

# Portland Parks and Recreation



## YOUTH BASKETBALL

2018-2019

**Pre-season Clinics**

**Coach's clinic**

**Coach's meeting/coach's application**

**Instructional K - 2**

**BOYS AND GIRLS Grade 3 - 4**

**BOYS AND GIRLS Grade 5 - 6**

**BOYS AND GIRLS Grades 7 - 8**

**BOYS HIGH SCHOOL RECREATION BASKETBALL**

**MEN'S FREE PLAY BASKETBALL**

**CO-ED VOLLEYBALL**

**Babysitting class**

**HOLIDAY SPECIAL EVENTS:**

**Trick or treat on Main Street**

**Pancake breakfast with Santa**

**Holiday light parade, carol sing & tree lighting**

**Portland Historical Society "Fundraiser"**

**Jingle & Mingle, a Festival of Wreaths**

**\*\*\*NEW ONLINE REGISTRATION [WWW.PORTLAND.RECDESK.COM](http://WWW.PORTLAND.RECDESK.COM)\*\*\***

# Youth Basketball Program



## **Pre-Season Youth Basketball Clinics**

Great chance to get ready for the season!!! The Parks and Recreation Department will be hosting a series of pre-season drills and clinics during the fall to help prepare youth in grades 1 – 4 for the upcoming basketball season. **Fee: \$17 for the program**

<b>Gender/Grade</b>	<b>Site</b>	<b>Day</b>	<b>Dates</b>	<b>Time</b>
Girls 1 & 2	Valley View School	Thursdays	Dec. 6, 13, 20	5:00 - 5:45pm
Boys 1 & 2	Valley View School	Thursdays	Dec. 6, 13, 20	6:00 - 6:45pm
Girls 3 & 4	Gildersleeve School	Thursdays	Nov. 1, 8, 15	5:30 – 6:30 pm
Boys 3 & 4	Gildersleeve School	Thursdays	Nov. 1, 8, 15	6:30 – 7:30 pm

## **Instructional K-1 Basketball Program**

This program is instructional only. Concentration is on dribbling, passing and shooting along with small-sided games that are developed each week. Each child will receive a tee shirt. The program is co-ed. You must be a Portland Resident.

Day: Saturdays	Dates: January 5th – February 9th
Fee: \$39	Place: Gildersleeve School
Grade: K – 1 <sup>ST</sup>	Instructor: Parks and Recreation Staff
8:00 to 8:45 a.m. Kindergarten	9:00 a.m. to 9:45 a.m. First Grade

## **Instructional 2<sup>nd</sup> Grade Basketball Program**

This program is instructional. Concentration is on dribbling, passing and shooting along with a progression into 3 v 3 games. Each child will receive a tee shirt. The program is **not** co-ed. You must be a Portland Resident.

Day: Saturdays	Dates: January 5th – February 9th
Fee: \$44	Place: Gildersleeve School
Grade: 2nd	
10:00 a.m. to 10:45 a.m. Boys Second Grade	11:00 a.m. to 11:45 am Girls Second Grade

### **All registered 2<sup>nd</sup> graders may participate in our Thursday Night Practices Sessions**

Girls 2nd	Valley View	Thursdays	Jan. 10 – Feb. 7	5:00 – 6:00 pm
Boys 2nd	Valley View	Thursdays	Jan. 10 – Feb. 7	6:00 – 7:00 pm

# Recreation Basketball League

Portland Parks and Recreation Youth Basketball League is designed to give Portland children the opportunity to experience and enjoy the game of basketball. There will be one practice during the week and one game or practice on Saturday and an occasional Friday. Each child will receive a team shirt. Leagues are **NOT** co-ed. You must be a Portland Resident.

Grades: Boys 3 – 8 and Girls 3 – 8

## **Boys and Girls Grades 3 – 4**

*Player Evaluation (To help assist with Team Selection) at Gildersleeve School*

Fee: \$62 before December 1<sup>st</sup> or \$72 on or after December 1<sup>st</sup>

**Girls:** Monday, November 26<sup>th</sup>

Grades 3 & 4 – 5:00 - 6:00 p.m.

