



Woodridge
PARK DISTRICT

Winter: Co-Ed & Girls
Youth Basketball League
Parent Packet

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Welcome to the 2026 Winter: Co-Ed & Girls Youth Basketball League!

We are excited to get the season underway! But before we do, make sure to read through this packet as it contains all the information for the upcoming season. If you still have questions after reading through this packet, or if you have questions/concerns throughout the season, do not hesitate to contact me. Nick Bacarella – 630.353.3418 – nbacarella@woodridgeparks.org

Sport Parent Code of Conduct

The Woodridge Park District (WPD), believes in holding all of its members (coaches, participants, parents, guardians, etc.) accountable to a strict code of conduct/behavior policy when playing, watching, or coaching any activity. This is a key principle to making sports, especially youth sports, a safe, fun, and positive environment. From participating in this program, you must abide by the Sport Parent Code of Conduct below:

- I pledge to conduct myself in a manner that will reflect positively on the WPD to show respect for all involved in the game including coaches, players, opponents, opposing fans and officials.
- I pledge to encourage in a positive manner the efforts of players and will refrain from yelling out instruction to my child or his/her teammates for I understand that this is the coach's responsibility and such instructions may conflict with their teachings. I understand that games are chaotic times for players to deal with fast-paced action and need the flexibility without ridicule to learn how to respectfully respond to game situations, opponents, teammates and coaches.
- I understand that mistakes are inevitable part of any game and that players need to learn from their own mistakes and I pledge to encourage their pursuit in advancing their skills and knowledge of the game and to not criticize their mistakes.
- I pledge to refrain from using alcohol and illegal substances during any practice or game whether on WPD property or elsewhere.
- I pledge to educate myself on the rules of the sport, so that I have a better understanding of the game and calls made by the official(s).
- I pledge to not use inappropriate language, profanity, obscene gestures, offensive remarks of a sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- I pledge to refrain from confronting opponents, opponents' fans, coaches, or officials in a manner that would escalate any situation to a verbal or physical confrontation and I understand that it is in everyone's best interest to remain silent.
- I understand that it is a best practice to take a timeout (24 hours) prior to dealing with a coach about any player issues I have. I will not confront the coach in public, rather I will talk to the coach while calm and rational and will do so in a private manner. Public confrontation is embarrassing to the player and entire program and may result in myself being suspended from watching my child/player and/or result in my child/player being suspended from play for the team.

Signed Parent's Promise

At the beginning of the season, your coach will ask you to sign a form to confirm that you have read the Sport Parent Code of Conduct. ***Failure to comply with this code of conduct, will result in disciplinary actions being taken to resolve the issue. Actions may include but are not limited to verbal and/or written warnings, ejections and/or suspensions. Incidents will be handled how staff deems appropriate based on the severity of the incident.***

Player Evaluation Day: Sunday, January 4th (5th-9th Grade Division only!)

Players within the Co-Ed and the Girls 5th/6th grade and the 7th-9th grade division, will participate in a player evaluation day on Sunday, January 4 at the ARC in Gym 1 & 2. The 5th/6th grade division will be from 1:15PM-2:30PM and the 7th-9th grade division will be from 2:30PM-3:45PM. Please show up 15 minutes prior to your scheduled time as players will need to go through a check-in process at the table in the gym. Players within these divisions are strongly encouraged to attend this evaluation day so the coaches can evaluate their skills and choose their team. With a player draft, special requests (car pool, friend/coach request, etc.) will be made available to the coaches but it is not guaranteed that it will be accommodated.

Team Information

Coaches have until Thursday, January 8 to contact their team. If you do not receive any contact from your coach, email Nick Bacarella at nbacarella@woodridgeparks.org on Friday, January 9 and I will have the information for you.

When you are contacted by your coach, they will go over the following information:

- Name(s) and contact information of coaching staff
- Team Number & Color
- Confirm your contact information
- Any allergies or medical conditions of your player that the coach should be aware of
- Time and date of the Parent Meeting
- Practice Schedule

Practice Information

- **Practices will start the week of January 12 and go through March 7**
 - Teams will practice for 1 hour, once a week at the gyms within the Woodridge School District 68. Practice timeslots will be 5:30PM, 6:30PM and 7:30PM. The practice schedule will be chosen by the Head Coach.
- When arriving to the school for your practice, make sure to be at the listed entrance at least 15 minutes prior to the practice time to ensure you can get into the building.
- **While in the school building, there is to be no wondering the halls or going into the school classrooms.**

Edgewood School	Goodrich School	Jefferson School	Meadowview School	Murphy School	Siple School	Willow Creek School
Door #4	Door #2	Door #19	Door #1 (Also #2525 at top of entrance)	Door #4	Door #16	Door #3
North side of building	Left of Main Entrance	North side of building	Left of Main Entrance	Circle Drive on South side of building	East side of building	East side of building

