

# **Newton Girls Basketball Association**

2024-2025 Season





## **Agenda**

**League & Season  
Overview**

**Impact of Positive and  
Negative coaching  
experiences**

# NGBA Mission Statement & Values

- NGBA has a well-defined mission that varies from other sports programs with which you might be familiar. We are a recreational basketball league.
- Our primary emphasis is on having fun and teaching the girls basketball skills. We emphasize good sportsmanship, and have a strict rule that requires each girl to play approximately one-half of each game.
- We Value and Foster:
  - Fun
  - Teamwork
  - Sportsmanship
  - Leadership
  - Physical Fitness / Healthy Development
  - Volunteerism
  - Community Service

# NGBA Organization

The NGBA Board is a group of volunteers who help to make the league run.

- Co-Presidents: Dave Bolger, Lyla Goldstein
- Treasurer: Nina Levin
- Equipment: John Rounseville
- CORI: Harshita Bhurat
- Ref Coordinator: Albert Olszewski
- Gym Coordinator: Drew Ardini
- 4/5 Grade Coordinator: Nick Fisher
- Members at Large: Cagdas Kafali, Bamidele

There are other roles required to make the league run including:

- Grade Coordinators:
  - Irene Sherman, Carrie Wicker (3)
  - Nick Fisher, Alex Heyman (4/5)
  - Foster Hoyt, Dave Bolger (6/7)
  - John Rounseville, Albert Olszewski (8/9)
- Registrar
- 2<sup>nd</sup> Grade Program Lead
- Referees
- Coaches
- Game Day Coordinator
- And More!

# Volunteers: Want to Help?

## Open Roles Available

- CORI: Transition Year with Harshita Bhurat
- Gym Coordinator: Transition Year with Drew Ardini
- Grade Coordinator: Grade 3 (2025-2026)
- Web Master
- Secretary
- Recruitment
- March Madness
- Sportsmanship
- Fundraising
- Members at Large

# **Michael Jones, An Open Letter to Parents Everywhere**

- ...Yelling “Shoot, Jenny, shoot” to a player who is approaching the (basket) with the ball does a number of destructive things. First, it tells every player on the opposing team that Jenny is about to shoot, therefore lessening considerably her chances of success. Secondly, it makes Jenny feel she has no choice but to shoot, and that if she doesn’t shoot, she is somehow letting the team down. Worst of all, it let’s Jenny off the hook. Now she doesn’t have to actually think and make a decision herself about what to do. All she has to do is obey the instruction.
- For kids of this age, obeying instructions from an adult comes far more naturally to them than making decisions of their own. But (basketball) is a sport where the players have to make the decisions themselves, literally thousands of small split-second decisions every game. The younger they start, the better.

**So please don’t yell specific instructions to players during games...**

# **First Hand Experience**

Jenna Kriensky

# Who am I?

- Jenna Kriensky, current Senior at Newton South High School-Played basketball from 2nd grade - 8th grade -Played NGBA, Metrowest, and AAU  
→ Played basketball competitively, but got cut short by Covid-19-Have worked with the NGBA since freshman year of high school Why do I care about this?-Although I have loved my teams and coaches, I have had some negative coaching experiences which severely tainted how I view basketball



# Why do I care about this?

- Although I have loved my teams and coaches, I have had some negative coaching experiences which severely tainted how I view basketball

# Main takeaways

- Coaching matters
- These sports psychologists are working with athletes at a much higher level, and still see cases of players playing worse and losing confidence even when they are some of the best
- In summary of our exchanges, positive language is crucial
- At this age and any, it's all about confidence → the most important thing is that they have fun and develop a love for the game
- Reality is: not many kids play college sports → this stage is for fun, not tough love

# Administration

# CORI

- [Criminal Offense Records Investigation CORI Newton Girls Basketball](#)
- The NGBA board has voted to require that all coaches, referees and board members (except high school students) complete a criminal history request form. NGBA submits these forms to the Department of Criminal Justice Information Services (DCJIS) which provides information on a confidential basis to the NGBA President. The form must be completed in full and returned before an individual can be a coach, referee or board member. Coaches shall not receive a roster until the form has been submitted. Please note:
  - You must include a quality digital photo of a US government-issued ID – e.g., Driver's License.
  - A completed signed CORI Acknowledgement form ([Download the CORI form](#))
  - Within the text of the email, send the following information in the following order:
    - Last Name
    - First Name
    - Middle Initial
    - DOB (MMDDYYYY)
    - Last 6 digits of SSN
  - Email all information to the [NGBA CORI Coordinator](#).
  - If you are unable to download the form, or if you have any questions, please email the [NGBA CORI Coordinator](#).
  - We will also be available on Sunday, 11/17 at 9:00 a.m. to collect this information in person.

