Nov 23, 2026 Scrivener not used, wrong version
November 17, 2026 prepare for export toward scrivener
August 13, 2026
June 2, 2026
October 21, 2026
© 2026 h.amundsen

This journal is the personal property of
Hanque Amundsen
517 1st Ave NW
Buffalo, MN 55313
softwarehank@outlook.com
(612) 500 2557



Dan Olson (35) of DePere Abbot Pennings leaps be- pair of Wa[illegible]sau Newman players in an effort to [illegible]ound during the Squires' 53-43 victory Friday. Gary Crawford (left) and Hanque Amundsen (44) of Newman joined Olson in the rebound battle at the Arena.

For several weeks in the winter of 1967 I played the best basketball of my life.

Pre-Preface <— First edition only

If this writing is close to publication, these first lines will have been so altered that they won't be here anymore.

If you are reading this, it may be for one of the following reasons:

1. You have volunteered to help.
2. You have requested a definition of "the First Church of Basketball." (1CB)
3. You have found a copy that was misplaced.
4. My family is sorting through my old writings because my funeral has occurred.
5. You have been invited to a writing project that needs feedback from children.
6. You are the actual grandchild that is mentioned below.

. {insert other apologies here later...}

Terms

All informations on the following forms relate to one individual, with additional information, beyond the basic application.

Current default name: 1CB League

Player/student/participant/child

Preface: First Church of Basketball (1CB)

The ancient Israelites wandered in the desert (wilderness) for 40 years under the leadership of Moses, as punishment for their lack of faith after escaping slavery in Egypt. Additionally, Moses himself spent 40 years as a shepherd in the desert of Midian before God called him to lead the Exodus.

Moses was brought up in the splendor of the Egyptian court as the Pharaoh's daughter's adopted son. Grown to manhood, he was aware of his Hebraic roots and shared a deep compassion for his confined kinsmen. He became furious while witnessing an Egyptian master brutally beating a Hebrew slave, and he impulsively killed the Egyptian. Fearing the Pharaoh's punishment, he fled into the desert of Midian, becoming a shepherd for Jethro, a Midianite priest whose daughter Zipporah he later married. While tending the flocks on Horeb Mountain in the wilderness, he saw a bush burning yet not turning to ash. He heard a voice from within the bush telling him that he had been chosen to serve as one to lead the children of Israel out of Egypt. He was also told to declare the unity of God to his people. At that time most Israelites were worshipping many gods. Moses was to tell them that there was only one God.

After the Exodus from Egypt the biblical Hebrews wandered the desert for 40 years. Their religious leaders forbade the casual use of the name of God. If God's name was used by one family, another family with a little different dialect/attitude/prejudice would pronounce it differently.

If there was only This one God, the presence of other than mainstream ideas would lead to serious misunderstanding. Not willing to take any chances, the leaders were determined not to say the name at all. Only the high priest was allowed to say God's name and that was only a few times a year under special conditions.

Bla bla bla Hagedah {editor note xxx} (long story here about the YHWH tetragrammaton, with references). Taking a lesson from the Old Testament, if labeling God in any particular manner causes anyone a problem, we will use a basketball as an object of mutual admiration [understanding?][recognition].

~~There is a recurring theme expressed in this church~~; an underlying metaphor of the team effort that a good game of basketball requires. Instead of arguing, let's go play horse or shoot some free throws. Ed note….

This book is about teaching children how to play basketball.

Use the game of basketball to spread Christian ideas in an organized fashion.

Better labeling of the children affected by influencers, not I. Let me assure skeptics that sincerity and seriousness drive this effort. Jesus recommended suicide capital punishment dire consequences for certain individually bad acts.

Mounier's Children

Insert a lot about Mounier's children here.

Mounier and his children

Also, Augusta del Noce

Simone Weil

Quoting from the King James Version of the Bible: "But who so shall offend one of these little ones which believe in me, it were better for him that a mill stone were hanged about his neck and that he were drowned in the depth of the sea." (Matthew 18:6) offend: (The original Greek is) "skandalizo" which means entrap, cause to stumble, snare, trip up, scandalize which believe. "Pisteuo" means to have faith, to entrust (your spiritual well being) to, commit to. Epistle means "out of the (trusted) faith, out of the (sought after) salvation."

