticipate and avoid the appearance of any behavior, interaction, or situation which may cause concern if someone were to see, hear or be told about it. Our language, tone, and facial expressions create impressions every time we communicate. Another impression we create comes from the way we interact physically with the children.

Physical touch is important to a child and plays a part in their social development from a basic territorial security to an acknowledgement of acceptance. Unfortunately, in the world in which we live, some touches can be inappropriate and misunderstood. Individuals in our programs will have varied comfort levels when they observe children showing affection toward coaches. This becomes more of a risk when older elementary or middle school girls engage in physical contact with a male coach in more than a casual "shoulder hug" or "high five". A frontal hug, sustained hand contact of any kind, any touching on the leg (coach or child), lap sitting, etc. are very likely to result in questions and telephone calls to the Recreation Ministry.

Please be very aware of the appearance of your interactions and avoid touches and communication that may cause concern to a parent that is watching from the fringes of the event. Obviously, any misdeeds involving adults and children would be tragic, but perceptions, no matter how accurate or inaccurate, can cause problems in this type of environment. Please call me if you have questions or concerns.

In His Service,
Steve Ellisor, Recreation Minister

General All Sports League Rules & Information

C-Sports Grace Rules:

C-Sports has league rules that must be followed. These rules are designed to help develop players' skills. Teams are asked not to run up the score once the game is at hand. Stopping all runners at one base is an example. In Football, run the ball with your slower players. Help the more talented players learn support skills.

Game schedules & Uniforms:

Game schedules & uniforms will be handed out at Picture Day.

Game Time:

Game Time should be kept by the Referees. Games must begin & end on time. Both coaches are responsible for starting the game on time. The league director may end a game in order to stay on time. Referee's will keep and verify score.

Baseball Score:

Teams will keep score in the league score book. Score will be kept by the Home Team. Score will not be kept for the K4 or K5 grade Leagues. Make sure (if you are the home team) that your scorekeeper understands how to record scores properly in the score book before the game begins. There is not enough time to explain how to do this right before a game so get your team mom to assign a parent to do this. Referee's will keep and verify score.

Basketball Score:

Score & Time is kept by volunteer scoreboard operators only for 3rd/4th and 5th/6th grade.

Football Score:

Teams will keep score in the league score book. Score will be kept by the Home Team. Referee's will keep and verify score. Score will not be kept for the K5 or 1st & 2nd grade Leagues.

Soccer Score:

Teams will keep score in the league score book. Score will be kept by the Home Team. Referee's will keep and verify score. Score will not be kept for the K4 or K5 grade Leagues.

General Practice Agendas for all Sports Leagues

(see specific sport's rules in the next section for more detailed practice agendas to follow):

ASAP- Before the First Practice:

As soon as you get your roster of players you must make contact with the parents on your team. Practice will be starting soon and these parents and children are anxious to hear from you. Whether you get the parent when you call or leave a message on the answering machine make sure to give the following information: Your name, phone numbers, Team #, practice day and time. Make sure they know when their first practice is. For example: "Our first practice will be next Monday, August 13th at 5:30pm on the CUMC Field (blank) or in the Gym on court(blank)...". When communicating with your

parents make sure they have a way to identify you on the field (colored item of clothing, physical description, and location). Use the first practice to establish rules with parents regarding leaving a child during practice, expected behavior, what the child should bring to each practice/game and provide them a way of contacting you if they cannot make it to practice or a game. Please be easily available for parents to get in touch with you via cell phone or email. TEAM MOM'S ARE ESSENTIAL!!!!!!!!!!!!

Practice Format:

In every sport there are certain skills that must be learned before a player can develop other more advanced skills. At every practice we want to work on certain basic skills and abilities and then gradually add new and more advanced skills. All coaches should start out teaching the basics to all players (see Baseball Practice Agenda below). Please follow this so that all teams are growing together in their skill level. After the first game you may focus on drills that will help specific needs your team has. It is up to the coach to identify needs, teach skills and invent new ways to improve his/her team's abilities. By mid season the practice agenda is left more up to you so that you may choose what your team should be focusing on depending on their game performance.

First Practice:

- **Football:** snapping, taking a hand-off, passing, receiving, flag pulling and defensive coverage.
- **Baseball:** throw, catch, run bases, hit, drop the bat.
- **Soccer:** trap, kick, weave thru cones, and throw in.
- **Basketball:** dribble; pass, shoot, hands up on defense.
- Devotion - Each and every practice will have devotion halfway into the practice time.

Second practice

- Continue sport practice drills
- Organize a parent child get-together so parents can get to know each other.

Third practice

- Continue the drills
- Plan practice games. During this practice game, stop the play when needed to explain how to do something better. Practice games are for learning how the drills and skills are put into action. Practice games are also the time to stress good sportsmanship and team building.

Fourth and subsequent practices:

Continue as for the first three practices, but try to rotate your practice games with at least one other team (two teams for practice games). This will get the children used to playing other teams and not the same people all the time.

Establish rules...

...with players about when coaches are talking, what to do when the whistle blows, what discipline will be, etc... Reinforce with players what they should bring to each practice/game. Never allow a player to throw or kick a ball when not supervised. A successful practice is one in which all children come away feeling valued. It has been the experience of successful coaches that keeping the kids active in games and races is the most effective way to get the most out of your time. Take the effort to praise each child individually during the practice for something done well. Always use positive affirmation to motivate.

Have a set plan for each practice, have your whistle, know where to find a first aid kit, signs of heat exhaustion/stroke and where to get water.

Practice Time & Location:

Practice time is very specific. You must start your practice on time and end on time. There will be another team waiting for your field or floor space.

Practice Location for Basketball:

Gym

Practice Location for Soccer, Baseball, & Football:

Field

When communicating with your parents...

make sure they know what your team # is. This is the most important thing they will need to remember. There will be white buckets on the practice field in your assigned practice area. The buckets will have Team #'s taped to them so that parents can easily find your team. Please do not move these buckets. We re-number the buckets for the second half of practice. Also, you will be given a field map and a Team number along with your roster on Roster Pick up Day. Here is an example of this map. Practice locations are rotated, so inform players and parents of the rotation. (Baseball League - Coach Pitch teams practice space will rotate weekly to allow each team to receive time in the batting cage.)

Practice Equipment:

We will set up the field before practice begins with a bucket with your team number on it in your practice area. We will place some cones in your bucket. Please make sure you return these items to the bucket when practice is over.

Planning:

Plan your time. Your practice should be no longer than 45 minutes if you are working with K4/K5 and no longer than 1 hour if you're working with 1st & 2nd Graders. That is a short time so make the most of this time by planning what you will do every minute. Adapt: Have more drills and activities ready than you can do so that if a drill is not working or it seems that it is not fun for the children then move on to another one. Or, change the drill to make it more fun. Ask your assistants for ideas.

Scrimmaging...

Is a tool to identify areas of improvement as a team, teach player positioning and instruction of rules while simulating a game situation. Please limit the times that you scrimmage.

Devotions:

Half way during the practice time all teams on the field will stop practice to do their team devotion. This is the most important time you will spend with your players. Put as much effort into preparing for this as you do coaching the game. These devotions are located in this book. There is a devotion time for every practice. Be aware of the time, don't rush the devotion but don't try to stretch it out too long. Be aware of the other teams on the field. When most of them are through with their devotion then you should be wrapping it up. Also be courteous to other teams that have not finished their devotion. There may be a significant reason why the team is still in prayer; maybe a player is in need of special prayer time. Be sensitive. You may let your team get more water, use this time as "Board Time" to go

over strategy. DO NOT allow players to make a lot of noise during another team's devotion time. Teach your parents to ask: "What was devotion about this week?"

BASKETBALL RULES & INFORMATION

Game Rules:

C-Sports Basketball has league rules that must be followed. These rules are designed to help develop player's skills. Kindergarten and 1st/2nd grade leagues have a few different rules than the other older leagues so let's take a look at our league rules.

Player Positions:

Every player should have the opportunity to play all positions.

GUARDS: This is usually one of your better ball handlers. Guards play on the perimeter or top of the key and usually are your shorter players.

FORWARDS: Forwards play most of their time on the outside of the lane and in the bottom corners.

CENTER: This is usually your tallest player. Their main responsibility is to get rebounds, protect the lane on defense.

Color Bands:

Order – 1st Black, 2nd Blue, 3rd Green, 4th Red, 5th White

Before each 6 minute segment, both coaches should line the players that will be playing during that period. The highest skill player from each team should wear the black band. The least skilled player from each team should wear the white band. The blue, green and red bands should be placed in that order but try to match up size as well as talent. Coaches should work together. This means that one coach shouldn't see an opponent who is a short player wearing green and then purposely put green on a tall player hoping to get a mismatch.

