

# North Sound Elite Hand Book 2011-2012

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**E**ducation **L**oyalty **I**ntensity **T**eamwork **E**nthusiasm

[www.northsoundelite.org](http://www.northsoundelite.org)

# North Sound Elite

## Purpose

The purpose of this handbook is to familiarize both the parents and players with North Sound Elite. We hope this handbook will answer many of the questions that may arise.

## Overview

North Sound Elite is a year-round basketball skill development and training organization devoted to the serious athlete with high basketball achievement goals. Its purpose is to develop the athlete with the goal of improving basketball skills and increasing the players' chances of earning college basketball scholarships. North Sound Elite is a non-profit organization. The AAU club ID is XTB7DY.

## Mission

To assist student athletes in developing fundamental basketball skills, learning broad aspects of the game of basketball and giving them an opportunity to apply these lessons and skills through basketball and daily life experiences. This program has two main components – **Training** and **Select Team Play**. Athletes may enroll in training only or both, but in order to play on a team you must be enrolled in the training. For this program to be successful, the rules of the handbook must be followed and will be enforced. North Sound Elite expects its athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter. We want to promote the highest level of sportsman-like conduct. This program is dedicated to treating all athletes fairly, and giving each individual athlete an opportunity to improve the many skills associated with basketball. Playing basketball with North Sound Elite requires a strong commitment to the game, and your teammates. It is important that everyone involved understands that each is willing to make this commitment in order for the athlete to become the best basketball player he/she can be.

# North Sound Elite – Training

This is for the serious player that wants intense professional instruction on fundamentals of the game. Only serious players need apply. Each session will provide 1.5 hours of jam packed, non stop station work, teaching and drills designed to develop offensive and defensive skills. Our purpose is to give players as much exposure to fundamentals as possible. Most young players simply want to play games - those kids limit their progress as players. However those that combine games with intense practice elevate their games.

## Training Prices

Each training session is \$35 for those not on a NSE Team. Athletes who participate on a NSE Team will pay \$100 per month which is good for one (1) training session per week. Athletes interested in unlimited training each month can pay a flat fee of \$125 each month.

## Expectations from Players

- The player is to arrive to training 10 minutes early to stretch and change shoes.
- Each player is to listen and work hard.
- Players are to be polite and courteous to others training along with North Sound Elite Instructors and staff members at all times.
- All players are expected to attend training if part of a NSE Team. Players who miss training during the week may see limited time during games. North Sound Elite understands that there will be family, religious and school commitments that will arise during the season and exceptions will be made for those activities.

Failure to meet these expectations may result in suspension or removal.

*The following pages of this document pertain to select team play.*

# North Sound Elite – Team Play

Tryouts will be held twice a year, one in late summer and one in late winter. There is no entitlement in this program. Even if a player has been with a team for one or more years, he or she has to attend tryouts and be re-invited to play for the upcoming year. Team selections will be made by the North Sound Elite Coaches and Trainers. All players attending tryouts will be notified within 48 hours by the coach or a team representative, to inform them whether or not they have been selected to play on the team. A player **cannot** play for another select basketball team at the same time as North Sound Elite unless it is their school feeder team (Oct – Feb).

## Select Play Selection Process

Each year, we evaluate a large number of players. Some players have extensive playing backgrounds, while others do not. Players are evaluated on attitude, teamwork, and skill execution such as ball handling, shooting, etc. We base our selections on what the athletes do during the tryout period and what **we perceive** their **potential** to be. We select athletes based on the following criteria: athletic ability, work ethic, drive, coachability, competitive attitude, skill ability, and potential. We expect you to have a great attitude, to work hard, to improve your game, and to compete with your teammates for playing time and team placement. There is no guarantee of equal playing time, or team placement. **Your playing time and team placement is determined by you.** It is important to note that new players will be evaluated each year to fill the needs on specific teams. If additional players and coaches are available, additional teams may be added with a maximum of two teams per gender and grade level. We will evaluate the new players at training and tryouts, which will combine many of the program's existing players with new players looking to join the program. It is each player's responsibility to come into the open gyms/tryouts ready to make a team in the program. After the teams have been selected, North Sound Elite may make roster changes at any time during the season to continue to improve the level of play for all considered. This means that a player may be added to a team during the season, or that a player may be asked to move to another team to maximize the level of talent on each team. Anyone who has a serious medical condition should speak with the head coach or administrator prior to the start of the tryout and the regular season. It should be noted that if a player is injured or is sitting out of practices due to injury or illness, they must have a doctor's release before they will be allowed to practice or participate again on a regular basis.

