

CROSSOVER ATHLETICS

815 SUMMER PARK DRIVE

STAFFORD, TX 77477

BASKETBALL PROGRAM
HANDBOOK

2015

[HTTP://CROSSOVERATHLETICS.NET/](http://crossoverathletics.net/)

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- Parent Code of Conduct (must be signed and returned)
- Athlete Code of Conduct (must be signed and returned)



Dear Crossover Athlete and Parents/Guardians:

I would like to personally welcome you to the family of Crossover Athletics!

The goal of our basketball program is to assist self-motivated athletes in reaching the next level of competition. We do this by offering opportunities to play in competitive tournaments - which will increase their skill set in the areas of fundamentals, teamwork and sportsmanship. Through basketball, our athletes develop leadership skills that will empower them to be outstanding citizens of the community.

We are excited about the upcoming 2015 season. Each year we strive to build upon our prior accomplishments and develop areas that need improvement. Last season, the middle school girls' teams had an awesome time competing in the Youth Basketball of America 25th National Tournament held in Orlando, Florida. They had the opportunity to compete against teams from all over the world, including Canada, Mexico, Puerto Rico and New Zealand. Our boys' teams traveled to Arkansas, Dallas, New York, Vegas and more, while the high school girls traveled to New Orleans, Chicago, and Atlanta.

Our coaching staff, parents and volunteers work together to support all players to reach new levels of success. We encourage parents to support this program with vigor and the due diligence that it deserves. Not only is it a way for parents and families to assist youth in becoming successful players, but it is also a great way to spend quality time with them as they develop into talented athletes.

This handbook is intended to provide parents/guardians with information that will help you have a rewarding and enjoyable experience with the sport of basketball.

If you have any questions, please feel free to speak with your team coach before or after practice or email us as recruiting@crossoverathletics.net.

We expect this to be an outstanding season and we are ready to play! See you on the court!

Crossover Athletics Owner

Tanisha Barefield

PROGRAM OVERVIEW

ABOUT THE CROSSOVER PROGRAM

Our program has three main components. *First, is to provide quality training in all aspects of the game.* One of Crossover's main goals is to develop self-discipline, dedication, and confidence in each athlete, qualities which will assist them as they progress through life. *The second purpose is to assist each of our players in becoming quality **high school** basketball players.* *The third purpose is to aggressively pursue athletic scholarships for those players that have the desire, athletic ability, and academic standing to play at the collegiate level.*

The competitive athletic experience can enhance social development, contribute to mental and physical health, and teach the values of teamwork and responsibility. We are proud of the opportunity we offer and feel the players involved will receive a positive experience. We want an atmosphere of hard work, competitiveness, teamwork, program loyalty and respect for others, no matter what level they achieve. We encourage athletes to set goals for themselves so they can experience success when they achieve those goals. We challenge them to be their best.

CROSSOVER MISSION AND GOALS

The mission of Crossover Athletics is to provide each athlete with extensive training and knowledge in the fundamental aspects of basketball, and to expose them to the highest level of competition available at the local, state and national level.

The objectives of our basketball program is to encourage and help players develop:

- ❖ **Physically** by improving their physical condition and developing good training and healthy habits.
- ❖ **Emotionally** by building their self-esteem by recognizing their individual achievements.
- ❖ **Socially** by having fun, forming bonds of friendship, learning good sportsmanship and staying loyal to their teammates and this program.
- ❖ **Academically** by enforcing **No Pass, No Play** rules, encouraging our athletes to compete both on the court and in the classroom as well as stressing the importance of college entrance exams and preparing for college through good work ethic.

ACQUIRING MEMBERSHIP

Crossover is a select ball club for individuals that are serious about a basketball career. Players are initially invited to try out via referrals, camps, other players or coaches. During evaluation, players may be asked to participate in games and practices to assess basketball IQ, teamwork, and effort. Once accepted, all necessary paperwork must be completed and turned in along with registration fees.

