

# **R**IVERVIEW **RMBA** MINOR BASKETBALL ASSOCIATION



# VOLUNTEER

## ORIENTATION PACKAGE

### RIVERVIEW MINOR BASKETBALL ASSOCIATION

# WELCOME!



Dear Volunteer, Welcome to RMBA!

We are delighted to welcome you and we appreciate the time you've chosen to give to our community. Whether you are a new coach, an experienced one, or a support volunteer, there is no greater gift than to invest in the growth and development of our youth.

We want you to know that RMBA is comprised of a team of volunteers who are ready to assist at any given time. We have resources in place to help guide you with your practices. You will find many sets of drills, depending on the division and level you are coaching in our Coaches Hub on Facebook. This Hub is designed for you to use, question, and share with other RMBA coaches in a collaborative environment.

## **EXPERIENCED OR NEW, A COACH NEVER STOPS LEARNING!**



**AMANDA LUTES**  
**RMBA PRESIDENT**

As a leader, please familiarize yourself with our welcome and orientation package. The package consists of our structure, our ethics, and our Volunteer Code of Conduct. We are a member of Basketball New Brunswick and have provided an incredible reference from them for you: the Coaches Curriculum (located on the Coaches Hub).

Thank you for your time and remember that "Great leaders don't create followers, they create more leaders".

We pride ourselves in providing a place for all ages to play, learn teamwork, skills, and forge new friendships on the basketball court.

Please reach out to your RMBA board members or myself any time!

# ABOUT RMBA



RMBA's mandate is to encourage the sport of basketball by offering a community basketball league for enjoyment, participation, and instruction for children primarily in the Town of Riverview.

RMBA provides a safe and balanced learning environment for players of all abilities. We work to develop athletic skills, character, sportsmanship, and teamwork through participation in recreational house league as well as competitive provincial basketball programs

## **RMBA Board**

A team of dedicated volunteers comprise the RMBA board each year. This team is comprised of six (6) Executive roles and up to six (6) additional board members for a maximum of 12 total members. This team works tirelessly to ensure RMBA can host a successful season each year.

## **Executive Members**

President: Amanda Lutes

Past President: Jody Allen

VP House League: Christopher Perry

VP Provincial: Kevin Meade

Treasurer: Adam Williston

Secretary: Ashley Tingley

## **Board Members**

Tosh Taylor - Marketing & Communications

Chelsea Hall - Facilities

Steve Legacy - Purchasing & Inventory

Ron Girouard - Special Events

Vacant - Officiating

Rob Gallant

## **Board Meetings**

Our board meets monthly or more as needed to prepare for the season.

Everyone is welcome to join us for our meetings. Follow us on Facebook for meeting dates/times/locations.

# PROGRAMS



RMBA runs two types of programs: House League and Provincial Teams

## What's the difference?

**House league** teams are open to anyone to play. Divisions are determined by age and registration cost is minimal. Early divisions are co-ed (ages 4-6) with older groups having separate divisions for boys and girls. Teams are divided as equally as possible to allow experienced players and kids new to the sport equal opportunity to play and learn. We will take as many players as we can so any child with the desire to play basketball can participate.

The season runs from mid-October until the end of February.

**Provincial teams** are try-out based and only available for U11, U13 & U14 divisions for both boys and girls. To try-out for a provincial team, players must be registered with RMBA for House League. There are limited spaces available on the teams and not every child that attends try-outs will make the team. Participation in a provincial team *does* require travel and parents will incur additional expenses as a result of travel costs and tournament registration fees. Try-outs are held before the season starts and players must attend at least 2 of the 3 available try-outs to be considered for the team. Players who make a Provincial team are required to also continue to participate in their House League team.

## House League Teams

Junior Puppy: ages 4 & 5

Puppy: age 6

Junior Mini Girls/Boys: ages 7 & 8

Mini Girls/Boys: ages 9 & 10

Bantam Girls/Boys: ages 11, 12, & 13

Midget/Juvenile: ages 14+



# HOUSE LEAGUE



## **Junior Puppy Ages 4 & 5**

The goal is to HAVE FUN! Simple drills, running, and getting comfortable with the ball.