The bands will only be used to determine individual fouls. Do not let players know about the rankings. 3RD – 6TH grade teams will all wear the same color band and the bands will only be used to determine individual fouls.

Substitutions:

At the end of every 6 minute period, each team will be allowed 1 minute to make player rotation changes. These rotations must follow the rotation schedule handed in at the beginning of the season. Do not make substitutions based on matching up with the opposing team's players. The substitution time does not signal a change of possession, the team with possession at the end of the period will retain possession to the beginning the next period.

Switching Goals:

All Teams will switch goals at half time except the kindergarten league.

No Jump Ball:

Jump Ball Situations = possession alternates

Fouls:

The color bands should be worn on the left shoulder to start the game or period. As a player commits a foul the band should be moved to the right shoulder. If the player fouls a second time during that period that player must sit out. The next player in the rotation must come in as a substitute. This does not change the normal rotation. The player who has fouled out does not come back into the game until his turn in the rotation comes up again, while the player who comes in as a substitution gains extra playing time. If a team has no one to substitute, the foul out rule is replaced by a two-point penalty. In a situation where a player would normally foul out, the opposing team will instead be awarded two points, and play continues.

Free Throws:

Non-shooting fouls result in the offended team taking the ball out of bounds. All shooting fouls result in free throws, except in the last two minutes of the game.

Man On Man:

Kindergarten – 1st & 2nd grade league man to man defense is played at all times. Zone defense is not allowed. Zone is taught once these players get in 3rd grade. Defensive players must stay within an arms length of the player they are guarding once that player crosses the half way line. In cross court games the lane line closest to the offensive basket becomes the half way line. Coaches must instruct players on defense to move back until their player crosses that line.

Help Defense:

Double teaming is not allowed. Help defense is allowed. If the “Blue players gets away from the “Blue” player that is guarding them, then the other defender closest to “blue” may leave his player and guard Blue” until his defender recovers.

Defense The Lane Area:

If a defender is in the lane and the player he is guarding is within arms reach, the defender is allowed to provide help on the ball by double teaming. The intent of this exception is not to encourage a defender to remain near the lane at all times in a soft zone and to double-team the ball each time it enters the lane, Instead, the intent is to teach a player already in the lane to play help defense.

Offensive Picks & Screens:

Defensive switching is allowed on offensive picks and screens. At the appropriate time, players should return to guarding their assigned player. This is “Help Defense”.

During Fast Breaks:

(K5 – 2nd grade)

When an offensive player has beaten his defender, another defensive player may help. Upon stopping the fast break, defenders should return to guarding their assigned players.

Full Court Press:

Full Court Press is only allowed in 5th & 6th grade league. Full Court Press is defined by defensive players that guard their opponents in the backcourt. 5th - 6th is allowed to use full court press during certain times.

- NO FULL COURT PRESS DURING THE FIRST GAME
- Teams may press during the 2nd half of the game only. *NEW RULE – If a player is pressing in the first half, that player has committed a foul (move the color band) so the offensive team will receive the ball out of bounds and 1 point.

Game Formats Regarding How Many Players Play During The Game:

If some of your players are not going to attend a game, get with the other coach and discuss a different game format other than 5 vs. 5. If you only have 5 or 6 players, you should play 4 vs. 4. This will allow for a substitute or injury replacement.

Zone Defense:

3rd & 4th grade defensive players can play man vs. man or zone (3-2, 2-3 or 2-1-2) they can half court press or trap at the line but are never allowed to guard in the back court (full court). Each team should use 2 basic types of zone defenses. WHITE – Inside the 3-point line, BLUE – Half court press

5th & 6th – grade defensive players can play man vs. man or zone (3-2, 2-3 or 2-1-2) they can half court press or trap at the line and are allowed to guard in the back court (full court). Each team should use 3 basic types of zone defenses. WHITE – Inside the 3-point line, BLUE – Half court press, RED – Full Court Press

Each team should be able to switch between the type of defenses to show grace when the score is “in control”. These “zones” can be called anything you want to but the point is there needs to be a level of aggression which can somewhat be controlled by the coach.

*If a player is not responding to the coaches directions (not playing soft or stealing and doing fast breaks) that player may be benched immediately!!

Back Court:

Kindergarten & 1st & 2nd Grade: Due to the shortness of the courts, back court will not be called. In the 3rd - 6th grade league Back Court violations will be called.

Offensive Purpose:

The offense must purposefully attack the defense in every situation. If after receiving a warning from the referee, the offense does not cross mid-court, a violation will be called, and the ball will be awarded to the defensive team. If your team is ahead by more than 10 points, as an act of sportsmanship, they will be allowed to pass the ball and run their offensive.

Isolation Plays:

Are not allowed. This means that a coach may not instruct or allow his players to spread out in such a manner to allow a 1 on 1 to the goal.

Game Time Management:

Time & *score (*for 3rd – 6th grade games) will be kept by the score board operator. Periods & half time will be determined by the running clock. Games will run on time, meaning the clock will start whether your teams are ready to start or not. It is up to the coaches to make substitutions quickly. When the game ends it is over. There will be no over times. The game clock runs continuously.

Final Two Minutes Of a “CLOSE” Game: ***NEW RULE** for 3rd – 6th grade teams only (This will be discussed at the coaches meeting.)

Clock Stoppage in the event of a “close game” (6 POINTS or LESS):

All calls (violations and fouls) are done the same as the rest of the game except for the fact that when the whistle blows and play is stopped by a Ref. the ***clock will stop.***

It is MOST IMPORTANT to resume play ASAP!!! Do not waste time getting the kids lined up for free throws or out of bounds.

Referee and Score keeper should really communicate well during this time.

Facility:

North Court - Closest to the front of Christ Center.

South Court - Closest to the Christ Center Stage

Tunnel – All teams must be in the tunnel 10 min. before each game. Players, cheerleaders & coaches should enter the doors in the Coke Machine area.

C-Sports Grace Rules:

Once a team has an 8 point lead the full court press should stop. Once a team has taken a 12 point lead –things must change. Examples: The best player who has already scored 8 or 10 points should not shoot anymore, they should pass the ball and try to get as many assist as possible. All coaches should teach how important a good assist (pass) is to a team. The best ball handlers should not be bringing the ball down every time. The winning team should pass the ball once for each basket they are ahead (up by 10 = 5 passes then let someone who hasn't scored take the shot, practice your outside shooting, no drives to the basket for an easy lay up. If you get an offensive rebound, pass it back out and let someone else try to shoot.) These are all examples of how a good coach can still work on skills, increase the ability of weaker players and help both teams have fun. Coaches need to teach there are times when good sportsmanship and character means “ease up”. There will be games in which some teams will be given an opportunity to demonstrate “Grace” and other games when they may need to be given some “Grace”. The games may be hard fought battles where both teams play as hard as possible the entire game. Win or lose both teams should show good character at the end of the game.

Kindergarten Game Format & Rules:

Welcome to the world of 5 year olds playing basketball! You have accepted a worthy challenge which many others have avoided. This age is the starting point for the entire league. This is the age at which the future of each child is shaped more by your actions as a coach than any other age. The rules and guidelines for this age group are designed to teach age appropriate skills in a setting for the children to learn to play the game. You should focus on helping each child to develop skills, learn to follow directions, learn to work with team mates and respond to competition. You will be presented with a team which has no concept of “team”, children with yet undeveloped muscles, untrained game skills, the ability to burst into tears at the drop of a hat and the ability to reward with lots of hugs. All of these challenges will shape you into a more patient and understanding coach.

Because the physical, mental and emotional levels are distinct for 5 year olds, the expectations and goals for them are unique. You will be instructing them in elementary mental and emotional concepts and basic physical skills. They will learn more advanced concepts at another age. The goal is to make them experts at the skills we have defined by the end of the season, so they will be prepared to move on to the next level next year.

Goals for the season:

By the end of the basketball season, each 5 year old should be able to do the following:

1. Exhibit good sportsmanship and anger control.
2. Learn how to work as a team by sharing and giving support.
3. Learn how to take direction from an adult who is not a parent.
4. Confidently dribble a basketball down the court with one hand while looking up most of the time.
5. Learn what traveling is and how not to travel.
6. Aim and shoot for the basket with the ball making the basket, hitting the backboard or hitting the rim.
7. Willingly pass the ball to teammates (without whining or pouting).
8. Learn how to guard one person during the game.
9. Understand the basics of a foul and the consequences of a foul.
10. Understand that after a foul, out of bounds or score by the other team, the ball must be taken out of bounds by the opposing team and thrown in to start play.

Each week drills will focus on developing mental, emotional and physical skills to accomplish these goals.

Sportsmanship:

What is it? Good sportsmanship is defined as:

Sportsmanship is best developed and taught by children modeling after adults. YOU need to be the best example of showing good sportsmanship. Devotionals during practices are one part of the method to stress caring, love and sharing among all people. YOU need to stress that these qualities are not just for the team but should be shared with everyone.

