

# PORTLAND PARKS AND RECREATION YOUTH BASKETBALL 2016 – 2017

PRE-SEASON CLINICS                      COACH'S CLINIC  
COACH'S MEETING/COACH'S APPLICATION  
INSTRUCTIONAL K – 2  
BOYS AND GIRLS GRADE 3 – 4  
BOYS AND GIRLS GRADE 5 – 6  
BOYS AND GIRLS GRADES 7 – 8  
MEN'S FREE PLAY BASKETBALL  
CO-ED VOLLEYBALL



BABYSITTING  
CLASS

## HOLIDAY SPECIAL EVENTS TRICK OR TREAT ON MAIN STREET



PANCAKE BREAKFAST WITH SANTA  
HOLIDAY LIGHT PARADE, CAROL SING, AND TREE LIGHTING



& PORTLAND HISTORICAL SOCIETY "FUNDRAISER"  
JINGLE & MINGLE, A FESTIVAL OF WREATHS



## **RECREATION BASKETBALL LEAGUE**

Portland Parks and Recreation Youth Basketball League is designed to give Portland children the opportunity to experience and enjoy the game of basketball. There will be one practice during the week and one game or practice on Saturday and sometimes Fridays. Each child will receive a team shirt. Leagues are NOT co-ed. Must be a Portland Resident  
Grades: Boys 3 – 8 and Girls 3 – 8

### **Boys and Girls Grades 3 – 4**

*Player Evaluation (To assist with Team Selection) at Gildersleeve School*

*Fee: \$55 before December 1st or \$65 on or after December 1st*

**Girls** Monday, November 28th  
Grades 3 & 4 – 5:00 - 6:30 p.m.

**Boys**, Monday, November 28th  
Grades 3 & 4 - 6:30 – 8:00 p.m.

Grade 3 and 4 Basketball is designed for boys and girls to learn basic rules of basketball and develop skills in a non competitive encouraging environment. Coaches and officials will use teachable moments to help players learn rules and develop good sportsmanship practices while gaining skills and making new friends. Scores are not kept in beginner games. Practice will begin the week of December 5th and games will begin the weekend of January 7<sup>th</sup>.

### **Boys and Girls Grades 5 – 6**

FEE: \$65 PER PLAYER - \$75 AFTER DECEMBER 1ST

The Player Evaluation will be set up as three, drill based practices, reviewing and teaching individual and team fundamentals. We recommend that each player attend one Player Evaluation BUT if they can not, they will still be placed on a team. We encourage players to come to as many of the evaluations as possible. Even though we call it an evaluation, the main objective is to get the players into the gym, play some basketball, and have some fun! After the third evaluation, if we have enough coaches, we will develop teams and start practices.

#### **GIRLS 5<sup>TH</sup> AND 6<sup>TH</sup> GRADE EVALUATION/PRACTICE**

Thursday, November 3 – 5:30 to 6:30 pm at Portland High School  
Friday, November 4 – 5:30 to 6:30 pm at Portland High School  
Monday, November 7 – 5:30 to 6:30 pm at Portland Middle School

#### **BOYS 5<sup>TH</sup> AND 6<sup>TH</sup> GRADE EVALUATION/PRACTICE**

Thursday, November 3 – 6:30 to 7:30 pm at Portland High School  
Friday, November 4 – 6:30 to 7:30 pm at Portland High School  
Monday, November 7 – 6:30 to 7:30 pm at Portland Middle School

Grade 5 and 6 Basketball is designed for boys and girls to use practices and games as opportunities to learn basic rules of basketball and develop skills in an encouraging environment. Practices will begin in November. The teams will play games on Fridays/Saturdays starting in December. There will be some games out of town. Score is kept at this level. ***TEAMS WILL BE SELECTED in November once coaches are selected and evaluations are completed. NOVEMBER EVALUATION/PRACTICES WILL BE SKILL DEVELOPMENT AND SCRMMAGE.***

## **Boys and Girls Grades 7 – 8**

FEE: \$65 PER PLAYER - \$75 AFTER DECEMBER 1ST

The Player Evaluation will be set up as three drill based practices, reviewing and teaching individual and team fundamentals. We recommend that each player attend one Player Evaluation BUT if they can not, they will still be placed on a team. We encourage players to come to as many of the evaluations as possible. Even though we call it an evaluation, the main objective is to get the players into the gym, play some basketball, and have some fun! After the third evaluation, if we have enough coaches, we will develop teams and start practices.