Grade 3 and 4 Basketball is designed for boys and girls to learn basic rules of basketball and develop skills in a non-competitive encouraging environment. Coaches and officials will use teachable moments to help players learn rules and develop good sportsmanship practices while gaining skills and making new friends. Scores are not kept in beginner games. Practice will begin the week of December 3<sup>rd</sup> and games will begin the weekend of January 5<sup>th</sup>.

**Boys:** Monday, November 26<sup>th</sup>

Grades 3 & 4 - 6:15 – 7:15 p.m.

## **Boys and Girls Grades 5 – 6**

FEE: \$72 PER PLAYER - \$82 on or after December 1<sup>st</sup>

The Player Evaluation will be set up as three, drill based practices, reviewing and teaching individual and team fundamentals. We recommend that each player attend one Player Evaluation BUT if they cannot, they will still be placed on a team. We encourage players to come to as many of the evaluations as possible. Even though we call it an evaluation, the main objective is to get the players into the gym, play some basketball, and have some fun! After the third evaluation, if we have enough coaches, we will develop teams and start practices.

### **GIRLS 5<sup>TH</sup> AND 6<sup>TH</sup> GRADE EVALUATION/PRACTICE**

Thursday, November 1 – 6:30 to 7:30 pm at Portland High School

Friday, November 2 – 6:30 to 7:30 pm at Portland High School

### **BOYS 5<sup>TH</sup> AND 6<sup>TH</sup> GRADE EVALUATION/PRACTICE**

Thursday, November 1 – 5:30 to 6:30 pm at Portland High School

Friday, November 2 – 5:30 to 6:30 pm at Portland High School

Grade 5 and 6 Basketball is designed for boys and girls to use practices and games as opportunities to learn basic rules of basketball and develop skills in an encouraging environment. Practices will begin in November. The teams will play games on Fridays/Saturdays starting in December. There will be some games out of town. Score is kept at this level. ***Teams will be selected in November once coaches are selected and evaluations are completed. November evaluation/practices will be skill development and scrimmage.***

## **Boys and Girls Grades 7 – 8**

FEE: \$72 PER PLAYER - \$82 on or after December 1st

The Player Evaluation will be set up as two drill based practices, reviewing and teaching individual and team fundamentals. We recommend that each player attend one Player Evaluation BUT if they cannot, they will still be placed on a team. We encourage players to come to as many of the evaluations as possible. Even though we call it an evaluation, the main objective is to get the players into the gym, play some basketball, and have some fun! After the second evaluation, if we have enough coaches, we will develop teams and start practices.

### **GIRLS 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE EVALUATION/PRACTICE**

Thursday, November 1 – 6:30 to 7:30 pm at Portland High School

Friday, November 2 – 6:30 to 7:30 pm at Portland High School

### **BOYS 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE EVALUATION/PRACTICE**

Thursday, November 1 – 7:30 to 8:30 pm at Portland High School

Friday, November 2 – 7:30 to 8:30 pm at Portland High School

Grade 7 and 8 Basketball is designed for boys and girls to use practices and games as opportunities to learn basic rules of basketball and develop skills in an encouraging environment. Practices will begin in November. The teams will play games on Fridays/Saturdays starting in December. There will be some games out of town. Score is kept at this level. ***Teams will be selected in November once coaches are selected and evaluations are completed. November evaluation/practices will be skill development and scrimmage.***

# **Basketball Grades 9 - 12**

FEE: \$87 PER PLAYER - \$97 AFTER January 1st  
Team Selection and Open Gym

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Gym</b>	<b>Program</b>
Monday	Nov 26	8:00 - 9:00 PM	PMS	REC
Thursday	Nov 29	5:00 - 6:00 PM	GILD	REC
Monday	Dec 3	8:00 - 9:00 PM	PMS	REC
Friday	Dec 7	6:00 - 7:00 PM	PMS	REC

Open to all Portland Residents and Portland High school students in grade 9 – 12, our goal is to continue the success we have had over the last few years and to continue to provide basketball opportunities. Practice will start in December and games will start in January on Friday evens and or Saturdays

***NOTE: If you play high school basketball, per CIAC rules, you are ineligible to play***

**YOU MUST REGISTER TO PLAY**

## **HEADS UP To Youth Sports**

To help ensure the health and safety of young athletes, CDC developed the HEADS UP Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The HEADS UP initiative provides important information on preventing, recognizing, and responding to a concussion.



