

Hastings Sharks Basketball Practice Schedule and Rules

PRACTICE: We practice on the following Wednesday evenings:

Practices at Pinecrest Elementary School Gym- 3/29, 4/5, 4/12, 4/19 and 4/26

Practices at Hastings Middle School South Gym- 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 and 6/21

Building doors open at 6:00 PM. **Arrive for practice by 6:15 - practice starts promptly at 6:30 PM!** Be ready to participate in warm up exercises at the practice start time! Use the restroom before practice. Unified partners should plan to attend every practice with their athlete.

COMPETITIONS: A parent, friend or staff must accompany the athlete to the competition. Athletes must attend the Regional Competition to participate in the State Summer Games. Participation in both competitions is expected.

Regional Competition: Saturday, May 6th, Hastings High School

Summer Games: Friday, June 23rd – Sunday, June 25th, Stillwater High School

TEAM SPORT: Basketball is a team sport and it is one of the largest Special Olympics competitions. It is very important that our athletes understand the consequences to the entire team if they do not to attend a competition. If you know that your athlete cannot attend the scheduled competitions, please do not register your athlete for the team.

ATTENDANCE: Please notify Head Coach Jim Hill at (651) 283-2432 if your athlete is unable to attend practice. **Two** unexcused absences from practice may prevent your athlete from competing in the Special Olympics Basketball competitions, or from qualifying for a Hastings High School letter.

CODE OF CONDUCT: All Hastings Sharks athletes, unified partners and caregivers are required to agree to follow the Sharks Code of Conduct. Please review the code with your athlete. Questions? Please contact Lisa Sieben at (651) 308-7475.

PARTICIPATION FORMS: You will be notified if your athlete needs their Application for Participation in Special Olympics form to be updated or if it is incomplete. All athlete and unified partner applications, forms and requirements must be completed one week prior to the first practice.

SUPPORT THE COACHES: We are all volunteers! If your athlete isn't participating, step in and help the coaches. If behavior is an issue, share a strategy with the coaches that will work for your athlete. We encourage you to become a coach.

We need coaches! SOMN has a trained coach to athlete ratio in every sport. Please consider becoming a certified coach. Coaching is extremely rewarding! Contact Ray Kennedy (651) 402-8786 to start your certification.

SAFETY: You are responsible for your athlete's safety

1. A parent, friend or staff must be at all practices.
2. If you must leave, notify the coach and make sure another adult is willing to be responsible for your athlete. Be sure they have a way to contact you in the event of an emergency. Leave your cell number.
3. Athletes must be accompanied to the rest room by a parent or guardian. Coaches will not leave the practice area to support an athlete in the restroom.
4. Children in your care must be supervised at all time and may not wander throughout the building.
5. Be prepared to take your athlete home when practice ends.

Please leave headphones and electronic devices at home. We want you athlete to be safe at practice and the Sharks are not responsible for lost or stolen items.

UNIFORMS: The Sharks will provide each athlete a practice jersey and a uniform for competition. Please plan to hand in your uniform after the last scheduled competition. Athletes who fail to return their uniform will not be eligible to register for future sports.

EQUIPMENT: Athletes must wear appropriate gym shoes & clothes for practice. Please do not wear street shoes in on the gym floor during practice. Bring a water bottle.