

2020-2021

北白川ホワイトベアーズミニバスケットボールクラブ

Boys Basketball Club—*Kitashirakawa White Bears*

入部のしおり

Admission guide



2014年4月作成  
2018年4月一部改正  
2018年6月一部改正  
2019年4月一部改正  
2020年6月一部改正  
Revised in June 2020

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# INTRODUCTION

Kitashirakawa White Bears (WB) is a junior basketball team consisting of the 1st to 6th grades with team mottos of “playing hard”, “respecting each other” and “enjoying basketball”.

Through team activities, we cultivate not only basketball skills of children but social rules (e.g. greeting in a loud voice, respecting teammates and opponents, listening to other persons, thinking and acting proactively, maintaining appreciation to others all the time, etc.) as part of society, together with coaches, parents and local community. Moreover, we also hope children to love basketball.

Kitashirakawa WB is a local sports team to which children in Kitashirakawa and neighbor school districts can admit and stands on supports of coaches and parents. We truly hope that all relevant persons understand their own roles and support to create an environment where children can grow physically and mentally, and parents can also enjoy.

In addition, we appreciate if you could understand that coaches and staff have their own works during daytime and are not professional.

Only if you can understand the above basic directions of the team and relies on us, please join us by signing the pledge.

## 1) Policy of our instructions

### 1. Objectives

“Life is like a basketball game. You can shoot but miss. Sometimes you even lose a game. There is always a next tournament, but never a time to give up.”, “Never try to be better than someone else. Learn from others, and try to be the best you can be.”, “Things turn out best for the people who make the best of the way things turn out.”

As expressed in these quotes by famous basketball coach, we aim at cultivating the following abilities through basketball.

### Basketball skills

Develop basketball skills of each child according to his grows.

### **Metacognitive ability**

(which is an ability to objectively understand his own understandings.)

Understanding of his current level through practices and games.

Imagination to predict future plays and possible effects by acquisition of new skills.

Recognition of personal and team's growths.

Ability to communicate (output) to others through basketball diary and comments during meetings.

### **Communication ability**

(which is to understand others and support each other.)

"The best teams have chemistry. They communicate with each other and sacrifice personal glory for the common goal."

Each player needs to understand his teammates through playing together.

- ✓ Communicate actively.
- ✓ Don't be afraid of saying wrong.
- ✓ Speak in a loud voice.
- ✓ Smile
- ✓ Response to others
- ✓ Eye contact
- ✓ No criticism and no blame

### **Self-determination ability**

(which is an ability to determine his next action by himself.)

To select the best solution among various options, efforts to increase choices need to be made. (That is important also for life.)

e.g.: Shoot, pass or drive? Left or right? Layup or jumper?

### **Ability to connect**

Connect past, present and future.

- ✓ Towards future with a sufficient understanding of past and present.
- ✓ Clear vision and goal of individual and team.
- ✓ Clear target of each drill and practice.

### **Mental strength**

Train mind to be calm all the time and cultivate confidence, to show children's ability to the fullest whatever the situation.

## 2. Things coaches and parents can do

Help children understand his current ability and performance.

Help children consider what skills he should acquire now.

Notice and tell children's and team's directions and changes.

Accept children's thoughts and behavior but point incorrect ones.

Timing for advice and help should be determined considering a near future.

Talk to children to stimulate next actions from within.

e.g.: BAD "Don't miss such an easy shot!" < Just a comment to a result

GOOD "Your shot was missed, but good challenge! Try xxx next." <

Comments to process.

**We should not evaluate only results but should evaluate processes.**

**Mistakes attributed to challenges are welcome.**

## 3. A better basketball player is a better member of society

To enjoy basketball and become a better member of society, the followings are to be implemented through our guidance.

