



NEW LIFE BASKETBALL

FUN • CHARACTER • BELONGING

2024 PARENT HANDBOOK



WELCOME

Dear Mom & Dad,

We are so honored that you have chosen to send your child to New Life Camp and New Life Basketball this season. We are going to take great care of your child physically, emotionally, and spiritually. We hope that your child has the time of their lives, grows in character, and feels like they are on a team where they belong. We also pray that your child will experience the love of God through our fine staff and volunteers.

This handbook is being provided to inform you of everything you need to know for this season. We hope that you will turn to it weekly to:

- Keep up with important dates.
- Know the rules for your child's division.
- Be informed on how to get involved.

New Life Basketball is a family-run league. This league will only be as great as the commitment of our parents to pitch in. We hope that this handbook is helpful to you and that you have a wonderful season, too. Again, thank you for choosing New Life Camp.

Battle Watkins

Director of Athletics

What's New Life Basketball All About?

The New Life Basketball League uses the sport of basketball to love and accept players of all skill levels right where they are. This is integral in our desire to introduce families to New Life found in Jesus. Our desire is to take out the pressure found in much of youth sports and just make basketball fun. Throughout the season, we will be teaching character traits that not only apply to the basketball court but also to life. New Life Basketball is a family-based program and relies on the involvement of parents to do their part. Our core values are:

- Fun
- Character Building
- Belonging
- Love & Acceptance
- Respect for teammates, opponents, coaches, officials, and parents

Division Descriptions

All Divisions

- All practices & games occur back-to-back, so that there is only 1 trip to New Life Camp per week.
- All practices & games take place at New Life Camp.
- All practices and games are on Saturdays.
- Each weekend, players will participate for 1 hour and 45 minutes.

Format

- Week 1
 - 30 Minutes of Practice
 - 5 Minute Water Break
 - 10 Minute Devotion
 - 1 Hour of Practice
 - Parents Meet the Coach
- Week 2
 - 60 Minutes of Practice
 - 5 Minute Water Break
 - 10 Minute Devotion
 - 30 Minute Scrimmage

- Week 3
 - 30 Minutes of Practice
 - 5 Minute Water Break
 - 10 Minute Devotion
 - 60 Minute Scrimmage
 - Players Get Team T-Shirt
- All Other Weeks
 - 30 Minutes of Practice
 - 5 Minute Water Break
 - 10 Minute Devotion
 - 1 Hour Game
- Uniform - All players will use a game jersey/shirt to be worn each week.

Age 7-8 Co-Ed Division

- Play with a 27.5" ball
- 2 Volunteer Referees
- Junior Court
- 8 Foot Goal
- Score is kept
- Length of Game – 4 Quarters Consisting of 6 Minutes Each
- A 60 second time out will be called by the officials at each 3-minute substitution mark unless the ball is attacking the goal. At that point, they will allow the attack to be completed along with offensive rebounds and put backs before calling the time out.
- 2-minute overtime in which playing time is at the coach's discretion.
- Overtimes include one 60 second time out per coach. Time outs do not roll over.
- Coin Flip to decide 1st possession
- No 3-Pointers
- Free Throw Line is 14' from front of rim.
- Playing Time
 - 3 players per team will play 3 minutes at a time.
 - In the case of overtime, the coach can play whoever he wants.
 - No player can play twice before all players have played once. Likewise, no player can play for a third time without a player playing twice and so on.
 - Players will play at least half of the game with the exceptions of injury, illness, distress, or foul trouble constituted as 1 more foul than the current period. Foul trouble is not an exception in the fourth quarter.
- Man to Man defense is required. Double teaming or zone defense is not allowed. If a violation results in a turnover, the ball will be given back to the offended team out of bounds.
 - Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.

- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.
- Defense in the backcourt is not allowed. If a violation results in a turnover, the ball will be given back to the offended team out of bounds.
- Stealing while dribbling is not allowed. The defense may steal from a player who is holding the ball, a pass, or a loose ball. If a violation results in a turnover, the ball will be given back to the offended team out of bounds.
- 5 Seconds closely guarded is not called.
- Bonus free throws (2) for 5 team fouls per quarter.

Age 9-10 Divisions

- Both genders play with a 28.5" ball
- 2 Volunteer Referees
- Junior Court
- 9 Foot Goal
- Score is kept
- Length of Game – 4 Quarters Consisting of 6 Minutes Each
- A 60 second time out will be called by the officials at each 3-minute substitution mark unless the ball is attacking the goal. At that point, they will allow the attack to be completed along with offensive rebounds and put backs before calling the time out.
- 2 Minute Overtime in which playing time is at the coach's discretion.
- 4th Quarter and overtimes include one 60 second time out per coach. Time outs do not roll over.
- Coin Flip to decide 1st possession
- No 3-Pointers
- Free Throw Line is 14' from front of rim.
- Playing Time
 - 5 players per team will play 3 minutes at a time.
 - In the case of overtime, the coach can play whoever he wants.
 - In the first 3 quarters, no player can play twice before all players have played once. Likewise, no player can play for a third time without a player playing twice and so on.
 - Players will play at least half of the 1st half and half of the 3rd quarter with the exceptions of injury, illness, distress, or foul trouble constituted as 1 more foul than the current period. Foul trouble is not an exception in the fourth quarter.
 - Playing time in the fourth quarter is as the coach's discretion.
- Man to Man defense is required. Double teaming or zone defense is not allowed. If a violation results in a turnover, the ball will be given back to the offended team out of bounds.
 - Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.

- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.
- overtimes include one 60 second time out per coach. Time outs do not roll over.
- Defense in the backcourt is only allowed in the fourth period and in overtime. Teams should never play defense in the back court when they possess a 20-point lead. In the first 3 periods, if a violation results in a turnover, the ball will be given back to the offended team out of bounds.
- Stealing while dribbling is allowed
- 5 seconds closely guarded is only called if the player is holding the ball.
- Bonus free throws (2) for 5 team fouls per quarter.

Age 11-14 Divisions

- Regulation ball 28.5
- 2 Refs
- Junior court or side court
- 10 ft goals
- Score kept
- 4 qt/ 8 min each
- 1 60 sec timeout each qtr. 4 total plus 1 in OT
- 2 min OT- jump
- 3 pt. shot TBA
- FT Line 15 ft.
- Playing time- equally distributed
- Man defense required
- Double teaming allowed
- Press ok unless up 20pts
- Steal allowed off the dribble
- Bonus free throws (2) for 5 team fouls per quarter.

Coaches

We count on parents to step up and coach. Head coaches will receive a refund for their child's fee after the season is completed. We will provide you with training and practice plans. Head coaches must go through an application screening as well as a background check. Who are we looking for?

- Individuals in agreement with our doctrinal statement or at least will not oppose it. - <https://newlifecamp.com/about-us/why-choose-us/>
- Individuals who love kids more than basketball or winning.
- Individuals who see basketball as a game that is intended to be fun, not stressful.
- Individuals who can provide basic group control.
- Positive role models, exemplary in character and sportsmanship
- Individuals not given to arguing or complaining even in the heat of a game and even when things don't go their way.
- Good communicators
- Individuals with a basic knowledge of basketball
- Individuals with a willingness to understand the uniqueness of the New Life Basketball League, format, rules, and guidelines.

If you feel like you are not ready to be a head coach, consider being an assistant this season.

Referees

Our referees are instructed to call it all. You may have been in a league previously that has allowed players to get away with travelling here or there. It has been our experience that the quickest way for children to learn basketball fundamentals is to have violations called against them in the game. On the flip side of the coin, our referees are volunteers. No matter how much training they go through, they are not going to be perfect, and they're going to have a different point of view than you. Please respect their calls, their somewhat unenviable position of authority, and their willingness to volunteer their time.

