



YMCA Basketball League

K-1st Grade Girls 2010

McPherson Family YMCA
220 North Walnut
McPherson, Kansas 67460
(620)241-0363

	Team:	Coaches:	Phone #
1	Sky (Lt. Blue)	Brandon Johnson	620-755-5586
2	Stars (Yellow)	Todd Beam	620-755-4455
3	Comets (Purple)	Melissa Strathman	620-654-3771



All practices and games are held at the McPherson Family YMCA.

Date	Time	East Court	West Court
Practices			
Practice #1 (Week of Jan. 4th)			
Practice #2 (Week fo Jan 11th)			
Practice #3 (Sat. 1/16/2010)			
Practice #4 (Week of Jan. 18th)			

See Below!

Games			
Saturday, January 23, 2010	11:00 AM	1 VS 2	
	12:00 PM	3 VS 1	
Saturday, January 30, 2010	11:00 AM	2 VS 3	
	12:00 PM	2 VS 1	
Saturday, February 06, 2010	11:00 AM	3 VS 1	
	12:00 PM	2 VS 3	
Saturday, February 13, 2010	11:00 AM	3 VS 2	
	12:00 PM	2 VS 1	



McPherson Family YMCA
100 Years
across the generations...



K-1 Girls Practice Schedule 2010

Age	Teams	Coaches	Weekly Time / Place	Sat. Jan. 16th
K-1 Girls	Sky	Brandon Johnson	Thurs. 5:30 / West	9:00am / East
	Stars	Todd Beam	Thurs. 5:30 / East	9:00am / West
	Comets	Melissa Strathman	Thurs. 7:30 / East	11:00am / East

Cancellations due to weather will be decided at **8:00 a.m.** on game days. Information will be available on our web site www.ymca-mrc.com, by calling the hotline at 620-241-1331, and on KNGL/KBBE - 96.7 FM. You can also receive email notification on the game status by sending an e-mail request to sportsdept@ymca-mrc.com. Schedules, up coming programs, and registration for all YMCA and MRC programs are available on the website listed above.



K-3rd Basketball Rules



The McPherson Family YMCA basketball league places emphasis on teaching the fundamental skills of the game and portrays team work, sportsmanship and positive attitude as essential aspects of basketball.

1. Man-to-Man defense will be used by all grades in this league. Youth should learn the basic skills/concepts of man defense before attempting to learn the principles of a zone. (Switching players on defense is permissible.) Note: Before each quarter, coaches are encouraged to line their team up across from whom they will be guarding.
2. Each game will consist of four six-minute quarters with 5 minutes at half time and 1 minute between quarters. The game clock will stop only for timeouts and free throw attempts.
3. Teams will alternate possession on jump ball situations.
4. Once a player gains control in the back court, or after a throw-in, the defensive team must go to the forecourt and allow the offensive team to cross the half-court line. Full court pressing is never allowed. After the ball has crossed into forecourt, the defensive players may cover their opponents anywhere on the floor. There is no back court rule.
5. The junior size ball (28") will be used and the goals will be lowered to 8'6".
6. The levels will be shortened to the 12' for 2nd-3rd and 10' for K-1st. Three-second lane violations will not be enforced for K-1st grade league; five seconds will be given for 2/3 grade leagues.
7. All teams/ grades will shoot free throws when fouled during the act of shooting. 2/3 grade teams will shoot 1 and 1 free throws (bonus) when the opposing team reaches it's seventh foul. The count for team fouls will restart each quarter. K/1 grade teams will gain possession of the ball when a non-shooting foul is committed. Both leagues will be allowed to jump across free throw line, if necessary, but they must start from behind the line.
8. No player may play the entire game. Even the highly skilled players need rest during a game to analyze the other team, and to think about how to play better and how to help the team. It is the coach's responsibility to substitute fairly.
9. Each player will play at least half the game. All players will have a chance to learn and have fun, regardless of the player's experience or ability.
10. Substitutions can be made only during timeouts and in between quarters, so please make certain all players have equal time each game by planning ahead. Second and third grade players must check in at the time-keeper's table before entering the game.
11. Judgment calls by referees are final.
12. Regular basketball rules (traveling, double dribble, etc.) will apply, but will be called in loose form. The idea of this league is to teach the fundamentals of basketball and good sportsmanship. Referees may and are encouraged to instruct the players after making a call.
13. Poor sportsmanship by coaches, players, or parents will not be tolerated. Players may be forced to sit out of the game, and coaches and players may be asked to leave the gym.
14. A team must have at least three players to start a game. Only those signed up for the league are allowed to participate in games.
15. Clear-out offenses are not allowed.
16. Pressing or half-court trap defenses are not allowed.
17. Score or league standings are not kept in the league.
18. Each team will be awarded one time out per quarter. The time outs do not carry over into other quarters.
19. Dark-soled shoes are not allowed on the gym floor.
20. Food nor drinks are not allowed in the gym and hallway.
21. K/1 grade league is very instructional; therefore, coaches will be allowed on the court during game play, and they will be in charge of officiating their own games with minor assistance of a referee. This will enable teams to best follow their coaches instruction, and play in an organized manner.
22. Every player must wear the reversible red and white jersey which can be purchased at the Front Desk.
23. **Jewelry and metal hair pieces are not allowed.** If worn to the site, they must be taped.

Each official and coach is responsible to the Program Director if any conflict should arise.

YMCA Basketball League K-1st Grade Girls 2010 Rosters

Team:
Comets (Purple)

Coaches:
Melissa Strathman

Name			
1	Raegan Brake		
2	Kori Courtney		
3	Brette Doile		
4	Carley Malm		
5	Jacey Smith		
6	Avery Strathman		
7	Adriana Villalobos		

Team:
Sky (Lt. Blue)

Coaches:
Brandon Johnson
Chad Alexander

Name			
1	Isabella Alexander		
2	Lillia Diggs		
3	Sydney Johnson		
4	Maliya Paine		
5	Grace Pyle		
6	Ella Schmid		
7	Addison Seidl		

Team:
Stars (Yellow)

Coaches:
Todd Beam
Brad Berg

Name			
1	Kassidy Beam		
2	Katie Berg		
3	Lexi Kynaston		
4	Lauren Labertew		
5	Abigail Pierce		
6	Kaylee Zeitlow		