

SEATTLE ASIAN SPORTS CLUB



Member's Handbook

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MISSION STATEMENT

The mission of the organization is to promote the education of our community youth by providing instruction, mentoring and participation in sports such as basketball to individuals under the age of eighteen in an environment designed to teach both the physical skills of the sport as well as emphasizing the teamwork, sportsmanship, discipline, sacrifice, and leadership that are integral parts of participating in the sport and to also teach how these skills translate into lasting and valuable life skills beyond the sport itself.

PURPOSE

The fundamental purpose of SASC is to operate as a non-profit organization within which its members can actively participate in promoting self-esteem, discipline, friendship, cooperation, contribution, and sportsmanship. As corollaries to this purpose, SASC will strive:

- To consistently apply program values to all levels of SASC's programs and membership, including directors, board members, administrators, program coordinators, coaches, program participants, and general membership.
- To design activities that serve and support the Asian community.
- To utilize basketball and /or other endeavors as a means of developing skills and continuing opportunities for community involvement and contribution.

WORKING STATEMENT

SASC is a non-profit organization that offers a year-round basketball program for Asian community youth. The organization, through its coaches, utilizes individual skill development and team play as a means to foster a sense of values as a responsible person. Our goal is to encourage our youths' contribution to the community beyond their participation as players.

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SASC GOALS

For Youth

- To provide a formal program of organized athletics and other activities for the youth of the Asian community.
- To encourage the development and practice of mentorship among program participants.
- To develop a desire to provide leadership and/or participation in the Asian community.
- To foster a sense of values as responsible contributors to the community.
- To promote a spirit of volunteerism.

For Families

- To provide opportunities for Asian families and friends to interact within and across cultures.
- To provide opportunities for families to apply the values of self-esteem, discipline, friendship, cooperation, contribution, and sportsmanship in a broader context.

For the Asian Community

- To be an example of the application of cultural values in the contemporary arena.
- To be a resource for the community.

For SASC Coaches

- To exemplify, in attitudinal and behavioral terms, the values of self-esteem, discipline, friendship, cooperation, contribution, and sportsmanship.
- To provide an avenue for adults and returning participants to positively participate and contribute to the Asian community.
- To provide opportunities for individuals to personally develop as teachers of self esteem, discipline, friendship, cooperation, contribution, and sportsmanship.

For SASC Leadership

- To communicate, disseminate, ensure, and be accountable for the consistent application of program values.
- To be anticipatory of strategic program needs.

For the Broader Community

- To promote openness and awareness within and between communities of interest on issues of cultural diversity.
- To establish a cross-cultural forum/format for awareness and interaction.
- To provide a working model of cross-cultural self-esteem, discipline, friendship, cooperation, contribution, and sportsmanship.

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PROGRAM

Program Year

SASC offers a year-round program, beginning in the month of July and concluding in the month of June. The program year is divided into three distinct, yet related phases:

Summer

- The Summer Program is devoted to improving individual skills. The program begins immediately after the 4th of July holiday and lasts for six to eight weeks. In a basketball camp format, sessions are conducted once or twice per week, depending on gym availability and age grouping.

Fall/Winter

- The Fall/Winter Program begins in September/October and concludes at the Seattle Public Schools' spring break. The Fall portion consists of preparing for team play. The Winter portion consists of practice for and participation in the Seattle Parks and Recreation Basketball League.

Spring

- The Spring Program is conducted during the last six to eight weeks of the Seattle Public School year. Spring is conducted in a more relaxed atmosphere than Fall/Winter. The focus is to give coaches an opportunity to learn and implement new ideas and to give the players an opportunity to learn new position skills.

Clinic

SASC conducts a basketball clinic for youth ages seven to nine. The SASC Clinic parallels the program for the older youth. The difference between programs is one of emphasis. Whereas the older players are coached for team play in organized leagues, the clinic age youth are coached to master the fundamental skills of the game of basketball. Sessions are devoted to individual skill development.

