



San Francisco Champions AAU

Basketball Syllabus

2012

Be A Champion Basketball

Kareem Guilbeaux
Founder and Director

www.bacbasketball.org
kguilbeaux@beachampion.org

(415)759-7925 – Office
(415)990-3026 – Cell





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Philosophy

We believe in challenging potential and holding our players to a higher standard. We will teach the importance of setting goals – improving along the way as individuals and as a team. The focus on fundamentals is part of our objective to teach our players how to play the game of basketball, rather than simply teaching plays. Under our guidance, our player's will develop a better understanding of how to play basketball.

We will outwork our competitors on the practice court so that we will out-perform them during games. We play pressure man-to-man defense that will place emphasis on communicating and making the opposition uncomfortable. Our offense will be predicated on pushing the ball quickly in the full court and superior ball movement and team work in the half court.

Our players will understand that the meaning of "Being A Champion" has more to do with effort and demeanor than it does with wins and loses.

Practice and Games

Players are expected to attend and arrive on time for all practices and games. Your coach will inform you as to how early he wants his players to arrive before games. If a player cannot attend a practice or game, please notify your coach immediately. It is also a good practice to send an email to the Champions' staff to confirm a player's absence.

Court Time

All playing time is assigned at the discretion of the head coach. Playing time is an issue between the player and coach; therefore, coaches will not discuss playing time with parents, unless initiated by the head coach.

Parental Expectations

All parents are expected to support their child in a positive manner. It is also important to remember that the coaches are on the sidelines and the parents are in the stands – and too many instructions given to players on the court can confuse a player and/or be counterproductive to the coaches' messages.

Redshirt Players

A Redshirt Player is one who can attend and participate in practice, but is not an official "playing" member of the team. However, a player may be allowed to play in a given tournament if the team is low on players that weekend or if the coach feels that the improvement of the player is enough to warrant that player being "moved-up".





San Francisco Champions AAU Basketball Schedule 2012

Champions Schedule 2012		
Dates	Events	
May 12 th , 13 th	Darrell Hirashima Classic Hosted by Bulldawgs Basketball	
May 26 th , 27 th	TBA	
June 2 nd , 3 rd	Summer Blast #8 Hosted by Fairfield Ballers	
June 9 th , 10 th	No Mercy Tournament Hosted by North Peninsula Force	
June 30 th , July 1 st	Bay City Tournament	
July 21 st , 22 nd	TBA	
<p>* The Champions' AAU Schedule is tentative and subject to change. In that event, we will try our best to find a replacement tournament(s) for the same date(s). We will also seek opportunities to schedule individual, non-tournament games against the Olympic Club .</p> <p>More information will be communicated by the Champions' staff as needed, including specific information about practices and tournaments (directions, times, etc.). Additionally, updates will be provided on the Champions AAU website: www.bacbasketball.org .</p>		





Champions Basketball "Ten Commandments"

1. *Thou Shall Communicate On Defense At All Times*
"Ball, Split Line, Screen Right, Help Left, etc.
2. *Thou Shall Contain The Ball Handler*
Square up: Force toward the corner on wing/shade strong hand from the top
3. *Thou Shall Always Have Ball and Man In Vision*
"Pistol Position," Be prepared to chug man
4. *Thou Shall Make The Hustle Plays*
Dive on the ground for loose balls, box out, take charges
5. *Thou Shall Always Have An Awareness of Thy Defensive Responsibilities*
Stunt & Retreat, Baseline Help, Playing Through Screens, etc.
6. *Thou Shall Be Patient On Offense*
"Be Quick, BUT Don't Hurry," Trust Yourself And Your Teammates
7. *Thou Shall Make The Extra Pass When Necessary*
Is My Teammate More Open And In A Better Position To Score Than I am?
8. *Thou Shall Catch The Ball In Triple Threat Position*
Be Strong With the Ball, Rip-Through, Shoulders-Hips
9. *Thou Shall Limit Turnovers*
Take Calculated Risks, Value Every Possession
10. *Thou Shall Be a Factor, 'ON' and 'OFF' the court!*
Cheer For Your Teammates, Make Observations & Share Ideas, Be A Good Teammate At All Times.

The Golden Rule *Thou Shall Never Commit The Cardinal Sin:
Breaking Two Commandments In A Row*






San Francisco Champions AAU Payment Plan 2012

The Champions AAU basketball season is spread over 4 months. The season starts at the beginning of April and will continue through the end of July.

The monthly cost of participating on the team includes all practices, tournaments, special events, and uniforms. An additional \$50 uniform fee will be added to the first month's fee; therefore, the fee for April will be \$250 for Players and \$225 for Siblings, and \$150 for Redshirt Players. Players/Siblings/Redshirt Players will be able to keep their Champions uniforms!

