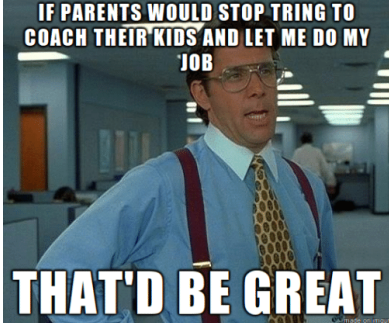
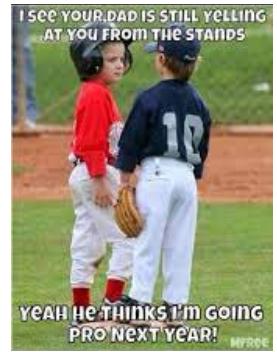




# Don't be an **ANGRY PARENT** of a **HAPPY KID**



Why you should let the coaches do the coaching.

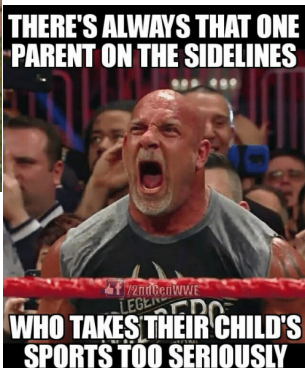


Tweet

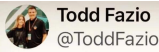


Parents: After your child's next athletic event instead of analyzing their performance try saying "I love to watch you play." & NOTHING else

"I SURE DO WISH MY DAD WOULD YELL MORE MECHANICAL ADJUSTMENTS FROM THE STANDS," SAID NO KID EVER.



The 6 things parents can say to kids playing sports:  
Have fun, play hard, I love you.  
Did you have fun? I am proud of you, I love you.  
someecards user card



Overheard a 5th grade players's grandpa tell him he was proud of him after a game that they lost by quite a bit. Kid smiled and grandpa followed up with "Let's go get ice cream."

That kid will keep playing. Culture of the car ride is important.

Grandpa has figured it out.



Dear Mom and Dad,

Thanks for screaming at the umpires and other parents the entire game.

You're the best!!!

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YOU MEAN TO TELL ME THAT SPENDING THOUSANDS OF DOLLARS ON YOUR KIDS TO PLAY SPORTS BEFORE H.S.

DID NOT RESULT IN A D1 SCHOLARSHIP?

"I'm here because my dad coached me from the sideline," said no professional athlete ever.



"People rarely succeed unless they have **fun** in what they are doing."  
Dale Carnegie



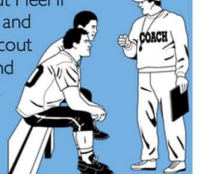
Idaho Prep Hoops  
@IdahoHSHoops



Heard a story of an AAU coach who put all 10 of his players on the floor at tip off. The refs told him that 5 needed to get off the court. He didn't and recieved a 'T'. He then turned to the parents behind the bench and said, "See, I told you that they all couldn't start!"

I know I'm just a volunteer little league coach but I feel if I yell at the kids and umpires a pro scout might see me and give me a REAL coaching job!

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THAT LOOK WHEN SPORTS DADS REALIZE COLLEGE COACHES





Your child's success or lack of success in sports does not indicate what kind of parent you are.

But, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best is a direct reflection of your parenting.

*Work with your child on the important things.*



### Coach of the Year!



Tim Kurkjian  
@Kurkjian\_ESPN

An ex-college pitcher coached a team for 12-year olds. He got tired of parents yelling at the kids for making outs, he made the dads take BP against him. He embarrassed them. "Now you know how hard this game is!" he said to the dads. "So stop yelling at the kids!" #bestofalltim



"Whoa! Time out. The loud guy in the white shirt is right — that was a ball. My mistake. Sorry everyone. Thank you, sir."

## The 10 Commandments of Sports Parenting

1. Thou shall love your child no matter what.
2. Thou shall let the coach do his job.
3. Thou shall be realistic about your child's abilities.
4. Thou shall let your child have fun.
5. Thou shall volunteer.
6. Thou shall not relive your athletic life through your child.
7. Thou shall not compare your child's abilities or attitudes with anyone else's.
8. Thou shall be grateful.
9. Thou shall support the whole team
10. Thou shall see the big picture.

jbmthinks.com

### 10 LIES THAT YOUTH SPORTS PARENTS BELIEVE

1. My kid has to play sports. I did.
2. Playing time is what it's all about.
3. My kid's coach doesn't deserve respect.
4. I have to fight my kid's battles.
5. My kid's definitely gonna play college.
6. My kid is the best player on the team.
7. Winning is the most important thing.
8. My kid must play one sport year-round to succeed.
9. We have to pay big bucks for club sports to keep up.
10. I have to push my child or he won't be successful.