For the clinic players, SASC runs in-house coed basketball games. Our emphasis for games is to create the most realistic game conditions as possible, without sacrificing the enjoyment for the players. They will play with a clock, scorer's table, horns, referees, etc. This will help them adjust to the game of basketball under controlled conditions. In addition, the eight and nine year olds will play in the Seattle Park Department Cub League.

Leagues

SASC teams play in the Seattle Parks and Recreation Basketball League. The player's age as of August 31 determines the age group in which he or she will be placed. The Park Department has league play in the following age groupings:

<i>Boys</i>	<i>Girls</i>
10 year old	10 year old
11 year old	11 year old
12 year old	12 year old
13 year old	13 year old
14-15 year old	14-17 year old
16-17 year old	

In addition to age groups, there are skill levels within each age group.

Gold	Advanced Teams
Silver	Intermediate Teams
Bronze	Beginning Teams

League play begins in January and concludes with play-offs in March.

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EVENTS

In addition to participation in the Seattle Parks and Recreation Basketball League, SASC sponsors the following events:

SASC New Membership Meeting

• In the Fall, the SASC board hosts an annual membership meeting for all new members. The purpose of the open house is three-fold:

- 1) To provide an opportunity for the membership to get to know the organization, board and coaches; and for the board and coaches to meet and get to know the SASC membership,
- 2) To provide the membership with an overview of the upcoming program year, and
- 3) To provide an opportunity for new members to become more familiar with the SASC program and its goals.

Vancouver Jamboree

• SASC has ongoing relationships with Strathcona Community Centre in Vancouver, B.C, near Vancouver's Chinatown. Historically, SASC teams travel to Vancouver for a two-day basketball jamboree, on President's Day weekend. Games are played on Saturday and Sunday with a social event for teams and family members on Saturday evening. We anticipate that this type of exchange will continue into the future.

SASC Spring Jamboree

• SASC hosts a two-day Spring Jamboree with the teams from Strathcona Community Centre and other community centers as our guests. The Spring Jamboree is scheduled for either the weekend before or the weekend following Easter Sunday. SASC hosts a social event on Saturday evening for players and families of teams participating in the Jamboree.

SASC End of Season Event

• In late June, SASC hosts its annual year-end picnic. The purpose of this event is to get together, have fun and celebrate the conclusion of the program year. During this event, players are recognized for their season accomplishments and the SASC Defensive Player Awards are presented.

Special Events

• During past program years, SASC has hosted or co-hosted several special events. Examples of these activities are:

Images Gallery Show
Team Picture Night
Trading Card/Buddy Pictures
Spring Golf Clinic
Spring Tennis Clinic
City of Seattle Spring Clean-up
In-line Skating Social
Bowling Social
Swimming Social
Alumni Jamboree

Annual Calendar

Month	Event
June	Priority Registration Period
July – August	Summer Basketball Camp Open registration period
September/October	Fall/Winter Practice begins
October/November	Annual Membership Meeting Team Picture Night Drop-dead date for team formation
January	League play begins
February	Vancouver Jamboree
March	League play-offs
April	SASC Spring Jamboree
May	Spring session begins
June	SASC year-end event Program year ends Membership renewals due

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MEMBERSHIP

Types of Membership

SASC is a membership organization.

Annual Membership

An annual membership provides registration for one family member, between the ages of 7 and 17, to participate in all SASC program activities from July through June for that particular fiscal year. Siblings can be registered for a reduced registration fee. All participants must complete the appropriate registration form. The SASC Board determines registration fees for primary and sibling registrations annually.

Scholarships

Hardship scholarships are available on a case-by-case basis. Please see any SASC Board Member for information.

Registration Procedures

Registration for membership occurs in two phases.

Phase 1. Priority Registration

- This phase is for all returning players and takes place in June. Only applications from returning players will be accepted during this period.