All payments are to be made online at www.bacbasketball.org using either a major credit card or your PayPal account. If you do not have a major credit card or a PayPal account, please notify Kareem Guilbeaux as soon as possible to arrange for an alternate payment option. Additionally, we can offer partial financial assistance on an individual basis, if needed. Please email Kareem Guilbeaux at kguilbeaux@beachampion.org if you need an alternate payment option or are seeking financial aid.

Further instructions are provided on the Champions AAU Payments web page.

 San Francisco Champions AAU Participation Fee Schedule 2012			
Month	Players *	Siblings *	Redshirt
April	\$ 250	\$ 225	\$ 100
May	\$ 200	\$ 175	\$ 100
June	\$ 200	\$ 175	\$ 100
July	\$ 200	\$ 175	\$ 100
Season	\$ 850	\$ 750	\$ 400

**April includes \$50 uniform fee. Player's will be able to keep their Champion's uniform.*





San Francisco Champions AAU Payment Agreement 2012

There are two options to paying the Champions AAU Participation Fees. You can pay prior to each month that the player plans on participating in the Champions' AAU program or you can pay for the entire season now.

As indicated in the "Payment Plan" section of this syllabus, all payments are to be made online at www.bacbasketball.org unless an alternate method is approved by Kareem Guilbeaux.

Please indicate how you plan on paying for your participation by selecting the appropriate option below.

✓	Place a check mark next to the appropriate option below	
	Monthly	I agree to pay the monthly fee prior to the first practice of each month.
	Season	I agree to pay the full season fee prior to the first practice of the season.

Parent/Guardian Signature(s)	Date

* After making your selection above, please sign and date this form, copy it for your records, and return it to the Champions AAU staff for our records.





San Francisco Champions AAU Parent/Guardian Liability Waiver Form 2012

I, _____, the parent/guardian, give permission to _____ to be part of the San Francisco Champions AAU Basketball Team. I will be responsible to get my child to and from practices, games, and/or tournaments on time. If my child is unable to attend a practice, game and/or tournament, I will contact Kareem Guilbeaux as soon as possible by emailing him at kquilbeaux@beachampion.org or calling him at (415)759-7925. Also, I hereby waive and release Be A Champion Basketball and St. Ignatius College Preparatory from any and all liability for any injuries relating to San Francisco Champions AAU.

Please provide the following information:

Medical	
Name of Insurance Coverage	
Subscriber's ID or Group Number	
Date of Birth	
Emergency Contact	
Name	
Home Phone	
Cell Phone	
Email	

Parent/Guardian Signature(s)	Date

* After providing the information above, please sign and date this form, copy it for your records, and return it to the Champions AAU staff for our records.





San Francisco Champions AAU Acknowledgement of Receiving Syllabus 2012

I, _____, have received and read the San Francisco Champions AAU Basketball Syllabus and I agree to participate in the San Francisco Champions AAU program according to the stated policies.

Player's Signature(s)	Date

Parent/Guardian Signature(s)	Date

* *After signing and dating this form, please copy it for your records, and return it to the Champions AAU staff for our records.*





San Francisco Champions AAU Team Uniform Order Form 2012

Please complete the Champions' Team Uniform Order Form below. Uniforms will be provided before the first game or tournament of the season. We will do our best to accommodate your Jersey Number Preferences.

While players will be able to keep their uniforms at the end of the season, it is the responsibility of each player to properly care for their uniforms. This includes washing your uniform regularly according to their provided care instructions, keeping it safe from theft and damage, and making sure to bring it to every game and/or tournament that you will be participating in.

Uniform Order Form	
Player's Name	
Player's Team	
Player's Grade	
Player's Jersey Size (adult sizes)	
Player's Short Size (adult sizes)	
Jersey Number Preference #1	
Jersey Number Preference #2	
Jersey Number Preference #3	

Player's Signature(s)	Date

Parent/Guardian Signature(s)	Date

* After signing and dating this form, please copy it for your records, and return it to the Champions AAU staff for our records.





San Francisco Champions AAU Financial Assistance 2012

San Francisco Champions AAU provides financial assistance for families/players that may have difficulty paying the participation fees to play. We are limited on the amount of financial assistance we can provide, as we do not have an allotted fund for such purposes.

Families interested in obtaining assistance will need to explain their situation and sign a contract understanding the policies of receiving aid, and we will do our best to provide appropriate assistance.

Financial assistance will be given based in-part on the following requirements:

- The Player's GPA
- 80% practice and game attendance
- Leadership qualities and other expected behavioral characteristics

If you are interested in learning more about our financial assistance program or would like to discuss your particular situation in more detail, please complete the form below and we will contact you as soon as possible. Otherwise, feel free to contact the Champions AAU offices at (415)759-7925 or email Kareem Guilbeaux at kguilbeaux@beachampion.org

Financial Assistance Request	
Player's Name	
Parent/Guardian Name	
Contact Home Phone	
Contact Cell Phone	
Contact Email	
Comments	

Parent/Guardian Signature(s)	Date

* After signing and dating this form, please copy it for your records, and return it to the Champions AAU staff for our records.