If you are interested in volunteering as a referee, please email athletics@newlifecamp.com for more details. We will provide training, referee jersey and whistle. Individuals who referee 6 games or more this season will get half off one child's participation fee next season.

Team Parents

Each head coach will be recruiting a team parent. The team parent's main responsibilities are as follows:

- Communication with parents
- Preparing a Snack Schedule for after games
- Making sure there is a parent at the scorer's table for their game.
- Cleaning up the Bench after games
- Planning an end of season party/event
- Organizing an appreciation gift for the coaches

Helpful Things to Know

Lost and Found

- All lost and found is kept in the Activities Center and can be accessed by visiting the Main Office from 8AM to 5PM on weekdays.
- The staff will not look through the lost and found at phone call request.
- After 30 days, the lost and found will be donated.
- If your child gets home with anything that does not belong to them, please bring it back ASAP.

Dates and Game Schedule

- For all dates concerning the New Life Basketball League (Start/End dates, Coach/Ref Training dates, Game Schedule, etc.), please visit us at <https://newlifecamp.com/programs/athletics/#dates>

Practice and Game Day Parent Guidelines

- Your children may be dropped off during practices and should be punctually picked up at the end of each practice. Parents are required to be present for games.
- Any child in the gym who is not participating in a game or a practice should remain on the bleachers with their parents. *Children may not be on the playground, in the parking lot, the foyer, or in any other location on camp property without parent supervision.*
- PARENTS must make every effort to refrain from criticizing or making any negative comments towards New Life Camp, the Storm Program, their child, teammates, coaches, New Life Camp staff, opponents, officials, or other parents throughout the season.
- Balls should only be used by players who are currently practicing or playing a game.

- Please adhere to all speed limit signs. Vehicles should only be parked in appropriate spots; parking should never occur parallel to the median outside the Activities Center.
- Any inclement weather announcements will be posted on WRAL-5, wral.com, and newlifecamp.com.

Practice Dress Code

- Girls and boys must wear modest apparel.
- Shorts should have a 4-inch inseam or be finger-tip length.
- No clothing that shows the stomach when arms are lifted.
- Tank tops must have no undergarment straps showing.
- Leggings may only be worn under shorts.

Game Day Dress Code

- Players should of course be wearing their team t-shirt.
- Players should not wear any jewelry (rings, bracelets, necklaces, or earrings) during a game.

T-Shirt Care

- New Life Basketball t-shirts may be washed and dried normally. We recommend turning them inside out.

Contact Information

- General Questions: athletics@newlifecamp.com
- New Life Camp: 919-847-0764
- Website: www.newlifecamp.com

Other Programs at New Life Camp

- **Summer Camp** (Overnight and Day Camp) – An opportunity to get away from the business and distractions of everyday life, encounter God, and have the time of your life. (Age: 5-18 years old)
- **LEARN Home School** - Our programs for students offers fun activities for younger children and supplemental academic courses for older children. (Age: 4-18 years old)
- **Saturday Nights @ Camp** - Get a taste of camp by coming to SN@C. Kids are divided into three groups: kindergarten, elementary, and middle school. Supper is provided for all, and each group will receive a great lesson from God’s Word geared specifically for them. This also is a great opportunity for a parents’ night out. This event takes place monthly. (Age: 5-14 years old)
- **Storm Athletics** - This is our home-school athletics program that competes against local schools and is part of the North Carolinians for Home Education Athletic Conference. We currently offer basketball and soccer teams for both genders and volleyball for girls. (Age: 10-18 years old)

For more Information on any of our programs or to register, please visit our website – www.newlifecamp.com. If you still have questions, please call our Main Office (919) 847-0764.