Game Schedule Information

- **Games will be held on Saturdays, starting January 17 and ending March 7.**
 - This includes an 8-game regular season with no playoffs.
- The game schedule will be posted on the Woodridge Park District, Team Sideline website by **Tuesday, Jan. 6.**
 - Here are 3 differed ways to access the game schedule:
 - <https://www.teamsideline.com/sites/woodridgeparks/schedules>
 - Go to the Woodridge Park District website and click on the tab under the advertisement banner labeled "League Schedules & Stats". Then, click the "Schedules" tab at the top of the page.
 - Click on the "Team Sideline" link at the bottom of my email signature
- Here are the anticipated game times for each division:
 - ❖ Co-Ed Kindergarten: 9AM
 - ❖ Co-Ed: 1st/2nd Grade: 12PM, 1PM, 2PM or 3PM
 - ❖ Co-Ed 3rd/4th Grade: 4PM, 5PM or 6PM
 - ❖ Co-Ed 5th/6th Grade: 2PM, 3PM, 4PM
 - ❖ Co-Ed 7th-9th Grade: 5PM or 6PM
 - ❖ Girls Kindergarten-2nd Grade: 10AM or 11AM
 - ❖ Girls 3rd/4th Grade: 9AM or 10AM
 - ❖ Girls 5th/6th Grade: 11AM or 12PM
 - ❖ Girls 7th/9th Grade: 5PM or 6PM

Game Day Information

- Games will be held at the Woodridge Park District, Athletic Recreation Center (ARC).
 - Located at 8201 S. Janes Avenue, Woodridge, IL 60517.
- Only water is allowed inside the gyms!
 - If your team participates in a post-game snack, they **MUST** be handed out in hallway and not in the gym!
- Spectators are to be sitting on the bleachers in the gym.
 - Spectators are not allowed on the team bench or the suspended walking track.
- No bouncing or shooting of basketballs at raised baskets.
- When coming to the ARC, please have your player bring their basketball shoes in a bag and put them on once in the facility. This is to protect the gym floor.
- To prevent from players losing their own basketball or taking a WPD ball by accident, players should **NOT** bring their own basketball.
- Due to safety precautions, have your player remove any jewelry before their game. This includes wristbands, necklaces, and earrings. **If an earring is unable to be taken out, use athletic tape to cover the earring.**

Weather Cancellations

- In the case of severe weather, cancellations will be posted on the Woodridge Park District Rainout Line.
 - <https://www.woodridgeparks.org/rainout-line/>
 - This can also be accessed by clicking the “Rainout line” link at the bottom of my email signature.
- You can manage your text and/or email subscriptions by selecting the activity, facility categories, and establishing the length of time you want to receive notifications.
- If you receive a cancellation notification, please relay the message to your team to ensure everyone is notified.
- If there is a cancellation due to inclement weather, games will be rescheduled to either an earlier timeslot, an alternative day or at the end of the season.

Volunteer Coaches Make It Happen!

We are extremely grateful for the volunteer coaches in our leagues. These programs do not have the success without them. Throughout the season, they may ask for help at practice or on game day. If you can, please step up and volunteer to help the team. The league rules can be found on the Team Sideline website under the “Downloads” tab.

Basketball League: Skills Clinic – Sunday, January 11

To show our appreciation of registering your child for this Basketball League, we are offering a 45 minute Skills Clinic on Sunday, January 11, for a low price of \$5! Spots are limited so make sure to register early!

Conducted by the esteemed trainers from Power Through Basketball, this clinic serves not only as an additional chance for your young athlete to enhance their skills, but also offers a sneak peek into the multiple offerings provided by Power Through Basketball and their involvement with the Woodridge Park District. Registration for this Skills Clinic can either be completed online or in-person during our office hours.

- K-2nd Grade: 10:00am-10:45am
 - http://apm.activecommunities.com/wpd/Activity_Search/11429
- 3rd-4th Grade: 10:45am-11:30am
 - http://apm.activecommunities.com/wpd/Activity_Search/11427
- 5th-9th Grade: 11:30pm-12:15pm
 - http://apm.activecommunities.com/wpd/Activity_Search/11428

Picture Day

Picture Day is scheduled for Saturday, January 24 located at the ARC in the Program Rooms. Your coach will email the schedule once it has been confirmed along with details of how to view and purchase your order.

Helpful Resources

Whether this is your first time being a sports parent or you have been doing this for a long time, you can always learn how to be better. Below is a list of different resources to help you as a sport parent throughout the season.

- [Guidelines For Parental Involvement In Youth Sports](#)
- [10 Tips For Sports Parents](#)
- [8 Sideline Behavior Tips For Parents On Gameday](#)
- [Silence On The Sidelines Lets Kids Learn And Coaches Coach](#)
- [Parents Need To Stop Trophy-Chasing And Let Their Kids Learn](#)
- [Why Kids Staying In Sports Is Important](#)
- [My Kid Acts Disinterested In Sports But Says She Loves It](#)
- [Maintaining Support For A Coach During A Losing Season](#)
- [WHY AND HOW PARENTS CAN SUPPORT REFEREES IN YOUTH SPORT](#)