

2026 Winter Youth Basketball Coaches Meeting

COVINGTON
YOUTH BASKETBALL



PARKS AND RECREATION

League Contact Information

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Agenda

- Program Overview
- Coaches Responsibilities
- Practice Expectations
- Game Day Procedures
- League Rules
- Safety and Conduct
- Communication Expectations
- Season Timeline
- Equipment
- TeamSideline
- What's Next



Program Overview

- **Our Philosophy:** Build a great community together through people, parks, and programs.
- **Our mission:** Covington Athletics is dedicated to building character, confidence, and community through positive play.
- Focus on player development
- Sportsmanship-first league
- Age divisions & team structure
- Skill-based + fun-focused
- Learning life skills

“We won’t be coming back to Covington basketball next year. There seemed to be a theme at our games where the coaches made it all about themselves. This should be about the kids and that was forgotten on my son’s team. Seeing how some of the other teams were organized, I’d assume that not all of the coaches were like that, but there were definitely some coaches that we’re living vicariously through their team. It takes away the fun from the kids.”

- 2025 Youth Basketball End of Season Survey

Coaches Responsibilities

With the fun of coaching a team comes the responsibility of supporting the City of Covington and the School District Rules and Procedures.

Coaches Responsibilities:

- Pass a background check
- Communicate with families
- Run safe, structured practices
- Encourage positive behavior
- Ensure equal playing time
- Promote respect and teamwork
- Responsible for all activities of your team at games and practices
- A coach should be the last to leave, don't leave any player behind
- Ensure your practice gym is left the way you found it



First Practice

- Custodians are the gatekeepers
- Parent Meeting
 - Code of Conduct Pledge
 - Sign & Collect
 - Snack Schedule / Group Text Message
 - Ask for help
 - Set the tone
 - Reminder this is a recreation league, reiterate our mission

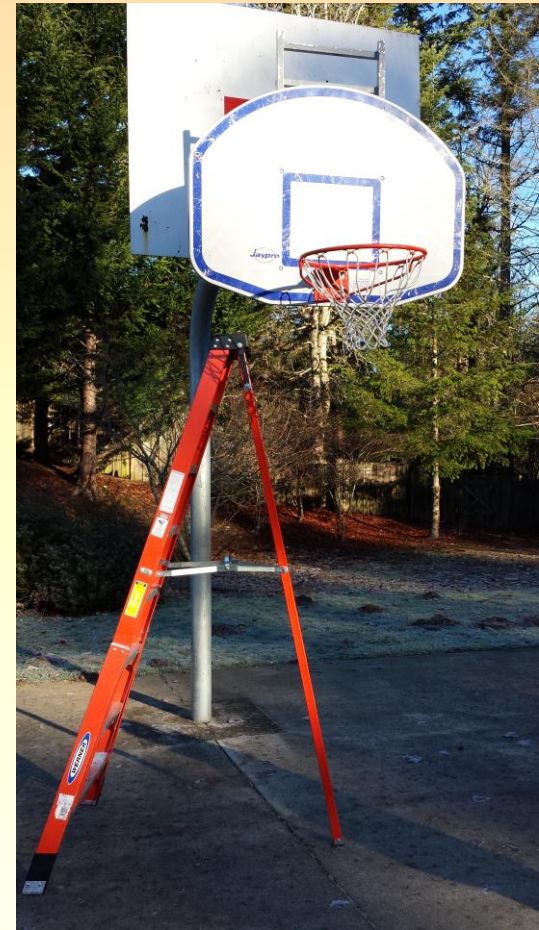


Practice Expectations

- Practice length: 60 minutes
- Practice frequency: 1 a week

Gym Rules

- No one gets left behind
- Leave the gym how you found it
- No food or drinks in the gym
- No exploring the school
- Modified hoops



Game Day Procedures

- Arrival expectations
- Coaches stay seated
- Sportsmanship guidelines
- Equal playing time
- Officials' authority and communication
- Patience is appreciated
- Wristbands for PreK, Kinder, & 1st/2nd Grade Teams



PreK Specific Notes and Rules

- Practices & Games on Saturdays
- 7-foot hoops
- 7.5" ball
- 20-minute practice
- 30-minute game
- 4v4
- Taking gear home is optional
- Coaches can be on the court if needed



Points of Emphasis

- Patience
- Player Development Over Winning
- Fair Play & Equal Opportunity
- Respect for Officials and Coaches
- Positive Coaching & Sideline Behavior
 - High fives and handshakes after games

Safety & Conduct

- First aid expectations
- No jewelry
- Mandatory NFHS Trainings
 - Concussion Awareness
 - Protecting Students From Abuse
- Zero-tolerance behavior policy
- Parent/Player Code of Conduct
 - Sign and turn in at the end of this meeting. You'll have all parents and players (1st grade and up) sign as well at first practice.