The Role of a New Life Basketball Parent

God uses so many people to make New Life Camp run. New Life Basketball is a volunteer-driven program, one that requires family involvement. Our expectation is that parents will play their part in this ministry and get involved by serving in one of the following opportunities:

- Head Coaches
- Assistant Coaches
- Referees
- Scoreboard Operators
- Score Keepers
- Team Parents
- Setup and Cleanup Opportunities
- Providing Lunches for Staff
- Providing Scholarships
- Program Financial Supporters

Looking for opportunities to serve beyond just the New Life Basketball season? If you are looking for ways to use the gifts and talents that God has given you, then we have many ways:

- Prayer Warriors
- Cleaning Opportunities
- Grounds Work
- Kitchen Help
- Providing Staff Meals
- General Fund Financial Supporters
- Providing Scholarships
- Individual Staff/Missionary Financial Supporters
- Program Financial Supporters
- Special Project Financial Supporters

We use all kinds of individuals and groups including...

- Parents
- Churches
- Sunday School Classes
- Youth Groups
- Boy Scout & Girl Scout Groups Needing Service Projects
- Individuals Needing Community Service
- All Individuals Looking for a Place to Serve

For more information on how God can use you here, please contact New Life Camp at 919-847-0764.

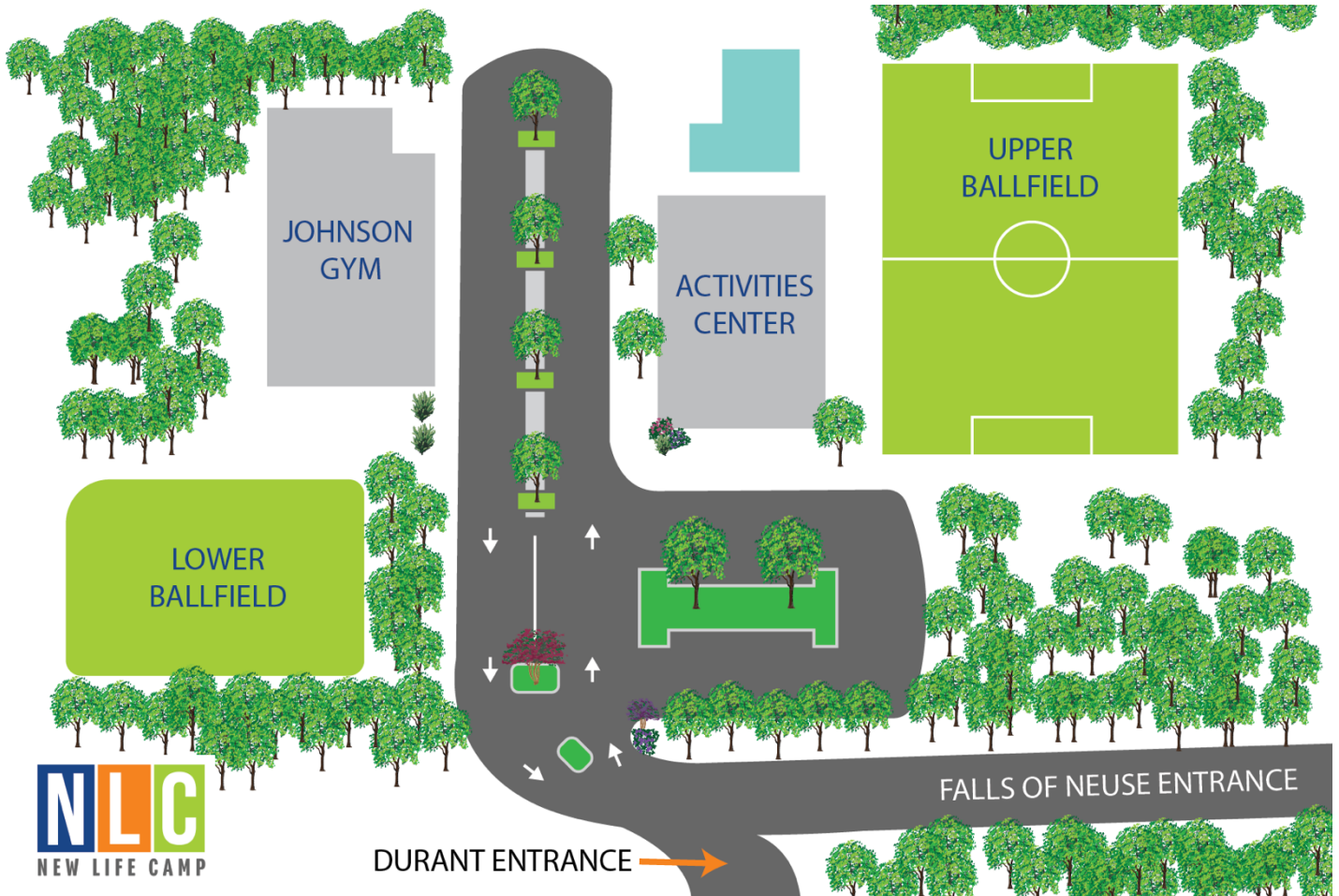
Tips for Being a Good Sports Parent

You do not have to look far to read about or hear about out-of-control disputes at youth sporting events. In so many leagues, the parents are a problem rather than a help. We desire for our league to be the opposite. A good parent might not only take interest in their own child's success, but also in the success of their teammates. We're looking for excellent parents who will take such ownership in the league that they will take interest even in the successes of players on the opposing teams. This is your league. These are your teams. These are your players. What role will you play? Here are some tips:

- No league from rec leagues to the NBA has teams with equal talent on all teams. Though great effort is made to make the teams fair, there may be a team that wins every game, and there may be a team that loses every game.
- Facilitate a healthy desire to win while allowing your children to lose. Fear of failure will develop a fear to try.
- Assist your coach if your child's behavior is not appropriate.
- Communicate to your coach anything that may help them serve your child better.
- Do not disadvantage your child by teaching them how to make excuses and blaming others. Instead, support the coaches and referees at home to teach respect for authority.
- During games and practices, let the coaches coach. You cheer. What you desire for your child might contrast with what the coach wants for the team.
- Emphasize sportsmanship.
- Get to know as many other parents as possible from your team and the opposition.
- Have a sense of humor.
- Have fun and allow everyone else to do the same. Allow your children to see that you are having fun. That will take pressure off them.
- If you have a complaint or suggestion, wait at least 24 hours, or talk to a staff member.
- Life is hard. Realize that teaching your child to lose gracefully is just as important, if not more important, than teaching your child how to win gracefully. Some teams will have more opportunities to teach losing gracefully than others. Take advantage.
- Listen to what your child thought about the game before giving your opinion. Ask if they want your opinion. If they don't, just tell them that you enjoy watching them play.
- Make this league about the players and not about your ability to parent the next superstar.
- Model appropriate behavior for not only your player on the court but for the children who are sitting around you in the bleachers.
- Receive your child equally after wins and losses.
- Remember that basketball is a game and games are for children. Let the children play and don't stress them out.
- Say nothing to coaches and referees during or immediately after games except for encouragement.
- Teach your kids about commitment by having them at practices and games.