COMMUNICATION

We strive to keep our club members informed. This sounds like an easy task, but with all the information that needs to be distributed, it can be difficult. Therefore, we have three main ways to communicate with you:

1. In person - We will verbally communicate information about our program and answer your individual questions at practice, scheduled meetings and/or parent meetings.
2. Printed Materials - We distribute printed materials, such as handouts and flyers, at practice. **If you drop off your child or miss a practice or meeting, please check with your team mom and make sure you have not missed any updates.**
3. Emails, Text Messages & Website Updates – In order to improve information dissemination and reduce overhead and administrative costs for our teams, most information will be distributed via text messaging and email. Everyone must have a texting line and email address on file. If you do not have access to text messaging or email, please make sure your team parent is aware, and make arrangements to ensure you receive all club updates. Email is also the best way to communicate with Crossover and the coaching staff. The coaches check e-mail regularly and will respond to questions or concerns as quickly as possible.

In addition to emails and text messages, Crossover will try its best to keep the site up to date. Please remember that during the active season, this can sometimes be more challenging.

Please keep these Crossover contact methods of communication on hand:

Landline: 832-539-6188

Text Only Line: 832-532-8073

Email: recruiting@crossoverathletics.net

ILLNESS AND INJURIES

All injuries must be reported to the coaching staff. If the injury is serious enough, you will be expected to see and be released by your family physician. If any player is advised by their physician to refrain from participating in any Crossover related activities, the player will need to bring a "release note" to the Crossover Director in order to resume participation.

In order to prevent the spread of communicable diseases, all athletes are strongly encouraged to have their own water bottles, jugs, etc. Sharing these items with others is highly discouraged.

If the athlete requires medical assistance (Asthma pump, EPI Pen, etc.) while participating in any sports related activities, the player will be required to have a Waiver of Liability Form on file.

PLAYER FEES

Players are responsible for covering all fees associated with their team. Amounts are paid directly to Crossover, who is then responsible for paying out identified player/team associated expenses.

All expressed costs are based on an average of ten players per team. **If the number of players on your team drops below ten players, the average cost will increase.** Crossover is not responsible for the increased expense if a team's roster decreases; the remaining team members will have to absorb the difference.

In order to keep costs at current estimates, it is critical that all players pay their fees on time. Often, Crossover is able to obtain discounts if purchases are done early and in large numbers. However, if individuals do not pay on time, **it can potentially increase your team's overall cost.** Crossover cannot be responsible for paying any increases due to late payments or circumstances beyond our control.

In order to remain registered, each player must pay all of their fees and be in good financial standing with Crossover. Payments are to be made online with a credit/debit card or a PayPal account. If payments cannot be made online, then cash, money order, cashier's check or in-person credit card transactions will be accepted. Cashier's checks and money orders may be made payable to Crossover Athletics. **PERSONAL CHECKS WILL NOT BE ACCEPTED.**

Fee areas are discussed below. Because these amounts vary from team to team, the amount of each of these fees is not reflected here, but can be found on your team's Crossover Parent Memo.

Tryout Fees

The non-refundable tryout fee covers the cost of the gym rental for tryouts and player registration for tryouts only. The Tryout Fee is the same regardless if the

athlete attends one or two sessions. **EVERY PLAYER MUST PAY A TRYOUT FEE.**

Administrative/Registration Fees

The registration fee is included in the first payment required by all players and will secure each player's place on the team roster as well as pay for their season gym rental fees, equipment use and other related processes.

Coach's Stipend and Travel

Player's fees also include a predetermined head coach's stipend as well their travel to team events. **Please keep in mind that ALL COACHES ARE VOLUNTEERS and receive no additional compensation outside of this stipend. Assistant coaches do not receive a coaching stipend.**

Tournament Fees

The tournament entry fees cover each player's contribution to the overall cost of participating in each tournament that will be attended by that team. Entry fees range from \$25 per player to \$50 per player per tournament. The fee also covers the National tournament entry fees (\$50-\$100 per player per tournament). Exposure tournament entry fees average \$75-\$150 per player per tournament. Crossover strives to place its players in the most reputable, competitive and high exposure events. Each team will participate in approximately 10-12 of such events.