This serious line from scripture impressed me as a young seminarian and has stayed with me all my life. I include it here as the affidavit of my understanding of the serious nature of solicitation of attention of a current believer.

Del Noce may be a generation next upon Mounier, not the youth group that I guessed earlier.As the organization matures, there may be adjustments made to its structure. Early on, a small membership.

As talent gathers, energy and new ideas change the overall look and feel of a church. Eventually we will become a more complex organization that will require details of responsibilities for many different positions [persons] who will be doing many different jobs.

(When we are large enough to need a janitor, that's what I want to be.)

Presently we don't even have a minister, but [talk] negotiations are slowly taking place between here and New Mexico to hire [get]one.

Religion is an attempt/effort to package a faith. Packaged, as in tied together.

Potential problem: Faith is such an individual act that as soon as the package is sealed, individuals respond to the religion in different ways. The development of faith may or may not suit the developmental persona of each [unique] person.

The story of Jesus was packaged by the early church Fathers with all good intentions. Over time, language, custom, geography, bla bla bla {editor note xxx} have caused flavors of the original message to appeal to sub sets within a larger population. What started out as a universal truth, evolved, over time, into many dogmatic rulebooks. Even the First Church of Basketball has this modernism-ish catechism to contend with.

In Scripture, there is a prayer called “Shema” which means “Hear.”:

“And one of the scribes came, and having heard them reasoning together, and perceiving that he had answered them well, asked him, Which is the first commandment of all? And Jesus answered him, "The first of all the commandments [is], Hear, O Israel; The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this [is] the first commandment. And the second [is] like, [namely] this, Thou shalt love thy neighbor as thyself. There is none other commandment greater than these". (Mark 12:28-31)

Expand on SHEMA here

In order to put all our heart toward God, we need to get control of ourselves. This is no easy task in a culture that has raised us with an expectation to "have a lot of stuff" .

When the stuff that we have is held in a too-important place in our heart we are not always "loving the Lord [thy] God with all [our] heart, and with all [our] soul, and with all [our] strength, and with all [our] mind." Some of the stuff we have is material possession, some is behavioral possession. SHEMA

Step one on the path to union with God is take make certain that the stuff we have is in third place, after the neighbor (who is in second place with our self), and after God, who is in first place alone.

There is a purposeful, obvious and recurring theme expressed throughout this new congregation: the underlying structure of team effort that a good game of basketball requires. Let me warn/assure any skeptics that sincerity and seriousness abound in this effort.

This book is about teaching children how to play basketball. The pages [ideas] [stuff] shown in this playbook have been handed out to many players, from many coaches. The basketball concepts that follow have been passed down from great coaches to less great coaches, and now passed down here.

It is to less great coaches that this book is dedicated. (Expand on discovery and initial effect on a child.) Many coaches say the same things about the same areas of the game. Some things are taught differently within the same areas. Some things are stressed as being more important. Some important things to some coaches are ignored by others. There is not an exclusive, "one and only way" to accomplish the skills necessary for successful play.

(Editor note: Show an appendix that articulates the basics of copyright practice. ART299 **)**

It is not the written instructions that lead to an understanding of the game. As in any other knowledge transfer, the teaching of the game of basketball will change according to the ability and attitude of the participants. Before they were able to finish the project, one thing became obvious. All the knowledge that can be collected about basketball through whatever means will remain just diagrams and text until it is put into practice.

Many coaches say the same things about the same areas of the game. Some things are taught differently within the same areas. Some things are stressed as being more important. Some things that are important to some coaches are ignored by others. ~~If someone sees a play that is “theirs”, or thinks that we have stolen one of their plays, sorry.~~ In basketball there is not an exclusive, "one and only way" to accomplish the skills necessary for successful play. It is not the written instructions that lead to an understanding of the game but the instructions are important. As in any other knowledge transfer, the teaching of the game of basketball will change according to the [aptitude] ability and attitude of the participants.

