

For parents - Information on our youth basketball program

For what ages do we offer youth basketball ?

- We offer basketball for boys and girls ages 6 to 18

What does our youth basketball program look like ?

- Our youth basketball program focuses on teaching children the game of basketball in a fun and safe environment by certified quality coaches. The goal is to help young players develop their abilities – improving individual skills and teaching team – while having fun of course!
- For many children, this is their introduction to organized basketball. At first, we focus on teaching basketball fundamentals and progressively improving their individual skills. As the players improve, we include a team-based approach by introducing them to competitions, games and tournaments.

When does the season start and end ?

- The season begins in September and ends in May

Is it possible to register for half for the season (September to December) ?

- Yes

How are the children grouped ? How many teams are there ?

- We group the children into different teams based on their age, gender and experience.
- We plan on offering the following teams this year :

BEGINNERS	BOYS	GIRLS
▪ Boys & girls ages 6 to 8	▪ Boys ages 9 to 11 ▪ Boys ages 12 to 14 ▪ Boys ages 15 to 18	▪ Girls ages 9 to 12 ▪ Girls ages 13 to 18

- These teams may change depending on the number of players enrolled. We cannot predict how many kids will play and how many teams we will offer each year. Our aim is 12-15 kids per team. If there are too many kids within an age group, they will be split into 2 groups. Once registration is complete, by the 3rd week, the teams become "official" for the rest of the year. The trend in recent years is simple : more kids are joining and more youth teams are being created.

Who coaches the kids ?

- Our two youth instructors, coach Fadi and Kevork, are both outstanding teachers who are officially certified basketball coaches, have years of experience and have great character. They are helped by volunteer assistant coaches.
- The head coach of the youth program, coach Fadi, is a FIBA-certified basketball coach. As far as basketball certification goes, that is as high as it gets. It's a level of expertise and qualification that is ultra-rare even at the most prestigious expensive basketball clubs in Quebec. The kids that are part of our AGBU basketball development program will therefore learn from an expert with years of experience in coaching, all over the world, and who has the highest level of certification.

My child has never played organized basketball before. Can he or she join ?

- Yes of course. Our program is intended for children of all levels and experience. Both beginners and experienced players are welcome to join our AGBU basketball family!

How often do the kids practice ?

- Most teams will practice twice a week, on Saturdays and a weekday
- The only exception is the “beginners” team (ages 6-8), who practice once a week on Saturdays

My child's team will practice twice a week but my child can only practice once a week on Saturdays. Is it possible to join ?

- Yes. Please inform the volunteers during the registration day. The registration fee will be adjusted

What is the “beginners” team ?

- Kids ages 6-8 who are usually playing basketball for the first time. Some capable 5 year olds too.
- Kids in this group learn the very basics of the sport : running, jumping, catching, stopping, passing, how to hold a ball, dribbling, somewhat concentrating and listening to the coach 😊. There are no games for this group because it is not helpful for their development. It's more about introducing them to basketball and the AGBU basketball family. It's a great way for kids to get started because we adapt the training to their age. And it's always impressive to see their improvement from the start to the end of the year.
- They practice once a week on Saturday mornings and they are, by far, the cutest team in AGBU!

What time will my child play ? What is the schedule ?

- We cannot confirm the schedule until the 3rd week of the season – once registration is complete and we know how many kids are playing and how many teams we will offer. Here is a preliminary schedule to give you an idea but **THIS IS NOT FINAL AND WILL LIKELY CHANGE**

Boys & Girls ages 6-8	Once a week	Saturday 9:30 am – 10:30 am
Girls ages 9-12	Twice a week	Saturday 10:30 am – 11:45 pm
		Tues/Wed Time to be confirmed
Boys ages 9-11	Twice a week	Saturday 11:45 pm – 1:00 pm
		Wednesday Time to be confirmed
Boys ages 12-14	Twice a week	Saturday 1:00 pm – 2:15 pm
		Wednesday Time to be confirmed
Boys ages 15-18	Twice a week	Saturday 2:15 pm – 3:30 pm
		Wednesday Time to be confirmed
Girls ages 13-18	Twice a week	Saturday 5:15 pm – 6:30 pm
		½ year : Tuesday 7:30 pm – 9:00 pm
		½ year : Wednesday Time to be confirmed

- For the first 2 weeks of the season, there will be practices only Saturdays. Afterwards, once we confirm the teams and schedule, practices will begin twice a week.

What will this year look like due to Covid-19 ? Will there be games or only practices ?

- Covid-19 makes planning youth sports very difficult. No one can foresee what challenges may arise. Although we are planning for a full year of basketball, interruptions can happen at any time. We must be resilient, adapt quickly and accept sudden changes and limitations.
- Prior to the pandemic, our youth teams were practicing regularly and starting to compete in games and tournaments. It was encouraging and exciting. Obviously, we want to continue this progression, but we have to be realistic : Covid-19 will probably worsen in the coming months. As of right now, games/tournaments are allowed in Quebec but who knows if it will be in a few months? It is too unpredictable and difficult to register for tournaments in this environment.
- At the same time, in sports it's important to compete. Competition teaches kids how to apply the skills they learned and it teaches them all the life lessons of sports including teamwork, resilience, supporting one another, dealing with setbacks, setting goals, etc. And it's super fun and motivating to know you have a game coming up. We have a solution to this issue!
- This year we will organize our own AGBU Youth Basketball LEAGUE for kids ages 9+. The kids will be separated into different teams and compete against each other. There will be referees, scores, standings and playoffs, just like in a league. The games will take place once a week on Wednesday nights for 2 months in the fall and 2 months in the winter. During these months, kids will practice on Saturdays and play on Wednesday. During the other months, kids will practice twice a week according to their normal schedule. The youth league is included in the registration fee. More information will be provided on the exact format but this will allow games to take place in a controlled environment. A pretty good solution we think!
- And so, we are planning this year to have a mixture of practices and games. If the pandemic stabilizes or improves, we will reevaluate, adjust and look to register in tournaments too.