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### Parents and Coaches:

Don't get over excited about a young athlete's early sporting success.

Do not risk a child's enjoyment of sport by creating goals that he or she is unlikely to attain.

Participation in sport should be an end in itself, not a means for future stardom.



coachingyoungathletes.com



CITY OF BANGOR  
PARKS AND RECREATION

## ***Parent Code of Ethics***

All cancellations will be posted on the Bangor Parks and Recreation Website  
as well as Facebook, Twitter & Instagram  
[www.BangorParksandRec.com](http://www.BangorParksandRec.com)  
and whenever possible you will be contacted by either email or text message.

### **PLEASE REMEMBER**

**THESE ARE KIDS**

**THIS IS A GAME**

**THE COACHES ARE VOLUNTEER**

**THE REFEREES ARE HUMAN**

**NO SCHOLARSHIPS ARE BEING OFFERED**

**DON'T BE THE ANGRY PARENT OF A HAPPY KID**

### **PARENTS' CODE OF ETHICS**

*I Hereby Pledge to Provide Positive Support, Care and Encouragement For My Child Participating in Youth Sports by Following This Parents' Code Ethics Pledge.*

1. I Will Encourage Good Sportsmanship by Demonstrating Positive Support For All Players, Coaches, and Officials at Every Game, Practice, or other Youth Sports Event. **I WILL NOT COACH FROM THE SIDELINES**
  2. **I Will Place The Emotional and Physical Well Being of My Child Ahead of a Personal Desire to Win.**
  3. I Will Insist That My Child Plays in a Safe and Healthy Environment.
  4. **I Will Support Coaches and Officials Working with My Child, in order to Encourage a Positive and Enjoyable Experience for All.**
  5. I Will Demand a Sports Environment for My Child that is Free of Drugs, Tobacco and Alcohol, and Will Refrain from Their Use at Youth Sports Events.
  6. **I Will Remember That the Game is for Youth and Not for Adults.**
  7. I Will Do My Very Best to Make Youth Sports Fun For My Child.
  8. **I Will Ask My Child to Treat Other Players, Coaches, Fans and Officials With Respect Regardless of Race, Sex, Creed, or Ability.**
  9. I Promise to Help My Child Enjoy the Youth Sports Experience by Doing Whatever I Can, Such as Being a Respectful Fan, Assisting With Coaching, Being on Time or Providing Transportation.
  10. **I will contact coaches when my child will be unable to attend and show up on time for practices and games.**
  11. I Will Obey All Rules. (Help Enforce Them)
- Like us on Facebook and follow us on Twitter to keep up with all cancellations and updates on programming.**

# What not to do at your child's game or practice



- DON'T** BURDEN KIDS WITH A LOT OF INSTRUCTION BEFORE THE GAME
- DON'T** FOCUS ON THE SCORE OR RESULTS
- DON'T** TALK ABOUT HOW GOOD THE OTHER TEAM IS
- DON'T** TALK ABOUT MISTAKES THEY MADE IN THE PAST OR GAMES THEY LOST
- DON'T** YELL AT THE REF OR THE COACH
- DON'T** SHOW FRUSTRATION WHEN YOUR KID MAKES A MISTAKE
- DON'T** TALK BADLY ABOUT THE COACHES
- DON'T** JUST CHEER FOR YOUR KID. CHEER FOR EVERYONE!
- DON'T** ACT ANGRY OR FRUSTRATED IF YOUR ATHLETE LOSES
- DON'T** POINT OUT EVERY MISTAKE YOUR ATHLETE MADE
- DON'T** FORGET THAT SPORTS SHOULD BE ABOUT HAVING FUN!

## Recreation Basketball Parent Info

When playing in a game, youth basketball players' minds are focused on making split-second decisions as they maneuver around and survey the court.

Every once in a while, however, a player's attention may be drawn to his or her hyper parent yelling instructions or making a scene from the sideline. While parents' actions may simply be the result of wanting the best for their child,

Here are six things to keep in mind when attending your child's game...