### **GIRLS 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE EVALUATION/PRACTICE**

Thursday, November 3 – 5:30 to 6:30 pm at Portland High School

Friday, November 4 – 5:30 to 6:30 pm at Portland High School

Monday, November 7 – 5:30 to 6:30 pm at Portland Middle School

### **BOYS 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE EVALUATION/PRACTICE**

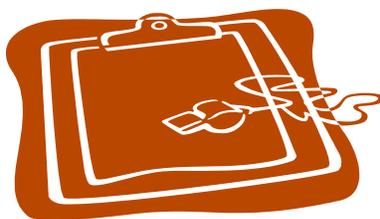
Thursday, November 3 – 7:30 to 8:30 pm at Portland High School

Friday, November 4 – 7:30 to 8:30 pm at Portland High School

Monday, November 7 – 6:30 to 7:30 pm at Portland Middle School

Grade 7 and 8 Basketball is designed for boys and girls to use practices and games as opportunities to learn basic rules of basketball and develop skills in an encouraging environment. Practices will begin in November. The teams will play games on Fridays/Saturdays starting in December. There will be some games out of town. Score is kept at this level. ***TEAMS WILL BE SELECTED in November once coaches are selected and evaluations are completed. NOVEMBER EVALUATION/PRACTICES WILL BE SKILL DEVELOPMENT AND SCRMMAGE.***

## **COACHES MEETING for GRADES 3 - 8** **RECREATION BASKETBALL**



There will be a coaches meeting for all recreation basketball coaches on  
**GRADE 3 AND 4 - Thursday, December 1st – 6:00 pm** at the Parks and Recreation Office.  
**GRADE 5 AND 6 – Tuesday, November 8<sup>th</sup> – 6:00 pm** at the Parks and Recreation Office  
**GRADE 7 AND 8 – Tuesday, November 8<sup>th</sup> – 7:00 pm** at the Parks and Recreation Office  
IF INTERESTED IN COACHING, PLEASE FILL OUT COACHES APPLICATION

# HEADS UP to Youth Sports

To help ensure the health and safety of young athletes, CDC developed the HEADS UP Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The HEADS UP initiative provides important information on preventing, recognizing, and responding to a concussion.



## **AMERICAN RED CROSS "BABYSITTING COURSE"**

This course provides youth planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, choose safe and appropriate toys and games, diapering, bedtime, keeping themselves and others safe and help children behave; and learn about basic child care and basic first aid. A great way to get your teen ready for a babysitting job!

Day: Monday- Tuesday      Date: November 21 & 22      Age: 11 – 15 years old  
Time: 12:15 to 2:45 p.m.      Fee: \$55      Site: Buck Foreman Center

## **Men's Drop-in Basketball**

Looking for the opportunity to shoot some hoops and brush up on your game? Here's a chance to participate in free play basketball games. Portland residents only please.

**Under 30 Men's Drop in Basketball:** Portland Middle School  
Day: Monday      Dates: November 7 to April 3  
Time: 7:30 – 9:15 pm      No Program: 12/26 & 1/16 & 2/20



**Over 30 Men's Drop in Basketball:** Portland Middle School  
Day: Tuesday      Dates: November 1 to April 4  
Time: 8:00 – 9:15 pm      No Program: 11/8, 12/27 & 2/21

## **Adult Co-Ed Volleyball**

Participate in this fun, drop-in volleyball program. Bring your friends and join the fun! Sneakers must be worn. This program is free. Must be 18 and Older.

Day: Wednesday      Date: November 2 – April 5th  
Competitive Recreation      Time: 5:00 – 6:30 pm  
Non – Competitive Recreation      Time: 6:30 – 8:00 pm  
No Program: 11/23 & 12/28      Site: Gildersleeve School gym



## PORTLAND'S 15<sup>TH</sup> ANNUAL HALLOWEEN DOWNTOWN

Presented by Portland Youth Services  
and approximately 45 businesses (Main St. & RT 66)  
Friday, October 28<sup>th</sup> 4:00 PM to 7:30 PM



### **HOLIDAY HAPPENINGS**



#### **Portland Historical Society "Fundraiser"** **Jingle & Mingle, a Festival of Wreaths**

"Jingle & Mingle, a Festival of Wreaths, will take place on Saturday, Dec. 3<sup>rd</sup> and Sunday, Dec. 4<sup>th</sup> (coinciding with the Lighted Parade festivities). Wreaths decorated by individuals, businesses and organizations will be on display in the carriage barn, behind the Historical Society's 329 Main Street location, from noon to 4:00 p.m. both days. The winning names will be drawn on Sunday at 4:00 just before the "lighted Parade". More info will be posted on the website! If you would like to sign up to donate a wreath, please e-mail the Society at [PortlandHistSoc@yahoo.com](mailto:PortlandHistSoc@yahoo.com) or call Deb at 860-342-1927 prior to Nov. 27<sup>th</sup>. All proceeds will be used to further the Society's mission to preserve Portland's history and to fund educational projects for the community.



