



Multnomah Athletic Club

**Junior Basketball Winter Program Handbook
2024-2025**

Welcome to the Multnomah Athletic Club Junior Basketball Program Winter Season. The MAC Program is designed to be an elite youth basketball program. The MAC is committed to providing its players with the best possible opportunities to improve their basketball knowledge and skills through high quality practices and a comprehensive game schedule.

Head Basketball Coach Jonathan Willis will serve as the MAC Program's point of contact for the 2024 season. The MAC Program is guided and administered by MAC Support Staff as well as the MAC Basketball Staff. Please direct any questions, concerns, or suggestions to Coach Willis.

This Handbook describes the MAC Program and addresses the following subjects:

- I. 2024 SEASON OVERVIEW
- II. TEAMS
- III. COACHES/PRACTICES
- IV. EVALUATIONS
- V. PLAYER/PARENT TEAM MEETING
- VI. PLAYER EXPECTATIONS
- VII. FEES AND COSTS
- VIII. PARENT ROLES/EXPECTATIONS
- IX. CONTACT INFORMATION
- X. CLINICS / PRIVATE LESSONS

I. 2024 SEASON OVERVIEW

The goal of the 2024 program is for our athletes to develop fundamental basketball skills and to grow at all levels. We strive to have a program that offers skilled basketball players an opportunity to compete at the highest levels while also creating an environment for the developing players to improve all around skills, therefore increasing their ability to attain their goals, while creating a love and an interest for the game.

II. TEAMS

The MAC will seek to offer Premier and Select teams. The final number of teams will be based on demand, as well as court space and coach availability. Teams will have 10 players. Players that do not make a team will have the option to participate in skill clinics, camps and classes.

PREMIER TEAMS: The MAC will look to field the most competitive teams possible in each age group. There is no expectation or guarantee of equal playing time as the team's goal is to be competitive and win games. Teams are guaranteed two practice times: one on Mondays, and one on Wednesdays. These teams will aim to participate in 6 tournaments based on availability. Tournaments may be made up of scrimmages, league games and/or tournament play.

SELECT TEAMS: The MAC will look to field developmental teams in each age group. Coaches will emphasize equal playing time as the team's goal is to enhance the overall basketball experience. Teams are guaranteed two practice times: one on Mondays, and one on

Wednesdays. These teams will aim to participate in 5 tournaments based on availability. Tournaments may be made up of scrimmages, league games and/or tournament play.

III. COACHES / PRACTICES

The MAC coaching staff is talented, inspirational, and dedicated to maintaining the highest standards while teaching fundamentals, providing core technical training and conditioning while emphasizing teamwork and sportsmanship.

Winter Coaches

Reggie Guyton

Imani Waddell

Kendall Thompson

Eythan Henry

Jock White

Latrell Wilson

Chris Wrinkler

Jon Willis

*Practice times (*tentative):*

Monday & Wednesday 4:30pm -6:00pm

Monday & Wednesday 6:15pm-7:45pm

Monday & Wednesday 8:00-9:30pm

IV. TRYOUTS

Any player wanting to compete on a MAC Basketball team must attend tryouts. Tryouts will be held Monday, September 23 and Wednesday, September 25th. Both tryouts are mandatory. If a player is unable to attend a tryout, they must obtain approval from Head Basketball Coach Jonathan Willis in advance of the tryout. A MAC Basketball Coach may schedule a third invite only session to evaluate players at their discretion. Every player who attends the tryouts has an opportunity but is not guaranteed to make a MAC team. Tryouts are closed and only athletes, coaches and MAC staff will be allowed in the gyms during tryouts.

**Exceptions: If an athlete is unable to attend two tryouts due to an injury, pre-existing academic activity (e.g., outdoor school), or extenuating situations (such as a family emergency) this must*

be reported and excused by Head Basketball Coach Jonathan Willis 7 days prior to tryouts. A roster spot may be left available. Coaches and/or Basketball staff will then assess these players when they are available.

