

# WASHINGTON GIRLS BASKETBALL

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P.O. Box 1344, Lynnwood, WA 98046-1344 • (206) 670-8877

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

Dear Parents:

I would personally like to thank you for your participation and support of Washington Girls Basketball. Our goal is to provide an atmosphere where our youth can have fun and learn the valuable lessons youth sports can teach them. You play the most important role in making this dream a reality. We insist that we have a positive atmosphere for our girls to play in.

If we can keep these kids in a gym motivated and having fun enjoying positive activities with other positive goal oriented kids, they will not have time to hand around the wrong crowd and slowly degree by degree slip in the wrong direction.

This is one of my strongest motivations to do what I do. To accomplish this our kids must love what level they are at and continually reward and praise them. Educate them that success comes from individual improvement and effort and not the score. Consistently praise them for the effort. The very fact they are out on the floor trying makes them a champion. Any young athlete can excel to a higher level of play is she is willing to put the time and work into it. The amount of time and level of effort she is willing to extend is directly related to her self-esteem, level of enjoyment and self-worth derived from the challenge.

No influence or single factor determines the future success of your child more than you. Success is seeing your child develop in areas of self-esteem and self-worth. These by the way are the single most important factors in your child's basketball skills developing.

Statements like, "Don't do that; You should have; Why didn't you; Next time don't do that" all send negative messages. Statements like, "You did great today; I loved that one move; You're getting better; I'm so proud of you staying in there against that team; Nice try, try again; Right idea, try again," all send positive messages. Tell your girl that she is ok and it will keep her wanting to stay in there and beat life's challenges.

Seldom if ever does a player need to be reminded by you during or after a game of a mistake made. They need to know there was some observable value in their effort. I made a mistake because I'm out here pushing beyond my comfort zone. Give me the ball so I can go for it again and make more mistakes until I get it right. This mind set comes from good self-esteem. Self-worth comes from the effort. Helpful advice should be deferred. There is always time later to work on developing skills that will help avoid future mistakes. What player can truly develop good self-esteem and love playing this game with negative statements from those who's opinion they value the most.

My league was blessed with a team that in their first three seasons never posted a winning score, however, those kids were the happiest, most motivated bunch of girls I have ever seen. They are now posting wins and given time will be one of the best. The parents and coach constantly praised and cheered them on. In my opinion those girls never lost a game. They taught us all a valuable lesson.

Note: On a league level we will consider any negative statements from the stands as an act of unsportsmanlike conduct.

Thank you for your support. **Our youth on and off the court are what this is all about.**

Thank you,



## Parents Pledge

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child plays in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- **I will never give my child a negative statement during or after a game.**

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Parent Signature

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Parent Signature

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Date

## Players Pledge

- I will give my best effort and try to develop and improve new skills
- I will know that success comes from my best effort not the result of that effort.
- **I will feel free to make mistakes without criticism.**
- I know mistakes are good - they mean I'm giving my best effort.
- Because I'm giving my best I'm as good as anyone and my skills will improve.
- When playing tougher competition I will always give my best and therefore walk away a winner.
- I will enjoy the level I'm at and enjoy my improvement and have fun.

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Player Signature

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Parent Signature

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Date

## The Player

It is not the critic who counts. Not the person who points out how the strong athlete stumbled; or where the player could have done better. The credit and pride belongs to the player who is actually in the arena. The player whose face is marred by sweat. The player who strives valiantly, who errors and comes short again and again. The player who knows the great enthusiasms, the great devotions, the great effort that comes from deep within. The player that spends themselves in a worthy cause. The player who, at best, knows the triumph of high achievement. The player who, at the worst, if they fail, at least fails while daring greatly. Their place shall never be with those cold and timid souls who knew neither victory nor defeat.

Players please never forget that victory does not come from the final score, or how many points you make. Win or lose victory comes from the knowledge that you went into the arena. You kept your ethics and standards

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## Sportsmanlike Conduct

Dear Player, Fans and Coaches:

We believe that youth sports, when properly run at all levels, are a healthy, fun and positive aspect of a persons life. Imparting lifelong values which are the behavioral foundation of our future leaders. Our goal is to run the best sports programs in the state. We insist that we have a clean positive atmosphere for our girls to play in. To this pursuit, we offer programs which will embody this philosophy.