## Player Expectations

Any player that is invited and agrees to participate in the program is expected to be present at all practices and games, unless the Head Coach has been notified in advance. Mandatory practices will start in March.

- The player is to arrive to practice 10 minutes early to stretch and change.
- All players are expected to attend practice and games. Playing time will be earned at practice and players who miss practice during the week may see limited time during games. In order to be successful, all players must learn to work as a team and learn the value of being committed to each other on the court. North Sound Elite understands that there will be family, religious and school commitments that will arise during the season and exceptions will be made for those activities.
- During the season, games are held on Saturdays and Sundays. The player is to arrive a minimum of one-half hour prior to game time.
- Players are to be polite and courteous to officials, coaches, parents, volunteers and other players at all times.

# North Sound Elite – Team Play cont.

- A player **cannot** play for another select basketball team at the same time as North Sound Elite. If this occurs, the player will be removed from the team. School feeder teams are an exception to this rule. If a conflict arises where the two teams are playing during the same time, playing for North Sound shall take priority.
- All team members are required to attend training sessions while playing for North Sound Elite. Failure to meet these expectations may result in decreased playing time. Recurring violations of these expectations may lead to game suspension or removal.

## Team Practice

Players will be required to practice a minimum of once a week, depending on the season, gym availability and coach preference.

## Uniforms and Equipment

All players will be required to purchase their own uniform, and apparel pack. Each player is required to bring their own ball to practice.

## Select Team Play Pricing

Participating with North Sound Elite takes a commitment from both the parents and players. We are a nonprofit organization that provides a unique opportunity for your sons or daughters. As a Club, we are going to host two organization fundraisers. For organization fundraisers, participation is mandatory. The tournament/league costs for each team depends on the amount of tournaments and games that are played. The cost is equally divided by the number of players on the team minus one.

- Please Note:** When traveling out of town, expect to pay up to \$175 per day for hotel room and food, and if traveling out of state, expect to pay for airfare and car rental.
- We strongly encourage teams to fundraise as teams to offset the cost of participation.

**Note: All Players must submit a signed RULES of ENGAGEMENT ACKNOWLEDGMENT, PLAYER FEE AGREEMENT, PLAYERS' CODE OF ETHICS, and PARENTS' CODE OF ETHICS prior to attending the first practice.**

## Complaints and Disputes

All complaints or disputes involving a coach must first be addressed directly to the coach. However, it is not appropriate to address these concerns during a game/practice or immediately before/after a game/practice. Please refrain from approaching the coaches during these times. Contact the coach and ask to schedule a time for discussion. External issues involving referees, coaches/players/fans of other teams, as well as concerns with leagues or tournament operations must be directed to the coach. Please do not take matters into your own hands.

# North Sound Elite – Team Play cont.

## Termination

A player can be asked to leave the program for not keeping up with the progress of the team and/or not adhering to the North Sound Elite Rules of Engagement. A parent, family member, or guest may be asked not to attend practices and/or games if unacceptable behavior is consistently demonstrated, and may be asked to leave the program.

## Tournaments

Tournaments are played throughout the year. The practices are conditioning and preparation for these tournaments. Due to expense and necessary advance planning, it is important that each player make attending these tournaments a priority.

## Tournament Rules

First and foremost, it is important to remember that each player and parent is representing the North Sound Elite Program when we play in local tournaments and travel to out-of-state events. Traveling with the team is an honor and must be respected.

