

WELCOME TO

***CARDINAL FLIGHT***

GIRLS BASKETBALL

5<sup>th</sup> – 8<sup>th</sup> Grades

WE ENCOURAGE YOU TO READ THIS HANDBOOK.  
WE ARE HOPING IT WILL ANSWER MANY OF YOUR QUESTIONS...  
AND IF NOT, PLEASE DON'T HESITATE TO ASK.

PREPARED BY: THE CARDINAL FLIGHT GIRLS BASKETBALL BOARD OF DIRECTORS

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

# CARDINAL FLIGHT GIRLS BASKETBALL

## SUMMARY OF ORGANIZATION

### MISSION

The Chippewa Falls Girls Basketball supporters are committed to the physical and mental excellence of our players. We believe basketball to be one means to achieve that excellence. We do not expect perfection, but expect the desire to work towards perfection. Those adults who choose to guide and direct will also be committed to the same. Their efforts will be aimed at developing and enhancing physical and mental growth to the highest level through basketball. Anything less is not acceptable.

### PURPOSE

The Cardinal Flight Girls Basketball is a non-profit organization originating in 1995 and affiliated with the Great Northwest Basketball League whose purpose is to provide supervised and coordinated basketball skill development for Chippewa Falls female students. The ideals of dedication, commitment, honesty, loyalty, courage and respect are stressed by the Organization. It is the obligation of all members of the Organization to encourage the spirit of fair play, the appreciation of competition and the essence of sportsmanship, and to teach the sport of basketball to the best of their ability.

The Cardinal Flight Girls Basketball Program functions with a Board of Directors. **The Cardinal Flight Board-Parents meetings are held the 1<sup>st</sup> Sunday of each month in the Chi Hi cafeteria.** This is your opportunity to attend and learn more about what is happening with basketball as well as offer feedback and suggestions. Anyone can attend, but only board members can vote on the issues before it. If you have concerns that the Board should address, please contact any Board member. We **encourage** you to attend these meetings and show interest in the Basketball Program.

The Cardinal Flight Girls Basketball Board of Directors has been established to insure that our program is running smoothly. Please feel free to contact any board members with any questions or concerns you may have. The program is governed by the Great Northwest Basketball League.

**BOARD OF DIRECTORS** consists of:

**Presidents or Co-Presidents**  
**Vice President or Co-Vice Presidents**  
**Secretary**  
**Treasurer**

**BOARD MEMBER "AT LARGE" -**

**Team Parent** - Each team per grade needs a team parent.

- Call parents to work concessions before their grade hosts a tournament.
- Will be concession coordinator for their grade's host tournament.
- Provide help in calling or organizing tasks for the team's coach and board of directors.
- Attends Board meetings along with the coach representing your grade and team.

**ADDITIONAL VOLUNTEERS:**

**Equipment Coordinator**  
**Concession Coordinator**  
**Gym/Practice Time Coordinator**  
**Score & TimeKeeper Coordinator**  
**Referee Coordinator** (for home tournaments)

**ADDITIONAL ACTIVITIES that need extra parent support:**

Cardinal Fun Night  
Spring & Fall Registration  
Clothing Sales  
Tournament Activities

## HOW CARDINAL FLIGHT WORKS

### Qualifications

Any female that is currently enrolled in grades 5 through 8 in the Chippewa Falls public school district is eligible to play. Exceptions to eligibility will be determined on a case by case basis by the board.

### Fees

Each player will be assessed an annual charge to become a member of the Cardinal Flight program. Parents not contributing volunteer hours in any capacity will be assessed a non-participation fee of \$100.00 per child. The non-participation fee is an annual charge.

### Practice

As an instructional league, there will be a minimum practice of up to ninety minutes once per week from mid-October until a designated date in the spring, usually March, at the Chippewa Falls High School on Sunday evenings at a regularly schedule time. Additional practices may be set up at the discretion of the coaches and are dependent on the availability of gym time.

Players are expected to attend all practices. Players missing practices (without coaches' approval) may have their playing time affected.

Transportation to and from all practices and games is the responsibility of the parent.

