



Welcome To Mentally Fit Travel Team Program

“ Changing Youth Lives, By the Dribble”

Season 2017-2018

Follow us @bmentallyfit



“ Changing Youth Lives By the Dribble”



3553 Atlantic Ave. Suit 1239 Long Beach CA, 90807 www.Mentallyfitbasketball.com 562.355.2416

Welcome

Thank You for joining Mentally Fit Basketball Club. Mentally Fit Basketball provides training, Camps, Clinics, Leagues and travel teams year round. The Goal of Mentally Fit is to ensure that our participants are physically fit, through physical awareness and sports activities. Information regarding the body and techniques used to increase physical awareness and performance are provided to our participants through handouts and sports demonstration. It is our goal to make sure that our participants are exposed to physical activity daily, assisting in the development of our participants physical and mental being. Under the direction of Mentally Fit participants will learn the value of teamwork, character, self- confidence, communication, and the attributes needed to increase effective social interaction.

Being part of our program is demanding and requires great commitment for all parties involved. We value family and seek to create a family atmosphere with are community and participating families. We stress the importance of religion, family, education and the development of our players through our programs and mentorship.

Players in the Mentally Fit family must value school, good grades are expected by the staff of Mentally Fit and monitored throughout the year by our coaches. We as an organization feel that we play a huge role in creating the foundation for our student athletes as they advance throughout school, community as well as within their homes.

“ Changing Youth Lives By the Dribble”



Contents

1. Welcome
2. Table of Contents
3. Intro
4. Coaches
5. Parents
6. Payments Schedule
7. Participants Requirements
8. Code of Conduct Participants
9. Code of Conduct Parent
B. Code of Conduct Parent

Conclusion



Introduction

Mentally Fit is an organization run by CEO and Founder Ron Johnson who enjoyed a productive 4yr career at California State Long Beach, and a successful 10 year European career. The goal of Mentally Fit staff is to evaluate and assess the client's level and ability, improving on areas of strength and building up areas of weakness. Sport Activities can be enjoyed by all ages, abilities, and levels. Skills are improved through drill repetition, practiced scenarios, stat review, motivation, game speed intensity and mentally challenging exercises. Mentally Fit's staff have years of colligate and professional experience and look to share experiences gained through training and playing.

Club and Team

In order to create the family and team atmosphere that we strive to accomplish it will be important for our families to commit fully to the season. It is our belief that any conflict of schedule between Mentally Fit and outside teams will result in participant attending Mentally Fit's scheduled event (Practice, Game, Etc).

Team Play

Our coaches have experienced high accolades and great success in basketball, and value individual talents and accomplishment. However our goal is to teach our participants the value of winning, and losing, as a team. **It is important to note that if at anytime it becomes apparent to the Mentally Fit staff that a player or parent is putting his/her participant over the team, a decision will be made under the direction of the board and program director to decide future relations between player and club.** Decisions made by the board are final without appeal.



Coaches

Mentally Fit coaches are instructed not only to show up on time and provide detailed strategy that will promote success on the court, but behavior that will model pro social behaviors.

Although the title of someone who instructs others in a specific field is “Coach” we believe that we are mentors.

Coaches are responsible for the conduct of the team on and off the court during team events.

Our staff have years of collegiate and professional experience and look to share experiences gained through training and playing.

Although your participant will have a assigned coach, a team may be coached by another Mentally Fit staff if required during practice or games.

Basketball is a amazing vehicle that enables our coaches/mentors to teach and educate our participants on life lessons.

Under the direction of Mentally Fit, participants will learn the values of teamwork, character, self- confidence, communication, and the attributes needed to increase effective social interaction.



Parents

Mentally Fit views our parents as teammates. We take an approach that both parties want the best for the participant and will attempt to place participants in the best position for success. Our parents come from all nationalities, professions and backgrounds. As an organization we value our parents experiences and feel that we can benefit from each other.

There Will be no:

- *Sideline coaching by parents to the point of distracting player*

Coaches assigned to teams will be thoroughly equipped to handle teams and situations and though not perfect will be prepared. Players distracted by parents will be removed from game.

- *Approaching the scorers table (Make known any discrepancies but do not approach)*

Please gain the attention of the coach, he/she will resolve issue with the Scores table/referees.

- *Speaking Negatively about players other than your own*

We value the support and enthusiasm of our parents but will not support demeaning other parents, participants and referees.

- *Do not approach coaches after or during the game*

Our Staff members are more than approachable and can be contacted in the proper setting via conversation, text, or email to discuss your child(s) basketball growth.

- *Chronic Absences*

It is the responsibility of our parents to make sure their participant is able to attend and commit to (practices, meetings, games, etc.).