Here are some important tips to remember when we travel:

- The playing schedule is usually tight and there is little time if any to see the local sights. We are there to compete, but also to have fun! If possible, the coach will try and schedule free time, but this will not always happen.
- Each player is required to travel to both local and out-of-state tournaments with their uniforms in their North Sound Elite bag at all times.
- When attending a tournament that requires air travel, always carry on your travel bag that includes all uniform pieces and court shoes. Checked luggage can get lost!
- Players are expected to wear appropriate clothing at all times.
- Room phone numbers are not to be given out to anyone except members of your team or your parents.
- Curfew is 10:00 PM unless otherwise directed by the Coach.
- No persons other than North Sound Elite players, coaches, or family members are permitted inside a player's hotel room.
- No North Sound Elite player is allowed inside another person's hotel room unless the hotel room is that of a North Sound Elite player, coach, or family member.
- No player is allowed off hotel property without parent/coach permission.
- When traveling to tournaments, we will attempt to travel together, eat together, stay at the same hotel together, and spend our time together as a team. Exceptions can be discussed.

# North Sound Elite – Team Play cont.

## Coaches

We seek coaches that have a firm grip of basketball fundamentals, competitive coaching experience for tournament play, and have the ability to instruct these athletes to enhance their awareness of the game. If you are interested in coaching, please contact Ron Weems. All of our coaches will have background checks to insure our athletes are coached in a safe environment. The parents, players, and board will evaluate each coach at the conclusion of the season to ensure adequate communication and maintain a high standard in our coaching ranks.

## North Sound Elite - Contacts

Title	Name	Phone	Email
President/ Girls' Director	Ronald Weems	360-631-6445	<a href="mailto:nsecoach@gmail.com">nsecoach@gmail.com</a>
Boys' Director	Marion Green	425-876-6215	sblg4@aol.com
Administrator/ Treasurer	Ciara Weems	360-913-4415	<a href="mailto:nseciara@gmail.com">nseciara@gmail.com</a>
High School Administrator	Carol Magee	206-300-2805	<a href="mailto:m.magee@comcast.net">m.magee@comcast.net</a>
Board Member	Jennifer Weems	360-631-6444	<a href="mailto:nsejen@gmail.com">nsejen@gmail.com</a>
Board Member	Ryan Weems	360-530-0080	ryanweems@yahoo.com

## Staff Responsibilities

### President:

- Non-profit tax status.
- Legal issues.
- Coordinates AAU Insurance for North Sound Elite
- Advisor for all players, coaches and parents.
- Works with the Girls and Boys Director to oversee and guide the direction of the Program.
- Assists with securing facilities for practices
- Assists with coaching.
- Secures facilities for practice times for respective teams.
- Responsible for all players, coaches and parents, including the selection of players for teams
- Co-organizes and co-coordinates clinics.
- Updates website information as needed.

