

Eagles United



Board of Directors

Alex Spielman- Eagles United Founder/President

Jan Spielman- Treasurer

Erika Wachholz- Secretary

PURPOSE OF THE HANDBOOK

As a parent or athlete associated with Eagles United, this handbook is intended to outline everything you need to know about who we are as an organization and how the business is run from a procedural standpoint. Our goal is to provide unique opportunities and plant seeds in athletes to maximize their potential on and off the court. This handbook will share with you the different goals we have for your daughter/son. Throughout the year parents may question certain decisions or wonder why our organization runs as it does. If that is the case, please refer to this handbook. If you have any questions about the content of this handbook, please contact Alex Spielman.

Mission Statement

Eagles United recognizes that basketball is only one aspect of a young person's life. We want to be a memorable part of their journey. Eagles United is committed to providing a healthy and safe environment where our athletes athletic abilities can soar. Our focus is not just winning basketball games, it is to create a culture where athletes can increase their basketball skills, while enjoying the companionship of their fellow teammates and coaches. Jean Vanier (1992) "From Brokenness to Community" explains the importance of building a community and states; "Community is not uniformity. There is a danger today, in our world, to want everybody to be the same, but then we lose our uniqueness" (p.43). We must learn to respect others and their personal development because "growth will come as we come closer to people who are different from us" (p.38). Our mission is to capture that uniqueness. Our organization cannot grow without being diversified. Each person provides uniqueness to our organization. Eagles United is committed to complete the personal growth of our players by embracing their uniqueness.

ORGANIZATION

Eagles United is a **501(c)3 Organization**. We are committed to treating everyone equally regardless of their economic background. Everyone on the team has the equal opportunity to play because time on the court is based on hard work and academic achievement rather than an ability to pay travel costs and tournament fees.

Goals

- To plant seeds into the minds of young individuals that allows them to grow into unique men and women.
- To develop each player's character by teaching the value of teamwork and sportsmanship through the game of basketball.
- To provide players with knowledge of the game by obtaining an excellent coaching staff that use instruction and techniques that are designed to improve skills.
- To create a community where working hard towards a common goal and achieving your potential are intertwined.

- To prepare players both athletically and academically so they are ready to advance to the next level of play or stage of life.
- To assist highly skilled players in obtaining college scholarships or financial aid.

PROGRAM EXPECTATIONS

Athlete Expectations

1. Athletes must attend team related activities with full effort and proper sportsmanship
2. Respectful behavior to athletes, coaches, officials, and parents
3. The use of any form of alcohol, tobacco, or drug substances will not be tolerated
4. Theft or vandalism of any form will not be tolerated
 - a. Treat facility with proper care – do not leave garbage out during practices
5. Foul language will not be tolerated
6. Athletes must abide by all coaching decisions, including mid-season roster changes
7. Believe in the program and have faith in the system
8. Communicate with your coaches regarding any questions or concerns

Parent Expectations

1. Do not coach from the stands
 - a. Cheer and be supportive of players and their team
 - b. Do not criticize other parents, coaches, players or referees.
 - c. If you do not have anything nice to say, keep your mouth closed on the sidelines
 - d. Do not shout instructions at players. Let coaches handle that. It confuses the kids.
 - e. Communicate with Eagles United director in regards to travel or scheduling conflicts.
2. Fulfill the financial requirements of the program
3. Attend as many events as possible to show your supports to athletes and their teams
4. Let your child communicate with coaches if they have any concerns (Playing-time)
5. Let your daughter or son develop into their own person/athlete

Coaches Expectations

1. Supports athletes' efforts toward success
2. Support parents' concerns regarding their child
3. Find anyways to maximize each athlete's full potential
4. Believe in the program
5. Communicate roster changes in a proper timely manner

EAGLES UNITED PHILOSOPHY

Goals: 3rd-4th grade

Lay ups –Athletes should jump off the left leg when shooting a right-hand lay-up. They should shoot off their right leg when shooting a left-hand lay-up.

Footwork – Learning triple threat positioning, pivoting on their left and right foot without traveling, jump stops, and to square to the basket as soon as they catch the ball in a triple threat position.

Shooting form – Athletes will learn proper shooting form. (Stance, holding the ball, position of shooting hand, set point, upward force, releasing the ball, and follow through).

Ball handling – Athletes will learn proper dribbling mechanics for both right and left hands.

Athletic & movement skills – Athletes will learn how to run, jump and land, skip, stop, move laterally, squat, lunge and any other basic movements.

Basic passes – Athletes will learn the basic chest, bounce, and overhead passes.