- ✓ Play full out (but break is also important).
- ✓ Cherish teammates.
- ✓ Maintain appreciation to others.
- ✓ Make greetings in a loud voice.
- ✓ Enjoy basketball and life.
- ✓ Smile

## 2) Procedures to join (mandatory items)

1. Submit application form, pledge, agreement for using photos and agreement for ride sharing with your sign.
2. Purchase sport accident insurance through the team.  
Policy period: From 12am, April 1 to 12am, March 31 of next year.  
The yearly premium is not discounted even if you join or quit in the middle of year.  
For more details and coverage, see the HP of Sports Safety Association.  
<https://www.sportsanzen.org/> (only in Japanese)  
Any accidents during team activities could be covered.
3. Pay the necessary fees as explained below.
4. For a smooth communication, for example, in case of emergency, sudden change in schedule and injury during practice, please allow us to know your personal cell phone

number and email address.

Please e-mail your emergency contact number and email address to Head Coach Soga, Assistant Coach Yoshimura and Supportive Coach Takai ASAP.

5. Please download and install “Raku Raku Renrakumou” app to your mobile phone. Most of team announcements would be sent through this app. Please see 10) for more details.

### 3) Fees

The following fees are a little bit irregular in AY2020 due to COVID-19.

- Monthly due 300 yen
- Participation fee in Kitashirakawa 100 yen per practice (Up to 1,000 yen per month)
- Reserve fund for team uniforms 1,000 yen per year
- Sports safety insurance 940 yen per year (including 140 yen commission)
- Other expenses

Registration fees to national and local associations would be calculated and informed at a later date.

Additional participation fee is charged when a practice or a game is held outside Kitashirakawa Elementary School. Application fees and facility charges would be divided with the number of heads.

A reversible bib is owned by individuals and costs 4,500 yen. The bib is often used in many scenes, except official games, such as practice games inside WB.

The 4th grade and above need to buy game shorts, which cost 6,800 yen for dark and light colors.

A practice shirt of original design costs about 2000 (?) yen each. The white one is kind of an official wear and a must, which is also used in many scenes. (See p.10.)

#### NOTE:

1. The monthly due and participation fee are collected every 2 months after calculation. Even when being absent for a long period due to personal circumstances, the monthly due is charged to maintain the team activity.
2. Reserve fund for team uniforms would not be refunded in any circumstances.
3. The above-mentioned fees may change if you sign up in the middle of year.\*1
4. For additional activities, additional fees may be charged when necessary.

5. When some fees need to be collected, an envelop would be distributed to children.  
Please put an exact amount of fees into it.

\*1: Newcomers can participate up to 3 practices as trial. Those who participate more than 4 times would be charged and considered as sign-up.

## 4) Schedules and precautions for using facilities

The following is tentative and may be changed depending on circumstances.

| Day                 | Grade | Time                   | 場所   |
|---------------------|-------|------------------------|--|
| Tuesday<br>Thursday | All   | From 17:30<br>To 19:30 | Gym of<br>Kitashirakawa<br>Elementary School |
| Sunday              | All   | From 9:00<br>To 12:00  |  |

- \* Please do NOT come to the gym more than 15 min before the start time.
- \* Other than the above, official and practice games would be held.
- \* On Sunday, practice is held from 9am to 5pm occasionally (e.g.: AM for 1st to 3rd and PM for 4th to 6th).
- \* Because of availability of the gym, practice may be held on Saturday instead of Sunday occasionally.
- \* The above schedule may be slightly changed according to situation. Please ensure the latest schedule every time. Schedule for next month is informed at the end of each month.
- \* Due to disasters or spread of infection, schedule would be suddenly changed. Before leaving home, please check Raku Raku Renrakumou (communication app) for updates and changes.
- \* Actions when getting infections should follow School Health and Safety Act of Japan.

### NOTE:

1. For practice at night, please come to the school to pick up your child.
2. Please be sure to inform us when your child cannot participate practice.
3. The 4th grade and above can participate without drop-off and pick-up. In such a case, for safety, please be sure to inform absence or delay to HC Soga and AC Yoshimura in

advance. To confirm safe arrival, when your child goes home without pick-up, please email to both of coaches as soon as he comes back.