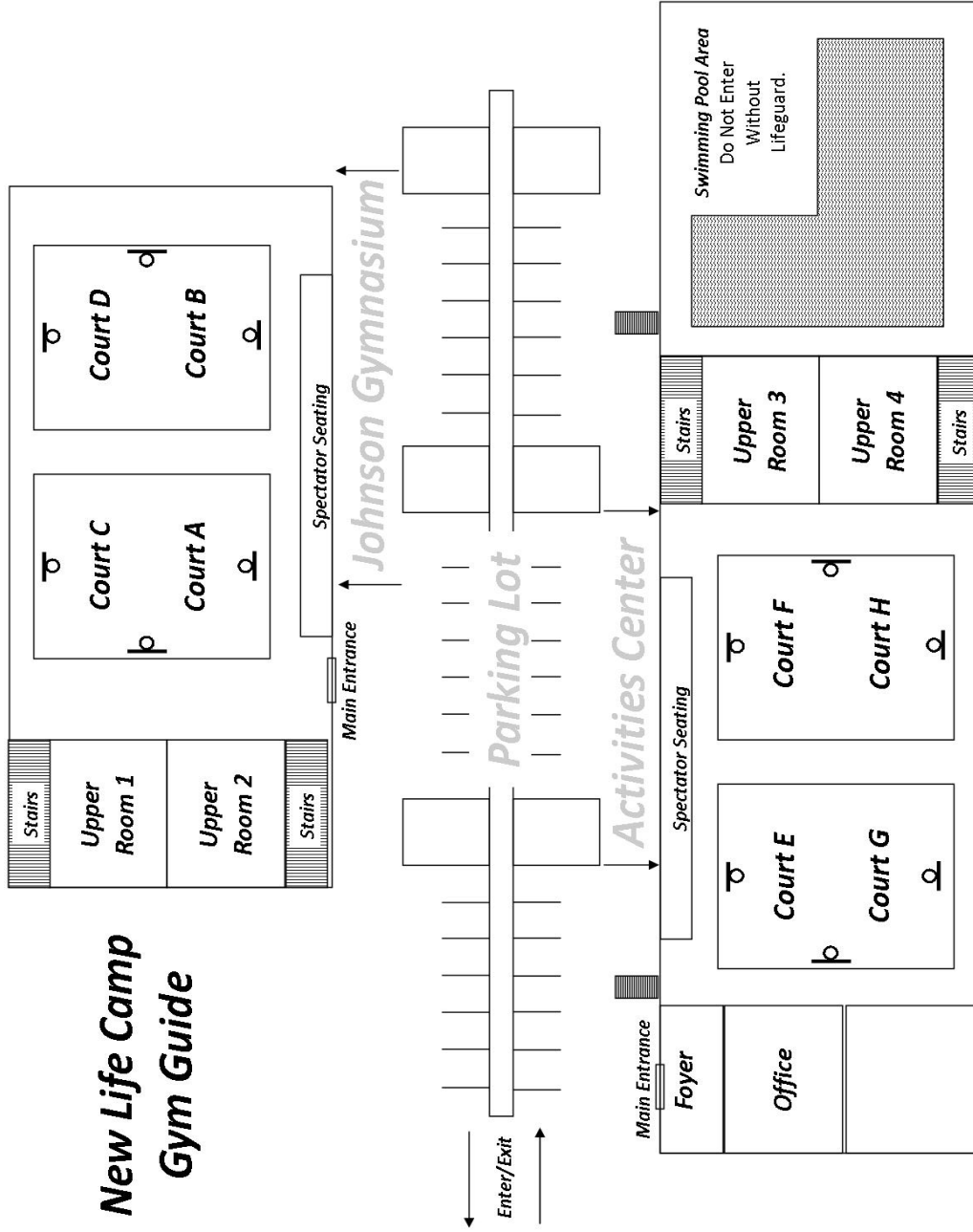
- Volunteer for the success of your child's team and league.
- Basketball is a great classroom for life. Allow God to teach your child life lessons.

New Life Camp Map of Facilities (1)



New Life Camp Map of Facilities (2)

New Life Camp Gym Guide



Thank You

To close this handbook, I want to sincerely thank you again for choosing New Life Camp for your family. It is our pleasure and our calling to serve you. We would like your feedback on how to serve you better. At the end of the season, we will email you a survey. We would be so grateful if you would take the time to give us your thoughts. If we can do anything in the future to be of service to your family, never hesitate to ask. We will do all we can. I hope that your child has the time of their life this season and that your family is blessed.

Battle Watkins

Director of Athletics

Wesley Jones

Asst. Director of Athletics