PAYMENT SCHEDULE

MONTH	DAY
October	15th
November	15th
December	15th
January	15th
February	15th
March	15th
April	15th
May	15th
June	15th
July	15th
August	15th

Checks Made payable to: Mentally Fit

Payments are to made by the 15 of each month. If you choose to vacation, payments remain applicable if you wish to maintain a spot on the team.

In regards to injury: payment will be expected, in the case of an long term injury arrangements will be made and agreed upon by Mentally Fit and injured participants family.

All Families are required to actively participate in our fundraising opportunities.



PARTICIPANTS

Requirement#1

Must be in good standing at home and in School.

Requirement#2

Come with an attitude ready to learn, have fun, while interacting appropriately with peer group. Any participants deemed disruptive will be removed from program without refund.

Requirement #3

Language: Participants must be able to understand basic direction in English. We welcome children of all background but currently our coaches cannot accommodate languages outside of English. Hearing impaired must be able to respond to prompts.

Requirement #4

Must read/ review and turn in any assignments, issued by coaching staff.

Requirement #5

Must be coachable.

(Health: All health concerns should be addressed during enrollment. If we find that a child is not healthy enough to participate, we reserve the right to dismiss your child.)



Participant Code of Conduct

- - I will be a team player and get along with my teammates.
 - - I will learn teamwork, sportsmanship, and discipline.
 - - I will come to practice and games with a positive attitude and enthusiasm to learn.
 - - I will be at least 15mins early for practices and 45mins early before games. ● - I will learn the rules and play by them.
 - - I will always demonstrate good sportsmanship, whether my team wins or loses.
 - - I will respect my coach, teammates, parents, opponents and officials to your coaches' standards of respect. This respect will be granted at all times – on the court, off the court, at school and in all places of your everyday life.
 - - I will respect my practice time and never be a distraction for my teammates and coaches.
 - - I will support my team while on the bench.
 - - I will never argue with a teammate or coach.
 - - I will never argue with an official or fans.
 - - I will always give 100%

CONSEQUENCES

Players who violate the Code of Conduct Policy can be subject to court discipline, reprimand, suspension and/or expulsion from the Mentally Fit program as deemed appropriate by the Director or Coaches. No refunds will be given for any reason that fall within the above listed consequences.

PLAYER CONDUCT AGREEMENT

As a player in the Mentally Fit program, I have read and understand the Code of Conduct outlined above and agree to abide by it both ON and OFF the court.

- Player Name _____ Players Signature _____



PARENT CODE OF CONDUCT

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING AND GOOD CITIZENSHIP. The highest potential of sports is achieved when competition reflects these six pillars of character. I therefore agree:

- - I am responsible for requiring my child to adhere to this code of conduct during & after Mentally Fit activities.
 - - I will remember that children participate to have fun and that the game is for the kids
 - - I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others, including learning behavior issues that may affect their participation in traveling with the team.
 - - I (and my guest) will be positive role models for my child & encourage sportsmanship by showing respect & courtesy & by demonstrating positive support for all players, coaches, officials and spectators at every game and practice.
 - - I (and my guest) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing or taunting; refusing to shake hands; or using profane language or gestures.
 - - I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
 - - I will teach my child to play by the rules and to resolve conflicts without hostility or violence.
 - - I will demand that my child treat others with respect regardless of race, creed, color, sex or ability.
 - - I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game of his/her performance.
 - - I will praise my child for competing fairly and trying hard, and make my child feel like a



-
- winner every time.
 - - I will never ridicule or yell at my child or other participants for making a mistake or losing a game.
 - - I will emphasize skill development and practices and how they will benefit my child over winning.

I will also deemphasize games and competition in the lower age groups.

- - I will promote the emotional and physical well being of athletes ahead of any personal desire to win.
- - I will respect the officials and their authority during games and will never question, discuss or confront coaches at the game and take time to speak with coaches at an agreed upon time and place.
- - I will demand a sports environment for my child that is free of drugs, tobacco and alcohol and I will refrain from their use at sports events
- - I will refrain from coaching my child or other players during games and practices, unless I am on of the official coaches of the team.

CONSEQUENCES

Parents that violate the Code of Conduct Policy can be subject to, reprimand, suspension and/or expulsion of their child from the Mentally Fit program as deemed appropriate by the Director or Coaches will be dealt with accordingly and note that no refunds will be applied whatsoever for the above stated consequences.

PARENT CONDUCT AGREEMENT As a parent in the Mentally Fit program, I have read and understand the Code of Conduct outlined above and agree to abide by it both ON and OFF the court.

Parent Name : _____

Parent Signature: _____



3553 Atlantic Ave. Suit 1239 Long Beach CA, 90807 www.Mentallyfitbasketball.com 562.355.2416

Conclusion:

Now that we have that taken care of, Let's Go!

MF-10u Black

MF-10u Neon

MF-11u

MF-12u

MF-13u

MF-14u