4. Schedule changes would be informed using Raku Raku Renrakumou app.
5. Please use ONLY the north gate of the gym to come in and out. The doors on the eastern side are used for ventilation and cannot be used to access.
6. All members including staff must leave the gym before the ending time of practice. We hope everybody to pack a bag and clean up the gym as soon as possible.
7. Making noise outside the gym is strictly prohibited especially after practice at night.
8. Bicycles should be parked behind the (pull-up) bars. In the schoolyard, please don't keep riding on a bicycle but push along it by hand.
9. Driving cars onto the schoolyard is prohibited. However, at time of emergency, it would be flexibly allowed.
10. There are some (coin-operated) parking lots near the school. When you wait for your child inside your car, please make sure where to park. Mischievous parking around the school is strictly prohibited.
11. Not only inside the school premise but also around the school, smoking is prohibited. If we find underage smoking, WB will lose the right to use the gym. Besides, he would get expelled from WB.
12. Sakyo regional gym, Takaragaike Children gym, gym of other schools, Kuaspo in Nantan city, Hannaryz Arena, etc. are also used for practice and games. Please always have a good manner and follow rules of each facility.

## 5) Rules for practice

1. Say hello in a loud voice every time. Greetings to other communities should be also given. Greet to other teams at game venue too.
2. Bring your own basketball to every practice and game.
3. Proactively do necessary preparation so that everybody can start immediately to practice.
4. Have sufficient time for a warm-up before the starting time. In the case of late arrival, set up ASAP, tell reasons of delay to coaches, do a warm-up and, then, join practice.
5. Respond to any talks and instructions by coaches and parents in a loud voice.
6. Practice begins with a greeting and ends with a greeting. Let's pack a bag, clean up and draw up in order promptly so that a farewell greeting can be made at least 10 min before the ending time.
7. While practicing, encourage and talk to each other with caring for each other.
8. Use team goods and uniforms carefully.



## Let's speak in a loud voice all the time.

“A word followed by a bow” is the basis of greeting and, therefore, verbal expression is much more important than attitude. Express your thoughts, apology, and appreciation to others verbally.

## 6) Personal goods for usual practice

- Basketball shoes
- Basketball #5 with name (Rubber balls are not allowed.)
- Drink such as tea and sports drink
- Sports wears + extra in summer
- Reversible bib
- Towels
- A couple of ice packs used for icing and heatstroke

NOTE:

1. Clearly indicate name on all personal stuffs to avoid lost property.
2. When a team's bib is lent, please wash and return at a next practice.
3. Dilution of general sports drinks at 1.5 or 2 times may be better for children's health.

## 7) Official and unofficial games

Children always love games. We would like to organize as many games as possible. Through games, children can improve not only basketball skills but also mental strength. We appreciate your support on transportation on game day. (WB does not charter a bus for games.) Ride sharing with other families is also possible.

For detailed information and confirmation of participation, Raku Raku Renrakumou app would be used. Please register participation on the app as soon as possible so that coaches can consider game plans.

### Necessary items for game

The following items need to be brought to games unless otherwise noted. Please encourage your child to prepare them by themselves. (Items indicated with # are must-have!)

## # Basketball shoes

Shoes are always necessary at any gyms (of course, also to join games!). For outdoor warm-up, please come with running shoes instead of slippers or sandals.

A bag is needed to carry outdoor shoes inside gym.

## # Uniforms (for official games)

Game shirts (jerseys) are managed by the team and shared with teammates, while game shorts are personally owned. Therefore, please take good care of the shirts. Please, NEVER write name on game shirts. Do NOT wear the game shirts except during a game not to be damaged and dirtied. Please return them to us as soon as possible after washing, in a designated bag which uniforms should be originally put in, but never use a dryer for drying.

## # Reversible bib (for unofficial games)

- Basketball #5 with name

Rubber balls are not allowed.

- Inner wears in winter

The use of black or white inner wears, such as half-sleeve or long-sleeve shirts, are permitted.