How many times are we confronted with an earnest evangelist, intent on quoting chapter and verse in order to convince us that they have found the "one way" to salvation? The First Church of Basketball strongly recommends the serious study of scripture. Some time every day, maybe in the morning, should be set aside for scripture reading and bible study. Then, put the book down and go

out and live by loving in the manner that the bible suggests. Leave the book at home! Leave this playbook at home and go have fun.

1. Shoot

[Matthew 5:3] Blessed are the poor in Spirit,
for theirs is the Kingdom of Heaven.

Pride is overcome by poverty of spirit,

see Williams, Rowan in bibliography
Cwjc 266,627

When new students arrive, especially the boys will want to be guards and have the ball in their experienced hands all the time. Their pride is being very good at a few skills. Need to turn down the "self", even though they have been the best player in the gym many times.
Poor in Spirit per Max Scheler: The Holy Spirit doesn't really care what we are thinking. Oh, the Holy Spirit helps us but not the way we think. Unless what we are thinking is God's will.
Fiat voluntas tua.
When the new know-it-alls notice that …

First level of communicating is expression. At a higher level you find contemplation. (Me vs. Not me)

Chapter 1: Shoot the ball, discussions about

Put a graphic after each chapter intro to announce coaching phrases that compliment or bring corrections to game day.

Things to holler out loud at a game:
1st across should shoot
arm shots with no legs shooting
Why was _____ shooting free throws?
if a guy shoots, crash the boards

The struggle to resist the fruit of the tree of knowledge was then and is now the down side of free will. Love was original action. Knowledge was original sin.

John the Baptist story goes here. Share your second jacket. Don't complain about your wage. Pay your taxes. Religion is a virtue.

Bla bla bla {editor note xxx} Of all the commandments, the first is most important.

Bla bla bla {editor note xxx} Step one for a successful basketball experience is a commitment to join a team. The players follow the coach much in the same way as the apostles followed Jesus. consider here referencing p.32 of pink book (based on Romans 6:15 assignment: number two. learn relationship of similar files here. feb 11 learning links in context

The following image is the essence of the whole thing. Build an engine to track that data. Area above has been studied 30 minutes on Feb 11, 2022 How to link to picture files from the text area.

2. Defense
[Matthew 5:6] Blessed are those who
hunger and thirst for righteousness,
for they shall be satisfied.

defend the concentration camp
righteousness
A hungry dog runs faster

Gluttony is overcome by a hunger for justice,
Cwjc 676

[James and Andrew were disciples of John before his cousin came along.]

[explain “Islam” here?]

Medieval vegetable garden story xxx Defense!

Things to holler to encourage the children:
run until you can’t breathe rest only on offense
get grabby
get between the man and the hoop
watch no drives go by
cannot jump if rebound posture is flat footed
keep your man, even off the ball
defend the garden
play D off the ball
thought we had it under control early
loose ball lazy
Let the D man loose
stay on your feet with fakes
2 hands up (like water)
don't leave your feet on defense
opt: bad D on their 4
2 on 1 in overtime
too close on [upper] D (back up with wide load sign) 2

Duluth East Greyhounds defensive philosophy

Handed out in the information packet at the start of the season. Some of the expressions used are local or dated, may require interpretation.

1. The backbone of our defense is to push the ball to the sideline.
2. Ball-side toughness is a must.
3. We must fight any ball reversal.
4. We must deny all passes coming from the baseline out.
5. The ball must be pressured at all times.
6. Defensive player one pass away from the ball must be on “on the line and up the line.”
7. Defensive player two passes away from the ball must be in a help position. When two passes away, always point the ball **(ART108)** and the man.
8. Dead front the low post, three-quarters front on the high post.
9. Help and recover—develop trust in teammates.
10. When the ball is on the post or is penetrated, sink to fill.
11. Talk to signal teammates of picks and cuts of the opposition.
12. Yell “shot” to signal others to screen-out.
13. Yell “dead” to signal that opponents have picked up dribble, and all out play is on.
14. Hand on every shot!
15. Know where the ball is at all times.
16. Anticipate and dictate-react on offense, not on defense.
17. Help, guard the line, talk, and fight!