Taking direction:

At this age, many children have encountered adults as general supervisors at daycare centers or as their parents at home. Children are very good at trying to manipulate adults into getting what they want. This may be the child's first experience where the adult is directing the children to do what the adult wants. Expect resistance. Expect to be tested. The children will need to learn to take direction from you without going to their parents. For most 5 year olds, this is not a big problem, but be aware there may be exceptions.

During practices children will engage in specific drills. At this age, the children are still in the "it's all about me" mode and are not used to sharing or cooperating with other children. You will need to stress to them the importance of sharing and cooperating. Do not be afraid to use **TIME-OUT** techniques if a child is uncooperative. Discipline in sports is essential to develop proper sportsmanship and team building. If a child is being unruly, tell them to sit out and that they can return to play when they can properly behave. You as the coach need to do this. Do not let the parent do this. The children need to learn to take direction from adults other than their parents. If a child repeatedly has the same problem taking direction or cooperating, speak with the parents about how they can support you in teaching their child. Please establish strong communication with all of your parents. Making a phone call in the evening is the best way.

Try to establish rules with your parents about talking with you at times other than practice, which is the time you must focus on your players. Make sure you have a **TEAM PARENT** who can assist with most of the general communication between you and your players' parents.

Team Building:

Most of the children in this age group have never worked as a team. You will be teaching them what a team is and how it works. Again, much of this will be accomplished by the children modeling after your behavior, so keep on your best behavior at all times.

Drills:

For this age group, we will only be concentrating on four basic skills: dribbling, passing, shooting and guarding. It is very important that these four skills be properly developed because they are the basis for advancement in higher grade levels.

Dribbling:

At least 50% or more of your drill practice should focus on dribbling and control of the ball, especially during the first 4 weeks of practice. If a child cannot dribble the ball down the court, he or she will never have the opportunity to shoot the ball. Dribbling is excellent for developing the muscles in the arms. The more dribbling a person does, the more the muscles properly develop. The same muscles used for dribbling are also used for shooting. Better dribblers make better shooters. At this age many children are still learning to coordinate their arms and legs with movement they want to do, so many will not know how to dribble a ball while walking or how to switch between their right and left hands (remember they have not learned which is right or left!).

Because 5 year olds are just learning to dribble, traveling is a problem with this age group. Many children will have just learned how to bounce a ball with two hands and will need to learn how to dribble with just one hand. You will see different forms of traveling, a few will be accepted during the first few games but others will not.

Traveling not allowed at any time: outright carrying of the ball. Frequently you will see a child tuck a ball under their arm like a football and run down court or they will hold the ball with both hands and take several steps without dribbling the ball. This is not allowed and will result in a change of possession.

Traveling/double dribbling sometimes allowed: many children will not learn to dribble with just one hand, but will use both hands to push the ball downward. This will be made an exception on a case-by-case basis. You will need to work with such a child to develop a single hand dribble but must realize it may not happen this year. Children

are still trying to gain control over the ball so many times during a game the ball will start to get away from the child and he or she will reach out with both hands to catch the ball. Once under control, they will start dribbling again without having taken any steps or just one step. Allow this, but point out to them to try to use only one hand at all times.

Passing:

The development of passing skills not only moves the ball from player to player, but also helps to develop the concept of teamwork. At this age, children are not used to working in teams so this is a new concept which must be developed. Three passes will be taught at this level: bounce pass, chest pass and overhead pass. Again, coordination will be an issue, so expect the children to completely miss the ball or be unable to properly aim the ball. You will be teaching these skills.

Shooting:

Remember those arm muscles developed from dribbling? This is where you get to use them. Shooting requires muscles developed to the point to propel the ball upward to the basket. Young children frequently have underdeveloped arm muscles so you will have a number of children who are unable to move the ball upward to the backboard or rim. By the end of the season, each child should have developed their arm muscles to the point where they are able to propel the ball upward to touch the backboard or rim.

Guarding:

At this age, we will be teaching one-on-one guarding. The children will learn the proper distance to stand away from the other person and how to effectively use their arms to block passes. They will also learn about fouls and how to properly steal a ball without causing a foul.

First practice:

1. Introduce yourself and the assistant coach to the parents. Show the parents where they can watch the practice and give a general outline of how the hour-long practice will go: drills, devotional, either more drills or a practice game. Go over appropriate clothing and shoes for games and practices. Remind everyone that gum is not allowed in the gym.
2. Tell the children how they are allowed to address you and the assistant coach. "Coach" works well at this age.
3. Go through the roll to learn each child's name.
4. Assess each child's skill level by having the group do a variety of drills starting with dribbling, then passing and eventually shooting. If a child's skill level is significantly less than the other children, at the end of the practice find that child's parent and ask the parent to work on that skill with the child during the next week.
5. At halftime, sit the children down and lead the devotion. Engage the children by asking them questions about God relevant to the devotion.
6. Allow the children to get water and go to the bathroom.
7. Continue with the drills until the end of the period. Dribbling should be the dominant drill featured this week.
8. At the end of the period, encourage the children to practice during the week.

Second practice:

1. Start the children on drills focusing on dribbling. Dribbling should be taking up at least 15 – 20 minutes of practice time each week for the first 4 weeks.
2. Devotional
3. Quick water and bathroom break.
4. Introduce one-on-one guarding to the children. Work on guarding drills for the remainder of the practice.

5. Before leaving, meet the other coaches who are sharing the court with you. Arrange to conduct a trial game at the next practice after the devotional on the entire half court.

Third practice:

1. Continue the drills for dribbling, passing, shooting and guarding.
2. Devotional
3. Quick water and bathroom break.
4. Practice game. Right after the devotional, have one person get colored armbands from the recreation desk. The other coach will gather the children and show them the outline of the half court and explain where the boundaries are for the court. Explain how the game will operate:
 - How many people from each team will play at one time
 - How the rest will sit out until it is their turn
 - How each person will have a colored ribbon or armband
 - ¹How they will guard a person on the other team with the same color armband
 - How play needs to stop if they hear a whistle blow

Games will begin by having the home team (your choice) bring the ball in from the opposite end of the court from their own goal. Show how one person must stand outside and throw the ball to another person to start a game.

During practice games stop the play when needed to explain how to do something better. Practice games are for learning how the drills and skills are put into action. Practice games are also the time to stress good sportsmanship and team building.

Fourth and subsequent practices:

Continue as for the first three practices but try to rotate your practice games with at least one other team (two teams for practice games). This will get the children used to playing other teams and not the same people all the time.

Kindergarten League Rules

Color bands will be used to teach one on one skill and assist with keeping up with fouls. This prevents the children from bunching up on the ball. Each child will wear a particular color that matches his/her skill. The child will be defending the child on the other team that is somewhat of equal skill.

Stealing should not be permitted at any time. You may teach your players to position themselves in front of the opposing player, not letting them have an open lane to the basket. Your players may put their hands up in order to block a shot or pass.

Traveling must be permitted to a degree. If a child dribbles, stops, then continues the dribble, this will be permitted. If a child dribbles, stops and walks several steps, this must be a "Travel" call and the ball must be given to the other team. You may correct the child without calling travel if you feel the child should be given another chance.

Game Format Kindergarten

- Games will be played Cross Court – No Back Court Violation
- Format 5 vs. 5
- Playing time; Six - 6 minute periods
- Substitutions – 1 minute between periods (or injury)
- 8 min halftime break

- Team coaches will referee
- Jump Ball Situations, possession alternates
- goal size is 6'
- Foul Shots will be shot from the GRAY line in front of the goal.
- NO SCORE
- practice (5:30pm 6:30pm)
- Home team leads prayer and possesses ball first
- Visitor team possesses the ball for the start of the second half.
- No fighting, kicking or other violent behavior. Player is benched and change of possession.
- No mouthing off to the coaches or other players. Player is benched.
- No stealing. Automatic violation and change of possession.
- Players may play positions if coach wants them to. See recreation coordinator.
- During each game, each child will take the ball out at least once during the game.
- During each game, each child will bring the ball down court at least once during the game.
- The person bringing the ball down court MUST pass the ball to another player. That player can either pass or shoot.
- The opposing team will remain behind the half court line (Middle of the Free Throw Line) while the ball is being brought down court.
- Goals will remain the same throughout the entire game. Switching goals confuses children at this age.
- Carrying of the ball is traveling and automatic change of possession.
- Double Dribble (touching the ball with 2 hands or stopping the dribble and restarting)
Coaches Must Communicate and work together regarding this rule. If one coach calls most double dribbles on his own player but the other coach never calls it on his players – WE ALL HAVE A PROBLEM. If one coach calls double dribble or traveling on the other team but never calls it on his team – WE ALL HAVE A PROBLEM.
 The PROBLEM is consistence. We must not confuse players and parents by calling everything in one game and nothing in the next game. Please Work together.