General Sportsmanship

Please be mindful, the focus of this rec league isn't on running up the score at games. If there is a situation where we have a team go up by 20+ points, we will ask your team to start focusing on other aspects of the game rather than just scoring. Strategies we'd like to see:

- Change up positions – have a different player be point guard.
- Refrain from fast breaks – focus on half-court offense.
- Require 5 passes before players shoot (please do not have players count these out loud and make the other team feel bad).
- No more full court pressing.
- No more stealing – focus on good defensive position and have hands straight up or out.
- Choose something else to work on like footwork, spacing, motion, etc.

Communication Expectations

- Communicating schedule changes
- Communicating with the Athletics Team
- Weather cancellations
- Keeping parents informed
- Keep the school informed



Season Timeline

Practices: begin the week of January 5th

Games: start Saturday, January 10th

Picture Days:

- January 14th @ Cedar Heights
- January 21st @ Mattson


Certificates: Saturday, Feb. 14th

Last game: Saturday, Feb. 21st or Feb. 28th

Game Locations: Kentwood HS, Cedar Heights
Mattson MS, Jenkins Creek Elem, Cedar Valley
Elem, Covington Elem, Kentlake HS

Equipment

- You will receive
 - 1 ball bag
 - 6 basketballs
 - 1 first aid kit
 - Cones (optional)
- Broken or lost equipment
- Return at end of season
- Ball bag number

 **Covington**
PARKS AND RECREATION

Youth Basketball Equipment Acknowledgement

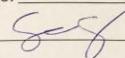
The City of Covington provides all volunteer coaches with the necessary equipment to be successful this season. If anything needs replaced during the season, please notify the Athletics team. It is the volunteer coaches responsibility to return all of the equipment at the end of season. Please leave everything onsite at your last game.

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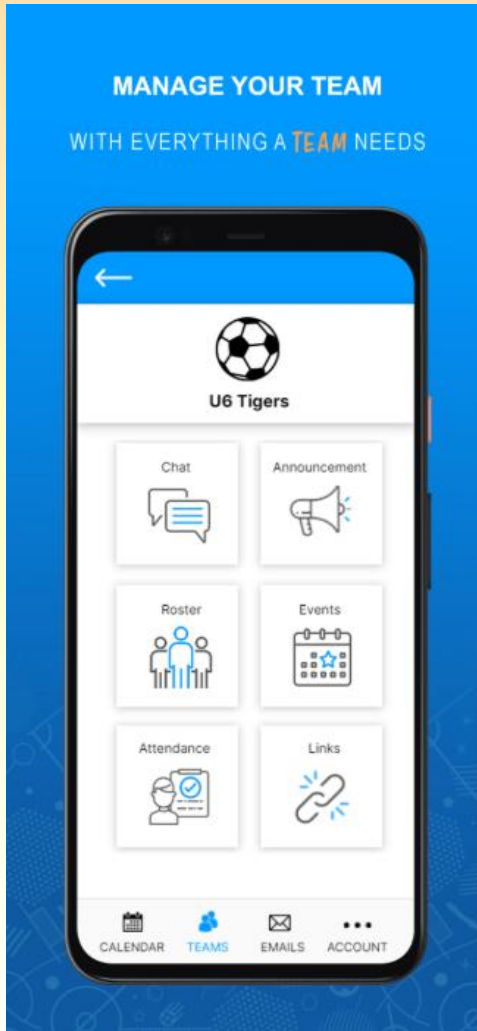
This equipment is City of Covington property. I agree to return all of the equipment at my last game. If I am unable to, I will return my equipment to Covington City Hall. 16720 SE 271st Covington, WA 98042 within a week of the end of the season.
If equipment is not returned, I could be charged for the value of

Printed Name: Sean Conway

Signature:  Date: 12-9-25

BAG # 9

What's Next?



- If you've completed your Coaches Application and have registered as a Coach on TeamSideline, we will make your Team Site live by Mon. Dec. 15.
- Start planning your first practice, your parent meeting, and begin the communication with parents.
- Jerseys will arrive the first or second week of January.



