



## Lights Out Hoops Policies

### COMMUNICATION

We strongly encourage outside communication between players and coaches. For grades 6<sup>th</sup> and up, we ask that phone communication be done by players in regards to being late and not able to attend a practice or game.

Email has been the primary means of communication in terms of scheduling and announcements. For those that do not have access to email, the website should be the primary source of schedule information. The Lights Out Hoops website ([www.lightsouthoops.com](http://www.lightsouthoops.com)) is the quickest way to access information about policies, schedules, team rosters, contact information, etc.

Lights Out Hoops has a **next day** policy when it comes to issuing complaints about games or practices. We believe this policy is necessary for both the coach and parent to take time to reflect on the situation rather than act strictly on emotion.

### FEES

Players participating on a Lights Out team will be charged a fee of \$250 for each season. The fee includes club dues, league and/or tournament fees for each 3 month season. The cost for club dues is \$60/month; club dues secure your spot on the team for that season. Club dues cover the cost of gym rental, coaching fees, equipment, first aid supplies, website, etc. League and/or tournament fees (travel teams only) are divided amongst the members of a team. Only in the event of injury or illness, will the league or tournament fee be carried over to the next fee period; fees will be prorated based on the number of games played, or the number of games left, etc.

### TIME COMMITMENT

Practices are offered 1-2 times a week, for developmental and traveling teams, with games being played on weekends. Travel teams may also have the opportunity to participate in weekend tournaments throughout the year.

### GAMES

We ask that each player arrive at games at least 30 minutes prior to game time and commit at least 10 minutes afterwards for the post game wrap-up. It is important for each player to arrive early so that they are fully prepared for the game. The 10 minutes afterwards is used to recap the positives aspects of the game as well as teaching points.

Proper Lights Out uniforms must be worn (LO jersey and shorts).

## PRACTICE

Practice will start on time, so we ask that each player arrive at least 5 minutes before the start time. Players that are late will miss out on valuable warm-up time which can set them back the whole practice. In the event that a player is either going to be late, or is unable to attend, the coach must be contacted before the practice begins.