Coach enforced rules for Kindergarten

- Change of possession; score, ball out-of bounds, fouls
- Fouls & Violations; carrying the ball, (double dribble while not moving should be allowed a little) tripping, elbows, pushing, grabbing or slapping
- Stealing will not be allowed, Stealing from your own team will result in change of possession. You may teach your players to position themselves in front of the opposing player, not letting them have an open lane to the basket. Your players may put their hands up in order to block a shot or pass. A ball that is lost by a dribble may be recovered by any player on the court.
- Shot Blocking (jumping) is NOT allowed. Hands up and Feet on the floor is good defense.

1st & 2nd Grade Game Format & Rules:

This age is truly the first level of competitive basketball for our C-Sports league. The rules and guidelines for this age group are designed to be age appropriate for most of the children. You should focus on helping every child to develop skills, learn to follow directions, learn to work with team mates and respond to competition. This age group can be one of the most challenging because a lot is expected of this age group. Some of your players will be capable of staying focused and some will struggle. Make sure you control your players during practice. This age group (especially boys) likes to wrestle, aggravate each other and horse around.

Color bands will be used to teach one on one skill and assist with keeping up with fouls. This prevents the children from bunching up on the ball. Each child will wear a particular color that matches his/her skill. The child will be defending the child on the other team that is somewhat of equal skill.

Stealing will not be permitted.

Traveling must not be permitted. If a child dribbles, stops, then continues the dribble, this is a travel and the ball must be given to the other team.

Free Throws will be shot from the small line in front of the goal.

Game Format 1st & 2nd grade

- Games will be played Cross Court – No Back Court Violation
- Format 5 vs. 5
- Playing time; Six - 6 minute periods
- Substitutions – 1 minute between periods (or injury)
- 8 min halftime break
- Team coaches will referee their own games
- Jump Ball Situations, possession alternates
- goal size is 8'
- Foul Shots will be shot from the Gray line in front of the goal.
- NO SCORE
- practice (5:30pm 6:30pm or 6:30pm – 7:30pm)
- Home team leads prayer and possesses ball first
- Visitor team possesses the ball for the start of the second half.
- Players may play positions if coach wants them to. See recreation coordinator.
- During each game, each child will take the ball out at least once during the game.
- During each game, each child will bring the ball down court at least once during the game.
- The person bringing the ball down court MUST pass the ball to another player. That player can either pass or shoot.
- The opposing team will remain behind the half court line (Middle of the Free Throw Line) while the ball is being brought down court.

Coach enforced rules for 1st & 2nd Grade

- Change of possession; score, ball out-of bounds, violations or fouls
- Violations; carrying the ball, (double dribble and travel should be allowed for 1st game ONLY but addressed and corrected,) stepping out of bounds.
- Fouls: tripping, using elbows, pushing, grabbing or slapping. *See "Fouls" in the index
- Stealing will not be allowed. Stealing from your own team will result in change of possession. A ball that is lost by a dribble may be recovered by any player on the court. If the Recreation Ministry feels that the game is becoming too aggressive – It will Stop.
- Shot Blocking is allowed.

3rd & 4th Grade Game Format & Rules:

This age begins the transition into competitive basketball. You should focus on helping every child to develop skills, learn to follow directions, learn to work with team mates and respond to competition.

Color bands will be used to assist with keeping up with fouls. * See "Fouls" in the index

Stealing will be permitted at any time.

Traveling must not be permitted. If a child dribbles, stops, then continues the dribble or dribbles with 2 hands this is a double dribble and results in a turn over. If a player takes more than two steps after stopping the dribble, or moves their plant foot on a pivot then the player should be instructed that this is a travel and the ball must be given to the other team.

Free Throws will be shot from the foul line in front of the goal.

Game Format 3rd & 4th Grade

- Full Court – Back Court Violations will be called
- Format 5 vs. 5
- Playing time; Six - 6 minute periods
- Substitutions – 1 minute between periods (or injury)

- 8 min halftime break
- Team coaches will referee the game before or after as part of a 3 man crew. 3rd & 4th coaches may referee 5th & 6th grade games and 5th & 6th grade coaches may referee 3rd & 4th grade games.
- Jump Ball Situations, possession alternates
- goal size is 9'
- Foul Shots will be shot from the foul shot line in front of the goal.
- SCORE WILL BE KEPT
- practice (6:30pm - 7:30pm)
- Home team leads prayer and inbounds ball first
- Visitor inbounds the ball for the start of the second half.
- Zone is allowed at certain times and under certain conditions

Coach enforced rules for 3rd & 4th Grade

- Change of possession; score, ball out-of bounds, violations or fouls
- Violations; carrying the ball, double dribble, traveling or stepping out of bounds.
- Fouls: tripping, using elbows, pushing, grabbing or slapping. *See "Fouls" in the index
- Stealing is allowed.
- Shot Blocking is allowed.

5th & 6th Grade Game Format & Rules:

This league is the most competitive. You should focus on helping every child to develop skills, learn to follow directions, learn to work with team mates and respond to competition. We should be preparing some of these players for participating in school teams or AAU type leagues.

Color bands will be used to assist with keeping up with fouls. * See "Fouls" in the index

Stealing will be permitted at any time.

Traveling or double dribble must not be permitted. If a child dribbles, stops, then continues the dribble, this is a travel and the ball must be given to the other team. Dribbling with 2 hands is double dribble and results in a turn over.

Free Throws will be shot from the foul line in front of the goal.

Game Format 5th & 6th Grade

- Full Court – Back Court Violations will be called
- Format 5 vs. 5
- Playing time; Six - 6 minute periods
- Substitutions – 1 minute between periods (or injury)
- 8 min halftime break

- Team coaches will referee the game before or after as part of a 3 man crew. 3rd & 4th may referee 5th & 6th grade
- Jump Ball Situations, possession alternates
- goal size is 10'
- Foul Shots will be shot from the foul shot line in front of the goal.
- SCORE WILL BE KEPT
- practice (6:30pm - 7:30pm or 7:30pm – 8:30pm)
- Home team leads prayer and inbounds ball first
- Visitor inbounds the ball for the start of the second half.
- Zone & Press is allowed at certain times and under certain conditions
- 3 Point shots will count – both feet must be behind the line at the time the shot is taken.

Coach enforced rules for 5th & 6th Grade

- Change of possession; score, ball out-of bounds, violations or fouls
- Violations; carrying the ball, double dribble, traveling or stepping out of bounds.
- Fouls: tripping, using elbows, pushing, grabbing or slapping. *See “Fouls” in the index
- Stealing is allowed.
- Shot Blocking is allowed.



C-Sports Basketball League Rules:

- Team Devotions will be done in the middle of practice. Teams will be doing a team prayer before each game.
- Kindergarten - 2nd grade will play “Man on Man” using the color band to determine who guards who.
- 3rd & 4th grade teams and 5th & 6th grade teams will be taught “Zone Defense”. We feel that this is more reflective of the type of basketball that your child will encounter if they continue progressing into basketball. Man on Man will be used occasionally.
- 3rd & 4th grade teams will be allowed to use half court press in certain situations and at certain times.
- 5th & 6th grade teams will be allowed to use half court press and full court press in certain situations and at certain times.
- 3rd & 4th grade teams and 5th & 6th grade teams at times will be using 3 refs.
- Due to the size of our league we are not able to handle request for practice nights and carpool buddies. Practice nights are the same for age groups in all of our school year sports.
- Example: 1st & 2nd grade will always practice on Thursday evening. This is done so parents can plan other activities for the year. Early or late practice times may be requested but it is **impossible to always honor those request**. If your child is placed on a team that practices at a time that you cannot bring them, we can refund your money.
- 3rd & 4th grade teams and 5th & 6th grade teams will wear a color band on the players left shoulder, move it to the right shoulder after receiving one foul, and sit the bench after their 2nd foul. The player will sit out the remainder of the period he/she fouled out and the next complete period.
- Clock will run except during substitution periods and the last 2 minutes of the game. Examples: If ball goes out of bounds or a player is hurt.
- Last 2 minutes of the game Points System: Because we use a running clock, points are given in the last 2 minutes of a game at certain times.
 - 1 point to the fouled team - Player is fouled while dribbling the ball, offense maintains possession.
 - 2 points to the fouled team – Player is fouled while shooting - shot is missed, ball is then given to the defensive team.
 - 3 points to the fouled team – Player is fouled while shooting - shot is made, ball is then given to the defensive team.

PLAYER GAME ROSTERS:

How to fill out the Player Game Roster is covered at the coaches training meeting and in this book. Rosters must be set before first game. The suggested way is to put your two best skilled players at positions 1 & 6. This will enable you as a coach to have at least one good ball handler on the court at all times. Once this order is set before the first game, it can not be changed. You must turn in your roster order before the 1st game.