**Director**

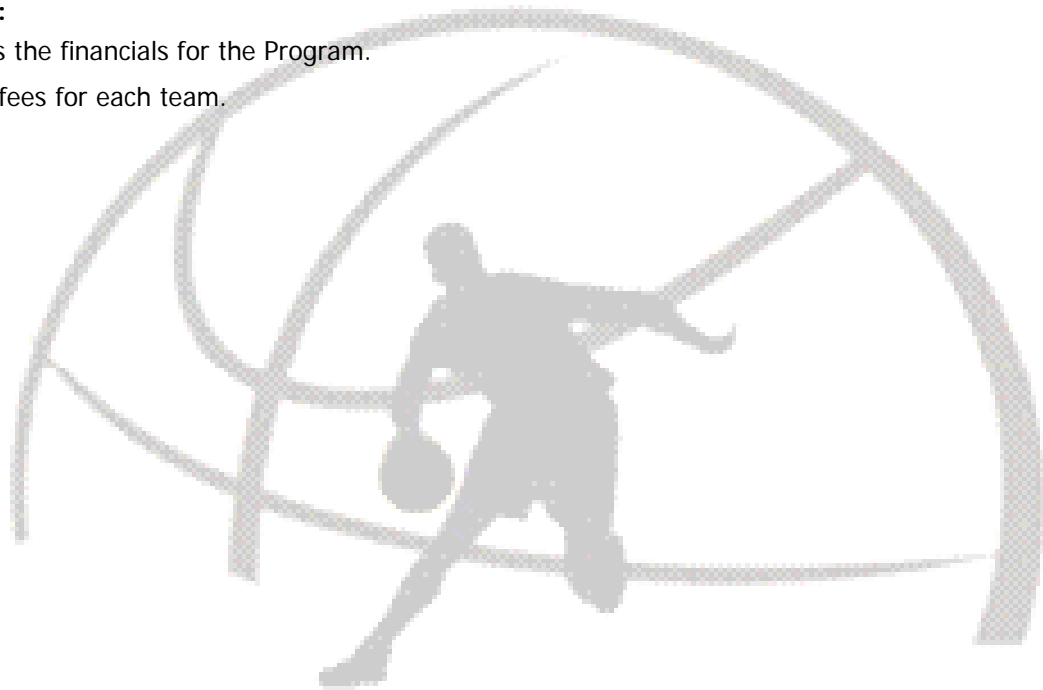
- Works with the president to oversee and guide the direction of the program
- Continually recruits players and coaches for the program

**Administrator**

- Works with each Coach to develop the season schedule and team fees.
- Secure hotel rooms, and travel arrangements.
- Helps organize fundraising programs for teams and individuals.
- Produce Team Book's consisting of team roster, birth certificates, and medical release information and provide to each Coach.

**Treasurer:**

- Manages the financials for the Program.
- Pays all fees for each team.



# North Sound Elite - Player Fee Agreement

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Player's Name

**THIS IS A FINANCIAL RESPONSIBILITY AGREEMENT AND CONTRACT** for those playing on a North Sound Elite Team. North Sound Elite select team play is non-profit. The teams play competitive schedules, requiring funds for tournament fees and coaches' travel expenses. North Sound Elite has developed a schedule of tournaments and travel for the season and will be provided in a separate handout. The total team cost is estimated, and this estimate is then divided by the number of players on the team minus one. A separate attachment will be provided at the time of the 1<sup>st</sup> team meeting outlining the fees associated with each team.

Payments are due the 1<sup>st</sup> of each Month, and are late on the 10<sup>th</sup>. (A 10% late fee will then be added to your next month's payment). Training payments will be collected via electronic credit card collection with an option to pay team fees as well. All individuals must fill out an auto draft payment form, but if you prefer to pay by personal check, your check must reach an administrator by the 10<sup>th</sup> or your credit card will be ran, unless prior notice is given. When one month overdue with no communication about a payment schedule or other options, the child will be automatically suspended until the balance is paid.

This is the financial commitment that the parents and players of the teams must make. Please remember we are attempting to keep the costs down. As the season progresses and you find that for some reason you cannot make a tournament, you are still required to pay your portion of the costs.

There are occasions when a player may not be able to travel with the team to tournaments as a result of injury, health, or discipline. It is the policy North Sound Elite to consider each situation on its own merits and provide a refund in certain circumstances. There is no guarantee that this will occur.

So that your son or daughter and the entire family are aware of the financial sacrifice your family is making, we ask that both the Player and the Parent/Legal Guardian sign below. By signing this agreement, you are committing to paying or fundraising the fees listed above.

North Sound Elite reserves the right to modify the fees as required throughout the season should to adjust for tournament additions or deletions.

Please make checks out to North Sound Elite.