Because of this enormous responsibility we will set and enforce high standards. (Our youth learn by example) We will accomplish this by letting everyone know up front what is expected and by instantly and strictly dealing with problems when they occur.

You must at all times display sportsmanlike conduct. Any negative or derogatory statement will be considered unsportsmanlike conduct. We have informed our officials, gym managers etc. to be overly strict on this point. (Literally the development of our youth is at stake here)

We want to caution you: we will make an example of someone who slipped so that everyone will know that any unacceptable behavior in our gyms will, absolutely, not be tolerated. We cannot stop all unacceptable behavior but we can teach our youth the consequences of such behavior.

Any negative statement will result in a warning or ejection from the gym. If you receive a warning the next negative word out of you mouth will be cause for mandatory ejection from the gym. If this problem continues your team will be ejected from the league no refund.

Please understand that this process can and probably will be implemented over a minor infraction. You have been warned up front and the intent of the rule is crystal clear. Realize that we teach by example and in the long run a few technical fouls or short term embarrassment is a small price to pay to ensure you and more importantly your child has a healthy, safe and fun environment to play and develop in.

Finally I realize the vast majority of people in our gym do conduct themselves admirably and I thank you. I also realize there is a difference between an emotional reaction to the game and unsportsmanlike conduct. "Ohhh that was all ball" is an emotional reaction. "What's wrong with you ref. "That was a horrible call," "You need glasses" etc. is unsportsmanlike conduct.

Our youth learn by example and they will learn from their experience in our gyms. We all have the responsibility to see that they have a positive learning experience. Please at all times let us be a positive role model for these young, impressionable individuals.

**Our youth on and off the court are what this is all about.**

Thank you,



Michael Hummel

## Regarding Referees

Washington Girls Basketball uses only state certified referees. These officials are veterans and are top rated. As such they deserve the respect they are due.

I ask your help in this area. These officials will come do my games but refuse to do any other leagues because of the abuse they have to put up with. We have all seen what inexperienced officials can do to a game. We need these officials because they are critical to the atmosphere our girls need in these gyms.

Keep in mind they'll have a tough job to do. They have even been known to miss a call or make a bad call or have a bad day. This is an area where we must, at all time exercise sportsmanlike conduct. At my request they will strongly enforce this. An emotional reaction to a referee's call is normal. To what degree or how that reaction is expressed determines unsportsmanlike conduct.

The officials are not in our gyms just to get a paycheck, they sincerely care about these kids and want to help. If they didn't, then they wouldn't be here.

## Regarding Teams

Our league philosophy is to see each player develop physically in knowledge and application of fundamental playing skills and develop psychologically in areas of self-esteem and self-worth. Therefore even though we have more talented players and a higher level of competition then recreational leagues, we do not keep win/loss records. These games should be considered scrimmages.

If your child is winning a game by 20 points, then this is a good time for her to start playing with her left hand or to use new moves.

If she is loosing the ball, missing left handed layins, traveling on a difficult spin move, praise her. Her self-esteem is in great shape. She is willing to make mistakes. By her effort she will improve and derive great self-worth provided she is having fun.

If your child is loosing a game by 20 points congratulate her that she's going against a tuffer team and her athletic skills are being forced to improve in an attempt to stay with that team. All you need to do is praise her for the effort.

The ideal for her, obtained easily with the right thinking, is every team/player can be successful every game.

Note: It's easier to be successful on the downside of a 20 point game than the upside.

## Regarding Success

In professional, college and yes, unfortunately but realistically, varsity sports, success is measured by the win/loss record. The score of the game isn't even a factor in measuring success in youth sports. Success in youth sports is having fun while developing psychologically and physically.

Only 5% of our youth will go on to play college sports and only 2% professional sports. That kind of makes the values gained (self-esteem, self-worth etc.) from youth sports very important for the other 95%.

John Wooden, the winningest coach ever, when asked "what do you owe your success to," simply said:

**“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.”**