### **COACHES MEETING for GRADES 3 – 8 RECREATION BASKETBALL**

There will be a coaches meeting for all recreation basketball coaches on  
**GRADE 3 AND 4 - Thursday, November 29<sup>th</sup> – 6:00 pm** at the Parks and Recreation Office.  
**GRADE 5 AND 8 – Tuesday, November 13<sup>th</sup> – 6:00 pm** at the Parks and Recreation Office

### **American Red Cross “Babysitting Course”**

This course provides youth planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, choose safe and appropriate toys and games, diapering, bedtime, keeping themselves and others safe and help children behave along with learning about basic child care and basic first aid. A great way to get your teen ready for a babysitting job!

Day: Monday- Tuesday      Date: November 19 & 20      Age: 11 – 15 years old  
Time: 12:15 to 2:45 p.m.      Fee: \$57      Site: Buck Foreman Center

### **Men’s Drop-in Basketball**

Looking for the opportunity to shoot some hoops and brush up on your game? Here’s a chance to participate in free play basketball games. Portland residents only please.

**Over 30 Men’s Drop in Basketball:** Portland Middle School  
Day: Tuesday      Dates: November 13 to April 2  
Time: 7:30 – 9:00 pm      No Program: 12/26 & 2/20

### **Adult Co-Ed Volleyball**

Participate in this fun, drop-in volleyball program. Bring your friends and join the fun! Sneakers must be worn. This program is free. Must be 18 and Older

Day: Wednesday      Date: November 7 – April 10  
**Competitive Recreation:** 5:00 – 6:30 pm      Site: Gildersleeve School gym  
**Non-Competitive Recreation:** 6:30 – 8:00 pm      No Program: 11/21 & 12/26



# YOUTH BASKETBALL COACHES APPLICATION FORM

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763

www.portlandct.org

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

## PROGRAMS

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 2nd Grade program                                 | <input type="checkbox"/> Girls Volunteer | <input type="checkbox"/> Boys Volunteer  |
| <input type="checkbox"/> 3 <sup>rd</sup> /4 <sup>th</sup> Grade Boys Rec.  | <input type="checkbox"/> Head Coach      | <input type="checkbox"/> Assistant Coach |
| <input type="checkbox"/> 3 <sup>rd</sup> /4 <sup>th</sup> Grade Girls Rec. | <input type="checkbox"/> Head Coach      | <input type="checkbox"/> Assistant Coach |
| <input type="checkbox"/> 5 <sup>th</sup> /6 <sup>th</sup> Grade Boys Rec.  | <input type="checkbox"/> Head Coach      | <input type="checkbox"/> Assistant Coach |
| <input type="checkbox"/> 5 <sup>th</sup> /6 <sup>th</sup> Grade Girls Rec. | <input type="checkbox"/> Head Coach      | <input type="checkbox"/> Assistant Coach |
| <input type="checkbox"/> 7 <sup>th</sup> /8 <sup>th</sup> Grade Boys Rec.  | <input type="checkbox"/> Head Coach      | <input type="checkbox"/> Assistant Coach |
| <input type="checkbox"/> 7 <sup>th</sup> /8 <sup>th</sup> Grade Girls Rec. | <input type="checkbox"/> Head Coach      | <input type="checkbox"/> Assistant Coach |
| <input type="checkbox"/> High School League                                | <input type="checkbox"/> Head Coach      | <input type="checkbox"/> Assistant Coach |

First Aid/CPR Training Please check one box below:

- CPR and/or First Aid Re-cert date - TBD
- CPR and First Aid Class date - TBD
- Currently CPR and First Aid Certified  
CPR expiration date \_\_\_\_\_ First Aid expiration date \_\_\_\_\_

Please list any weekday evening you **cannot** coach: \_\_\_\_\_

Can you practice from 5:00 – 6:00 p.m. if need; Yes: \_\_\_ No \_\_\_

Do you have any children in this program? Yes \_\_\_ No \_\_\_

If yes, please list: \_\_\_\_\_

Have you ever been convicted of a crime or convicted in a military court martial?

