
LARCHMONT MAMARONECK BASKETBALL ASSOCIATION (LMBA)

LMBAbasketball.com

About Our Program: 2009-2010

LMBA Mission Statement:

To promote the enjoyment of basketball and team sports by providing an inclusive and supportive sports environment for the boys and girls of our community. As a recreational league, we emphasize sportsmanship, participation, and skills development for all players.

Grades 1- 3 Clinics:

Initial clinic sessions will be comprised of skills development and practice; later sessions will include scrimmages against other teams. For grades 1 and 2, the sessions will be led by an LMBA Instructor who will demonstrate drills and supervise practice and games. Grade 3 clinics are run entirely by the coaches. Sessions will be held on selected Saturday afternoons between December 1 and March 28, usually at Hommocks gym. Players will be contacted by their coaches the week prior to the first session.

Grades 4 – 12 League Play:

We anticipate boys and girls leagues of Grade 4, Grade 5, Grade 6, Grades 7/8, and High School. Grade school league teams are formed through a draft; HS teams are formed by the coaches. Teams will have weekly practices of one hour or so, at times from 6:00pm through 10:00pm on weekdays at local schools. Grades 4 and 5 usually practice sometime between 6:00 – 8:30; grades 6 and above usually practice sometime between 8:00 – 10:00. Coaches will choose their practice slot at the draft. Games will be held weekend afternoons, primarily scheduled at Rye Neck High School Gym and Mamaroneck High School-Palmer Gym. Professional referees and a scorekeeper/ timekeeper will supervise the games. The emphasis of our league is on participation and skill development; we expect each team member to play roughly half of each game.

Clothing and Equipment:

Coaches will distribute team jerseys. Sneakers are required and we recommend that each player bring a water bottle. No jewelry may be worn.

Playing Up: Players in grades 3 and above may be eligible to play up one grade, subject to roster availability. Players wishing to be eligible to be drafted up must indicate their willingness to play up on registration form, and participate in Skills Assessment. Most years only a few players in each grade play up.

Player Responsibilities: Players are required make every effort to promptly attend all practices and games, and to inform coaches prior to missing or being late to any practices or games. Players are required to display courtesy and good sportsmanship at all times to teammates, opponents, and referees.

Players and their families should know that we are guests in the schools where we practice and play our games. Players and their families are restricted to the gym only. Food and drinks are not allowed, and all players are responsible for cleaning up after themselves and leaving the facilities the way they found them.

Skills Assessment:

On Saturday November 14 at RNHS Gym all draft-eligible players (grades 4 – 8, and 3rd graders wishing to play up) are required to demonstrate their ability in basketball fundamentals during a two minute drill, and will be rated by the coaches. The schedule will be:

Grade 4: 1:00 to 2:15 Grade 5: 2:15 to 3:30 Grade 6: 3:30 to 4:45 Grades 7/8: 4:45 to 6:00.

Important Dates:

Saturday, September 12
Saturday, October 18
Saturday, November 14
Thursday, November 19
Sunday, November 22
Monday, November 23
Monday November 30
Saturday December 6
Saturday March 28

9:00AM-11:00AM
1:00PM-6:00PM
7:00PM-8:30PM
6:00PM-10:00PM
6:00PM-10:00PM

St A/FAS Cafeteria
RNHS
Chatsworth
St A/FAS Cafeteria
St A/FAS Cafeteria

On-line Registration Available.
In-person registration.
Skills Assessment.
Coaching Clinic.
Boys Drafts.
Girls Drafts.
First League Practices.
First Clinics and League Play.
Final weekend clinics and games.

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