There is an example Team Game Roster on the back page. Blank Player Game Rosters will be available at all times at the Recreation Desk. If you email Jon your roster he will fill your "PGR" out for you. Call the Recreation Desk 706-3326 to schedule a time to discuss problems. Rosters may be requested by a Director during any point in the game to check on the playing status of any player. This is done to remove the temptation of coaches to win games at the expense of others players not receiving equal playing time. Also this will aid you as a coach when parents ask why did their child come out of the game at a certain time or why didn't their child start this game. You can then explain that rotations are predetermined and that this is a league rule. Coaches in violation will be asked to make corrections or forfeit the game. Coaches found in a repeated violation will not be allowed to coach the next game and must explain to team and parents the violation.

REFEREEING:

Thank you for volunteering your time as a CUMC Sports Basketball referee. This section is designed to equip you as a referee in this ministry. If you have any specific questions, ask your league's referee commissioner about how your league will handle the situation.

Refereeing can be enjoyable, especially if you set out looking to have fun. Have fun with the players, coaches and parents as you call games. Jokes, smiles and an upbeat attitude will make your job fun and enjoyable. If you use the techniques in this manual, you'll be on your way to having a great season.

Remember, you will make mistakes. We all do. When you make an error, do your best to make things right and then move on. Be a teacher – encourage the players on the court and remember to have fun!

REFEREE SCHEDULE

K4 and K5, 1st & 2nd grade coaches will referee their own game, 3rd - 6th grade coaches will referee the game before or after your game – If you have a Friday night 6pm game then you ref the 7pm game – If you have a 7pm game then you ref the 6pm game. Once game schedules are handed out on Picture Day we will email a Game Time Referee Schedule to let you know which games go together. Normally If you coach the 9am then your ref the 10am and vice versa – So we say the 9am game goes with the 10am game, 11am goes with 12n, 1pm goes with 2pm and the 3pm goes with the 4pm. We will not know until the game schedule comes out because each season is different because of the amount of games on Saturday varies from year to year.

COMMUNICATING WITH COACHES

Good coaches want to know every detail of the game. Be in constant communication with the coaches by making sure they know what you are calling on the court. This will help the coaches as they help their players improve. At halftime, you may want to check in with the coaches in order to set the tone for the second half based on what you have seen in the first half.

It's important for referees and coaches to work together in the CUMC Sports Basketball league.

COMMUNICATING WITH PLAYERS

It is your job to talk to the players during the game. Remember that you are an on-the-floor coach whose job is to instruct and encourage the players. Your instructions will help the players to better understand the game and to improve. In most cases, you can stop a violation before it happens by talking to the player. Instructions such as, 'Out of the lane #33' - or - 'Keep your hands off,' can keep the game moving and make it more enjoyable for everyone.

Parents and coaches appreciate a referee who is committed to both referee and to teach players. When a violation occurs, blow the whistle and make the call. In leagues with younger players, you should quickly gather the players together to explain the violation, how it can be avoided, and its result. The extent of your explanation will vary according to the age and understanding of the players. Ideally, explanations of violations will decrease as the season progresses.

Be sure to encourage players. Your encouragement will go a long way toward building their self-esteem.

USE OF PRE-GAME

Pre-game is your opportunity to set the tone for the game and to communicate to coaches and players. Plan on arriving before the game early enough to:

Build relationships with the coaches.

Introduce yourself and learn their names. Get to know where they work, where they go to Church and learn about their families. You can also use this time to find out how their seasons are going and whether there are any specific things they want you to watch for during the game.

Talk to the players as they warm up.

Give high-fives, smiles and encouragement to set the players at ease with you as a referee, instructor and encourager.

COMMUNICATE WITH YOUR REFEREEING PARTNER

Talk about positioning, responsibilities and special things to watch for.

Right before the game begins, you will set the tone for the game by gathering both teams and their coaches for a brief word of encouragement and prayer. You can also use this time to remind players what potential violations to be aware of during the game.

POSITIONING

You can't call what you don't see. Refereeing at any level is about being in the right position.

POSITIONS

A refereeing team includes a lead and a trail referee. The two referees should keep a diagonal position across the court from each other.

On each possession change, officials will switch from half court to baseline. Therefore, the official who was the lead on one end of the court becomes the trail on the other end and vice versa. 3rd – 6th Grade will use a "3 man crew". Games will have a LEAD REF that will make most of the calls from mid Court. The two Coach Referees will move from the base line to half court and stay on opposite sides of the court.

RESPONSIBILITIES

The lead referee primary watches the action below the players' shoulders and the action away from the ball. The trail referee primarily watches the ball.

CONTROLLING THE GAME

Make calls whenever violations occur. If you overlook violations, coaches, players and parents become confused and begin to think the officiating is unfair. And if you begin to let things go without making calls, you'll be surprised at how quickly play becomes rough. Protect the players by calling the game correctly. Call it close from the start. This will set the tone and send a message to the players and coaches. Do not let rough play begin. Rough play elevates the intensity level and is a sure way to launch the circle of criticism. Making the calls whenever they happen helps keep this under control.

USING THE WHISTLE

Anytime play should stop, blow the whistle (LOUD). Examples include:

- When the ball goes out of bounds
- When a foul or violation occurs
- When time expires at the end of a 6-minute segment
- When you need to stop play for an official's timeout.

One of the biggest mistakes a referee can make is not blowing the whistle. It's hard to do at first, but it's extremely necessary. Learn to blow the whistle with authority.

KEEPING THE GAME MOVING

It is the referee's job to keep the game moving. Three particular areas tend to slow the game down:

- Substitutions between game segments
- Free throws
- Inbounds plays

Do your best to keep coaches and players moving at a quick pace during these parts of the game.

It is also important to begin every game on time. Often, coaches will want to delay the start of the game so that they can wait as long as possible for players to arrive. However, delaying one game leads to longer delays as the day goes on. The game clock will start on time. The buzzer will sound when the clock starts whether the game ball has been in bounded or not. Let the coaches know that the game has started and they are losing time.

ROLE DURING SUBSTITUTIONS

There are two objectives during the substitution time:

1. Having teams make substitutions based on the substitution rotation.
2. Matching players up for man-to-man defense against someone of equal ability.

It is up to you to make sure these things happen. For the most part, your main area to monitor is the player match-ups. Keep an eye on the way the coaches are matching up players. At times, it may be necessary for you to step in and assist the coaches by finalizing match-ups. Make sure players know who they are guarding during this time. Remember to keep the substitution time moving. The whole process should only take about a minute.

WHAT TO WATCH FOR IN A CUMC C-SPORTS BASKETBALL GAME

C-SPORTS Basketball leagues play under unique rules. Here are a few common violations. Be proactive in stopping them before they happen.

DEFENSE IN THE BACKCOURT

In C-SPORTS Basketball, there is no full-court press defense in Kindergarten thru 4th grade games.

As a C-SPORTS referee, it is your responsibility to keep the flow of traffic away from the ball in the backcourt so that the offense can move the ball up-court. Saying things such as, 'Defense get back,' keeps the flow of the game smooth.

This is especially important in the first few weeks of the season, because some players are still getting used to this unique rule.

FULL COURT PRESS: 5th - 6th is allowed to use full court press during certain times.

NO FULL COURT PRESS DURING THE FIRST GAME

Teams may press during the 2nd half of the game only.

C-SPORTS GRACE:

Once a team has an 8 point lead the full court press should stop. Once a team has taken a 12 point lead –things must change. Examples: The best player who has already scored 8 or 10 points should not shoot anymore, they should pass the ball and try to get as many assist as possible. All coaches should teach how important a good assist (pass) is to a team. The best ball handlers should not be bringing the ball down every time. The winning team should pass the ball once for each basket they are ahead (up by 10 = 5 passes then let someone who hasn't scored take the shot, practice your outside shooting, no drives to the basket for an easy lay up. If you get an offensive rebound, pass it back out and let someone else try to shoot.) These are all examples of how a good coach can still work on skills, increase the ability of weaker players and help both teams have fun. Coaches need to teach there are times when good sportsmanship and character means “ease up”. There will be games in which some teams will be given an opportunity to demonstrate “Grace” and other games when they may need to be given some “Grace”. The games may be hard fought battles where both teams play as hard as possible the entire game. Win or lose both teams should show good character at the end of the game.

