

# AAU Washington Girls Basketball

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P.O. Box 1344, Lynnwood, WA 98046-1344 \* (425) 670-8877 also Fax (425) 670-8877

Washington Girls Basketball is a non-profit corporation \* U.B.I. #601469769 \* Fin #91-1591551

E-mail: [GirlsBBall@msn.com](mailto:GirlsBBall@msn.com) Website: <http://www.washingtongirlsbasketball.com>

Dear Coaches:

Welcome to Washington Girls Basketball League. The main focus of our leagues is to provide an atmosphere where you can work on improving your team skills and player's individual skills. The focus is not on winning games. Your goal as a coach should be to work certain aspects of your game or players, which need improvement even though you may lose a game. There are no win/loss records kept and all games should be considered scrimmages. We play straight Girls High School rules. We offer a Fall, Winter, Spring and Summer League.

You the coach are in charge of yourself, players, and fans behind you, so please lead by example. We ask that you remember sportsmanlike conduct at all times and always compliment the team you are playing. All teams are here to help you improve as your are here to help them improve.

If you find that your are short on players it's okay to borrow from another team or trade players as long as it helps create an atmosphere where the players can have fun. For young players who choose to play year round basketball this type of atmosphere is important for them to stay motivated and enjoys what they're doing.

If you are winning a game by 20 points or more, have your players play left-handed or implement a 4 pass weak side cut and fill rule etc. If you're loosing by 20 points, congratulate your players and explain to them that they are being forced to improve their skills and if they walk away from the game with their heads up, they will be the real winners of that game. The philosophy we wish to embody here is all players from both teams can walk away from every game a winner if that is our focus.

This is an awesome responsibility and we have to see each player develop in knowledge and application of fundamental playing skills and develop in areas of self-esteem, self-worth and positive social skills. There are plenty of tournaments and other leagues where the focus is on the win/loss record. If we can work at this we can have a very enjoyable and fun time every game.

Before each game introduce yourself to the other coach. **Talk to them.** If you're running a press because you want to work on it and it's killing his team, go talk to them. Let's take the score of the clock coach and talk to our girls. I'll ease up a little and have them work on positioning and you can teach your kids where to be on the court to break this etc.

Our youth can thrive in this type of atmosphere and I personally guarantee you their skills will improve much faster and far greater than you ever dreamed possible if they love what they are doing. Let's keep these young athletes running up and down the court, having fun and working towards their dreams and goals. If we accomplish this we have given them an excellent alternative to other less desirable activities that today's youth can choose.

Thank You,

Michael Hummel