### Teams

At each grade level, tryouts will be scheduled and players will be divided into teams based on experience and skill. Ten players to a team is an optimum number for a team. Fifteen is the maximum recommended number for a team. These teams will remain consistent from one event to the next. However, if a team is short players for a competition they may fill from another team. Players are not promised a certain amount of playing time for any particular game or tournament. It is hoped that with lower numbers on the teams there will be more playing time opportunities.

### Tournaments (Reference the Tournament Section later in this overview)

On an average the girls will play the number of tournaments per grade level, ie. 5 tournaments for 5<sup>th</sup> grade, 8 tournaments for 8<sup>th</sup> grade. Generally this will comprise of one home tournament where the family will be asked to be involved in one capacity or another.

The girls will play four games in one day, eliminating the need for any overnight accommodations.

### Girls' Attire

Girls should wear shorts or workout pants and a T-shirt to practices. Looking like a basketball player helps you act like a basketball player. Cardinal Flight will provide numbered reversible jerseys before the first tournament. You will also need standard gym shoes that provide support to the feet, black gym shorts, a standard size (28.5") basketball and a water bottle.

## **HOW CARDINAL FLIGHT WORKS - Continued**

### **Problems or Concerns**

Any problems or concerns that arise with a player, parent or coach should be handled in the following manner: Player – Coach discussion; if needed then Parent – Coach discussion; then if needed Parent – Board discussion.

It is understood that Cardinal Flight will not be responsible for any injury that may occur to a player. A parent or guardian must sign a health history/emergency form and waiver/release form before the player may participate. This form is kept by the girl's coach in case of emergency.

### **WHAT IS EXPECTED OF CARDINAL FLIGHT GIRLS PROGRAM FAMILIES?**

The Cardinal Flight Girls Basketball Program is run exclusively by volunteers. We rely on all families to help provide the services we offer to our basketball members. Therefore, basketball families are asked to participate in the following:

- Get girls to all practices and games on time.
- Support your Cardinal Flight girl, her coach and her team in a positive favorable manner.
- Get involved, volunteer for one of the many positions available.
- Attend Cardinal Flight Board & Parent Meetings held the 1<sup>st</sup> Sunday of each month in the Chi Hi cafeteria.
- Each Cardinal Flight family, or a substitute, is required to volunteer a minimum of 4 hours per event at all two-day tournaments (see Tournament Requirements), their own child's home tournament(s), and one other team's home tournament per child as well as provide baked goods (bars or cookies). This is in lieu of the work assessment fee. Sign up sheets are available from the Team Parent prior to any tournament.

# TOURNAMENTS

This is an outline of important information and reminders for attending and hosting tournaments. By reading through this completely before attending a tournament your experience will be more enjoyable for everyone.

## **Number of Tournaments:**

The minimum number of tournaments to expect is equal to the grade that the member is in school. Example: 5<sup>th</sup> grade should expect to play a minimum of 5 tournaments, 6<sup>th</sup> grade 6 tournaments, etc. on up to 8<sup>th</sup> grade. There are several other tournaments that become available throughout the season that a team may qualify to attend.

Ribbons for team tournament placement are given out to each player after the last game of the tournament.

## **Tournament Admission:**

Admission is charged for each attendee of the tournament. All players, and up to two coaches per team, will be admitted without paying an admission fee. Admission charges are \$3.00/adult and \$1.00/student (high school and under); unless all referees are certified, then the fee is \$4.00/adult and \$2.00/student.

## **Tournament Concerns:**

Any questions or concerns about the tournament should be addressed directly with your team's coach.

## **What to Expect from a Tournament**

The coaches will let you know when and where the tournament will be held, and schedules are posted on [www.gnbl.org](http://www.gnbl.org). The coach may hand out maps of where you are going that day. Then a meeting spot is assigned to follow each other; or you may travel on your own if you know the way.

You should be at the tournament facilities at least a 1/2 hour before the first game is to be played. This way you have time to get organized, put your things in a certain spot so you know where to find it after you are done. This also gives you time to warm up, stretch or throw the basketball around.