Do the kids get a uniform ?

- Yes, players receive an AGBU uniform with their names and number. The younger players receive a T-shirt and the older ones receive a jersey and shorts.

What is the registration fee ?

- The registration fee includes everything : practices, a uniform, the youth League

Age	Frequency	Date	Registration Fee	
			Half Season Sept-Dec	Full Season Sept-May
Boys & Girls ages 6-8	Once a week	Saturday	125 \$	225 \$
Boys ages 9-11	Twice a week	Saturday and Wednesday	175 \$	300 \$
Boys ages 11-14	Twice a week	Saturday and Wednesday	175 \$	300 \$
Boys ages 15-18	Twice a week	Saturday and Wednesday	175 \$	300 \$
Girls ages 9-12	Twice a week	Saturday and Tues/Wedn	175 \$	300 \$
Girls ages 13-18	Twice a week	Saturday and Tues/Wedn	175 \$	300 \$

- Family discount for 2 children in the same family : save 50\$ to 100\$
- Uniform discount if your child does not need a new uniform : save 25\$ to 45\$
- If your child can only practice once a week on Saturday : 125\$ (half season) / 225\$ (full season)

Financial help

- We provide financial assistance if needed. If your child wants to play, don't hesitate to contact us to discuss ways we can help with the payment. Yet we must emphasize that the price of our youth basketball program – which offers certified coaches, twice a week sessions over 9 months, custom uniforms, our own league and much more – is incredibly affordable compared to similar basketball programs which cost easily 2 to 3 times more. We fundraise and do everything possible to keep it affordable and accessible for all our community. Please help us keep it that way.

How do I sign up my child ?

- All parents must register their children. Here's how :

Step 1 : complete the registration form on the website

Step 2 : pay the membership fee – you will receive instructions by email

Covid-19 Guidelines

- These rules are mandatory. They can change at any time. Here are the guidelines as of today

For CHILDREN (the players)

- Children ages 10 and above must enter and exit the school wearing a MASK, and must keep their masks on while getting changed and waiting for their practice to begin. They can only remove their masks when they are in the gymnasium and their practice has started.
- Children must disinfect their hands when entering.
- Children must keep a reasonable distance with other people when they are not playing (when they are entering, exiting, getting changed or waiting)
- Children should NOT ENTER THE GYM until the previous team has finished playing and HAS LEFT THE GYM. Wait in the hallway or outside the school. Only enter the gym when the previous group has exited. This will be very helpful for the coaches – to help them manage the sessions – and will reduce the contact between groups in case of an outbreak
- Any child feeling sick from anything should not attend (cough, fever, malaise, etc.)
- Any child in close contact with someone with an active infection should not attend. If a family member has an active infection, the child should not attend, even if the child is not showing symptoms, until the 14 day quarantine period has passed. If there an outbreak at school and the class is in quarantine, the child should not attend, even if he/she is not showing symptoms, until the 14 day period has passed. Use common sense.
- We suggest children bring their own water bottle already filled with water. The school fountain will however be accessible, but we want to avoid a “pile-up” at the fountain.

For PARENTS

- Parents must wear a mask covering their nose and mouth at ALL TIMES when they are inside the school. They must disinfect their hands when entering.
- Parents feeling sick from anything should not attend (cough, fever, malaise, etc.) and their children should not attend either, until the 14 day quarantine period has passed
- Can parents stay in the gym as spectators ?
 - For the month of September, parents are NOT permitted to enter the GYM. Parents can enter the SCHOOL and stay in the hallway temporarily to help their kids get ready (help them get dressed, encourage them, reassure them, go to restroom), but afterwards they must exit the school and return only when practice has ended. One option, if weather permits, is to sit on the benches just outside the school.
 - Starting in October, parents will be permitted to stay inside in the gym as spectators although there will be restrictions. More info will be provided.

- Despite all preventative measures put in place, we cannot guarantee that you or your child will not become infected with Covid-19. Participating in team sports increases the risk of contracting Covid-19. If a player or coach tests positive for Covid-19 and was in contact with the team during the infectious period, parents will be contacted and the team's activities will be paused for 2 weeks.
- General resource for all sports : https://cdn-contenu.quebec.ca/cdn-contenu/education/MEES_Consignes_Reprise_LS.pdf?1591289146

VACCINE PASSPORT FOR AGES 13+

- **For children ages 13 and above**, proof of full vaccination (2 doses) is required to play basketball this year at AGBU. This is mandatory in Québec for all indoor team sports. The vaccine passport goes into effect September 1 but there is an adaptation period permitted until September 15. Starting September 15, it is obligatory without exceptions for all players ages 13 and above.
- Before the 1st practice, players must show proof of vaccination through the QR code issued by the government, which can be in paper or electronic form along with a photo ID. Once a player has shown proof of vaccination, they don't need to bring proof each practice. Please note that if your child is currently 12 years old and becomes 13 years old during the season, they will need to show proof of vaccination at that time to continue to play.
- By law, the vaccine passport applies to players only.
- A negative Covid-19 test does not replace the vaccine passport.
- If you want further clarification on what is allowed, we will gladly provide it.

Ready to join our AGBU Sports Family? Complete the registration form now and see you on the court