Offense – We will teach our kids to “Read the Defense”. Our goal at this age is to have athletes move & not stand still. Learn to pass the ball and play together with proper floor spacing. We will also stress ball reversals.

Basic cuts- Athletes will learn how to use basic cuts such as, back cut and V cuts.

Defense - Teach the basic stance, defensive slide, and basic off-ball principles. Our goal at this age is to have athletes stop the ball; keep their body between the ball and basket. We will also learn proper help gaps.

Learning how to accept failure- Our goal with this age group is to expose our athletes to competition. We will NOT have the “everyone gets a trophy mentality”. Our kids will learn how to work hard, set goals, and to face diversity.

Goals: 5th-6th grade

Lay ups – Athletes will learn the proper use of a jump-stop lay ups.

Footwork –Learning how and when to use jab steps and ball fakes (pass fakes and shot fakes).

Shooting Form- Athletes will be introduced to movement (shooting off the dribble and off the catch).

Ball handling – Athletes will be introduced to moves such as the inside-out dribble (fake crossover), hesitation move, and between-the-legs.

Athletic and movement skills- Athletes will learn how to foot plant correctly, change of direction on screens, and more advanced skill moments. Stretching will be a requirement.

Passing – Athletes will be introduced to baseball passing, one hand passing. Passing will now be done under pressure.

Rebounding – Athletes will be introduced to rebounding. Athletes will work on the proper boxing out techniques.

Offense – We will continue to embrace the “Read the Defense” mentality. Our goal at this age is to teach basic 5 on 5 sets, athletes will now be held accountable “mentally”.

Cuts and screens- Athletes will be introduced to back screening and more cuts to get open. (curl cut, flare cut, back cut, L cut. Post players will be introduced to post flash concepts.

Defense – We will continue to work on defensive stance, defensive slides, and off ball principles. Athletics will be introduced to press defense concepts.

Learning how to take responsibility- Our main goal at this age group is to teach our kids to learn responsibility. We want our kids to start holding themselves accountable for their actions and to learn how to prepare themselves to be successful. Only they can do this for themselves.

Goals: 7th-8th grade

Lay ups – Athletes will learn the proper use of a reverse lay-ups.

Footwork –Athletes will continue to use different types of jab steps and ball fakes (pass fakes and shot fakes).

Shooting Form- Athletes will continue to shoot with movement (shooting off the dribble and off the catch). They will start to shoot off screens and develop a more skilled pull up shot.

Ball handling –Athletes will continue to polish their ball handling skills. At this point, all ball handling drills will be done with two balls. For example; one ball is dribbling with right hand and the other ball is being dribble with left hand going around left leg.

Passing – Athletes will be allowed to pass behind the back, no look passing. We will work most on passing off ball screens and passing into the post.

Rebounding – Athletes will continue to work on rebounding techniques. Boxing out and getting the ball at its highest point.

Offense – We will continue to embrace the “Read the Defense” mentality. We expect all athletes to understand all 5 on 5 sets, side out of bounce sets, and baseline out of bounce sets. Athletes will be held accountable “mentally”. Coaches will now work on late game situations.

Cuts and screens- Athletes will be continue to work screening and cuts to get open. (curl cut, flare cut, back cut, L cut. Post players post flash concepts and we will now work on reverse screens.

Defense – Our Defense will feature 1-2-1-1 press, 2-2-1 press, and man/man. We will now start playing and introducing 2-3 zone, 3-2 zone, and half court press.

Finding your passion- Our main goal at this age group is for athletes to find either passion for the game of basketball. Some may be starting to set high goals for themselves while others want a different path than playing basketball. This is the stage where kids learn to make their own choices as they get ready to head into high school. As a parent, it is important not to force sports or other activities on your child. Let them find their passion.

Goals: 9th-11th grade

Our goals for this age group, is to take everything they have learned from the last six years in our program and apply everything. If our athletes have learned to how to accept failure, take responsibility, and they have found their passion in basketball, then, I truly believe Eagles United will have top ranked teams both regionally and nationally. Our main goal at this age is to get our athletes in front of college coaches all around the country. It is time for our kids to see the results of their hard work.

Learning how to accept failure- Our goal with this age group is to expose our athletes to competition. We will NOT have the “everyone gets a trophy mentality”. Our kids will learn how to work hard, set goals, and learn to face diversity.

Learning how to take responsibility- Our goal at this age group is to teach our kids to learn responsibility. We want our kids to start holding themselves accountable for their actions and to learn how to prepare themselves to be successful. Only they can do this for themselves.