The Great Northwest Basketball League strictly prohibits the use of coolers and food to be brought inside the tournaments. (Only the girls playing basketball are allowed to carry a water bottle into the game.) There will be a concession stand unless told before the tournament. Coolers and food may be brought to the tournament but can not be eaten in the school. You may also leave the school and eat somewhere else, however, be aware of the time of the next game, so you are back in time. Some games can run early. If there is a bad concession please let your coach or a Board Member know so they can inform the Great Northwest Basketball League.

Girls are to come prepared to play a full day of basketball, usually 4 games in that day. Don't forget to bring your water bottle, shoes and jersey. You may wish to also bring an extra pair of socks, slippers or another pair of comfortable shoes.

## - Home Tournament -

Cardinal Flight hosts approximately eight tournaments each season here in Chippewa Falls. These tournaments can be held at the Middle School, Chi Hi, or elementary school gyms. This is an easy and effective way for our organization to raise funds.

### **Parent Help:**

#### Concession Stand Workers

All parents are asked to work the concession stand. A sign-up sheet will be provided by the Team Parent prior to the Tournament.

#### Admissions Table

Is responsible for:

- Collecting admission fees and, via stamp, designate those who have already paid.
- Answering questions regarding location of all tournament facilities
- Forwarding all admission fees to the Tournament Director

#### Time Clock Operator

Whose sole job is to start and stop the clock at the appropriate time and change the possession arrow.

#### Score Keeper

Whose sole job is to record team scores and personal fouls.

#### Set-Up (Held the night before the tournament.)

- Account for ice and coolers to hold beverages, etc.
- Prepare team seating and guest seating (bleachers or chairs)
- Set-up tables for concessions, admissions, score and time keepers
- Hang signs and tournament score sheet

- Continued next page -

## Home Tournament - continued

### Clean-Up

All families are asked to help with cleanup after the tournament. The following list is a short outline of activities that need to be done. See the Tournament Director for additional items.

- Wash off all tables and chairs used - put them back in their original location
- Pack all concessions items and load into designated vehicle
- Clean all wastebaskets, including those in the rest rooms and lobby
- Sweep and mop floors, including lobby, concession area and gym
- Take down any tournament signage

**\*\*\*\*\* Parents who have signed up for tournament work must let the \*\*\*\*\*  
Team Parent know if you cannot be in attendance as soon as possible before  
the tournament date.**

### **Standard Tournament Format**

	<u>Group A</u>	<u>Group B</u>
	Team 1	Team 5
	Team 2	Team 6
	Team 3	Team 7
	Team 4	Team 8

  

	<u>Court 1</u>	<u>Court 2</u>
9:00 a.m.	1 v. 2	3 v. 4
10:10 a.m.	5 v. 6	7 v. 8
11:20 a.m.	1 v. 3	2 v. 4
12:30 p.m.	5 v. 7	6 v. 8
1:40 p.m.	1 v. 4	2 v. 3
2:50 p.m.	5 v. 8	6 v. 7
4:00 p.m.	7 <sup>th</sup> & 8 <sup>th</sup> Place Game	5 <sup>th</sup> & 6 <sup>th</sup> Place Game
5:10 p.m.	3 <sup>rd</sup> & 4 <sup>th</sup> Place Game	1 <sup>st</sup> & 2 <sup>nd</sup> Place Game

All games consist of 4 quarters, each 7 minutes in length, with clock stoppages for whistled timeouts, fouls, balls out of bound, etc.

All tournaments follow the rules as set forth by Great Northwest Basketball League.

**"TEN THINGS PARENTS CAN DO TO HELP A COACH"**

1. Ensure your child arrives on time.
2. Say only positive things at practice and tournaments.
3. Communicate with the coach.
4. Don't attempt to coach your child, leave it to the coaches.
5. Call the coach if your child is going to be late or miss a practice.
6. Be sure your child has plenty of sleep the night before lessons/tournament.
7. Focus on effort, not winning.
8. Support the coach, especially on discipline and coaching decisions.
9. Be a positive example for your child - be present, get involved as a supportive parent and attend Board/Parent meetings.
10. Thank the coach - it goes a long way!

**COME JOIN US  
AND  
HAVE A GREAT BASKETBALL SEASON!!!!**