Phase 2. Open Registration

- This phase is SASC's open registration period. It begins July 1. Applications are available in June. Applications post marked in June will be considered received as of July 1. After July 1, applications are accepted on a first come, first served basis. Registration remains open until enough applications are received to form a team. Once there are enough applicants to form a team at any given age level, registration is closed for that given age group.

Tie Break Procedure

Initially, registrants will be listed by team and by date of receipt of their application. In the event that there are more players registered than there are spaces on a given team, all ties will be broken using a simple lottery system. Names of the tied players will be

“placed in a hat” and a drawing will be conducted to determine who is “in” and who is “out.” For example, if there are twelve players registered for a team and the coach only wants to have a roster of ten players and applications numbers ten, eleven and twelve all were received on the same day, then the names of those last three applicants would go into the lottery. The name selected would be the tenth player on that team’s roster.

Team Assignments

It is the goal of SASC to field one team at each age level. Team assignments are made according to the following criteria:

- 1) The first ten players registered at any given age group will be assigned by SASC to the appropriate team. The minimum number of players needed to field a team is seven.
- 2) Each SASC head coach has the option of allowing an eleventh or twelfth player should there be a waiting list.
- 3) Priority for team assignment shall be determined as follows:
 - A. Returning annual registration received or post-marked by June 30
 - B. New Annual registration

4) Drop-dead date:

After the end of the third full week of Fall/Winter practice, no registrations will be accepted for a SASC team with six or fewer players, and such team(s) will not be entered for Seattle Parks and Recreation league play. Members of such team(s) will be disbanded and their registration fee refunded, less a prorated amount for the summer session. A player on a disbanded team may have the opportunity to be placed on another appropriate age team, on a space available basis.

5) Roster Drop:

In the case where an established team roster drops below seven eligible Park Department players, a team may add players in accordance with Park Department rules for adding players.

6) Clinic

- A. SASC Clinic is open to boys and girls ages seven to nine.
- B. The maximum number of players admitted each season shall be approximately forty players in Clinic. There is a limit of ten players per specific age and gender. The SASC board establishes the specific number of clinic participants.

7) Team Placement

All players are assigned to their appropriate age teams. Players wishing to be placed on a different team may request, in writing, to be placed on a different team. This request must be turned in with their paid registration form. Notification of approval or denial will be made within a reasonable time period.

Participation

Any individual who plays on a SASC sponsored team, whether in regular season play or in jamborees or tournaments, must be a SASC member in good standing. In *Good Standing* is defined as having a completed full membership registration on file for the current program year and the player's membership fee is paid in full.

Registration

Returning Player

A returning player is an individual player who holds the status of a member in good standing from the previous SASC program year. A returning player is eligible to register during the priority registration period.

New Registrant

A new registrant is any individual seeking to register as a player who did not participate as a member in good standing the previous SASC program year. New registrant applications will not be accepted prior to July 1 of each SASC program year.

New Sibling Registrant

A new sibling registrant is a sibling of a returning player in good standing, who has never participated in the SASC program. A new sibling registrant may submit his or her application during the priority registration period and will be given "sibling priority" over any new registrant, provided the application meets the priority registration requirements. New siblings of a graduating senior will be considered a sibling of a returning player in good standing for the upcoming year.

During priority registration, siblings will have no "bumping rights" over another registering returning player. In other words, there must be space available on the team. After July 1, in the event of a tie, siblings of a returning player in good standing will have priority over new registrants.

Date of Receipt

The SASC registrar shall receive each application. Date of receipt shall be determined by:

- 1) Postmark Date
- 2) Date received initialed by SASC Board Member in event of hand delivery

Waiting List

The SASC registrar shall create a waiting list for each team when the number of applications for any given team exceeds the appropriate number of applications.

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Program Volunteer Needs

SASC is operated totally by volunteers. They are the lifeblood of this organization. There is no paid staff. In order to present a program of the highest quality to its membership, SASC has a constant need for volunteers.