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Signature of Player

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Date

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Signature of Parent/Guardian

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Date

# North Sound Elite – Ethics Code

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## Player's Name

I hereby pledge to provide positive support, care and encouragement for the North Sound Elite program by following this Players' Code of Ethics:

**I will** attend all practices, games and meetings on time.

**I will** show respect towards all coaches and players

**I will** demonstrate "GOOD" sportsmanship on and off the floor.

**I will** not fight, use bad language, put down my teammates, or argue with coaches or officials.

**I will** stay within the team bench areas during games.

I understand that I risk being ejected/suspended from a game or further league participation, if I incur a "Technical Foul".

**I will** be coach able and ready to learn.

**I will** be a "TEAM" player and always put the team first.

**I will** obey the coaches and the rules of the game.

**I will** try my best to learn and have fun.

**I will** respect my Team equipment and take care of it, and if I don't I will pay to replace it.

I understand the use or possession of drugs, alcohol, or any tobacco product or participation in any illegal activities will be reason for ejection from the team and/or any league or tournament participation.

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Player's Signature

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Date

I hereby pledge to provide positive support, care and encouragement for my child participating in the North Sound Elite sports programs by following this Parents' Code of Ethics:

**I will** encourage good sportsmanship by demonstrating positive support for **all** players, coaches and officials at every game, practice or other North Sound Elite events. I understand that if I do not, my child will be removed from the game and/or disqualified from further participation.

**I will** place the emotional and physical well being of my child ahead of my personal desire to win.

**I will** insist that my child play in a safe and healthy environment.

**I will** support the program coordinator, coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

**I will** ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

**I will** do my very best to make athletic participation fun for my child and help my child enjoy the athletic experience by being a respectful fan.

**I will** not accost a coach either physically or verbally, before, during or after any game or practice. I understand that if I do, my child will be removed from the game and/or disqualified from further participation.

**I will** refrain from criticizing the referees or coaches from the sidelines, and never voice any complaints or concerns towards coaches or referees in front of the players. If I need to communicate with the referees after games, I will do so only to thank them for their work, realizing that without them there would be no games. I will work with coaches to teach kids that the bad calls and good calls even out - in sports as in life. Similarly, I will help the kids see that, in sports as in life, they will sometimes play well and lose, or play poorly and win. I realize the only sensible goals are to have fun and improve their skills. I will encourage the kids to participate in sports for the enjoyment of the game.

Please remember that you should never say anything that you would not want to read on the front page of a newspaper.

**I have** read this Code of Ethics and understand the expectations placed on me as a parent of a child involved in the North Sound Elite.

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Signature of Parent/Guardian

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Date

# North Sound Elite – Rules of Engagement

\_\_\_\_\_  
**Player's Name**

I acknowledge receipt and agree to abide by the Rules of Engagement of the North Sound Elite program. I understand that failure to comply may result to decreased play-time and recurring violations may result in my termination as a player.

