

PLAYER & PARENT HANDBOOK



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ACADEMY

INTRODUCTION

We are thrilled to have you and your child(s) as part of

our sports family. This manual serves as a comprehensive guide to provide you with important information about our Academy expectations and various program aspects.

WHAT TO EXPECT

Anticipate a positive and inclusive environment where your child can flourish as a basketball player and individual. Our academy coaches are well-trained and engaged to develop our kids to their full potential. You will receive feedback and data stats on your child's development weekly. With practice and our skills and drills sessions, your player will get to that next level quickly.

WELCOME TO OUR ACADEMY



A MESSAGE FROM OUR PRESIDENT

Welcome to Kings & Queens Sports Academy! My name is Desmond King, and I am very excited and incredibly humbled to be serving as President of Kings & Queens Sports Academy. Kings & Queens could not be what it is today without the countless volunteers and board members who give their commitment and support every season. All volunteers provide a tremendous amount of their time so that our players can learn, develop, play the game the right way, and experience what it means to be on a team with good sportsmanship and leadership. K&Q is more than a sports academy; it's a community organization where families create lifelong friends and memories. I want to personally thank every one of the men and women who make our incredible Academy what it is today.

VISION & MISSION

Vision

Our organization promotes sportsmanship, skill development, and personal growth through basketball. Our vision is to inspire young athletes to become confident, well-rounded individuals.

Mission

Our mission is to teach, develop, organize, manage, and offer youth players the opportunity to learn the proper fundamental skills of basketball while instilling life lessons and values such as character, teamwork, discipline, respect, and sportsmanship.

DEVELOPING QUALITIES

Playing basketball can help children develop essential life qualities, including:

Teamwork: Learning to work with others towards a common goal.

Discipline: Committing to regular practice and improving skills.

Leadership: Developing the ability to lead on and off the court.

Resilience: Facing challenges and learning from failures.

Sportsmanship: Treating opponents respectfully and gracefully in victory or defeat.

Healthy Habits: Encouraging physical fitness and a balanced lifestyle.

TEAM

CALENDAR

Calendar Updates:

For updates to your child's team calendar, please join the team's GroupMe chat. We regularly share practice schedules, game dates, and other vital events through this platform. If you have any questions about the GroupMe chat, ask one of our coaches or team parents for assistance.

CELEBRATIONS

We love to celebrate our student-athletes on and off the court. Send your kid's achievements to our email at admit@kingsandqueenssports.com, and we will honor them on your social media platforms.

PRACTICES

Types of Practices:

- a. Team Practice: These are regular sessions where the team collaborates on strategies, teamwork, and game preparation.
- b. Skills and Drills: Focused sessions to enhance fundamental basketball skills like shooting, dribbling, passing, and defense. Offered for \$45 per session.
- c. Open Gym: Informal practice sessions where players can work on individual skills, shoot around, and enjoy pick-up games.

d. No Practice

Holidays

Major School Functions

e. Practices can be canceled; our leadership team will do their best to make that practice up, but please keep in mind sometimes we can not.

THE IMPORTANCE OF PRACTICES

The Importance of Practices:

Practices are the foundation of improvement.

Through consistent practice, your child will:

Enhance basketball skills

Develop physical fitness

Learn teamwork and communication

Build discipline and time management

Boost self-confidence and resilience

Practicing at Home:

We strongly encourage players to practice at home. Regular home practice can significantly improve individual skills. Check our website and social media for drills and resources to support at-home practice. We post them daily.

GAMEDAY PROTOCOLS

- 1 Arrive early: at least 30 mins before the scheduled game time.

- 2 Dress appropriately: Players should wear the team uniform and bring water bottles. If , for some reason, your player does not have a uniform by game day, wear black basketball shorts for the game. The organization will have temporary uniforms for players.

- 3 Be respectful: Respect the opponents, referees, coaches, and teammates. Good sportsmanship is a core value of our academy

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Cheer positively. Encourage all players, not just your child. A positive atmosphere benefits everyone.

THE **ROLE** **OF** **TEAM PARENTS**

The Role of Team Parents

Team parents play a crucial role in supporting the team. They assist in organizing events, coordinating snacks, and providing support to players and coaches.

Snack Rotation

6U-10U Only

We encourage team parents to organize a snack rotation for games and practices. Healthy snacks and hydration are essential to keep our players energized and focused. (Team Mom will coordinate the day/week.)

UNIFORMS AND

FEES As Of September 2023

Registration fee of \$150 is required for each season your player participates in. Our organization charges \$100 monthly to help cover organization fees, practice space fees, practice equipment, and insurance.

Please refer to our website or contact our organization's Director of Treasury for information regarding fees and any available discounts for multiple players in your family.

Select Player Registration Info:

Our team plays at the Frisco Fieldhouse, and fees may vary.

Tournament Player Registration Info:

Each tournament you attend, our directors will divide the tournament by the amount of players we have on the roster or pay the total amount or tournament fee.

UNIFORMS AND

FEES Kids Uniforms:

Upon initial registration and payment of team fees, each player will receive a reversible home and away uniform set for game day. However, custom uniforms (backpacks, uniforms with names, etc.) are available for purchase.

\$110 reversible home/away uniform

\$150 reversible uniform home/away uniform and custom backpack (take up to 3 weeks to receive)

Customs Uniforms:

All custom-ordered uniforms sometimes will take up to 3 weeks to be delivered.

Kings and Queens Swag:

Kings & Queens Swag:

Kings Uniform Set:\$150

Jersey:\$55

Shorts:\$55

Kids Kings Shooting Shirt \$30

Kids Queens Shooting Shirt \$30

Kids Custom Kings Basketball Backpack \$50

Kids Custom Queens Basketball Backpack \$50

Kids Spirit Shirts \$35
Adult Spirit Shirts \$35

We are thrilled to embark on this basketball journey with you and your child. Together, we will create lasting memories and help your child grow not only as a basketball player but as a well-rounded individual. Thank you for being part of our academy! Kings and Queens Sports!

President: Desmond King

Vice President: Chris Diamond

Director of Administration: Tenesha Yates

Director of Basketball: John Reeves

Director of Coaches: Giselle Lewis

Director of Football: Chris Barnes

Director of Volleyball: Brandi Skinner

Director of Tournaments: Joel Snell

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