Committees

• Committees do almost all of the SASC program work. SASC needs volunteers to help plan and implement the following:

- 1) Food Concessions at Jamborees
- 2) Spring Jamboree Social Event
- 3) Parent Coordinators
- 4) Newsletter
- 5) Yearbook
- 6) Year-end Event
- 7) Fund Raising
- 8) Sponsorship
- 9) Special Events

• Team Volunteer Assignments

To promote participation on the part of its membership, SASC makes the following team volunteer assignments:

Team	Task
10 girls, 10 boys, 11 girls, 11 boys	Organize concession stand at the Spring Jamboree
12 girls, 12 boys	Set-up/Clean-up Spring Jamboree potluck
13 girls	Organize End of Season Event/Picnic
13 boys	Clean up End of Season Event/Picnic
14 girls, 14 boys	TBD
15 girls, 15 boys	TBD
16 girls, 16 boys	Organize scorekeepers for Spring Jamboree
17 girls, 17 boys	Set-up for Spring Jamboree

- Parent Coordinators

Each SASC team needs one or more parent coordinators. The responsibility of the parent coordinator is to serve as:

- 1) A communication link between the organization (SASC) and the parents and players on a given team,
- 2) A coordinator of after game refreshments for the team,
- 3) An identifier of player and parent volunteers to help at SASC hosted events, and
- 4) An assistant to team coaches with SASC administrative matters, e.g. permission forms, proof of age.

- Coaches

Coaches are the backbone of SASC. They are the people who bring the program directly to the youth of the community. We are constantly seeking qualified coaches. Moreover, we have a steadfast commitment to train and develop any individual who volunteers to coach with SASC. We welcome all individuals, who are committed to our program values, and want to coach youth basketball in a caring, positive way that stresses fundamentals.

To become eligible as a head coach with SASC, an individual must either:

- 1) Participate as a SASC assistant coach for two years with any SASC team, or
- 2) Have prior basketball head coaching experience with which a SASC Board member is familiar.

Assistant coaching requires only desire, commitment and participation.

Ideally, we want to have three coaches per team – a head coach and two assistants. By having at least three coaches per team, we think your child will get the individual attention he or she needs to improve his or her fundamental skills. Currently, our teams average just fewer than two coaches per team.

New volunteer coaches will be required to attend an eight hour coaching development workshop conducted by SASC senior coaches. Most likely, this workshop will be presented in the fall, divided into two 4-hour weekend sessions. The topics of such a workshop will include, but not be limited to:

- SASC organizational philosophy
- Principles of coaching youth
- Basic approaches to coaching basketball
- Pro's and con's of offensive and defensive strategies
- Fundamental drills
- Basic plays and sets

- Practice plans and sequencing
- Game coaching and practice coaching

Coaching youth is a challenging proposition. It is also a very rewarding and gratifying activity. For us at SASC, coaching is and has always been about more than basketball. It's about life and getting young people to be aware of what it takes to prepare oneself for the future, to make good decisions and to be able to self-monitor and self-evaluate. Please volunteer to help us in this endeavor.

Contact any SASC board member.

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Sponsors

SASC is very fortunate in having exceptional community and individual support in the form of sponsorships. All of the resources donated by sponsors go directly to fulfilling organizational goals.

The list of past SASC sponsors includes the following:

<u>Sponsor</u>	<u>Individual(s)</u>
Al Mar's Grocery	Daisy Mar, Norman Mar & Lisa Mar
Arthur Lum, Optometrist	Art & Wendy Lum
City Produce	Pat & Steve Suyama
Coldwell Banker	Barbara Wong
Design Concern	Steve & Nancy Okawa
Goldwell Jeweler's	Jeff & Julie Yuen
I. D. Electric	Al & Thongsai Agner
Kawakami & Sakamoto, Attorneys-at-Law	Rod Kawakami/Sharon Sakamoto
Larry's Volvo	Warren Moy
Leong Plumbing	Dale Leong
Luke's Pharmacy	Hoover Mar & Bertha Tsuchiya
Mr. John's Hair Design	John Tenino
Mar-Pac Construction	Doug Mar & Don Mar
Queen Anne Vision Clinic	Dr. Leslie & Linda Lung
Rickshaw Restaurant & Lounge	Ginger Luke
Seattle Pacific Mortgage	Kevin & Dana Lim
South China Restaurant	Sid Ko & Dan Ko
South End Florist	Bill & Carol Shinbo
Takisaki Construction	Mark & Cathy Takisaki
Tupperware	Patsy & Dennis Yamada
United Savings & Loan	Derek Chin
Wah Kue Restaurant	Ronnie & Joan Wong
Willy Billy's Sharpshooters	Dr. William Sata