JUNIOR BASKETBALL WINTER TRYOUTS – Boys/Girls Grade 3 (AGES 8-9) BBT200/BBT300 FA24

JUNIOR BASKETBALL WINTER TRYOUTS – Boys/Girls Grade 4 (AGES 9-10)BBT201/BBT301 FA24

JUNIOR BASKETBALL WINTER TRYOUTS – Boys/Girls Grade 5 (AGES 10-11)BBT202/BBT302 FA24

JUNIOR BASKETBALL WINTER TRYOUTS – Boys/Girls Grade 6 (AGES 11-12)BBT203/BBT303 FA24

JUNIOR BASKETBALL WINTER TRYOUTS – Boys/Girls Grade 7 (AGES 12-13)BBT204/BBT304 FA24

JUNIOR BASKETBALL WINTER TRYOUTS – Boys/Girls Grade 8 (AGES 13-14)BBT205/BBT305 FA24

Tryout results, team invitations, and STF contract will be sent via email on Monday 9/30. Parents and athletes must then read and accept/decline via DocuSign by Friday, 10/4 to secure their roster spot. If after receiving a team invitation, you decide that the MAC program is not right for your athlete, you must cancel by notifying Head Basketball Coach Jonathan Willis jwillis@themac.com **by 4:00 p.m. on 10/4**. On Wednesday, 10/9 each athlete is billed their nonrefundable sport team fee, and uniforms will be ordered.

V. PLAYER/PARENT TEAM MEETING

Coach Willis will run a player/parent meeting for all athletes who accept a spot on a MAC basketball team. The meeting will be used for the to convey expectations for the year and for the team parents to communicate the use of the TeamSnap application to help organize the season. These team meetings are expected to take place within two weeks of team assignments.

VI. PLAYER EXPECTATIONS

The MAC Basketball program's goal is to sustain a program committed to excellence. The MAC Basketball program offers play at both competitive and developmental levels. Players have the opportunity to participate and succeed in local and regional competitions. **Good sportsmanship is expected of all players, parents, and coaches at all times;** in addition, players must:

1. Make every effort to attend all scheduled practices and tournaments. If a player faces a situation that challenges the player's ability to attend a practice or tournament, it must be communicated in a timely manner via TeamSnap.
2. Wear appropriate attire and be ready to participate at the designated time for practice and games.
3. Be a team player; the team comes first, no matter what challenges are presented.

4. Behave and communicate with a positive attitude at all times; if a teammate makes a mistake, encourage the teammate to do better next time, not criticize for mistakes in the past.
5. Play and interact with strong club/team spirit and pride.
6. Behave as a leader on and off the court.
7. Adhere to the Multnomah Athletic Club Code of Conduct.

Attendance

Players who play for the MAC are expected to place their commitment to the team as their highest athletic priority with only school academics, religious beliefs, and significant family events taking priority during the season. Athletes are expected to attend every practice, game, and event scheduled for their team. It will be considered an excused absence and there will be no repercussions to missing games or practices for: illness, injury, family emergency, or participation in a mandatory academic school sponsored activity if the player or parent communicates with his/her coach prior to the start of the missed practice or game. Failure to do so will result in an unexcused absence. Special exceptions can be sought and will be considered on a case-by-case basis. Please submit requests first to your coach and, if necessary, to Head Basketball Coach Jonathan Willis. **There is no guarantee a request will be granted.**

Attendance will be recorded during team practice and games. Unexcused absences will negatively impact playing time. The Program leaves the determination of the severity of the punishment to the coaches. **When an athlete has three (3) or more unexcused absences during the season**, a review to determine what disciplinary action should be taken will occur. **The athlete is subject to being "benched," placed on a lower ranked team, or removed from participation for the season (without refund).**

VII. SPORT TEAM FEES AND COSTS

1. SPORT TEAM FEES

Sport Team Fees for Elite teams are \$832, which goes towards: program expenses, coaches labor expenses, and coaches travel expenses. Additional charges will include an end of season banquet and uniform costs.

Sport Team Fees for Select Teams are \$636, which goes towards: Program expenses, coach's labor expenses, and referee expenses. Additional charges will include end of season banquet and uniform costs.

2. DEVELOPMENTAL FUNDING

Developmental funding (tournament entry fees) is not calculated into the Sports Team Fee. Each sport is allotted a set amount of developmental funding via the Athletic Committee and Budget and Finance Committee. Once this funding has been exhausted all further developmental expenses will be billed directly to the members of that team.

3. UNIFORMS

Players are required to purchase a MAC Basketball game jersey, shorts, and MAC Basketball red and white reversible practice jersey. Players may also purchase a shooting shirt, hooded sweatshirt, backpack, stuff sack and/or duffel bag with the MAC basketball logo.