3. Hustle
[Matthew 5:4] Blessed are those who mourn,
for they shall be comforted.

journal

Acedia is overcome by mourning,

Acedia is currently defined in the Catechism of the Catholic Church as spiritual sloth, believing spiritual tasks to be too difficult.

Things to holler in this neighborhood:
get grabby
get between the man and the hoop
watch no drives go by
cannot jump if rebound posture is flat footed keep your man,
even off the ball defend the garden
play D off the ball
thought we had it under control early
loose ball lazy
Let the D man loose
stay on your feet with fakes
2 hands up (like water)
don't leave your feet on defense
opt: bad D on their 4 2 on 1 in overtime too close on [upper] D (back up with wide load sign) 2

Besides the Bible, the most profound influences on my life came from the writings of John of the Cross and ~~St Ignatius~~. Those men surrounded the Council of Trent, ~~Ignatius preceeding and~~ John following. Ignatius' famous "Spiritual Exercises" offered a path to union with God based on identifying those details that all add up to those distractions that prevent men from giving first attention to God.

muy determinada determinacion,

"They must have a great and very resolute determination to persevere until reaching the end, come what may, happen what may, whatever work is involved, whatever criticism arises, whether they arrive or whether they die on the road, or even if they don't have courage for the trials that are met, or if the whole world collapses."

Theresa Avila, The Way of Perfection, 21.2

4. Rebound
[Matthew 5:10] Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

rebound
prayer
the righteous rebound
"get the ball!"

Despair is overcome by being persecuted for righteousness' sake.

Things to holler in this neighborhood:
step in front of the guy for a rebound
good rebound positioning
rebound: (guess the path of a shoot by someone else)
jump for a rebound 2 After each of the above, an explanation as to why each are not on the path.

Over the years, I have been attracted to writings of great sages. Why? To obtain union with God of course! Following is a list of poignant writings that I recall.

The plan now is to put them into an order that will be salable as a "self-help" book. (oh, another list now comes to mind.) List of things that must be done in order to overcome the bad habits listed above:

1. pray upon waking
2. pray while showering (hey Jordan River)
3. eat perfect breakfast
4. write (if not working at a job)
5. work (at a job)
6. I must look up that medieval story about rising and putting on the necessary armaments to combat the devil throughout the day. "Spiritual Combat"?

Page 32,33 of 98

5. Transition
[Matthew 5:7] Blessed are the merciful, for they shall obtain mercy.

transition game,
the Beatles (the mercy beat)
rebound/fast break/set-up
Turnover/"new" defense

Avarice is overcome by being merciful,

Things you holler in this area of study:
dribble long enough to lose the ball
open player, no pass
too much dribbling [guards]
2 cutter no pass, pass ready no cutter
dribbling way too much lots of walking no offense (need give-and-go) one quick set of dribbles dribble to bad corner

try one dribble motion too many passes on fast break

This is the first level that is not focused on one person. Others are involved.

This is the first play everyone learns: yet

ART146 A Basic Play

"Yet" is probably the first play that every team has always used.
Expand here by talking about the play "Yet."

Newer plays evolve, the ones by children are addressed first, stressing the do-it-herself approach to the learning.

ART147 play 2 of others,
ART148 play 3 of others,
ART149 undocumented alien
ART149 play 4 of others,
ART149a Essay by former Player
ART150 Play: Detroit

ART181 player idea 2,
ART182 player idea 3,
ART183 player idea 4,
ART184 player idea 5

6. Assist
5:9 Blessed are the peacemakers, for they shall be called sons of God.

(God, neighbor, self
assist assist (offer it up!){love}
scripture peacemakers

Envy is overcome by peacemaking

Things to speak loudly about in this chapter.

Description if on fast break, if you still have the ball past free throw line, it's yours (Maguire) open cuts on a break push pass on fast break- no good if last across, must pass and pick there are no SLOW passes faster breaks- like they did passing after the freethrow line on a break: shoot the ball

The Assist!

Pass the ball pass early

no look pass

behind pass

Then one of them, [which was] a lawyer, asked [him a question], tempting him, and saying, Master, which [is] the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment.