To become a sponsor, please contact any coach or board member.

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SPORTS NUTRITION TIPS FOR THE SASC ATHLETE

Participating in sports puts extra demands on your body. As a growing individual, **eating a daily balanced diet from each of the basic food groups** is important to your body's growth and development. However, as an athlete, you use more energy, lose more body fluid, and put more stress on your muscles, joints, and bones than a non-athlete. **There is no instant or magic pre-competition meal.** The following is meant to provide those players who wish to maximize their physical performance with special sports nutrition guidelines.

Proper sports nutrition lets your body perform at its best by preventing fatigue and cramping and by reducing the chance of injury. Improving your eating habits along with the physical exercise you get playing basketball can also help you stay healthy and feel good in general and may even improve your performance in your other activities (**e.g. mid-terms and final exams**).

I. THE PRE-GAME MEAL

It is highly recommended that the athlete eat before the game. You do not want to let your teammates down by giving a sub-par performance because you are playing on an empty tank. The pre-game meal provides last minute energy for your muscles and prevents hunger pangs and weakness during the competition. Your pre-game meal should be eaten **two to four hours before the event**. High-carbohydrate foods, such as **pasta (e.g. spaghetti without meatballs; pork or chicken chow mein; ramen), bread, bagels, rice, baked potatoes, beans, yogurt, fruits, vegetables and juice** are the best sources of energy and are ideal choices for a pre-competition meal. Competitive athletes refer to this as "**carbo loading**." You will probably need to experiment before you find the pre-game meal which works best for you.

II. PRE-GAME FOODS TO AVOID

High-fat foods, red meats and dairy products take a long time to digest. These foods do not supply energy to your muscles during the game as easily as carbohydrates. This may make you feel sluggish, so pass on hamburgers, steaks, ice cream, french fries and other deep fried foods and go easy on the mayonnaise, margarine, sour cream, cream sauces and peanut butter. You should avoid eating these foods two days before your game to keep them out of your system during the game. **Chicken, white meats or fish (baked or broiled)** are good substitutes for beef; **skim milk or low fat milk** are food substitutes for whole milk.

III. DRINKING AND PROPER HYDRATION

It's important to drink plenty of fluids to replace water you lose in sweat. You may not feel thirsty until your body is quite dehydrated, so it's a good idea to drink **before, during, and after exercise**, especially when it's hot. Try to drink several glasses of water the night before and during the day of the game. **Drink a glass of water two hours before and another glass fifteen minutes before the game.** This will force you to urinate more frequently. When your urine is a clear color, your body is fully hydrated. During the game, **drink during the timeouts** to replace the fluids you lost during your the game. Sports drinks can be helpful if you exercise strenuously for more than an hour at a time, but for most other exercise, water is usually the best liquid for fluid replacement. Avoid restricting fluids to lose weight. This has a serious effect on athletic performance, concentration, and kidney function.

During the game, you should concern yourself only with drinking fluids. However, if you are feeling low on energy, try eating fruits at half-time for extra energy. Bananas are good because they are easy to carry around, peel and eat, but apples and oranges work just as well. Sports snacks such as Power Bars can also supply short bursts of energy but are no substitute for your pre-game meal. **After the game**, it is important to eat plenty of carbohydrates and to drink lots of fluids to **replace what you used during the game.**

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SASC Expectations of Good Sportsmanship

SASC expects all of its members and players to exhibit sportsmanship, responsible behavior and good citizenship at all times, particularly in conjunction with SASC sponsored events.