ZONE DEFENSE

In C-SPORTS Basketball, there is no zone defense in Kindergarten and 1st & 2nd grade games. Zone Defense should be used by 3rd - 6th grade. Each team should use 3 basic types of zone defenses. WHITE – Close to the lane zone BLUE – half court press RED – full court press (5th -6th only). Each team should be able to switch between the type of defenses to show grace when the score is “in control”. These “zones can be called anything you want to but the point is there needs to be a level of aggression which can somewhat be controlled by the coach. Coaches need to teach there are times when good sportsmanship and character means “ease up”. We are not telling the players not to score, but an example is if your team is up by 8 points then drop back to “white defense and at least give the other team a chance to get it close to the basket.

When playing man-to-man defense, each player must be within an arm's length of the offensive player they are guarding. This allows space for higher scoring games and helps players to learn better defensive fundamentals.

Sagging defenders: Some teams have defenders sag back in the lane so that they are essentially playing a zone defense. This is illegal in CSPORTS Basketball. A defender must guard the offensive player he was assigned to at the substitution period by remaining within an arm's length. Eliminating sagging defenders opens up the lane and makes for better basketball and safer play.

HELP DEFENSE FOR KINDERGARTEN - 2ND GRADE

In C-SPORTS Basketball, help defense can be only used in three situations:

In the lane area: If the ball is in the lane, double-teaming is legal. This teaches a team concept and allows the defense a fair shot at stopping a basket. However, a defender can only help when an offensive player comes within an arm's length. Watch for defenders who are more than an arm's length away from an offensive player coming over to help. If this occurs, illegal defense should be called.

Off picks and screens: When a defender is guarding a player who sets a pick, he may switch or help off the pick to stop an offensive player from driving. This help is legal and promotes a good defensive team concept. Defenders should switch back to their assigned players as soon as the flow of the possession allows. You will need to encourage this by telling players to switch back.

On a fast break: When the offense is on a fast break, a defender may guard the ball-handler at any time regardless of whether he is his assigned player to guard. Once the fast break has been stopped, defenders should switch back to their assigned players.

FOULS ON PICKS AND SCREENS

Protect players by watching for fouls on picks and screens. Violations often occur in these situations:

Moving while setting a pick: A common form of a moving pick occurs when an offensive player setting a screen fails to plant his feet, thus giving the defender no room to move. A moving pick or screen is illegal. Players will want to block the defender any way they can, and thus will often move on picks and screens. Make this call early, and as you do, teach the players the correct way to set a pick.

Putting arms out while setting a pick: Along with moving, players setting a pick will often try to make themselves harder to get around by putting out their arms and using their wingspan to gain an advantage. This is illegal as well. Players need to learn to protect themselves with their arms at their side, not out like a clothesline.

Running through picks: Defenders must try to avoid picks and screens and not simply try to force their way through. It is illegal for a defender to push or knock down an offensive player setting a pick.

C-SPORTS BASKETBALL REFEREE RULES

- All calls are the referee’s determination.
- Referees must control the safety of the players during the game. If the player is deemed out of control the referee may ask the coach to substitute that player for one period. No abusive words are allowed by players or coaches towards any player, coach or referee. A referee may stop the game seek assistants from a league director, and ask a player or coach to leave the gym at any time.
- Guests watching the game may not use abusive words towards any player, coach or referee. Referees may stop the game, seek assistance from a league director and ask a guest to leave the gym at any time.
- Safety: No jewelry allowed. Ear rings, necklace, wrist bracelet or rings.

Referees call and explain all violations. These explanations according to the age group and understanding of the players and should decrease as the season progresses.

When possible, referees should verbally advise players of potential violations before a violation actually occurs. There are no technical fouls or protest of games.

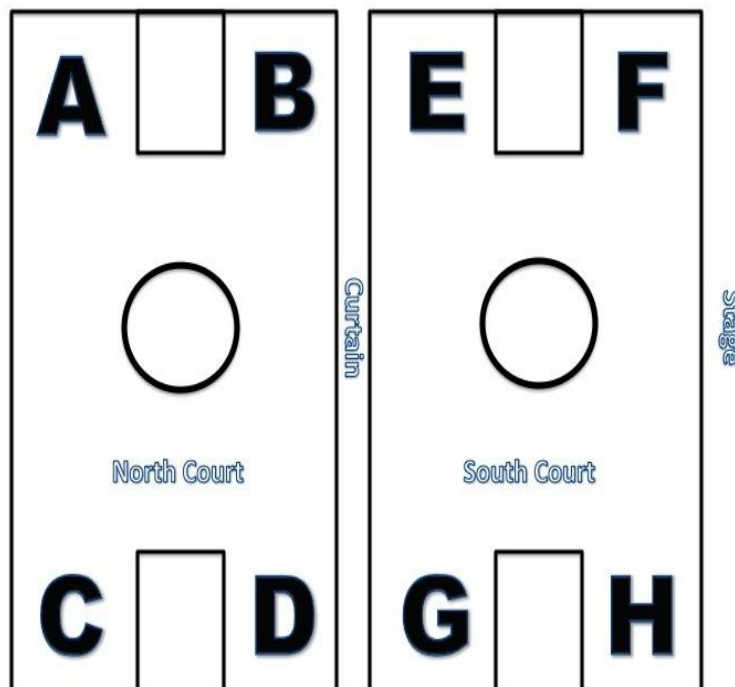
Facility

North Court - Closest to the front of Christ Center.

South Court - Closest to the Christ Center Stage

Tunnel – All teams must be in the tunnel 10 min. before each game. Players, cheerleaders & coaches should enter the doors in the Coke Machine area.

Gym Map:



DEVOTIONS

Week of Nov. 1st

“Therefore encourage one another and build up each other, as indeed you are doing.” 1 Thessalonians 5:11

When Jesus was walking the earth with His disciples He did a lot of talking. That’s part of the reason the Bible is so thick! He told the disciples about God and how much He loved them. He let them know when they were doing wrong and told them how they should do things. He also **encouraged** them along with many others. He showed love as much as He talked about it. He healed the sick and raised the dead. And, He told them about God’s promises regarding life, happiness, and trust. When the disciples were afraid, He reassured them. When people were sad, He loved them and comforted them. He was the kind of person you would really want to be around because He really, really loved children! He still loves children, along with grown-ups, and He still wants us to be encouraged. That is why Paul, the man who wrote the verse we read, tells us to be Jesus’ tools here on earth and to serve each other, help people, and to say nice things to each other in His name. He will bring them joy and encouragement because you obeyed Him! Let’s start this season by being encouragers for each other! We’ll work hard, listen to our coaches, and always look for chances to say nice things to our team mates, coaches, and families.

Prayer: Lord, help us to remember to say nice things to the people You love so that they will be happy like You want them to be. Let me love them like You love me. Amen.

Week of Nov. 7th

“He sat down, called the disciples, and said to them, ‘Whoever wants to be first must be last of all and servant of all.’” Mark 9:35

Jesus was a giver...a server...a man who showed love by **doing** more than just **saying**. He was the example of everything He taught! He tells us to love and He loves. He tells us to serve and He serves. Think about it...He was the Son of God and yet He went around doing things for others. Jesus was not a loser. No, He was and is the biggest winner because He was doing the will of God! That is what He is telling us in the Bible verse. He isn’t saying for us not to try to win basketball games but that we must love the people we play against, along with our own team mates. Even when we are trying to score more points and take the ball from them, we still love them with the love that comes from Jesus. That is where good sportsmanship comes from. We want to do more good things for other people than for ourselves. If we want to be winners on God’s team, we will do things and say things to show others that we love them and that Jesus loves them, too!

Prayer: Lord, help us to find chances to do nice things for others so that they can see Your love through us, your servants. Amen

Week of Nov. 14th

“No good tree bears bad fruit, and no bad tree will bear good fruit.” Luke 6:43

Jesus told His Disciples that a tree will be known by the fruit it bears. If we see an apple tree that has big delicious apples, it is a good tree. If we see one and the apples are wrinkled and sour, it isn't a very good apple tree. Thanksgiving is coming up soon and our loved ones will be looking for apples, figs, pecans, and all kinds of things that will help to make a great Thanksgiving dinner. They will pick the best fruit for the people they love. This is really what Jesus is telling us. The “fruit” Jesus is talking about to us are our words and actions. He is saying that we will be known by the things we say and do. If we are people who love Him and try to do His will, then our words and actions will be good. If we don't have Jesus in our hearts and do things only for ourselves then we probably won't be saying and doing good things that make people happy. Jesus wants people who love Him to tell other people about Him so that they will love Him, too. Even though Jesus loves everybody, those who don't know Him miss all of the peace and joy He brings. Let's work hard this week to say and do things so that other people can see Jesus at work in our lives and will want to follow Him, too.