Finding your passion- Our goal at this age group is for athletes to find either passion for the game of basketball. Some may be starting to set high goals for themselves while others want a different path than playing basketball. This is the stage where kids learn to make their own choices as they get ready to head into high school. As a parent, it is important not force sports or other activities on your child. Let them find their passion.

From a non-basketball perspective, our main goal is that our kids grow up to believe in themselves. We want them to chase all their dreams, knowing that failure is a part of the process. We want them to never blame another, but to take responsibility for themselves in all aspects of their life. Lastly, we want them to live their life doing something they can be passionate about.

“The two most important days in your life are the day you are born and the day you find out why” – Mark Twain

TRYOUTS

Tryouts will be held every year to give each athlete a fair chance at displaying their skills. The purpose of tryouts is to make each of our teams as competitive as possible. Please note that even when tryouts are completed, teams may still be changed in the middle of the season. We will be selecting the top 20 players in each age group which will be made up of two teams. Eagles may allow additional teams per grade depending on numbers of players that tryout.

TEAM STRUCTURE

We carry multiple teams per grade with NO more than 10 players to a team. This will allow for coaches to have a full team of 10 players. All teams will have at least 8 players which means to provide two teams we will need at least 16 players in each grade. If we do not have enough players for two teams in any grade, we will only carry one team of at least 8 players, but no more than 10.

Youth Teams (4th boys/girls – 7th boys/girls)

There will be (Competitive Teams) and there will be (Developmental Teams). We want to be able to provide options and better experiences for everyone.

The competitive teams will not have any guaranteed playing time. These teams will play in the top division of all tournaments.

The development teams will play in the second division of all tournaments unless there is only one division, but each player will play ABOUT the same number of minutes. Coaches will sub evenly until about the last 5 minutes in the games.

(Our youth teams will not have practice requirements. We still want them to play summer sports. They will still have one skills night and one team practice night each week) Players will not be punished for missing practices due to other events.

High School teams (8th boys/girls – 11th boys/girls)

Our High school teams will run different from the youth groups. We will have multiple teams, but all teams will run on the “competitive system”. Players can expect up to 25% of total minutes in a given tournament. We will be taking these groups to some NCAA LIVE period events. Teams will be put together based on skills. We will have the top 8-10 players on the top teams and the next best 8-10 players on the next teams and so on.

These groups will have practice requirements for the summer. We will not have a skills night with these groups. They will have one team practices each week and all skills development will

be done on their own time. Players are expected to be at ALL tournaments. Basketball will come first with these teams over other summer sports (There are exceptions to family events). Players need to notify coaches of their events ASAP (two weeks in advance of tournaments).

COACHES

Our goal is to have one Head Coach per team; however this is not always the case. We may have multiple coaches coaching more than one team. Sometimes we have schedule conflicts with game times and coaches will need to move around to fill in during games. All coaches will be USA YOUTH DEVELOPMENT CERTIFIED. Please understand that you may not have the same coach for every game all year long.

These are the guidelines to our coaching hires. It is important for our coaches to have training before coaching any teams.

- All coaches will have the option to complete the USA YOUTH DEVELOPMENT Training.
- High School Coaching, College Playing/college coaching is preferred
- High School teams (No parents will be allowed to coach these teams unless they have College Coaching Experience)

Head coaches will be paid for the summer but we will still have volunteer coaches. MOST COACHES WILL BE USA YOUTH DEVELOPMENT CERTIFIED.

PRACTICES

Practice times and locations are posted on the Eagles-United.com website. All youth teams will have one skill night and one practice night per week unless there is a tournament that weekend. There will be no practices on weekend of tournaments. There will be no practice on selected holidays. Eagles United has the right to cancel any practices at any time. Make-up practices may be added to the schedule.

GAME/TOURNAMENTS SCHEDULES

(Please Note that schedule may change due to lack of teams in tournament age divisions, number of players from EAGLES UNITED who can make tournament). Eagles United will try to make-up a tournament if the schedule allows. Our goal is to play five youth tournaments and six high school tournaments.

(NO REFUNDS WILL BE GIVEN FOR ANY CANCELLATIONS)

FINANCIAL REQUIREMENTS

Fee Structure

Fees associated with participation in Eagles United are shown on table below. Payment plans are available and worked out during the registration process online. Program fees cover Eagles United jerseys, coaches, facility, equipment, tournament entry fees, practice and tournament insurance. All monthly payment plans will be made via automatic withdrawal. There will be a \$200.00 deposit due at registration.

Program	Current grade for 2017-2018	Summer Season	Active Fees
Youth Eagles	3 rd	\$300.00	\$50.00
Youth Boys/Girls	4 th – 7 th	\$750.00	\$50.00
High School Boys/Girls	14U – 17U	\$950.00	\$50.00

Payment Plans

Payment plans are made available online during the registration process. There are two types of plans available:

Pay in Full

This payment plan will be the full amount paid during the time of online registration.