4. TRAVEL & LODGING

Players and families are responsible for their own travel and lodging expenses.

VIII. PARENT ROLES/EXPECTATIONS

1. Parents are to be supportive of their athletes during tournaments and not question them, their teammates, referees, or coaches regarding their play or how much or how little they have played. If there are concerns about your team, players are encouraged to address them directly with the coach and subsequently with Head Basketball Coach Jonathan Willis. Parents may not approach a coach with any concern until 24 hours after a practice or tournament has concluded.

2. Parents are not to “coach” their athletes during games. The athletes need to hear one voice from their coach only; it is extremely confusing and detrimental to the kids to have parents shouting instructions during the game or providing contradictory guidance after the game. And are expected to adhere to the athletic code of conduct. Those deemed to be in violation may be subject to corrective actions determined by the MAC house committee.

3. Parents are to be supportive of the entire team always and supportive of all MAC teams while at tournaments. Parents are not to engage in any behavior that would reflect negatively on the MAC. Guidelines for parents are no different from athletes in this regard. Parents play an important role in the functioning of the MAC Program. Without parents’ assistance, the MAC Program would be hard pressed to provide the desired experience for its young players. Please consider assuming one of the following volunteer roles during the season.

A. *Team Parent*. This is the go-to parent for each team. The parent handles administrative matters for the team’s coach and communicates with other players’ families concerning a wide variety of team concerns. The team parent allows coaches to coach and relieves them of tasks that do not require coaching expertise. The successful team parent is effective at delegation, giving specific assignments to parents able to make more limited commitments. The team parent can also be the point of contact for any general issues related to the MAC Basketball program that need to be shared with Head Basketball Coach Jonathan Willis.

B. *Team Photographer*. This parent will take photographs of the team as it competes in tournaments and will upload photographs on TeamSnap for publication on the MAC website and/or the end of the season slideshow.

IX. CONTACT INFORMATION

For additional information about the MAC Program, contact either of the following individuals:

Jonathan Willis – Head Basketball Coach
Jwillis@themac.com
(503) 517-7571

Jeremy Boyd – Court Sports Manager
Jboyd@themac.com
(503) 517-7556

X. CLINICS / PRIVATE LESSONS

There are several opportunities for athletes to improve their game during clinics in the summer and pre-season. Clinics offer an opportunity for players to learn from some of the other outstanding coaches our program offers. Coaches also benefit from the opportunity to learn from each other. Check out the MAC website for additional information.

BASKETBALL SKILLS CLINICS

Skills clinics prepare children and teens for an exciting season of youth basketball. Players are divided into groups and rotated through stations that focus on specific skills.

SHOOTING

Boys 9/22 SUN 10:00 a.m.-noon Main Gym (\$40) – [BBJ230](#)

Girls 9/22 SUN 1:00 p.m.- 3:00 p.m. Main Gym (\$40) – [BBJ130](#)

PRIVATE LESSONS

Private lessons help athletes develop their skills and learn more about the game at a technical level. Athletes join MAC coaches for individual or group lessons to hone specific abilities, push their game to the next level, and dominate the competition. Private lessons are scheduled based on coach and court availability.

	Session Length	Price
Personal	60 min	\$79
<u>Group Size</u>		
2	60 min	\$56
2	30 min	\$44
3	60 min	\$50
3	30 min	\$38
4	60 min	\$44
5	30 min	\$40
6	60 min	\$38

XI. Schedule

MAC Basketball Winter Schedule

1st practice Monday October 7th 2024

Practice will be MW 4:30pm – 6:00pm, 6:15pm-7:45pm and 8pm- 9:30pm. This will be relative to the total number of teams we have.

Premier Team Schedule

Oct 26-27 The Halloween Ball Portland, OR

Nov 9-10 Swish and Dish Eugene, OR (DYS)

Dec 7-8 Tip Off Classic Portland, OR

Jan 11-12 Kings and Queens of the court Portland, OR

Feb 22-23 Final Winter Run Portland, OR

Mar 1-2 Seaside Tournament Seaside, OR

Select Team Schedule

Nov 23-24 Slam Dunk Showdown Beaverton, OR

Dec 14-15 Hardwood Havoc Beaverton, OR

Jan 25-26 Fast Break Frenzy Beaverton, OR

Feb 8-9 Hoops Madness Beaverton, OR

Mar 1-2 Seaside Tournament- Seaside, OR