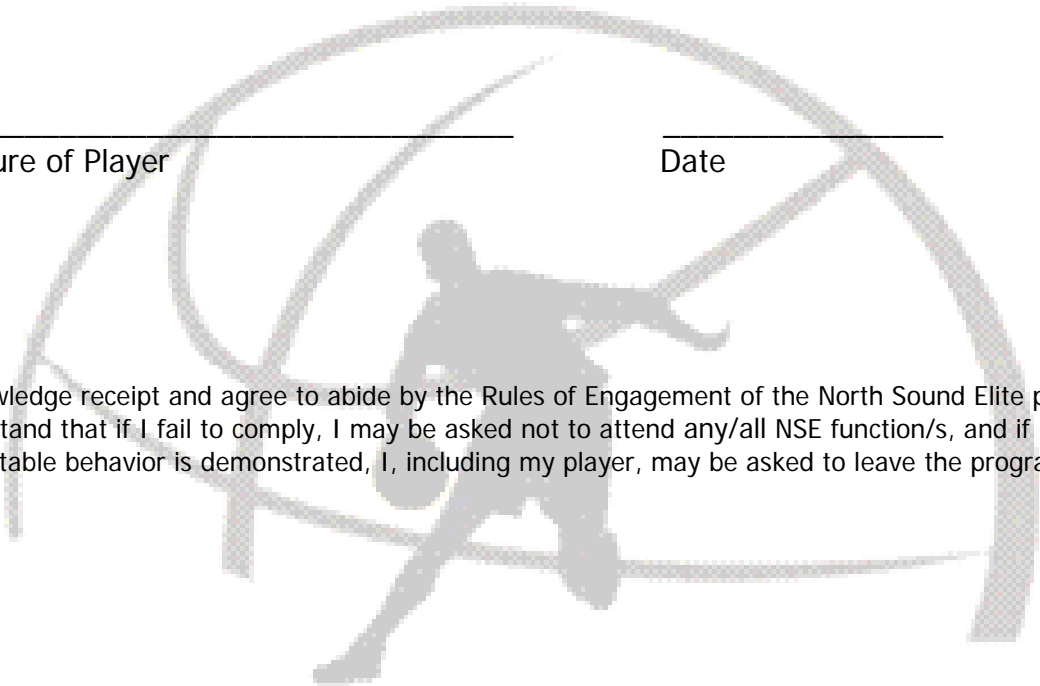
\_\_\_\_\_  
**Signature of Player**

\_\_\_\_\_  
**Date**

I acknowledge receipt and agree to abide by the Rules of Engagement of the North Sound Elite program. I understand that if I fail to comply, I may be asked not to attend any/all NSE function/s, and if unacceptable behavior is demonstrated, I, including my player, may be asked to leave the program.

\_\_\_\_\_  
**Signature of Parent/Guardian**

\_\_\_\_\_  
**Date**



# North Sound Elite – Internet Consent Waiver

\_\_\_\_\_ **Player's Name**

We are giving parental/guardian consent to inform and request permission for your child's photo/image for possible publish on the North Sound Elite website. The publishing of any photo/image is for the intended use to promote North Sound Elite and individual player achievement.

As you are aware, there are potential dangers associated with the posting of personal identifiable photo/images on a web site since global access to the internet does not allow us to control who may access such photo/images. These dangers have always existed; however, as a youth athletic organization, we wish to celebrate your child and his/her effort and achievement.

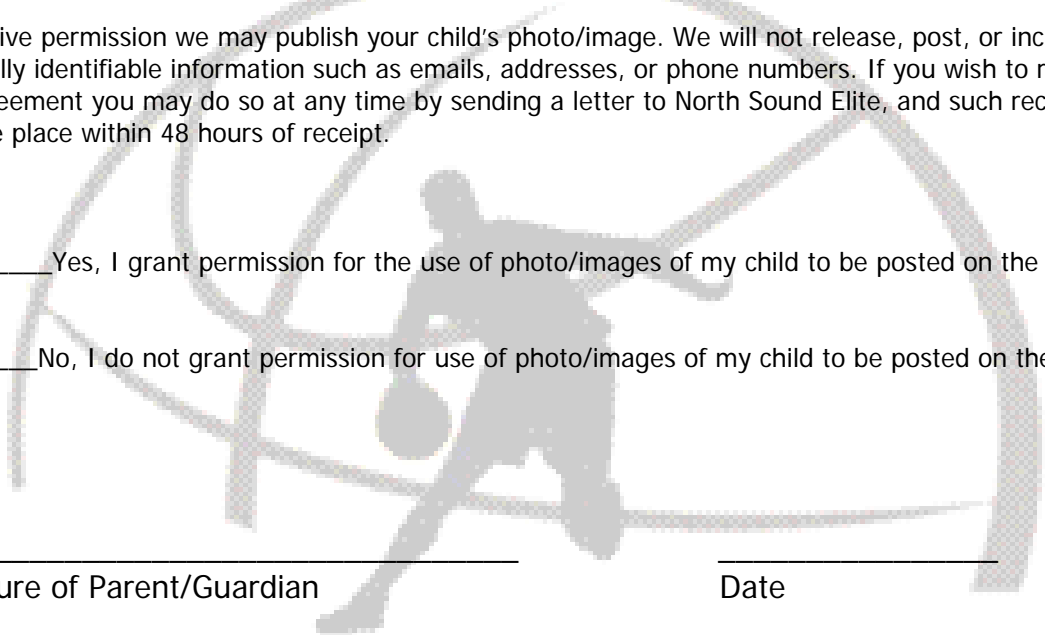
If you give permission we may publish your child's photo/image. We will not release, post, or include any personally identifiable information such as emails, addresses, or phone numbers. If you wish to rescind this agreement you may do so at any time by sending a letter to North Sound Elite, and such recession will take place within 48 hours of receipt.