Prayer: Lord, fill our hearts with your love and make our words and actions be like the fruit that comes from a good tree. Amen

Week of Nov 21st

“O give thanks to the God of heaven, for His steadfast love endures forever.” Psalm 136:26

Have you all heard the story of the first Thanksgiving? It's the story of people who went through many hardships but never forgot the blessings they had been given and remembered to thank God, the one all blessings come from. When we celebrate Thanksgiving each year we see stores decorated, we see people travelling to see loved ones, we see good movies on TV about Thanksgiving stories, and get a few days off from school! We need to remember, though, that all of this is because God has given us so many blessings. He has given you health, people who love you, the chance to play basketball and meet new friends. He gives us beautiful weather and a few rain showers to keep the grass and trees healthy. We have food, a place to sleep, and fun things to do all because God loves us so much. It is just as important for us to thank Him today as it was for those people so long ago. We thank Him when we pray each day and when we tell other people about the things He has done for us. It's also important that we go to church each Sunday and worship with other people who love Him like we do. God wants us to know that He loves us, and He also wants to hear from us how much we love Him! Tell Him every chance you get!

Prayer: Lord, thank you for all the many things you do for us and provide for us, and for loving us no matter what we may do. Amen

Week of Nov. 28th

“Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.” John 8:12

Have you ever walked somewhere in the dark? Have you bumped your toe or even tripped over something you didn't see? Have you ever been a little scared and looked for a light switch or a flashlight so that you could see? Most of us have done that and it makes us really glad to have so many ways to make light, whether it is a light switch in a building, a headlight on a car, a flashlight, or a candle. We can't see without light. God knows that and it is referred to in the Bible in many places. When God sent Jesus into the world it was to open people's eyes to God's love and His will for His people. It was just like a light that comes on and allows us to see. Jesus said that He is the light. If you ask Him to be your Lord and to live in your heart you will be able to see others differently. You will have peace in your heart even when bad things happen. You will know that He is your best friend and will talk to Him every day in prayer. Yes, in this world where we don't know all of the answers, Jesus can be your light that shows you love and forgiveness. Ask Him to be the Lord of your life today!

Prayer: Lord, come into my life today and be the light that lets me see God's will and feel His love.
Amen

Week of Dec. 5th

“But the angel said to them, ‘Do not be afraid; for see – I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is Christ the Lord.’” Luke 2:10-11

What do you do when you have really good news? What do you do if you just received a really cool gift or made a really good basket during practice or a game? Do you just enjoy it and think about it for a few days and forget it? No! You want to tell someone!! You want to go outside to see your friends, or hurry to school to tell them. You want to get on the phone and call loved ones. If you don't, you feel like you'll pop! Well, that's probably how the angels felt when God told them that it was time for Jesus to be born. They had good news and they wanted to tell people. They even sang, “Glory to God in the highest and on earth peace, goodwill toward men.” Have you ever heard someone refer to parts of the Bible as the Gospel? Gospel means “good news”. The “good news” of God's gift to us. God sent Jesus to teach us how to live and how to love. Jesus wants to be your Lord and for you to know how much He loves you. This is the greatest news you'll ever hear! This is something we need to tell others!! Tell your friends and get on the phone to loved ones and let them know that Jesus loves them, too!

Prayer: Lord, thank You for coming to earth to teach us how to be God's children. Please live in my heart and remind me to tell others the good news every day. Amen.

Week of Dec. 12th

“And she gave birth to her firstborn Son and wrapped Him in bands of cloth, and laid Him in a manger, because there was no room for them in the inn.” Luke 2:7

When Jesus was born in Bethlehem, the angels sang, the shepherds and wise men rushed to see Him and to worship Him, but the Inn Keeper told Mary and Joseph that there was no room for them. Now, that may not be fair to say about the Inn Keeper because he didn't know that he had the Son of God needing to be born at his door. He was just a real busy businessman who made a quick decision. He was kind enough, we believe, to let Mary and Joseph use the stable where the animals stayed rather than just turning them away. It would seem that he was a fairly nice man, but he was just too busy to see and know what was happening right in front of him. Do you ever get so busy that you forget to pray or to thank God for the many blessings He gives you each day? Do you ever pass by someone who may look lonely and not stop to say something nice to them because you are in a hurry or just too busy? During this Christmas season be sure to keep Jesus in your thoughts in everything you do. Be especially kind to people you meet. Do something nice that you wouldn't ordinarily do. Tell your family members that you love them. And, be sure to pray each day thanking Jesus for coming to earth to teach you how to live and how to love. Have a great Christmas!!

Prayer: Lord, thank you for coming to earth, for telling us about God the Father, and for being my Savior. Happy Birthday, Jesus! Amen.

Week of Jan. 3rd

“Make me to know Your ways, O Lord, teach me Your paths.” Psalm 25:4

Are you ready to start a whole new year? Do you wonder what kind of things might be in store for the next 12 months? During this time of year a lot of people make **New Years Resolutions** which are really just promises they make to themselves to do something good for themselves. They may decide that, “This year I will eat only healthy things and give up junk food.” Or, “I promise that, this year, I will obey my parents and keep my room clean.” Many adults promise themselves that they will go on diets, exercise, go to church every Sunday, read their Bible more, and things like that. These are decisions and habits that they know will make them better than they were the year before. One of the best decisions we can make, though, is to always do what we know God would want us to do. Many people used to wear bracelets with WWJD on them. Those letters stood for, “What Would Jesus Do.” The bracelet was to remind them to think about Jesus and to do things the way He would do them. When we read the Bible, go to Sunday School, and pray we learn the things that God wants us to know and do. That is what Jesus taught when He walked the earth with His disciples. Start this year off right and, when you have to make a decision or a choice, think about Jesus and what He would do.

Prayer: Lord, teach me the things you want me to do. Help me to know your will for me whenever I have to make choices or decisions. Amen.

Week of Jan. 9th

“We know that all things work together for good for those who love God, who are called according to His purpose.” Romans 8:28

So, has everything gone right for you this week? Have you felt good and been happy every day? Has everything that people have said to you been nice and made you feel good? Have you made every basket you’ve attempted? Have you won every game? Well, if so, you’ve had a pretty good week. Chances are, though, that there have been some times that you wish had gone better; missed shots, someone hurting your feelings, early mornings when you didn’t want to get up, vegetables that just weren’t fun to eat, or work you really didn’t feel like doing. We really like the things that make us happy, but when things don’t go our way we can get a little sad, or mad or even hurt. Have you ever seen weight lifters with the big muscles? How did they get so strong? Was it by lifting light weights that are easy to pick up? No, they got strong by lifting heavy weights; by doing things that were not easy but that they knew would make them stronger. Our Bible verse tells us that, when we give our lives to God and trust in Him, all things will work together for good. Does that mean everything will be easy or fun? No, but they will teach us good lessons and make us stronger and smarter. Sometimes we don’t even know what will happen later on, but we know that God loves us and that we love Him, too. We must trust in God and know that He is in control.

Prayer: Lord, help me to trust in You and to know that You love me and are in control whatever may happen. Amen.

Week of Jan. 16th

“So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up.” Galatians 6:9

Our Bible verse tells us to “not grow weary in doing what is right.” What does that mean? To “grow weary” means to get tired. When would we “get tired” of doing things that are right? Well, if you think about it, there are a lot of times when we know what the right thing to do would be, but we choose to not do it. Maybe we are tired, maybe we are just shy or in a hurry. Maybe in a game we get mad or frustrated. Maybe we are getting beaten and just feel like quitting. Maybe we are winning so big that we forget to be good sports. Doing the right thing is a full time job! Jesus wants us to love others like He does. He uses the people who have asked Him into their heart, that’s you and me, to do the things here on earth for the people He loves. This is why CSports coaches teach sportsmanship and rules. This is why we cheer for both teams when they do something good because we know that, as God’s children, we are all brothers and sisters. Doing what is right means doing it everywhere, not just at basketball games. We must show people that we are God’s children by doing the right things at home, school, and around out friends. Remember that you are God’s light for people who have not yet accepted Him into their heart. Show them His love through the things that you say and do.

Prayer: Lord, teach me and guide me so that I will know the right things to do. Then, let me help others to know your love for them because they are your children, too. Amen.

Week of Jan. 23rd

“And Jesus said to them, ‘Follow Me and I will make you fishers of men.’” Mark 1:17

What does “fishers of men” mean? Jesus said this to His disciples to mean that he was going to teach them God’s way and His will so that they could go to as many places as they could go and tell other people. You see, God created us to love Him and to be His children. He loves us so much that He sent Jesus to put us back in touch with Him. Many times people get too busy or just aren’t told about God, about His love for us and the peace and happiness He brings. Several of Jesus’ disciples were fishermen. That’s what they did for a living, so they could understand what He meant when he said “fishers of men.” Jesus wanted them to go out, much like they went out in their boats to catch fish, and to “catch” or reach out to men, women, and children and to tell them about God and His love for them. When CSports was started as a part of the Christ United Methodist Church Recreation Ministry, many people came to participate in the basketball, cheerleading, and other sports because they knew that the leaders and volunteers loved Jesus and loved their children. These are people we can talk with about Jesus. This is a program where we teach about God’s love and show it in the way we play with and treat each other. Then, like fishermen (or ladies) we go out from here and tell others about Jesus, about what He has done in our lives, and how much He loves them. Find someone this week and invite them to your church with you. Take them to Sunday School and ask their parents to come with them. Do this and you, too, will be “fishers of men!”

