**C.3 POLICY FOR SEASON OF PLAY**

**Revised July 2024**

Barrie Royals Basketball Club believes that helping our student-athletes manage time/commitments during the High School basketball seasons of play is important.

Over the years an excellent rapport has been built between the Club and GBSSA teacher/coaches. Both recognize that families and the basketball community are concerned about: athletic injuries caused by over-use, student-athlete fatigue, increasing academic work load on senior students and pressures to choose between basketball programs.

In January 2022, the Club adopted eighteen recommendations from its Director of Player Development. This Policy – **C.2 Basketball Development: Overall Recommendations** provides Club endorsed guidelines for developing all Barrie Royals athletes (including franchised teams). This aligns with each teams’ playing season, age level and the appropriate time required to develop athletes into a high calibre competitive Rep Club. Included are overarching guidelines for the entire Club and separate age specific commentary. This document is for internal use to foster communication and understanding for Coaches and ultimately athletes and members.

For the seasons of play for U15, U16, U17 and U 19 Men’s programs, Coaches will select teams and practice prior to the Thanksgiving weekend. These teams will curtail practices and competitions until they resume March 1st. Players attending after March 1st should only be those athletes eliminated from SCAA/CSASC/GBSSA competition.

For the seasons of play for U15, U16, U17, U19 Women’s programs, Coaches will select teams as soon as possible after gym space becomes available near the end of August. The JUEL and JUEL-Prep programs will select teams in mid-august adhering to the guidelines put forth by the JUEL organization. The U15, U16, U17 and U19 Women’s teams will curtail practices and competitions until the second week of November. Players attending should only be those athletes eliminated from SCAA/CSASC/GBSSA competition.

In the fall of 2023 new guidelines for JUEL and JUEL-Prep were brought forth which dictated that these teams should be “training” one day per week during the girls’ high school season in the fall. Then, the teams are to practice three times per week from the end of the high school season until the end of JUEL season.

To continue fostering team building and individual skill development, allowance will be made during the 2024-2025 playing season for a once-a-week gym time-slot. It is allocated as a training program for all U 15, U 16, U 17 and U19 Royals teams. This program, co-developed by the Director of Youth Development and Basketball Pathways and the Royals Coaches who wish their Teams to participate, MUST NOT HAVE ANY COMPETITIONS. Rather, its purpose is to provide an environment for these players to continue their individual physical and skill development. THIS IS INDIVIDUAL TRAINING.

The CLUB encourages you to consider using this additional time for TRAINING in an environment that supports LOW RISK, LOW INTENSITY, INDIVIDUAL DEVELOPMENT and CONCEPTUAL PLAY.

The Board of Directors’ conditions for this program are:

1. Athletes will be Royals members.
2. An available gym or suitable elementary gymnasium permit is facilitated for one evening a week PER TEAM **MAXIMUM.**
3. Two Royals Coaches MUST commit to attending each session
4. ABSOLUTELY NO SWITCHING OF PERMITS WITH OTHER TEAMS IN THE ORGANIZATION (other than another Team of the same gender)
5. NO ATHLETES other than the Royals players are permitted to attend.