### 1. Avoid 'coaching' from the sideline while watching your child's game

A common problem in youth sports is the impulse parents have to shout instructions to their young player from the sideline. It's especially difficult for a child because he or she has a tendency to refer to what a **parent says, which often conflicts with the instruction from the coach**. Parents should imagine being in a room and having multiple people yelling instructions at them in order to see the confusion it could cause a child.

*"Another thing about yelling instructions is that the tone a parent yells with is typically a lot more aggressive than the coach," "The coach is instructing with a teaching mentality. 'This is what we have to do to improve. This is part of the process to get better and improve your level of play.'*

*"The instructions that the parents are yelling have an immediacy to it. They want it done now because they want the gratification of the instant result. It's conflicting with what the coach is trying to do."*

### 2. Do not criticize the referee

This is an epidemic, and spectators should realize that referees are people and will make mistakes — even those officiating at the highest levels of play. When parents go after a referee for what they perceive as a mistake, it begins to make the game about the adults rather than the kids.

*"A referee is ideally going to make an objective decision on what he or she sees. A parent is going to interpret that same situation through the prism of the team that their child plays on," "If it's a decision that goes against their team, they're automatically going to have a subjective view on it.*

*"The problem comes when there is an aggression to how the parents react to that. The bigger problem is when the child sees that, the child thinks it's accepted. Parents need to remember **they always need to be a model for their child.**"*

### 3. Focus on the benefits of the game rather than the score

Far too often parents worry about the number of points scored rather than the experience their child has while playing youth sports. Parents are naturally from an older generation in which there was a larger focus on the result of a game. While it's natural for everyone to want to win, he said **parents need to keep focus on the larger picture**.

*"It's natural instinct to want to win. The key thing is to keep things in perspective," Carton said.*

*"Very few of the parents are asking their child if they had fun today. The child will take the parent's reaction to the result of the game as the norm. They'll then relate their experience to the result of the game, which is really counterproductive."*

### 4. Think when interacting with opposing fans

*"This is one that should be common sense. Grown adults should be able to go and enjoy their child's experience without having any confrontation," **Don't forget, you're not just representing you and your team, you're representing your child.** The way you're acting right now — if you could see yourself through the eyes of your child, what would you think of yourself? Why are you making a public spectacle over a recreation youth sport game? **Are you proud of what you're doing right now? Would you allow your child to act like this?'"***

### 5. Don't stress out over the game

Do you find yourself pacing up and down the sideline — anxiously following the action as it unfolds on the court? Stop it. Breathe.

*"Just calm down. Enjoy it. Stop being so attached to it. **It's not your game,**" "Don't base your enjoyment or happiness on what is going on out there."*

*“Look at your child. Is he or she having fun? Is he or she active? Is he or she enjoying the social nature of the game? Is he or she getting as much out of this experience as he or she can? Don’t worry about the rest of it. Some parents just give themselves aneurysms pacing up and down the line. Keep perspective. **There are more important things.**”*

## **DON'T BE THE ANGRY PARENT OF A HAPPY CHILD**

### **6. Save issues with the coach for the next day**

Maybe you don’t agree with a decision the coach made during the game or practice. It’s important to take some time to think about it rather than confronting the coach in front of your child and the team.

*“Directly after the game, the parents should not approach the coach. It’s an emotionally charged conversation and very little good can come from that.”. “At that time, there’s very little a coach can say that will make the parent feel any better. Go home. Talk to your family. Sleep on it. Get in touch the next day, whether it be by phone, email, or even going for a cup of coffee with the coach and asking for feedback.*

*“If the coach communicates well enough, the expectation should be there and the parent should understand the situation. If that’s not the case, the parent is totally in his or her right to bridge that communication gap.”*

## **USA BASKETBALL & NBA PARTNERSHIP ON YOUTH GUIDELINES**

### **Player Health & Wellness Recommendations**

The Health and Wellness working group has drafted a scientific paper that surveys the existing literature and makes eight key recommendations for promoting a positive and healthy youth basketball experience:

1. **Promote personal engagement in youth basketball and other sports.** Sports provide opportunities for children and adolescents to connect with others, build meaningful relationships and take on challenges and leadership roles that promote overall personal development and well-being.
2. **Youth sports should include both organized and informal, peer-led activities.** Peer-led activities allow children freedom to create and challenge themselves. In addition to having structured practices and competitions, basketball organizations should encourage informal, peer-led opportunities for individual growth.
3. **Youth should participate in a variety of sports.** Sport sampling during childhood provides a foundation for long-term success, often by allowing young athletes a chance to find a sport that they enjoy and that may ultimately fit him or her best. For the sport of basketball, multi-sport participation in youth can help an athlete be a better basketball player.
4. **Delay single-sport specialization in the sport of basketball until age 14 or older.** Participation in multiple sports in early childhood is beneficial from a player health and player development perspective. Athletes that reach the highest level of achievement are more likely to have played multiple sports at a young age and delayed single-sport specialization until late adolescence. Studies of world-class athletes in basketball and other team ball sports have demonstrated that top performing athletes often delayed single-sport specialization until age 16 or later. Thus, delaying specialization until this age range is recommended. However, when considering the need to balance time among school, sports, community activities, and other responsibilities, our experts recognize that single-sport specialization in the U.S. may occur upon entry to high school. Specialization in basketball prior to age 14 is discouraged.
5. **Ensure rest from organized basketball at least one day per week and extended time away from organized basketball each year.** Daily rest is important for injury prevention, sport development and overall health. Rest days should be taken each week, and extended time off should be taken each year for physical recovery as well as to recharge oneself psychologically. Such an approach helps to maintain motivation for continued participation.
6. **Limit high-density scheduling based on age-appropriate guidelines.** High density competition scheduling can increase risk for injury and burnout. Parent, coaches and event directors should be cautious in considering tournaments that schedule multiple competitive events (i.e. games) in short periods of time. Special attention must be paid to rest, recovery and refueling.
7. **Further evaluation of basketball-specific neuromuscular injury prevention training programs is warranted.** Such programs appear valuable in reducing lower extremity injuries in other sports. Early results indicate similar benefits in basketball.
8. **Parents and coaches should be educated regarding concepts of sport readiness and injury prevention.** Variations among youth in cognitive and social development, as well as motor skills, should be considered when setting goals and expectations.

# PLAYER PARTICIPATION GUIDELINES

**Overscheduling of competitive events, overuse injuries and burnout have become too common in youth basketball.** The tables below were developed in collaboration with the Health and Wellness and Playing Standards working groups to provide *recommended* and *maximum* amounts of youth basketball participation, based on a player’s age.

## MAXIMUM PARTICIPATION GUIDELINES

PLAYING SEGMENT	MAXIMUM GAMES PER DAY	MAX HOURS PER WEEK OF ORGANIZED BASKETBALL
Ages 7-8	1	3 hours
Ages 9-11	2*	5 hours
Ages 12-14	2*	10 hours**

## REST GUIDELINES

PLAYING SEGMENT	MINIMUM REST DAYS PER WEEK	MAX MONTHS PER YEAR IN ORGANIZED BASKETBALL	RECOMMENDED HOURS OF SLEEP PER NIGHT
Ages 7-8	2	4 months	9-12 hours
Ages 9-11	2	5 months	9-12 hours
Ages 12-14	1	7 months	8-10 hours*

*\*For 12-year-olds, 9-12 hours of sleep is recommended*

## Rules & Standards

Basketball is played in countless settings and locations across the U.S. – and though the game remains fundamentally the same, there are many variables that can impact a young player’s experience. USA Basketball and the NBA want all players to enjoy the game and have a fun, developmentally appropriate experience.

Parents and coaches frequently ask certain questions, especially when their kids are young:

- How high should we set the basket?
- What size ball should we use?
- Should we play zone defense?

These are important questions, and we understand that playing with the correct equipment and establishing age-appropriate rules significantly impacts the experience for youth as they learn the game. Therefore, USA Basketball and the NBA have established detailed guidelines to help young players develop at a natural pace that is suitable to their age and physiological abilities.

### RULES AND STANDARDS ELEMENTS

USA Basketball and the NBA have worked closely with an expert working group on Playing Standards to develop age- and stage-appropriate rules and standards for youth basketball. Aligning with the Player Segmentation Model, these guidelines will help young players appropriately learn the fundamentals of the game, achieve and maintain early success, and provide enhanced long-term development.

The rules and standards address four key areas:

1. Equipment & Court Specifications (e.g., proper height of the basket, size of the ball, and court dimensions and lines).
2. Game Structure (e.g., length of the game, scoring and timeouts).
3. Game Tactics (e.g., equal playing time, player-to-player vs. zone defense, pressing vs. no pressing).
4. Game Play Rules (e.g., use of a shot clock, substitutions, clock stoppage).