Uniform Fee

Crossover Athletics' colors are neon green and black. Each player will receive a game uniform, shooting shirt, travel bag and a reversible practice jersey. The uniform fee does not include shoes (unless otherwise specified). Team shoes can be purchased at a discounted rate.

Travel Fee

Since most Middle School (MS) students stay and travel with their parents, lodging and travel fees are not included in their cost. Crossover will not be responsible for arranging or paying for their lodging and travel. Crossover MS teams will designate a parent/guardian as Travel Coordinator. The Travel Coordinator will work to set up group lodging and travel options for the team. They will also assist in creating carpool and shared lodging options for those team members whose parents may not be able to attend out of town trips. The coordinator will remain in constant contact with the coach in order to ensure that appropriate options are made available to teammates. Crossover strongly encourages all MS teammates to stay in the same hotel when travelling. Ultimately, each parent/guardian is responsible for ensuring their child can attend each event. If a family cannot make a trip or a child is unable to make the game, the parent should contact the coach and travel coordinator as soon as possible.

Travel (out of state) and lodging for Crossover High School teams is included in their fees. **The fees do not include meals or other incidental expenses.** It is the parent's/guardian's responsibility to ensure their child has enough money to cover such costs.

Remember, if your fees are not paid on time, this WILL impact the travel estimates and potentially increase the overall cost.

Player fees can either be paid in full or using the bi-weekly (every other week) installment plan. Payment due dates as well as the date in which accounts must be paid in full are designated on the Crossover Parent Memo. Monthly statements detailing balances due as well as fundraising amounts will be provided. Any fundraising amount raised will not be applied to a player's account until the final player payment is due.

If payment arrangements are needed, arrangements should be made prior to the amount being overdue. *If your child's account is overdue, the child can be suspended from team activities or removed from the team roster until payments are made.* Crossover asks that everyone be mindful that their teammates depend on them to be financially accountable.

Unfortunately, it is not possible to receive a refund. All fees are utilized immediately upon receipt. To keep the cost of participation down, the organization enters into bulk payment agreements with all its vendors and tournament affiliates. To issue a refund would leave the team in a deficit and cause the remaining players to have to pay more to participate.

FUNDRAISING

Crossover recognizes that the cost can seem overwhelming and that some families may need additional assistance. Fundraising provides a wonderful opportunity to significantly reduce the cost. Details regarding the expectation and type of fundraising conducted is below.

Foundation Fundraising

The Crossover Foundation Inc. (a separate entity from Crossover Athletics), affords need-based scholarships as well as tutoring, and mentoring services to players. We also believe that volunteering and giving back to the community promotes community spirit and builds character, unity and leadership.

In order to provide these dire services to our children, each player is required to participate in two foundation fundraising events **and** meet a minimum fundraising/sponsorship amount of \$250 - **NO EXCEPTIONS. If for some reason you are unable to raise this amount during these offered events, buy-out options are available.**