Monthly payments

This payment plan will be the total amount divided by the number of months in the current season. For example: Total due \$800, number of months 4, (800 divided by 4 = \$200 monthly payment).

Discounts Available

Eagles United currently does not have discounts available, however we do offer financial assistance because we are a 501c3 non-profit organization.

Financial Assistance

Eagles United Financial Assistance Program exists to provide opportunities for student athletes to participate that would otherwise be unable to do so for financial reasons. We will be compassionate with scholarships based on need. This is a limited scholarship and all applications will be reviewed by a committee that has been appointed by the board of directors. Financial assistance comes in the form of full or partial discounts on tuition and is not guaranteed for those who apply. The following documents are needed for the application process:

- Financial assistance application (statement of need, household income information)
- Most current tax return
- Parent/Player Letter of Application

If you would like to know more or need help during this process, email Alex Spielman.

alexspielman@eagles-united.org.

Personal Information/Property Waiver

Eagles United and its co-organizers are not responsible for lost or damaged personal property. Children's photos and quotes may be used for publicity purposes on Eagles United website, Facebook Page, Twitter and any other forms of social media.

Club Refund Policy

The fees paid for participation in Eagles United girls/boys' organization are non-refundable once a player has been selected to a team and the fee deadline date has passed. Players and families will have up to five days before deposits are due. Once the deposit date has passed full-payment of selected season is required even if player decides to discontinue. I understand no fees will be refunded or transferred.

Insurance Wavier

RELEASE OF LIABILITY -- READ BEFORE CHECKING THE BOX

In consideration of being allowed to participate in any way with Eagles United, its related events and activities, I acknowledge, appreciate, and agree that: 1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Eagles United their officers, officials, agents and/or employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessor's of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY CHECKING THE BOX, AND CHECKED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

I also understand that my child must be covered by MEDICAL and/or ACCIDENT INSURANCE in order to participate in Eagles United activities and hereby certify that my child is covered for INJURIES and/or DEATH occurring as a result of participation in, or the practice for, all Eagles United events. I also CLARIFY that said INSURANCE will be kept in force during the full time that my child engages in the practice for or participation in athletic events during the current Eagles United season. I understand that my child is participating in Eagles

United at their own risk, in case of an emergency, I hereby authorize my child to be treated by Certified Emergency Personnel (i.e. EMT, First Responder, and/or Physician).

PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasee's, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasee's from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

Hotel and Lodging

Eagles United is not responsible for registration and/or payments of hotels and lodging. I understand, that I am responsible for the travel to and from events for my child. I **ACKNOWLEDGE**, that if for any reason I am unable to travel to and/or from a tournament that Eagles United will help assist with making other arrangements. All tournament dates and locations will be sent out at a timely matter. In a **Stay to Play event**: I understand that Eagles United has an obligation to stay in selected hotels. Parents and players will be required to stay at these selected locations.

Playing Time

Travel/Club basketball is a highly competitive athletic endeavor. We understand that it is not without cost. The amount of playing time is up to the individual head coaches for our competitive selected teams. As an organization, we feel, anyone who is good enough to make one of our teams is deserving of playing time in each and every contest as long as they have met practice requirements. However, you should not expect playing time to be evenly distributed, especially as the teams mature. Our expectation is the least skilled players on any team could play as little as 25% of the available minutes over the course of the season. If parents or players have an issue with this possibility, then Travel/Club basketball may not be for you.

Eagles United will offer a development team (if there are enough players for a second team) for those who are looking for a more balanced playing time approach, however this does not mean that playing time will be evenly distributed. Players should expect 40% of the available minutes over the course of a season.

REMINDER TO PARENTS

There will be days that your child will be frustrated, upset, and even feel like quitting. It will be because they are put in situations where they are uncomfortable. Our athletes will be forced to confront their weaknesses. As an organization Eagles United believes these situations are necessary for the long term success of your child on and off the court. We are committed to helping each child reach their full potential. For some that means being the best player in the northwest region of Iowa, for others it means being the best player in the state or even the nation. We understand, however, for most it means starting on their high school basketball team. Our

organization sees all of these as successes equally because our goal is for all athletes to ultimately reached their full potential on the court as basketball players. There will be days your child loves us and days they hate us. Same as parents, there will be days you think we are the greatest organization and there will be days where you feel we are not. What will determine your success in this program just like your success in life is, will you choose to hang on when others let go?