Prayer: Lord, give me the words to say to my friends so that I can invite them to church with me. Let me be a “fisher of men” so that my friends can know you like I do. Amen.

Week of Jan. 30th

“Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.” Matthew 5:16

One of the main reasons Jesus came to live among men was to teach them about God and His will for them. He would tell them stories that helped them to understand what He was telling them. A lot of the things Jesus taught were not what the disciples were used to. Most people were more likely to take than to give. They wanted to be first rather than to let others go ahead of them. They would not do things for other people unless they were getting paid. But Jesus taught another way. With the love of God in your heart you must give and serve, and love others whether they do anything for you or not. He said that this is the way others will see God’s love for them through you. He said that if you had a light you wouldn’t hide it under a bowl. No, you would put it up on a shelf so that it would light up the room so that all who were in the room could see. Jesus said that if you have His love in your heart then you are like a light. He wants you to do things that will let other people see how much you love them. Then, you can tell them that the love you’ve shown first came from Jesus who is the Lord of your life. Ask Jesus to fill your heart with love and then be a big light everywhere you go by showing and telling others about God’s love!

Prayer: Lord, please fill my heart with your love and let me be a light for my friends and family by loving them just like you do. Amen.

Dates to Remember:

Practice Times:

K5: Mondays 5:30pm - 6:30pm or 6:30pm - 7:30pm

1st & 2nd grade: Thursdays 5:30 - 6:30pm or 6:30 - 7:30pm

3rd & 4th grade: Tuesdays 5:30 - 6:30pm or 6:30 - 7:30pm

5th & 6th grade: Monday 6:30 - 7:30 or 7:30 - 8:30pm or Tuesday 7:30 - 8:30pm or Thursday 7:30 – 8:30pm (coaches choice)

**Normally 3rd – 6th grade players will have only one practice. This year we will have an EXTRA PRACTICE on Friday's in November (11/4, 11/11, 11/18) before season games begin. Practice times will vary.*

Games:

All games will be played in the Christ Center. There will be Friday night or Saturday games. Team game schedules will be handed out during team Pictures Nov. 21st or 22nd. Also, after picture day, game schedules will be available to view and download on our Church Website: www.cumc-sports.com

Game Dates:

There will be 8 games for each team.

Games dates: Dec 2nd or 3rd, Dec 9th or 10th, Dec 16th or 17th, Jan 6th or 7th, Jan 13th or 14th, Jan 20th or 21st, Jan 27th or Jan 28th, Feb 3rd or 4th.

Team Pictures:

Pictures will be taken by PPI on Monday, November 21st & Tuesday 22nd. Your child's team will be given a photo schedule time and you will receive an order form at practice the week before. Additional order forms will be available at picture time. **There will be no Practice on these nights.**

Celebration:

We will have an end of the season celebration in the Christ Center Gym on Sunday January 29th at 3:00 p.m. Coaches and other volunteers will be recognized and players will receive an individual trophy. Our Audio Video Department will put together a video of the kids that will be shown then as well. Teams will sit together. Mark your calendars now and try to attend.

Game _____		Periods					
Players Name & Jersey Number		1st	2nd	3rd	4th	5th	6th

Game _____		Periods					
Players Name & Jersey Number		1st	2nd	3rd	4th	5th	6th

TEAM SERVICE PROJECT

Preparing God's people for works of service so that the body of Christ
may be built up. (Ephesians 4:12)

Team

Date

Project:

Signed: Coach (leader)_____

In line with the Ministry of Christ United Methodist Church each team participating in a C-Sports sponsored or related sport is asked to perform at least one service project during their season. Players, coaches, and even family members may participate and are encouraged to wear their jerseys unless the nature of the project would likely damage them (painting, etc.). The coach, team mom, or designated leader is asked to fill out this form and turn it in to the Recreation Minister upon the completion of the project. As an opportunity for bonding and as a promotion for the program teams may want to designate a Sunday to attend church together dressed in their jerseys. Program participants who attend other churches may be invited but not pressured to attend the service as their attendance is important at their own home church as well.

Service opportunities include but are not limited to:

Litter patrol around this or other churches, parks, beach, etc., helping a senior citizen clean their yard, serve as greeters at a church service, serve as cart drivers (adults) or hosts on Sunday morning, wash church vehicles, adopt a cleaning project in the recreation area, wash steps and porches around the church (or other churches), lead devotions for a younger group, free car wash for book store or church, clean up after ball game on Saturday afternoons, and such. 15 min. to 2 hrs. Your call.

Thank you for being a part of the Recreation ministry at Christ United Methodist Church.

In His Service,

Steve Ellisor, Recreation Minister

Coaches: Please tear this out and give to team parent.



Team Parent Duties

Team Roster: First, you will receive a copy of the Team Roster from your Coach or via email from the rec. desk. Use this as a master contact list for your team. It should include:

- Child's name
- Jersey number (not for basketball)
- Parent's names & contact numbers (home, cell & email address).
- You may also want to get names of other relatives or friends and their contact info if they will be bringing or picking up the child to and from practices or games.

Be aware that other players may be added to the roster

Set up your email list and make contact with each family. (If a family does not have an email address, make sure you call them personally to keep them updated with all team info.)

Very important: Make sure you are on the E-Mail list that gets weekly information from the Recreation Ministry.

Game Day Snack: Coordinate after game drinks and snacks with parents. Making a list of game dates and who is responsible for refreshments each week. Remind the parents at practice that it's "their week."

Picture day& Uniforms: **PICTURES WILL BE TAKEN INSIDE AT THE FRONT OF THE CHRIST CENTER**

The actual day of Pictures is listed in your parent information. Coaches will be given the team's uniforms on Picture Day. Make sure each parent and child knows when picture day is, what time they need to be at the Recreation Desk and where we will be meeting before pictures are taken. Coaches should pick up the team uniform bag & check team shirts for correct size & numbers (#'s are predetermined) before distributing to team. Advise parents to have children there about 15 min before picture time so they have time to change into their uniforms. Pictures usually come back in about 4 weeks & are delivered to the teams at their next practice. Distribute to the parents as they come. Important for team parent to do:

There will be 2 rosters in the uniform bag.

Use one of the rosters to check the spelling of the names & gender with the parents to make sure they are correct. Sign this roster and turn it back in to Rose at the Rec. Desk. This roster will be turned in for their Trophies.

If your team decides to have names printed on the back of the shirts (this is a team decision and does not have to be done), collect the shirts immediately after team pictures. Use the other roster that is in the jersey bag to select what name (first or last) will go on the back of each jersey.

Collect money (40 cents per letter) from each parent.

Gather shirts after pictures are taken. Take them to Rick's Sporting Goods (corner of Old Shell and University behind Waffle House 344-4331). Be sure you leave them the list of names & jersey numbers.

Pick shirts up from Rick's, check each one then redistribute to team.

Plan the team party: Plan ahead & pick a location that works for everyone. Collecting any moneys required for party supplies, food, child and/or coach's gifts and purchase. Recruit other team parents to assist. This party is an option.

Plan the team Service Project: Pick a project that the parents want to do and the kids would enjoy. The coach's manual contains the "Team Service Project" form. This form should be filled out and turned in whenever Service Project is completed. Some suggestions for a team service project are:

Creating a goody box and card for someone in the military serving overseas.

Planning a visit to a senior assisted living facility.

Collect food for "Life Gate" ministry at CUMC.

Collecting supplies for "Eye of the Storm Relief" Hurricane relief program or current disaster relief program.

Cleaning/landscaping on the CUMC campus.

Almost anything will do as long as the players are involved with the actual project.

Help out during the games: Keeping up with the children so coaches can be on the field. They sometimes tend to wander off (Grandma's lap, Papa's drink is very inviting when it's HOT, etc.) Help us keep them focused on the game. Recruit a "BENCH PARENT".

Relay any important information. Relay information that comes from the CUMC Recreation Ministry or from the Head Coach to the parents. Help keep the team "in the loop" with anything they might need to know concerning any schedule changes such as cancellation due to weather. Also keep the recreation ministry "in the loop" with anything about our kids and parents such as special prayer requests or needs within our team family.

God bless you and thank you for volunteering to be a team parent. This is a very vital role in our C-Sports program – we could not do this without your help!

Marcia Horn – marciah@christumcmobile.com

Rose Farnell – rose@christumcmobile.com

Jon Seale - jon@christumcmobile.com

Steve Ellisor – steve@christumcmobile.com