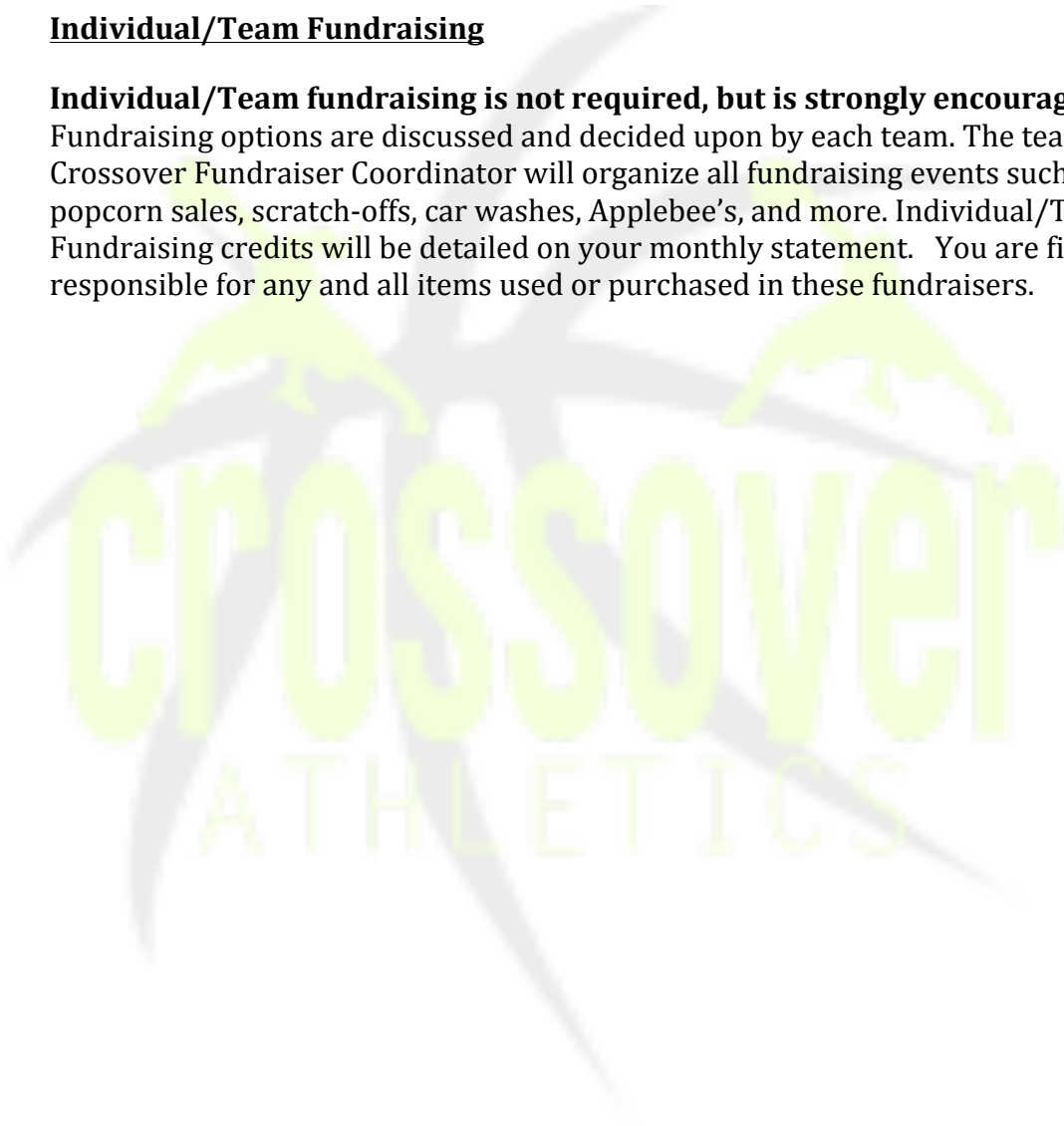
There are children in our program that are deserving of opportunities to be great and the Crossover Foundation Inc. wants to ensure that children are not turned away due to money and/or academics.

The two events that will be hosted by Crossover Foundation Inc. are outlined in the Crossover Parent Memo.

Individual/Team Fundraising

Individual/Team fundraising is not required, but is strongly encouraged.

Fundraising options are discussed and decided upon by each team. The team and/or Crossover Fundraiser Coordinator will organize all fundraising events such as popcorn sales, scratch-offs, car washes, Applebee's, and more. Individual/Team Fundraising credits will be detailed on your monthly statement. You are financially responsible for any and all items used or purchased in these fundraisers.



PRACTICE AND GAME DAY EXPECTATIONS

OVERVIEW

Most Game Venues charge audience admission, so please be prepared to pay for all parties attending; these fees are **NOT** covered in player registration. Crossover teams will participate in leagues, camps, tournaments, scrimmages and national events in an effort to give our athletes maximum exposure to college scouts.

PRACTICE

The practice schedule for your team will be handed out at the first parent meeting. Practice will begin and end on time. Parents are encouraged to stay during practice, but please do not disrupt or interfere during the session. If you decide to drop off your child, you are expected to pick them up promptly at the end of their scheduled practice.