#### **Pancake Breakfast Sunday, December 4th**

Company #1, Middlesex Ave from 7:00am to 11:00am. Your choice of Plain, Blueberry & Chocolate Chip, Sausage and a Beverage. Bring either a food item or unwrapped toy and receive a free breakfast. (Toys and Food will be distributed throughout Portland). Santa will be there from 9:00 to 11:00 a.m. for pictures with your children (take your own or support Portland Youth Services teens Youth Action Council & pay \$3.00. The Youth Action Council will also be on hand to make crafts with the children!



#### **Holiday Parade and Tree Lighting December 4th**

Come back downtown to see the **Holiday Parade**

Starting at the Town Hall on East Main St. down Freestone Ave., ending at Brownstone School for the Tree Lighting and Carol Sing.

*Carol Sing starts at 4:45 pm*

*Parade starts at 5:00 pm*

*Special Guest will be Santa*

YOUTH BASKETBALL COACHES APPLICATION FORM

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

**PROGRAMS**

- 2nd Grade program
- 3<sup>rd</sup>/4<sup>th</sup> Grade Boys Rec.
- 3<sup>rd</sup>/4<sup>th</sup> Grade Girls Rec.
- 5<sup>th</sup>/6<sup>th</sup> Grade Boys Rec.
- 5<sup>th</sup>/6<sup>th</sup> Grade Girls Rec.
- 7<sup>th</sup>/8<sup>th</sup> Grade Boys Rec.
- 7<sup>th</sup>/8<sup>th</sup> Grade Girls Rec.
- Girls Volunteer
- Head Coach
- Boys Volunteer
- Assistant Coach

Will be able to attend the coaches clinic Wednesday, October 26th Yes No

First Aid/CPR Training Please Check one box below:

- CPR and/or First Aid Re-cert date TBD
  - CPR and First Aid Class date TBD
  - Currently CPR and First Aid Certified
- CPR expiration date \_\_\_\_\_ First Aid expiration date \_\_\_\_\_

Please list any weekday evening you **can not** coach: \_\_\_\_\_

Can you practice from 5:00 – 6:00 p.m. if need; Yes: \_\_\_ No \_\_\_

Do you have any children in this program? Yes \_\_\_ No \_\_\_

If yes, please list: \_\_\_\_\_

Have you ever been convicted of a crime or convicted in a military court martial?

Yes \_\_\_\_\_ No \_\_\_\_\_

Are you currently under investigation or have a pending charge?

Yes \_\_\_\_\_ No \_\_\_\_\_

I certify that the information contained on this Authorization/Release form is true and correct, and acknowledge that I may be precluded from coaching due to false, omitted or fraudulent information.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Division

# PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763

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

Participant's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Street Address \_\_\_\_\_ Apt. # \_\_\_\_\_ Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Male: \_\_\_ Female: \_\_\_ Date of Birth \_\_\_\_\_ School Grade: \_\_\_\_\_

(BASKETBALL ONLY)

Shirt Size (Kids) S M L (Adults) S M L XL

List any days **not** available for practice or games: \_\_\_\_\_

Mother's Name \_\_\_\_\_ Father's Name \_\_\_\_\_

Home Number \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Mom's Work Phone: \_\_\_\_\_ Dad's Work Phone: \_\_\_\_\_

Mom's Cell Phone: \_\_\_\_\_ Dad's Cell Phone: \_\_\_\_\_

If a parent is not available:

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone # \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Child's Physician: \_\_\_\_\_ Phone #: \_\_\_\_\_

\* If there are any medical concerns or allergies that we should be aware of, please list below:

In case of an emergency, may we transport via ambulance? Please circle: Yes No

Please list anyone who does not have permission to pick up your child (If this is a biological parent, a copy of the court order must accompany this form). \_\_\_\_\_

I give the Portland Parks and Recreation Dept. permission to use any photographs taken during the program to be used in any advertising, i.e. web site, program literature: Yes No

<u>Program(s)</u>	<u>League/Division</u>	<u>Fee</u>
1. _____	_____	_____
2. _____	_____	_____

TOTAL: \_\_\_\_\_

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland **DO NOT** assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

Parent or Guardian: \_\_\_\_\_ (Print Name) \_\_\_\_\_ (Signature) \_\_\_\_\_ (Date)