And the second [is] like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets.

(Matthew 22:35-40) And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life? He said unto him, What is written in the law? how readest thou? And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself. (Luke 10:25-27) Notice the double dose that Jesus is working up for us here. 1. love God first 2. love neighbor second, as thyself

In the first case, self is not even considered. In the second case, self is not in first place either, but it is tied for second place with the neighbor. This is not selfish love we are talking about here; "... and thy neighbor as thyself" commands a subordination of self to (at most) an equal to the neighbor. Our own "I" is not by itself, it is with the neighbor's "I"!

Bla bla bla {editor note xxx} footnote Ouspensky

Captains are responsible for

Captains are responsible during the off-season for the following:
1, organizing off-season activities
2. making sure players are working on seif-improvement
3. keeping the coaches informed
4. being the models for the underclass
5. encouraging younger players
6. being aware of training violations
7. setting team and individual goals for themselves and others
8. keeping on the lookout for players practicing bad habits
9. setting standards of behavior
10. communicating coaches wishes in the off-season

7. Rules & Referees
[Matthew 5:5] Blessed are the meek, for they shall inherit the earth.

Baptist.

Wrath is overcome by meekness,

The coaching notes accumulated into a 9 section, plastic-paged catalog rack like the old parts catalog in auto parts stores. It contains original documents gathered while coaching children for 30 years. **ART274b Catalog Rack , ART274c Table Top**

My own coaching notes.

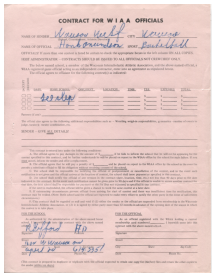
There are folders of coaching notes that I have accumulated for 20 years; original documents gathered while teaching basketball to children.

ART274b Catalog Rack
ART274c Tabletop

The coaching notes accumulated into a 9 section, plastic-paged catalog rack (ART274b) like the old parts catalog in auto parts stores. It contains

The heart of the First Church of Basketball catechism is the ability to construct a methodology to make changes as they occur for the betterment of the ideas contained within.
This can be done with marketplace software that builds very fancy basketball plays.
Another option would be leave the old ugly plays just as they were on the old ugly paper.
Another option would be to clean up the old plays into a new handmade playbook.
At any event, everything is subject to being improved upon by a future effort.

7. Robert's Rules of Parliamentary Procedure


CONTRACT FOR W I A A OFFICIALS

The pink sheet above is a copy of a document that a person needs to qualify and work as a referee. **ART112** It is very rare that such a document is issued to a person that doesn't at least like the game and wants to improve the play.

Always treat referees with neutral affect. Do not criticize them. Do not compliment them, Do not show them your understanding of the game.
If there is a bad ref, that will be noticed by all the people in the crowd that love the game. No individual player or coach has to self-appoint as a spokesman...

Who was that coach that always pulled the player out when the player wrinkled his face after an "iffy" close call by the ref. The coach would send in another player, showing a calm, neutral affect

while taking the whiny baby out of the game. This section has links to existing sets of rules. Editors will expand this section later. Now it only provides a place-holder link.

O

Injury clause

There is a separate effort underway to develop our own “Swiss army knife” injury based form.
The following few pages of text are first level OCR scans of most of the injury liability forms in our [Catalog Rack] collection.

ART133 Bowl-a-dome,
ART134 injury high school form 2
ART135 injury skatepark
ART136 injury form 4
ART138 injury form 6
ART139 Archdiocese physical exam card
ART140 grade school sign-up sheet
ART142 Branded release form p.1
ART143 Branded release form p.2
ART144 Branded skatepark waver
ART205 Archdiocese physical exam card (dupl?)
ART223?,

See Appendix C and Appendix D for information base consisting of scanned-in text from Branded forms.

WIAA basketball rules

https://www.wiaawi.org/portals/0/pdf/publications/winter_sport_regs/basketballregs.pdf

Another form to explain: Application for use of Facility **ART110**
and: policy for facility use **ART111**

BASKETBALL BASICS

A team has 5 persons playing at a time. Positions are numbered as follows: center (1), two forwards (2) (3), and two guards (4) (5). The game is started when a ball is tossed up between the centers who occupy an area, sometimes a painted circle in the middle of the court.