### RULES AND STANDARDS CHARTS

#### EQUIPMENT & COURT SPECIFICATIONS

PLAYING SEGMENT	SIZE OF BALL	HEIGHT OF BASKET	SIZE OF COURT	DISTANCE OF 3-POINT ARC	DISTANCE OF FREE-THROW LINE
AGES 7-8	Boys and Girls size 5 (27.5’')	8’	50’x42’	Not applicable	14’

<b>AGES 9-11</b>	Boys and Girls size 6 (28.5")	9'	74'x50'	Not applicable	14'
<b>AGES 12-14</b>	Girls size 6 (28.5") Boys size 7 (29.5")	10'	84'x50' or 94'x50'	19'9"	15'

**NOTE:** 3x3 half-court play is also recommended for young players to foster enhanced participation and development.

## RATIONALE

**Distance of 3-Point Arc:** For 7-8 and 9-11 year-olds, although the 3-point arc may exist on the floor, all baskets made beyond this arc only count as two points. Therefore, the distance of the line is not applicable for these age segments. Eliminating the 3-point basket at these age segments will encourage players to shoot from within a developmentally-appropriate range. For 9th-12th graders, a 22'2" arc is preferred, but if this line is not on a court the next available line under 22'2" is recommended.

**Distance of Free Throw Line:** 7-8 and 9-11 year-olds should take free throws 14 feet from the basket to develop proper form and increase success.

**Height of Basket:** Utilizing a lower basket height for 7-8 and 9-11 year-olds allows children to develop proper shooting form and increases the opportunity for shooting success.

**Scoring:** All field goals for 7-8 and 9-11 year-olds are worth two points to encourage children to shoot within a developmentally-appropriate range. This allows for proper mechanics and form. While these age segments may attempt a shot behind the 3-point arc, any field goal made behind the arc will only count as two points.

**Size of Ball:** A smaller basketball for the younger age segments is advised due to the size of a child's hand as well as their developing skill level. A smaller ball allows for better control and success.

**Size of Court:** For 7-8 year-olds, a 50'x 42' court is contemplated to be a cross-court game on a full-sized basketball court. This dimension is more appropriate for younger children based on their relative size in space.

## GAME TACTICS

PLAYING SEGMENT	PLAYING TIME	SET DEFENSE	PRESSING DEFENSE	DOUBLE-TEAM /CROWDING	STEALING FROM THE DRIBBLER
<b>AGES 7-8</b>	Equal playing time	Only player-to-player defense throughout the competition	Pressing is not allowed throughout the competition	Double-team / crowding is not allowed throughout the competition	Stealing from a dribbler is not allowed throughout the competition

<b>AGES 9-11</b>	Equal playing time in periods 1-3. Coaches discretion in the fourth period and each extra period	Only player-to-player defense throughout the competition	Pressing is not allowed throughout the competition	Double-team/crowding is not allowed throughout the competition.	Coach's discretion throughout the competition.
<b>AGES 12-14</b>	Coach's discretion throughout the competition	All allowed throughout the competition at coach's discretion	<ul style="list-style-type: none"> <li>• Pressing allowed throughout the competition</li> <li>• Leading team may not press when leading by 25 points or more</li> </ul>	Allowed throughout the competition at coach's discretion	Coach's discretion throughout the competition

## DEFINITIONS

### Player-to-Player Defense

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

**Pressing Defense:** Defensive guarding, either on or off the ball, within the backcourt.

**Double-Team/Crowding:** Two or more defensive players guarding a single offensive player

### RATIONALE

**Double-Team/Crowding:** Crowding the ball with multiple players (referred to as “double-teaming”) is not allowed for 7-8 or 9-11 year-olds due to skill and size discrepancies among children at these ages. Crowding is allowed for 12-14 year-olds and older to remain consistent with pressing defense standards.

**Playing Time:** To ensure that all young children participating in the sport have an opportunity to experience the game, equal and fair playing time is recommended for 7-8 year-olds. For 9-11 year-olds, equal playing time is recommended for periods 1-3, while allowing coaches discretion in the fourth and extra periods. Equal and fair playing time is encouraged throughout all segments.

**Pressing Defense:** Pressing defense is prohibited for 7-8 year-olds to help children develop principles of movement with and without the ball in a half-court setting. For 9-11 year-olds, permitting player-to-player defense to extend full-court in the fourth and extra periods allows players to become accustomed to full-court defense while not having to understand sophisticated zone presses. It also allows for an introduction to competitive tactics.

**Set Defense:** The player-to-player requirement for 7-8 and 9-11 year-olds encourages physical activity and movement, and promotes the development of individual skill related to guarding a player both on and off the ball.