\_\_\_\_\_ Yes, I grant permission for the use of photo/images of my child to be posted on the website

\_\_\_\_\_ No, I do not grant permission for use of photo/images of my child to be posted on the website

\_\_\_\_\_ **Signature of Parent/Guardian**

\_\_\_\_\_ **Date**



# North Sound Elite – Concussion Info

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

## Symptoms may include one or more of the following:

- Headaches
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light or noise
- Feeling foggy or groggy
- Change in sleep patterns
- “Don’t feel right”
- Sadness
- Irritability
- Confusion
- Concentration or memory problems (forgetting game plays)
- “Pressure in head”
- Neck pain
- Blurred, double, or fuzzy vision
- Feeling sluggish or slowed down
- Drowsiness
- Amnesia
- Fatigue or low energy
- Nervousness or anxiety
- More emotional
- Repeating the same question/comment

## Signs observed by teammates, parents and coaches include:

- Appears dazed
- Confused about assignment
- Is unsure of game, score, or opponent
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events after hit
- Any change in typical behavior or personality
- Vacant facial expression
- Forgets plays
- Moves clumsily or displays incoordination
- Slurred speech
- Can’t recall events prior to hit
- Seizures or convulsions
- Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 6/15/2009

## North Sound Elite – Concussion cont.

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

**and**

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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Student-athlete Name (Printed)

Student-athlete Signature

Date

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Parent or Legal Guardian (Printed)

Parent or Legal Guardian Signature

Date

# North Sound Elite – Player Profile Form (Grade 8 only)

<b>Profile</b>	Current Picture Goes Here	<b>Player Name</b> List HS Here Class of 20XX  <b>Position</b> <b>Jersey#:</b> <b>Height:</b> <b>Other Sports:</b> <b>Parents:</b>
<b>Coaches Corner</b>	Leave Blank for coach to complete	
<b>GPA</b>		
<b>School of Honors</b>		
<b>College Major</b>		
<b>College Preference</b>		
<b>Basketball Honors</b>		
<b>Basketball Stats</b>	____pts, ____%FG, ____rebs, ____asst, ____steals	
<b>Other Sports/Hobbies</b>		
<b>What I do when I am not playing basketball:</b>		
<b>I decided to play for North Sound because:</b>		
<b>Favorite Quote:</b>		

# North Sound Elite – Player Profile Form (Grade 9 and above)

Athletic Recognition	20XX (Sophomore Year)		20XX (Freshman Year)	
	List recognitions here		List recognitions here	
Press Releases	List any relevant publishing's here			
High School Stats	20XX (Sophomore Year)		20XX (Freshman Year)	
	List recognitions here		List recognitions here	
Academic Highlights	AP Courses		Honors Courses	
Website	www.northsoundelite.org			
EMAIL				
Contact Info	North Sound Elite Basketball 8911 Vernon Road #128 Lake Stevens, WA 98258		Your High School	
	Coach: Ron Weems Phone: 260-631-6445 EMAIL: nsecoach@gmail.com		Coach: Phone: EMAIL:	
Video Highlights	Link to video profile goes here			
Summer Schedule	Tourney name 1		Tourney name 2	
	City, State		City, State	
	Date		Date	
	Tourney name 3			
	City, State		City, State	
	Date		Date	