## **Puppy Age 6**

October to December: Learning basic rules, introduction to dribbling, passing, shooting, games with balls, duck duck goose, Simon Says, etc.

January to February: Basic footwork, two-foot stop, pivoting properly, and protecting the ball.

## **Junior Mini Girls/Boys Ages 7 & 8**

October to December: More rules enforcement, basic fundamentals and pivoting, stance, moving drills with and without ball, getting back on defense and trying to guard their player. The rules will be followed during games but the ball is returned to the team.

January to February: Proper footwork for lay-ups, right and left hand, hold them accountable more often for the proper technique for dribbling and passing. The rules will be enforced in the games.

## **Mini Girls/Boys Ages 9 & 10**

October to December: All rules enforced, scores kept, and fair play rules apply. Focus on head up for dribbling, passing, and proper shooting fundamentals. Moving without the ball and learning the basics on defense, eye on ball, stance, rebounding, boxing out, and shuffling of feet.

January to February: Spacing on the court offensively, hold them more accountable for the proper technique and rules.

## **Bantam Girls/Boys Ages 11, 12 & 13**

All of the above plus more complex drills for all fundamentals with lots of movement for both offense and defense. Add details to the drills after Christmas break to challenge them, help their defense, and above all, HAVE FUN!

## **Midget/Juvenile Ages 14+**

Only held if enough players are registered. Program will consider putting a team in for provincial play at the end of the season, if there is interest.

# PROVINCIALS



Provincial Teams are the competitive division of RMBA. Go Royals!

Players earning their spot on the team will represent Riverview and the RMBA throughout the province. Teams typically play 20-30 games per season, including away tournaments. Additional cost for travel is to be expected. Teams will also fundraise to cover costs.

## Tryouts

Tryouts are held once per year, typically in late September/early October. There are 10-12 players chosen per team. RMBA hosts a Provincial Prep Camp in late September to help players prepare for these tryouts. You must attend a minimum of 2 tryouts to be considered. Not all players will be selected.

## "B" Programs

Depending on gym availability and coaches, RMBA may elect to offer Provincial B teams. These developmental teams will travel and represent RMBA throughout the province, typically playing teams at similar skill levels. This program is focused on fundamentals and player development, to help prepare the players to play at the "A" level.

Provincial coaches are responsible for booking/cancelling gym space with the Gym Coordinator. If a gym is not cancelled with 24 hours minimum notice, the Provincial Team will be responsible for paying for the \$25/hr rental fee.

RMBA aims to have the following teams each season.

- U11 Boys A (Grades 4 & 5)
- U11 Boys B (Grades 4 & 5)
- U11 Girls A (Grades 4 & 5)
- U11 Girls B (Grades 4 & 5)
- U13 Boys A (Grades 6 & 7)
- U13 Boys B (Grades 6 & 7)
- U13 Girls A (Grades 6 & 7)
- U14 Boys A (Grades 7 & 8)
- U14 Boys B (Grades 7 & 8)
- U14 Girls A (Grades 7 & 8)



# JR. REFEREES



RMBA is proud to offer a Junior Referee program for players aged 12 and up. This program is a great way for players to learn more about the game, and could potentially lead them to become a certified official after the age of 14.

Junior Referees officiate games at the Junior Mini, Mini and Bantam age levels.

Junior Referees are paid for their work, the pay rate is based on the number of years as a junior referee.

Please remember, our Junior Referees are kids and are still learning! We ask that coaches simply thank the referee for a job well done. If you have any issues, questions, concerns or comments about the Junior Referee programs or one of the referees involved, please contact the Referee Coordinator or VP of House League.



## Referee Coordinator

Tara Marleau

Email: [tdmarleau@hotmail.com](mailto:tdmarleau@hotmail.com)



Basketball New Brunswick (BNB) is a provincial organization of which Riverview Minor Basketball Association is a member.

As a member organization, RMBA has access to the following benefits:

## **Sport Accident Insurance & Liability Insurance**

BNB provides annual Sport Accident Insurance coverage & Liability Insurance coverage for all registered players, executive, coaches, managers and referees

## **Reduced fees for Teams Attending Provincials**

Association teams registering for provincial championships receive a reduced rate, since their players have already registered as members of Basketball New Brunswick.