# Coach's Corner: Coach's Corner - Newton Girls Recreational Basketball

- Coach's training will occur on Sunday, 11/17, 9:00 – 10:30 a.m. at Oak Hill Middle School
- Get familiar with the rules: [NGBA-RULES-2018-Final.pdf](#)
- Scoresheets: We will have score books available at the Gyms, Parents for scoresheet/Clock
- Equal Playing Time: NGBA Substitution Templates available:
  - Grade 3: [4on4 subs grid 2018-2019v2.xlsx](#), [4on4 subs grid 2018-2019-v2.xlsx](#)
  - Grade 4-9: [5on5 subs grid 2018-2019-v2.xlsx](#), [5on5 subs grid 2018-2019-v2.xlsx](#)
- CORI: [Criminal Offense Records Investigation CORI Newton Girls Basketball](#)
- Equipment:
  - A few game balls will be provided
  - Girls should bring: Water Bottle, Ball, Basketball Sneakers

# Beginning the Season

- Head Coach, Assistant Coach have been assigned, Team Manager is helpful.
- Parents Volunteers for scoresheet/Clock
- Contact Parents immediately:
  - Team information, practice day/time/location, game schedule, rules including absolutely no jewelry including earrings for games or practices, parent and child conduct
- CORI: [Criminal Offense Records Investigation CORI Newton Girls Basketball](#)
- Equipment:
  - A few game balls will be provided
  - Girls should bring: Water Bottle, Ball, Basketball Sneakers

# Coaching Tips

- Over-communicate to parents (send weekly emails)
- Start the season with a party/parents meeting:
  - Discuss your goals for the season, why your coaching, etc.
  - Game behavior (cheering, 0 tolerance refs, etc.)
  - Encouragement of their children
  - Early Arrival times: 15min games, 5-10 minutes practices
  - Medical information you need & Cell Tel Numbers of parents
  - Parents must inform you if daughter will miss practice/game
  - Weather-related cancellations
- Maintain structure, discipline, set consistent rules
- Say something positive to each girl
- Corrections should be done in private when possible

# Practices

- No Lines, No Lectures, No Laps
- 5-10 minutes warm-up (outside the gym)
- 10 minutes of dribbling, warm-up, and stretching as a group
  - Include both R and L hand dribbling
  - Proper dribbling technique
  - Crossovers
  - Figure 8's
  - Protecting the ball
- Break into 2 groups when possible (20min)
  - Pivoting / Rebounding & Positioning
  - Bounce/Chest Pass / Give & Go
  - How to play D / Picks
  - Lay-ups /Shooting technique
  - 3 v 2, 2 v 1
- Finish with 30min scrimmage



# Games

- Equal playing time for all girls (matrix available)
- 4 (ten) minute quarters for grades 3 OR 2 (twenty) minute halves for grades 4/5, 6/7 & 8/9
- Games (clocks) start 5-min past the hour –
- Subbing – at the quarters (grade 3), Grades 4-9 (every 5 minutes within 30 seconds)
- 1 Timeout/half (time permitting)
- How to handle lopsided games
- Coaches/Team sits alone (no friends, siblings, etc.)
- Minimize sideline coaching
- Zero Tolerance Rule
- Defensive matchups
- No Jewelry - Enforced
- Focus on sportsmanship & Fun
  - Cheer for the other team

# Referees

- Both High School & Adult Refs
- Many are
  - Volunteers
  - Just learning this season!
- Please be courteous and thank the ref
- Zero tolerance!
  - 2nd Infraction - Technical Foul (coach ejection)
- Coaches meet with refs pre-game & halftime
- Contact Grade Coordinator if there are issues
- The referees role is:
  - Keeping it safe
  - Teach the players
  - Keeping it fair

# What we have told the Referees

- Control the game
  - Blow the whistle loud!!
  - Call early fouls on aggressive players
  - Call jump balls quickly/immediately
- Run with the game
- Use your judgment on all calls
  - Keep the game moving
  - Take player/team ability into account
- No jewelry - PERIOD

# BC Game/March Madness/Playoffs

- BC Women's Basketball Game:
  - 2/2/24, 2:00 p.m. v. Clemson, Conte Forum – To be confirmed.
- March Madness:
  - 3/15: 6/7 & 8/9
  - 3/22: 3, 4/5
- Playoffs:
  - 3/22: 6/7, 8/9

# End of Season

- Professional Photos
  - 3/15 & 3/22
- Each Team should try to have an End of Season Party/Awards
- FanWear Store: [Newton Girls Basketball Fan Wear Store](#)
- Player Evaluation: [NGBA-Player-Evaluation-Template.xlsx](#)
- Equipment Return: If you plan to coach again next year, store your own equipment. If not, please see John Rounseville.
- How do you know if you had a successful season?
  - Did the kids stay safe?
  - Are the kids better players than they were at the beginning of the season?
  - Do they want to play again next season?