



MADISON AREA YMCA Y WINNERS

**2024/2025
Handbook**



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WELCOME TO THE MADISON AREA YMCA Y- WINNERS PROGRAM

Take your game to the next level! Our intramural basketball league is designed to teach young players fundamentals in practice to prepare them for game play. During practice, players will work on their skills and basketball IQ through drills and competitive challenges. Players will be evaluated and placed on a team.

Divisions

We have three divisions within are Y- Winners Program. Each division will have practices every week, alongside a Saturday game. Each division will be provided with a T-Shirt which will determine what team they will be placed on.

College Division- (Co-ed 1st-2nd Grade)

NBA Division- (Co-ed 3rd -5th Grade)

WNBA Division (Girls 7-10 yrs.)



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HOW TO BECOME A Y-WINNER

Registration FAQ

- Players may not be placed on the same team with their friends
 - Exceptions are made for siblings
- Game day schedule will be sent out the start of the second week of programs.
 - Games time range from anywhere between 9:00am-1:00pm

Coaches Evaluation

- **The first week of Y-Winners is "Evaluation Week" where coaches will decide what team your child will be placed on.**
- If your child is in the "College Division" (Grades 1-2)
 - They will be divided into conferences
- Conference Break Down
 - West Conference: Developmental
 - East Conference: Foundational

**** CONFERENCES ARE ONLY FOR COLLEGE DIVISION ****



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CONFERENCE BREAKDOWN (ONLY FOR COLLEGE DIVISION)

Each conference will be made of four teams, and your child will only compete against teams within their conference. While we understand that some families may want their child to play all eight teams, the goal of this structure is to match players with those of similar skill levels for more equal game play.

Evaluation Week

- This will be conducted within the first week of practices
- Our coaches will assess each child to ensure they are placed in the right conference, where they can learn, grow, and have the most enjoyable experience on game day.

Safety and Development

- We take safety seriously and want every player to have a positive experience on the court.
- By grouping players with similar abilities, we can create an environment where every child has the chance to play at their level, develop their skills, and build confidence.
- This structure also prevents situations where children may feel discouraged or unsafe due to significant gaps in ability.



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OUR PHILOSOPHY

A mission of youth development and inclusion. We focus on family and community, encouraging more players at the Y to make new long-lasting relationships.

Central to our mission is a focus on the four Core Values of the YMCA:

- Honesty**
- Caring**
- Respect**
- Responsibility**

We believe that the Y's Core Values are integral to the development of our youth and set the Madison Area YMCA apart from typical recreation/club programs.



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CONTACT INFORMATION FOR COACHES

The best method for parents to communicate with the coaches is through email. Please feel free to reach out with any questions or concerns. All emails will be answered during that coach's office hours.

Shaun Hawkins Sports Director	<u>shawkins@madisonymca.org</u>
Dan Bennett Associate Sports Director	<u>dbennett@madisonymca.org</u>
Elizabeth Cabrera Sports Associate	<u>ecabrera@madisonymca.org</u>



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PRACTICE STRUCTURE

All practices are 45 minutes long. With each week, focusing on a certain skill and gameplay to get ready for our weekend game!

GAME STRUCTURE

Please arrive 5 mins prior to the start time of your child's game. As you'll see all games are 45 mins in length, so we want to get the most out of everyone's time. We have done our best to schedule games multiple times this year with the hope your child can attend every game. We understand if you can't due to prior engagements.

PRACTICE CHECKLIST

- Sneakers
- Water Bottle

GAME DAY CHECKLIST

- Sneakers
- Jersey
- Water Bottle



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INJURIES

While playing a sport or a physical activity, unfortunately injuries can occur. Parents are notified if any injury needs further parental or medical attention. Players and parents should always inform coaches about any ongoing problems or limitations that may interfere with the ability to practice. Players are never forced to practice if they are experiencing any type of injury that limits their ability to practice or play in a game.

Concussion protocols are followed if a player experiences any type of head trauma. All coaches are trained to follow CDC and U.S.A. Basketball Guidelines. Players are removed from practice or a game immediately if a player is experiencing any concussion symptom, and parents are notified and advised to seek medical attention for their child. Only when a player has medical clearance to return to play are they allowed to do so.



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IMPORTANT REMINDERS FOR PARENT(S) AND FAMILIES

- Please remain in designated spectator areas during games. Spectators are not permitted to walk on the court at any time to ensure the safety of players, and coaches.
- If spectators are coaching from the sidelines, they are given a friendly reminder to stop.
- With the Y having a mission of youth development and inclusion, players may not be placed on a team with their friends.
- Before the season starts- All families will receive a gameday schedule for the division their child is in.

You are the ones that the children look up to the most. As the most influential people in their lives, the children will always deem your actions as the correct way to do things. If you have a positive outlook and attitude towards all aspects of the game, more than likely the children will also.



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FOR ALL RETURNING PLAYERS AND FAMILIES, WELCOME BACK! TO THE NEXT GENERATION, LETS ENJOY THE JOURNEY!

We look forward to working with each player, and their family as a member of the Madison Area Y. We all play a vital role in the success of this program, and if we work together, we will continue to create a positive, supportive and fun environment for our children to excel.

Providing a safe place for all players to learn and grow will always be our priority and we are grateful for the opportunity to work with your children.