## **Assistance with Development**

BNB is always available to help registered associations with all aspects of development, such as NCCP clinics, administrative advice, player clinics, and the 'Introduction to Officiating' program.

## **Voting at the BNB Annual General Meeting**

Registered Minor Associations are the only groups to carry 2-3 votes (pending Association size) on motions presented at the Basketball New Brunswick AGM.

For a full list of all benefits, visit the BNB website at [basketball.nb.ca](http://basketball.nb.ca)



**BASKETBALL**  
**NEW  
NOUVEAU BRUNSWICK**



# GENERAL GUIDELINES



- All gyms are closed on Statutory holidays, School District Holidays, for inclement weather and for a variety of other reasons. If a school is closed for ANY reason, we will not be able to use that school that day. An update will be posted on Facebook. Please be sure to monitor for these updates and communicate with your players as needed.
- Players, parents, coaches, volunteers and officials must follow the rules of ANY school that we use for RMBA purposes, including but NOT limited to:
  - Outdoor footwear must be removed before entering ANY gym
  - No food or drink other than water is allowed in ANY gym (no alcohol)
  - No smoking or vaping on property
  - No hanging from basketball rims
  - Keep gyms and locker rooms clean
  - There is no parking at the back of the school at Riverview East School (limited spaces for handicap parking)
- Coaches should ensure that there are a minimum of two adults present for every practice.
- Coaches will also need to have a vulnerable sector check completed each year.



# POSITIONS



**Volunteers are needed across RMBA in a variety of roles:**

## **Coaches**

Coaches are the backbone of RMBA! Multiple coaches/coach helpers are required for each division based on the number of teams registered that year. The needs are typically as follows:

- Junior Puppy - usually 4 teams, need a head coach and parental involvement is encouraged!
- Puppy - usually 6-8 teams, need a head coach and at least 1 helper per team
- Junior Mini Girls - usually 3 teams, need 2 coaches per team
- Junior Mini Boys - usually 4-6 teams, need 2 coaches per team
- Mini Girls - usually 4 teams, need 2 coaches per team
- Mini Boys - usually 4-6 teams, need 2 coaches per team
- Bantam Girls - usually 2 teams, need 2 coaches per team
- Bantam Boys - usually 3 teams, need 2 coaches per team
- Midget/Juvenile Boys - usually 1 team, need 2 coaches per team

## **Division Coordinators**

Each division requires a Coordinator to oversee the division, ensure coaches are in place, provide jerseys and in some divisions, coordinate the schedule. Each division's needs are a little different but Coordinators are essential to ensuring good communication between the Executive and the parents/kids.

## **Board Members**

Opportunities to join the RMBA board come available every year at our Annual General Meeting (AGM - typically held in June of each year).

## **Other Opportunities**

We are always looking to engage people and have a variety of roles available for every skill set. These include but are not limited to: Social Media & Marketing Coordinator, Uniform & Apparel Coordinator, Equipment Coordinator, Gym Coordinator, Junior Referee Coordinator, and more!

Reach out to the RMBA President to learn more about these and other opportunities



## RMBA Coaching Hub (Private Facebook Group)

RMBA is committed to supporting our volunteers to be successful. As part of that commitment, we have started an online Coaching Hub to provide a quick and easy venue for collaboration. This group is a space for coaches to connect, collaborate, troubleshoot and discuss all things minor basketball. The group is intended to support one another, share skills, drills, tips and tricks while also providing a single location for communicating important information about our association and our season. You can request to join here: <https://www.facebook.com/groups/RMBAcoacheshub> and be sure to answer all of the questions.

## Coaching Web Links

[www.basketball.nb.ca](http://www.basketball.nb.ca)

[www.basketball.ca](http://www.basketball.ca)

[www.coachesclipboard.net](http://www.coachesclipboard.net)

[www.breakthroughbasketball.com](http://www.breakthroughbasketball.com)

## YouTube

We always encourage coaches to look for new techniques, check out YouTube for some great age appropriate drills!