- White practice shirt

The designated white practice shirt should be always put on except during a game (e.g.: during warm-up, practice, ceremonies, etc.).

- Drink

A sufficient amount of drink should be taken. Salt needs to be taken in addition to water to avoid heatstroke. General sports drinks are too sweet and should be diluted especially for children.

- Lunch

In the case of day-long games or tournaments, lunch is normally taken in a short time between games according to coaches' guidance. Please give packed bread, sandwich, rice ball, etc., not to make their hands dirty. Bar-type supplement is not good but jelly-type and drink-type ones are OK.

- Others

Ice packs or frozen bottled drink used for icing and to avoid heatstroke  
Anti-carsick medicines if necessary

### Items that are not allowed

Valuable items, money, snack, toy, comic, etc. must not be brought to game. We cannot be responsible for the theft.

### NOTE:

1. Team goods should be cooperatively managed and carried by everybody.
2. Personal belongings and bags need to be well organized and ordered always. Bags should be kept closed and fastened.

### Check list of necessary items

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Uniforms         | <input type="checkbox"/> Reversible bib | <input type="checkbox"/> Basketball #5                     |
| <input type="checkbox"/> Basketball shoes | <input type="checkbox"/> Running shoes  | <input type="checkbox"/> White practice shirt              |
| <input type="checkbox"/> Towels           | <input type="checkbox"/> Drink          | <input type="checkbox"/> Lunch                             |
| <input type="checkbox"/> Shoes bag        | <input type="checkbox"/> Inner wears    | <input type="checkbox"/> Ice packs or frozen bottled drink |

## 8) Parents' participation

We truly welcome and appreciate proactive participation and involvement of parents, but hope parents to follow some rules.

1. Coaching is provided by coaches. We would appreciate it if parents could follow coaches' instructions, watch plays with gentle patience, and cheer children during practices and games.

**Encourage children always. No criticism! No scolding!**

2. Please watch plays on stage or auditorium. We also appreciate your support when necessary (e.g.: injury of players, preparation for practice, etc.). We would also sometimes ask parents' support for cleanup.
3. Please be always near mobile phone so that you can catch our urgent calls.

## 9) Schedule of official games

Due to COVID-19, all the official games and tournaments have been cancelled until August, 2020. Discussion about games after September is now ongoing at a committee level. Details are undecided.

## 10) Communication tools

### 1. “Raku Raku Renrakumou (らくらく連絡網)” app

HOW TO USE:

- i. Please register with your email address and the name of your child.
- ii. Press “団体管理” in the bottom menu.
- iii. Press “団体に参加する” of orange color.
- iv. Input “60798222” of the team code.
- v. Select “北白川ホワイトベアーズ”.

After approval of the owner, you can receive notification from us.

NOTE:

- When you read notification on PC, please leave a check mark to “読了”.
- Please respond to any notification as promptly as possible.
- Please open the app and check new notification frequently. Before coming for practice, please check for updates.
- When parents would like to post on the app, please let coaches know its content in advance.
- After graduation, children would remain registered for 1 year for some information. After that, team staff would unsubscribe him from the list.
- When children leave WB temporarily, deregistration would be determined based on discussion with coaches.
- When children come back to WB, re-registration would be required.

### 2. Email

When you decide to admit, the list of coaches’ email addresses would be shown during practice. Please register them right there and email the followings to coaches:

**(1) name of school, (2) grade, (3) name of child, and (4) phone number of mother or father.**

Please note that HC Soga reject emails from PC addresses, such as @gmail.com, @outlook.com, etc. If you use a PC address, please communicate with SMS.

- When you send an email to coach(es):
  - Title: WB [Name of child] (e.g.: WB Taro Yamada)
  - Start with “WB” for ease in search.
- Please notify absence to HC Soga and AC Yoshimura well in advance.
  - Title: 欠席連絡 WB [Name of child]
  - “欠席” means absence.

NOTE:

- Please pay careful attention to handling personal information.