



# Connecticut Storm Basketball

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PO Box 826  
Norwich, CT 06360-0826

## Connecticut Storm Girls Basketball Fall League Athlete/Coaches Information

### **Schedule & Team assignments:**

Team assignments & schedules are issued in two phases. The first is planned for release Wednesday, Sept 23<sup>rd</sup>, containing information for opening weekend. The balance of the schedule will be posted by Wednesday, Sept 30. Some adjustments may be necessary to maximize the quality of the instruction and games played.

### **Check-in:**

Check-in will occur at the first session. Complete the club medical release form and *bring to your first session (unless already submitted)*. Additional copies will be available at check-in. Any outstanding fees must be paid or athletes will not be allowed to participate.

### **Format:**

*Grades 4-8 Skills:* Fundamental skill development is the focus of these sessions with instruction by club coaches. A portion of each session for will be a scrimmage with teams made up of the athletes present.

*High School Division:* Competition is an important part of preparing for club and school tryouts. The game schedule is designed to provide balanced competition provided all athletes registered are participating. Secondly game locations are set to minimize travel for teams and players. Certified officials are provided.

### **Competition Division game rules:**

National Federation High School rules are in effect except for the following clarifications:

- Four 8 minute quarters
- 5 minute half time
- 5 minute minimum warm up
- 3 minute overtime periods
- 3 full time outs and two 30 second time outs per game (OT-one additional full)
- Entry into the lane for rebounds after a free throw is on ball contact with the rim

**What to bring:**

- Water or sport drink (if desired)
- 28.5 " basketball for grades 4-8 clinics (27.5" ball for the smallest athletes)
- Uniforms or practice reversibles are required; reversible jerseys are available at check-in for \$25.
- ALL ATHLETES must provide a completed medical release form (first session). Copies are available on the website or available at check-in.
- Any remaining fee balance.

\*\*\*\*\*We must have a completed release form and your fee balance resolved\*\*\*\*\*

**What to do when you leave:**

- Clean up your mess (tape, drinks, etc). This is not your home where someone always cleans up after you. Please do not make us do it. Be a responsible athlete.

**High School Division Coaches:**

You must provide your own basketballs for warm-up. A game ball will be selected from available warm-up balls. Scoresheets are available from the site director. The home team (listed first in the schedule) has responsibility to provide the timekeeper. If a timekeeper is not available, any available parent will keep time.

Athlete play time is not regulated by the host. For this program, it is our belief that every athlete who maintains a positive attitude and work ethic with a reasonable amount of skill deserves as much play time as the next. This is certainly in balance with the desire to be successful. We expect coaches to execute reasonable judgment in administering play time.

**Seating/spectators:**

Some sessions and game sites do not have seating available for spectators. The bleachers are withdrawn for the East Lyme skills sessions. If desired, bring a folding seat with appropriate padded feet.

Some of our sites prohibit spectator drinks in the gym. Please honor the signs posted at the site and do not force us to ask you to dispose of your beverage. We will not lose our ability to retain a court in the future because of your behaviors.

**Program feedback forms:**

Feedback forms will be available late in the program. Please take the time to provide honest feedback. We truly wish to provide the best possible environment for your athlete's development and need your feedback.

**Questions:** Larry Miller at 860-859-2202 (h) or 860-335-5035 (c)