## BNB Mental Health Resources

"Basketball New Brunswick encourages all athletes as well as their parent(s)/guardian(s) to be cognizant of mental health issues in sport. It is imperative that athletes treat their mental health with equal respect to physical health. Below are some resources for athletes struggling with mental health issues."

<http://www.samhi.ca>

<https://www.ccmhs-ccsms.ca>

<https://mygameplan.ca/resources/health>

<https://www.csipacific.ca/services/mental-health/>



# CONDUCT



All Coaches, Assistant Coaches, Coordinators, Helpers, Managers, Board Members and any other volunteers associated with our program are ambassadors of Riverview Minor Basketball Association (RMBA).

To volunteer with our association, you must read, understand, and agree with the conditions of the **RMBA Volunteer Code of Conduct**. You will be given a copy of the code to sign at our Volunteer Orientation. Signing this form indicates that you accept the responsibilities of volunteering with RMBA.

## RMBA VOLUNTEER CODE OF CONDUCT

### COMMITMENT

- I will review, understand, and enforce the Player Code of Conduct, Parent/Spectator Code of Conduct, and RMBA policies.
- I support RMBA's goals and objectives regarding player development and structure as directed by the RMBA Board of Directors.
- I agree to provide a current Police Record Check prior to the season starting every year.

### COMMUNICATION

- I understand that all RMBA volunteers are required to provide a current contact information and that additional demographic information is also collected for the sole purpose of reporting to Basketball New Brunswick (BNB) for insurance purposes, this information includes, but is not limited to, date of birth, gender, etc. and must be collected annually.
- I understand that all volunteers, myself included, are expected to attend a volunteer orientation at the start of the season. This orientation will provide information to all volunteers regarding practices, games, tournaments, policies and information on fundraising events, if applicable.
- I understand that proper use of social media outlets is expected of all RMBA volunteers. No photos of children, other than my own, are to be posted on public facing social media channels unless express prior consent has been obtained from the parent(s) of the child. RMBA has and maintains a closed Facebook group for the purpose of sharing non-public information about our activities.
- I understand that schedules and changes to schedules must be communicated to parents and teams in a timely manner.



# CONDUCT – CONT.



## SAFETY

- I will treat all players, coaches, officials, event staff, and fans with respect regardless of race, gender, creed or ability.
- I will ensure that there is always another volunteer/adult at every practice/game and I will not allow myself to be in a situation where I am alone with a player at any time.
- I will not use profanity. I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol and I will refrain from their use at all youth basketball events.
- I will follow all safety protocols of the league.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, officials, and parents at every RMBA activity.

## EXPECTATIONS

- I will coach with the goal of creating a positive learning experience for athletes. Winning games is secondary to building a positive basketball experience for my players, parents of my players, and opposing teams. I will serving as a role model by maintaining an attitude of respect, responsibility, caring, fairness, sportsmanship & trustworthiness.
- I will under no circumstances engage in an argument with a referee or official. Any discussions or conversations with officials or referees will be in a respectful tone.
- I will treat opposing coaches and athletes with respect.
- I will report any violations of the code of conduct by parents, athletes, or other coaches to the RMBA Board of Directors.
- I understand the RMBA Board of Directors has the right to remove any volunteer whose actions are detrimental to the team and/or the Association.

## COACHING

- I will do my best to organize practices that are fun and challenging for all my players and help progress the knowledge of fundamental skills. I understand that the RMBA Board is available to assist should I need support in this area.
- I will attend all practices and games, be prepared and on time and give 100% effort at every session and game. If for any reason I am unable to attend, I will ensure that prior arrangements for a qualified/screened RMBA Volunteer have been made to take my place.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# THANK YOU



## Thank you for volunteering!

The gift of your time and talent is so appreciated.  
RMBA truly would not happen without you!

If you need something that was not covered in this document,  
would like a coach mentor to support you, or have any questions  
or comments about RMBA, please reach out to us:

General Email: [RMBAexec@gmail.com](mailto:RMBAexec@gmail.com)

President Email: [jumanja16@hotmail.com](mailto:jumanja16@hotmail.com)



# #WEPLAYRMBA