Practice will rarely be cancelled. However, an example of when it may be cancelled is during inclement weather. If you have not been notified of cancellation, you are expected to come to practice. Unless excused by their coach, players are expected to attend practice.

GAME DAY

All players and coaches are expected to arrive 1 hour prior to tip-off. Oftentimes, there are last minute schedule changes that are out of our control. Please be prepared to be flexible and patient. Only coaches, athletes and officials who are currently participating in the events may occupy the court during the games.

TOURNAMENTS

Tournaments are usually a minimum of 3 games and take place over weekends. In general, depending on the size of the event and type of play, there may be more games. Oftentimes, these tournaments are not used as a college recruiting tool but as an opportunity for the team to improve and/or prepare for qualification tournaments.

PLAYER DRESS

The Crossover game uniform (jersey and shorts) and shooting shirt must be worn to all games. Players should wear their practice jersey and carry in their game shoes to both practice and games.

Each athlete must provide his or her own basketball shoes (unless otherwise specified). If the team selects a team shoe, Crossover may be able to purchase them at a team discount - provided they are all ordered at the same time.

Crossover offers a variety of spirit wear for players and families. Please see our staff for more information on purchasing these items.

IDENTIFY YOUR EQUIPMENT

Please label every item with your athlete's name and contact information. Crossover will not be responsible for lost or stolen items.

TEAM VS. INDIVIDUAL CONCEPTS

Practice is for TEAM CONCEPTS, NOT for INDIVIDUAL CONCEPTS!! Please sign up for skilled training sessions, where trainers will focus on the individual development of your player.

Crossover's Global Basketball Academy offers various opportunities for individual training and development. Contact Coach Tee for more details.

NUTRITION*

The night before a Game, the athlete should eat a low-fat, high carbohydrate meal, such as pasta, salad and fruit. The day of the Game, carbonated drinks, candy, milk products, and heavy, greasy food should be avoided, as they are hard to digest. Fruit juice, water, diluted sports drinks, and light foods are recommended for consumption during the Game.

- **Don't eat 1 to 2 hours before your event**

Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule.

- **Bring a water bottle**

You need to stay well hydrated to enable your body to work at its highest Potential.

Snack Hints - These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions.

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newton's, oatmeal-raisin cookies
- Fruit juices, or tomato or V-8 juices

Pre-competition Meals should be eaten 3-4 hours before the event and be high in complex carbohydrate like bread, vegetables and fruit. They should also be moderate in protein, low in fat and make sure you have an adequate intake of fluids.

All day events - Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods including the following:

One hour before competition:

- Fruit and vegetable juices such as orange or tomato juices, and/or
- Fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

Two to three hours before competition:

- Fruit juices and fresh fruit, and/or
- Breads, bagels or muffins, with a small amount of cream cheese

Three to four hours before competition:

- Fruits juices and fresh fruit, and
- Breads, bagels or muffins and
- A light spread of peanut butter or 1 slice of cheese for breads, or a light
- Spread of cream cheese for bagels and or
- A bowl of cereal, with milk or yogurt

Four hours or more before competition:

- Sandwich with 2 slices of bread and 2 ounces of lean meat, and Fresh fruit, and
- Fresh vegetables, and Milk or yogurt

DON'T FORGET WATER - Try to stay away from soda or carbonated beverages.
BRING YOUR WATER BOTTLE!!

*The above recommendations are from Eat to Compete, Eating for Endurance, Food for Sport, the Athlete's Kitchen and Nancy Clark's Sports Nutrition Guide Book.

COACH, GUARDIAN AND ATHLETE AGREEMENT

Crossover Athletics organizes youth basketball activities with the goal of providing our children an opportunity to develop superior life skills through team play, sportsmanship, top competition, and hard work. **Our mission** is to provide each athlete with extensive training and knowledge in the fundamental aspects of basketball, and to expose them to the highest level of competition available at the local, state and national level. **Our Vision** is providing the opportunity for all participating athletes to accomplish “their” desired goals to become successful.