Sanctions for Breach of Good Sportsmanship

Immediately preceding, during, or following any SASC sponsored event, the following breaches of good sportsmanship are grounds for sanction:

- 1) On-court play that constitutes a flagrant foul
- 2) Fighting or taunting
- 3) Drug, alcohol and substance abuse
- 4) Off-court horse-play or rowdiness
- 5) Disrespectful, rude behavior
- 6) Vandalism

Administration of sanctions and the severity of sanctions for any breach of sportsmanship/citizenship expectations by SASC players and/or SASC members shall be decided by the SASC Board on a case-by-case basis.

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PARENTS' DO'S AND DON'TS

Your child

- Remember s/he is a developing human being. S/he is not merely a smaller version of a mature adult with adult skills, knowledge, and emotions. Give her/him a break. S/he is learning; s/he is not a professional athlete.
- Give her/him positive feedback and support.
- Stress enjoyment, development, and improvement over winning and losing.
- Stress learning from mistakes and not to fear making mistakes.
- Emphasize effort and doing her/his best as the most important performance measures, not scoring or winning.
- Emphasize sportsmanship and respect for the game and their opponents.
- Let her/him know that each practice and game provides an opportunity to assess her/his own growth and development. This is the real purpose of friendly competition.

Your child's teammates and team

- Don't compare your child's development to that of her or his teammates. Each child is an individual who develops at her or his own particular pace.
- Encourage activities other than basketball among the team so the players can get to know one another in roles other than the ones they assume for the sake of the team.
- Make an effort to know the names of your child's teammates and the names of their parent(s).

Your child's coach

- Let your child's coach do the instructing. Don't communicate instructions to your child during practices and games; it only causes confusion and embarrassment in your child.
- Remember that your child's coach is a volunteer. S/he is actively demonstrating her/his commitment to the community and its youth by giving her/his time and energy because s/he wants to help them enjoy their youth and develop into responsible adults.
- If you have suggestions, talk with your child's coach in private. Don't do it during a game or during a practice.
- Make sure that your child's coach explains his or her philosophy of coaching and expectations of your child to you and the other team parents.

Practices

- Make every effort to attend at least one practice per month.
- Make sure your child is on time to practice.
- Make sure your child brings the appropriate clothes and equipment for practice.
- Emphasize to your child the importance of trying just as hard at practices as he or she

does in games.

- Be considerate of other volunteers' time. Be prompt in picking-up your child from practice. Come into the facility to get your child. Don't make them go outside unescorted; don't make them or others wait.

Games

- Make every effort to attend as many of your child's games as possible.
- Cheer and encourage your child and the team. Don't jeer or taunt the opposing team or officials.
- Make sure your child eats appropriately in the days prior to a game. (See Handbook section on nutrition.)
- Make sure your child brings his or her uniform and shoes to the game.
- After each game, comment on your child's effort more than whether the team won or lost.
- Take your turn providing post-game treats for the team.

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GOVERNANCE

SASC is a non-profit organization. Currently, there is a seven-member governing board. SASC officers include President, Vice-President, Secretary and Treasurer.

The SASC board determines organizational policy, manages finances and establishes an annual program of activities. Through its various committees, the board supervises the implementation of its program events.

MEMBERSHIP CONCERNS

Any parent, player or other member who has a question or concern regarding any aspect of SASC programs, events or activities is welcome to contact individual board members to express those concerns or to attend the monthly meeting of the SASC board, at which time, they can formally present their concern. Members can also use the SASC web site, www.sascsports.org, to contact board members.

BOARD MEETINGS

SASC board meetings are held once each month, usually during the first week in the evening. All board meetings are open. Please contact any board member for the exact date, time and location of the next meeting.

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