Yes \_\_\_\_\_ No \_\_\_\_\_

Are you currently under investigation or have a pending charge?

Yes \_\_\_\_\_ No \_\_\_\_\_

I certify that the information contained on this Authorization/Release form is true and correct, and acknowledge that I may be precluded from coaching due to false, omitted or fraudulent information.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Division

# PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763

www.portlandct.org

Participant's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Street Address \_\_\_\_\_ Apt. # \_\_\_\_\_ Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Male: \_\_\_ Female: \_\_\_ Date of Birth \_\_\_\_\_ School Grade: \_\_\_\_\_

(BASKETBALL ONLY)

Shirt Size (Kids) S M L (Adults) S M L XL

List any days **not** available for practice or games: \_\_\_\_\_

Mother's Name \_\_\_\_\_ Father's Name \_\_\_\_\_

Home Number \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Mom's Work Phone: \_\_\_\_\_ Dad's Work Phone: \_\_\_\_\_

Mom's Cell Phone: \_\_\_\_\_ Dad's Cell Phone: \_\_\_\_\_

If a parent is not available:

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone # \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Child's Physician: \_\_\_\_\_ Phone #: \_\_\_\_\_

\* If there are any medical concerns or allergies that we should be aware of, please list below:

In case of an emergency, may we transport via ambulance? Please circle: Yes No

Please list anyone who does not have permission to pick up your child (If this is a biological parent, a copy of the court order must accompany this form). \_\_\_\_\_

I give the Portland Parks and Recreation Dept. permission to use any photographs taken during the program to be used in any advertising, i.e. web site, program literature: Yes No

<u>Program(s)</u>	<u>League/Division</u>	<u>Fee</u>
1. _____	_____	_____
2. _____	_____	_____

TOTAL: \_\_\_\_\_

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland **DO NOT** assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

Parent or Guardian: \_\_\_\_\_ (Print Name) \_\_\_\_\_ (Signature) \_\_\_\_\_ (Date)

# HOLIDAY HAPPENINGS

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## **Portland's 17<sup>th</sup> Annual Halloween Downtown**



Presented by Portland Youth Services  
and approximately 50 businesses (Main St. & RT 66)  
Friday, October 26<sup>th</sup> 4:00 PM to 7:00 PM

## **Portland Historical Society "Fundraiser"** **Jingle & Mingle, a Festival of Wreaths**

"Jingle & Mingle, a Festival of Wreaths, will take place on Saturday, Dec. 1<sup>st</sup> and Sunday, Dec. 2<sup>nd</sup> (coinciding with the Lighted Parade festivities). Wreaths decorated by individuals, businesses and organizations will be on display in the carriage barn, behind the Historical Society's 329 Main Street location, from noon to 4:00 p.m. both days. The winning names will be drawn on Sunday at 4:00 just before the "Holiday Parade". More info will be posted on the website! If you would like to sign up to donate a wreath, please e-mail the Society at [portlandcthistory@gmail.com](mailto:portlandcthistory@gmail.com) or call Deb at 860-342-1927 prior to Nov. 30<sup>th</sup>. All proceeds will be used to further the Society's mission to preserve Portland's history and to fund educational projects for the community.



## **Pancake Breakfast Sunday, December 2<sup>nd</sup>**

Company #1, Middlesex Ave from **7:00am to 11:00am**. You will have a choice of Plain, Blueberry & Chocolate Chip, Sausage and a Beverage. Bring either a food item or unwrapped toy and receive a free breakfast. (Toys and Food will be distributed throughout Portland). Santa will be there from 9:00 to 11:00 a.m. for pictures with your children (take your own or support Portland Youth Services Community Outreach Projects & pay \$3.00. Crafts will be available for the children to make!

## **Holiday Parade and Tree Lighting December 2<sup>nd</sup>**

Come back downtown at 5:00 p.m. to see the Holiday Parade!  
It will start at the Town Hall on East Main Street, and then it will go down Freestone Ave., and end at Brownstone School for the Tree Lighting and Carol Singing.  
Special Guest will be Santa!

*Carol Sing starts at 4:45 pm*

*Parade starts at 5:00 pm*

*Special Guest will be Santa*