Trivia

Where should coaches turn in the signed Parent/Player Code of Conduct forms?

- A) At the first game
- B) Mail them to City Hall
- C) At the end of this coaches meeting
- D) They don't need to turn them in

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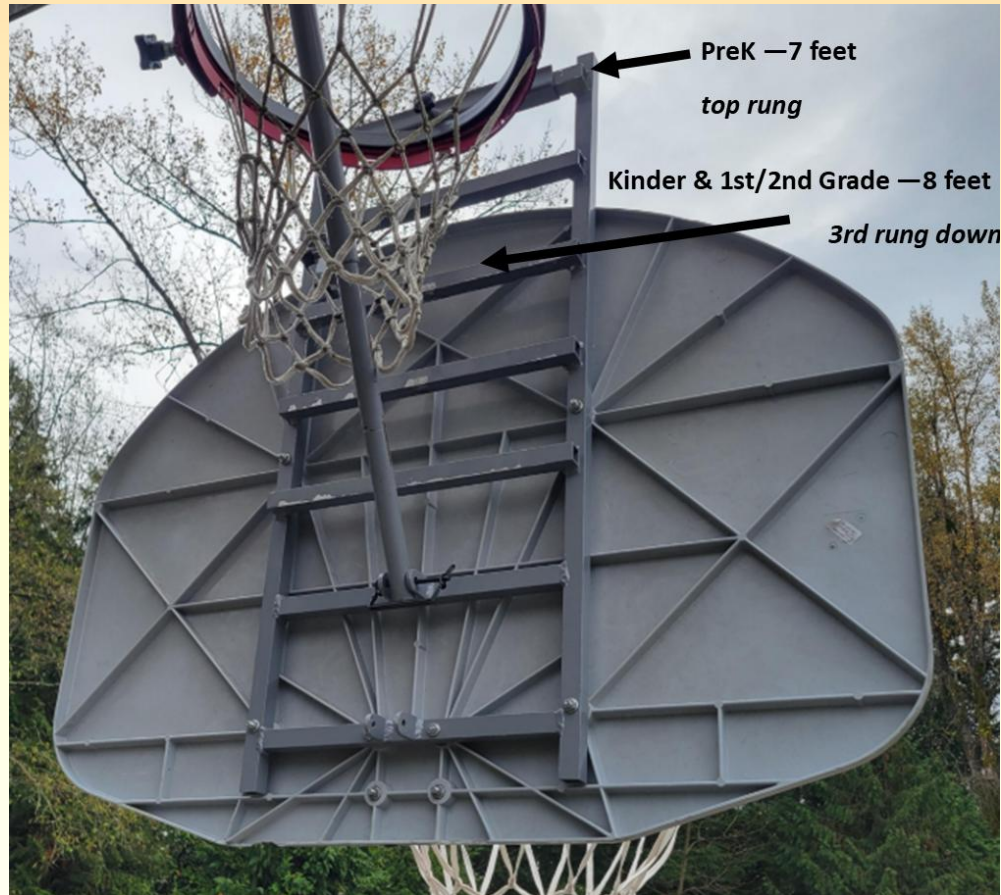
What is the PreK hoop height?

- A) 9 feet
- B) 8 feet
- C) 7 feet
- D) 6 feet

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- B) Create elite travel teams
- C) Prepare players for high-school tryouts
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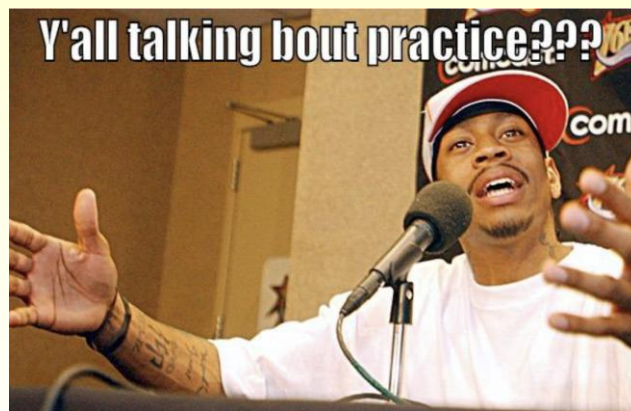
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- A) Coaches must stand the entire game
- B) No substitutions allowed
- C) Equal playing time for all
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- B) Last to leave, ensure no player is left behind
- C) Put away any equipment you may have used
- D) Building positive rapport with custodian
- E) All of the above

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Thank You Coaches!