There are three ways of scoring in basketball:
1) 2 points for a field goal (or bucket, or basket) when the ball goes through the basket from anywhere on the court during regular play.
2) A shot made from beyond a certain line 26 feet from the basket is worth 3 points.
3) a free throw which is awarded after a foul and is taken unguarded from the free throw line is worth 1 point.

A personal foul is called when one player comes in contact with an opponent if an advantage is gained by doing so. Example: pushing, charging into, tripping, or hitting an arm while trying to take the ball away.

A technical foul is called for delay of game, illegal entry, unsportsmanlike conduct; if a player swears or argues with an official. When this happens the opposing team shoots a free throw and gets the ball out of bounds for a throw in.

A team has 5 seconds to pass the ball in bounds and 10 seconds to get the ball across the mid-court line.

There are two main defenses: 1) Man-to-Man and 2) zone, that a team may use in trying to prevent a team from scoring.

There are two methods of moving the ball on the floor: one is passing and the other is dribbling. The best and most common pass is the two hand chest pass; Other passes include bounce, two hand overhead, and baseball.

A high school game consists of 4 quarters, each 8 minutes long.

A college game consists of 2 twenty minute halves. The team ahead at the end of the game wins. If the score is tied at the end, an overtime of 3 minutes is played (overtime in a college game is 5 minutes long).

Infractions, called violations, in which the ball is turned over to the opposing team for a throw in are:
Traveling - taking more than a step and a half while holding the ball,

3 SECONDS - standing under ones offensive basket for three seconds without shooting,
DOUBLE DRIBBLE - dribbling, catching the ball and dribbling again
4) either not throwing the ball into play within 5 seconds or failing to get the ball into the front court in 10 seconds.

F=FORWARD C=CENTER G=GUARD Center Jump Circle or 1,2,3,4,5 numbering of positions

Glossary

Basket- The 18 inch ring 10 feet above the floor through which players attempt to throw the ball. Nick names are bucket, hoop, rim,

Catechism: 1. An index of all of questions and answers needed for the instruction of Christian Doctrine. 2. a series of fixed questions, answers, or precepts. (See Appendix A)

Charging: Personal contact against the body of an opponent by a player with the ball.

Center: Usually the tallest or biggest player on the floor who sets up underneath, close to the basket on offense.

Clock: Running time will be used during all games. The clock will stop on free throws, time outs, substitutions, and delay of game situations.
The last minute of each half the clock will be stopped after each whistle.
Following a stoppage of play during the last 10 seconds of each half, the ball will be put into play in the offensive zone at the hash.

Five seconds will be allowed to pass the ball in. The 10 second rule to cross the center court line (time line) will be called including over and back.

A 5 second free throw lane violation will be called. IF a player player remains in the free throw lane for more than for more than 5 seconds at a time, he or she will be called for a violation ball given to the other team. This violation is only called on the team with the ball.

More clock: GAMES* - Four 5 minute periods per half will be played. Each coach will divide his/her team roster into 2 teams, a starting team and a reserve team. The starting team MUST include the better players on the team. Each half will be 20 minutes.
Team will alternate playing time in the following sequence:
1, 2. 1, 2, half, 2, 1, 2, 1.

Dish: 1. Noun: a delicate placement of the ball to another person, usually followed by a score.
2. Verb: placing of the ball in a way that invites successful participation.

Double Foul: When two opponents commit personal fouls against each other at the same time.

Dribble: Ball movement by a player in control who taps the ball onto the floor and then touches it again. The dribble ends when the dribbler touches the ball with both hands at the same time and permits it to come to rest. The player cannot dribble again, he must pass or shoot.

Fast Break A rush to score after gaining the ball in the opponent's end of the court.

Forward Two players of the team who position themselves between the sideline and the free throw lane. Responsible to score and rebound.

Foul Any infraction of the rules resulting in a loss of possession of the ball or one or two free throws for the opponents.