To better achieve that mission, we provide the following Codes of Conduct for all Crossover coaches, parents/guardians and players. These Codes of Conduct are a covenant between Crossover coaches, parents/guardians and players to abide by the rules and regulations of the game, as well as to maintain a cooperative attitude and uphold the ideals of fair play and sportsmanship. These Codes express our core values and goals. It is essential they be honored and followed.

The Codes of Conduct can be summarized in the following three principles: **(1)** Demonstrating a positive attitude; **(2)** Setting a good example; and **(3)** Maintaining good relationships with all youth basketball participants - including officials, opponents, and our own teams’ players, parents, and coaches.

1. Demonstrating a positive attitude

Players, parents, and coaches are expected to show a positive, respectful attitude for everyone involved in the sport. Criticism and disrespect for officials, opponents, coaches or fans undermine the purpose of sport and encourage behavior contrary to the spirit of the game and the mission of Crossover Athletics.

2. Setting a good example

Each person associated with Crossover Athletics is accountable for his/her own behavior at all times on or off the court of play. Parents, coaches and other adults should remember that children learn by example - it is up to the adults to set good examples.

Crossover Athletics will not tolerate conduct that is detrimental to the sport, the participants, or the community. Such conduct includes: Vulgarity by coaches, players or parents; harassment or belittling of officials, coaches or players; verbal abuse, threats or physical violence toward anyone before, during or after a game; and the taunting of opposing players, coaches and parents. We require thorough self-restraint by all participants - both players and adults. Teams must exercise appropriate control over those who fail to control themselves.

3. Maintaining good relationships

Officials -The referee's job is a difficult one. All referees are human and they do make mistakes. Parents or players who believe their team has been treated unfairly or has been assigned an unqualified referee should speak to their coach after the game.

Opponents - Players and coaches are required to maintain a sense of fair play and be respectful of opposing players, coaches and fans at all times. Sportsmanship begins with respect. Without it, the positive, competitive environment - which should be a perfect classroom for learning the values of basketball - is completely undermined. Occasionally, we will encounter opponents who do not share our values and high standards. If we allow ourselves to be drawn down to their level, we will have lost regardless of the final score.

Our Own Team - In an environment where our children are competing not only against other teams but also frequently against each other, it can be difficult to control jealousies and rivalries. A successful team resembles a family in that members put their own needs second, behind the greater good of the team. Great care must be taken not to undermine the coaches' authority. As in most cases, parental example is all-important.

Behavior:

- 1. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found to have been involved in these activities.**
- 2. Finally, no one person is above the team. Fighting, "trash talking" to teammates or opponents, mouthing off, refusing to do workouts, showing disrespect for any adult, coach, members of opposing team, or your fellow team members will not be tolerated. Everybody on the team is important— no matter how well they play - and deserves your respect and encouragement. If any of the above becomes a problem, you will receive one warning and after that removed from the team.**
- 3. If you have concerns with any member of your coaching staff, at anytime during the season, then please contact the administration immediately by email (recruiting@crossoverathletics.net). DO NOT WAIT UNTIL THE END OF THE SEASON and put it in your evaluation form. Please provide as many details as possible about your concerns so that we can have a clear understanding of the issue and convene an emergency meeting to address your concerns/issues. If we are not made aware of an issue when it is happening, then we can't attempt to resolve it in a timely manner during the season. Our goal is to provide an enjoyable experience for our players throughout the season.**

The consequences of not following the outlined Behavior or Codes of Conduct are:

1. Verbal Warning
2. Suspended for a Tournament
3. Removed from the Program

A copy of this entire document as well as the Codes of Conduct can be found at:
www.crossoverathletics.net



ATTACHMENTS

**The following Parent/Guardian and Athlete Codes of Conduct
must be initialed and signed and returned to Crossover
Athletics**

PARENT CODE OF CONDUCT

The parents of our players have a significant role in the success and growth of our program. By initialing each item and signing below, you are agreeing to uphold the following standards and rules:

- 1. Make sure your child attends all practices and games. Inform the Head Coach about any missed practices and games before they occur. Your player will receive sanctions for not following this rule. ____**
2. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every practice or game. ____
3. Place the emotional and physical well being of your child ahead of any personal desire to win. A single game is not worth damaging the self-esteem of your player. ____
4. Report any significant injuries immediately to the Head Coach. An Injury Report Form must be filled out and turned into the Administration. ____
5. Remember that this organization is for young players to improve their skills, not for adults to live out their dreams through their children. ____
6. Do your best to assist the team with all associated activities, car pools, fundraisers, etc. ____
- 7. Allow 24 hours to pass from the END of a tournament or game to discuss any negative issues with your coach.** This allows a cooling down period and does not interfere with the coach's ability to prepare for the next game. ____
8. Allow your player to learn to use their voice when it comes to playing time or skill development questions for their coach. This will allow them to develop the necessary skills they will need to learn to speak up for themselves as they mature. Don't fight their battles for them. Competition teaches many lifelong lessons, both on and off the court. ____
- 9. Refrain from negative comments or actions when in the stands at games. You also represent Crossover and we pride ourselves on our positive, encouraging atmosphere for our players, coaches AND players from other organizations. Be a positive role model! ____**
- 10. Make sure your guests understand, and follow, the Crossover Code of Conduct. The general public, officials and our opponents will see them as members of the organization just like you. ____**
11. Allow the coach for your team to coach your player and the others players on the team. Coaching from the stands is very distracting for the players, and unfair to them to have to choose between listening to their coach and listening to their parent. Remember, you cannot correct every mistake in a game. Development takes time, practice and patience. Encourage, do not criticize. *They will develop faster if they are not afraid to make mistakes.* ____
- 12. Make sure that all social media comments and photos are positive. You will reflect negatively back on the organization if you post negative comments or photos. I agree to uphold this rule. _____**

Name of Player: _____ Grade: _____ Date: _____

Parent Signature: _____

ATHLETE CODE OF CONDUCT

As a player, you have a significant role in the success and growth of your team and yourself. By initialing after each item and signing below, you are agreeing to uphold the following standards and rules:

1. Take pride in yourself, what you stand for and who you represent at all times – on and off the court. You are now Crossing Over Into Greatness! Your choices reflect back onto our organization. ____
2. Always work hard to improve yourself and your teammates. ____
3. Do not question the official's call – respect the game and the officials at all times. ____
4. Always expect good things to happen. Have a positive attitude in practice and games. ____
5. Always hustle. No championship was ever achieved by playing at half speed! ____
6. Treat your parents, coaches, teammates and opponents with respect at all times. ____
7. Always maintain a positive, open mind toward your coaches. They have you and your team's best interest in mind. ____
8. Use your voice (talk to your coach), when you don't understand about playing time, skill development, starting roles, or any other concerns you have about yourself and your role on the team. Your parents will not fight your battles for you. This is an important skill for you to learn, both on the basketball court and in life. Competition between yourself and others will make you and your entire team better! ____
9. Don't ever give less than your best at practices or games. You and your teammates will not improve to your highest potential if you "take it easy" or "go at half speed" during practices or games. ____
10. Remember, there is always someone out there who is practicing their skills when you are taking a break. If you want to be the best, then you must practice on your own. You are the only one who puts limits on yourself when it comes to your development of individual skills. Spend extra time working on your weaknesses so you can become a better player. ____
11. Have fun. Make new friends. Challenge yourself to become the best you can be. Encourage your teammates when they are feeling down. They will do the same for you when you need it! Be a positive role model for your teammates at all times. ____
12. **Attend all practices and games. If you cannot do so, then you will inform your head coach by email, phone or text BEFORE the missed practice or game. This is YOUR responsibility, not your parent's!** ____
13. If you do not uphold any of the above rules, then you will have consequences, such as probation or termination from the team. ____
14. **Make sure that all social media comments and photos are positive. You will reflect negatively back on the organization if you post negative comments or photos. You agree to uphold this rule.** _____

Player Name: _____ Grade: _____

Player Signature: _____

Parent Signature: _____

