

FROG ROCK YOUTH BASKETBALL



The Frog Rock Youth Basketball League is ready to start its 36th season!

As we had great league success with some exciting changes last season, we will keep the following formats for the 2018/19 season:

1. Division 1 (grades 3/4) will remain co-ed and recreational/developmental
2. Division 2 (grades 5/6) will consist of a boys-only house league and a girls-only Frog Rock team. The boys will compete against other Frog Rock teams and Woodstock recreation teams. The girls will compete against Putnam, Thompson, Woodstock, Killingly in a Sr. Girls Conference.
3. Division 3 (grades 7/8) will consist of a boys-only house league and a girls-only Frog Rock team. The boys will compete against other Frog Rock teams and Woodstock recreation teams. The girls will compete against Putnam, Thompson, Woodstock, Killingly in a regional WNBA conference.

Frog Rock Youth Basketball remains an instructional league where all the children in the towns of Eastford and Pomfret grades 3-8 are invited to play. Use your PayPal account to register online via www.frogrockhoops.com or you can complete this form and bring to registration at PCS November 17 from 10:00-11:00 AM. Registration via this form is cash or a check payable to Frog Rock Youth Basketball. This year's **registration fee is \$65.00 for the first child, and a \$110.00 maximum per family**. Scholarships are available for those who find the registration fee to be a burden. Please discuss with a commissioner during registration.

Players who register receive:

- 13 weeks of age appropriate player development, coaching and board 35 officiated games
- Shooting jerseys with personalized player names on the back
- Coaches who are Positive Coaching Alliance trained. See more at www.positivecoach.org
- A fun, supportive culture

All players make a team and to best facilitate team selection player evaluation and instructional development, mandatory division-level practices will take place per below:

Division I (grades 3-4)	December 1	9-10:30 am Eastford Gym
Division II boys (grades 5-6)	December 1	Grade 5: 9-10 am, Grade 6: 10-11 am PCS Gym
Division II girls (grades 5-6)	December 1	9-10:30 am Rectory School Gym
Division III boys (grades 7-8)	December 1	10:30 am Rectory School Gym
Division III girls (grades 7-8)	December 1	9-10:30am Rectory School Gym

Plan to arrive at the beginning of the time slot for your division so you can participate in the various developmental/instructional drills. Team selection will be made December 1 after evaluations at which time players will be called by coaches for their team practices December 8, 15, and 22 2018. Games will begin Saturday January 5, 2019 and be held each ensuing Saturday morning through early-March. Game schedules will be distributed in late December/early January by your team coach. All games and practices are on Saturday mornings in the Eastford for division 1, PCS and Woodstock Middle for division 2 boys, Rectory School gym for division 3 boys and Rectory School gym for division 2,3 girls teams in addition to games in Killingly, Putnam, Thompson and Woodstock. Uniforms provided for return at end of season.

PLAYER'S NAME _____ GRADE _____ SCHOOL _____

PARENT'S NAME _____ PHONE _____ CELL# _____

TOWN _____ EMAIL _____

JERSEY SIZE: _____ Youth or Adult NUMBER ON JERSEY _____

HEALTH COMMENTS: _____

PARENTAL SUPPORT: _____ Coach/Assistant _____ Referee

POTENTIAL CONFLICTS THAT MAY INTERFERE WITH SATURDAY FROG ROCK GAMES?

See additional information on back of page

Sponsorship

ROCK YOUTH BASKETBALL LEAGUE is an organization operating on sponsorship dollars and registration fees collected from players. We have successfully kept player fees low despite gym, referee, equipment and uniform expenses. The league is operated and coached 100% by volunteers. The following company sponsors have helped in previous years: Weiss, Hale & Zahansky Strategic Wealth Advisors, Gerardi Insurance, Baker's Dozen Coffee Shop, Danielson Surplus Sales, King & Larkin CPA, Rectory School.

If you would like to donate or know business that may please have checks payable to Frog Rock Youth Basketball. Thank you for your consideration!

Waiver and Release

I hereby give my son/daughter permission to participate in the FROG ROCK YOUTH BASKETBALL LEAGUE. I understand that the Towns of Pomfret and Eastford do not carry medical insurance for any injuries that may occur. I understand that basketball is a contact sport in which injuries may occur. I agree to hold harmless the program organizers and staff for any injuries incurred by my son/daughter as a result of his/her participation. This release of liability shall not be limited to on court activity and shall apply to his/her activities in the gym before, during or after practices or games. I grant permission for the staff to seek medical assistance, if deemed necessary, for which I will reimburse all costs. I grant permission for my player's photo to be used for Frog Rock advertising purposes.

Parent/Guardian Signature_____

Date_____

Relationship to the participant_____

Commissioners:	Jim Zahansky	Eric Johnson	Brendan Larkin	Martha Goldstein
	Fred Nagle	Greg Guillot	Marty Hart	