FREE THROWS - All free throws will be on a one and one basis including offensive fouls except: When a player is fouled in the act of shooting, 2 free throws will be awarded; if the basket was made, only one free throw will be awarded; any technical fouls will result in 2 free throws.

The free throw line will be moved forward one foot to allow equal opportunity to make the shot. All1 free throw line rules will be in effect. Players are not to cross the free throw line when taking the shot. This will result in no basket and the ball given to the other team.

All players must remain in their spots along the free throw lane once the ball is given to the player shooting. Any player's foot or feet stepping on the free throw lane lines will result in no basket or another free throw. The ball must hit the rim; if not, the ball is given to the other team.

Free Throw The privilege given a player to score one point by an unhindered shot for a goal within the free throw circle, behind the free throw line.

When a team has 5 personal fouls in a half, the opposing team shoots bonus free throws when they get fouled. Before that the opposing team just gets a throw in when they get fouled. The bonus free throw is called a “one and one.” This means if the person makes his/her first basket he/she would get another free throw. If he/she missed the first free throw, play would just continue. If a person is fouled while shooting, if he/she made the basket he/she would get only one free throw. If the shot was missed, he/she would get two free throws.

After a free throw or field goal is made, the other team puts the ball in play from under the basket with a throw in from out of bounds.

Held Ball Occurs when two opponents have one or both hands on the ball.

POSSESSION RULE / JUMP BALLS*
The teams will have a jump ball at the start of each half.
All lines, etc., will come into play. Centers must not catch or touch the ball after the tip until the ball is touched by another player.
In all other jump ball situations, teams will alternate possession of the ball. Change of possession will be the responsibility of the referee and timer.
LINES*
All lines are in effect--base, side, center, free throw, jump circle, and time line.
Lines must not be stepped on while passing the ball in or dribbling the basketball during play. This will result in a turnover and the ball given to the other team.

Guards - Two players on the team whose main responsibility is to advance the ball up the court and set up their teams offense. Usually smaller players who are the best at dribbling and passing the ball.

Defense The team that does not have the bell.

DEFENSE* - All teams will play a person to person defense; no zone or pressing allowed. There will be no double teaming of the player with the ball. The referee has the final decision on what is double teaming and what is not.

The defensive team must play back between the center court line (Time Line) and the top of the key to allow the offensive team time to cross the center court line into their offensive zone.

Players may play defense past the defensive line and center court line providing the referee calls them out to play defense beyond those points.

Offense The team that has the ball.

Offense - Non-movable picks can be used during offensive play. The pick should be placed at the side of the defender allowing the defender to see the pick and move The pick must be one step away from the defender with no arms, legs, or shoulders allowed in making the pick. All illegal picks will result in free throws for the opposing team.

Once a player stops his/her dribble, he/she has 5 seconds to pass the ball; otherwise the ball goes over to the other team.

Roster. Each Team should consist of a minimum 10 players made up of 4th, 5th and 6th graders

Sportsmanship Players and coaches are encouraged to shake hands after the game. Any unsportsmanlike conduct will not be tolerated. All incidents will be reported to the Supervisor with a 1 game penalty assessed for the first violation. If a second violation occurs, the individual player will be dismissed from continued participation in the program with no refund given.

Substitutions - Coaches may substitute freely within the 5 minute period from the same team, starters or reserves. No starters should play on the reserve team unless a team is short its complement of players. In that case, the opposing coach will decide on which player or players plays with the second team.

Substitutions can be made on any whistle. Coaches should try to make substitutions when the clock is stopped. Players must notify the timer when he/she wishes to enter the game. Substitutions in any period will play a minimum of 2 minutes within that period without being substituted for. This will ensure that all players receive an equal amount of playing time during game situations to demonstrate and improve on their basketball skills.

Timeout - Private time out is when a team can gather without the clock running. TIME OUTS* - Each team will be allowed 4 time outs per game.

Zone Defense Each defensive player has a specific area to guard on the floor, not assigned to a specific person.

Pass Movement of the ball caused by a player in control throwing, batting, or rolling the ball to another player.

Pivot Takes place when a player who is holding the bell steps once or more in any direction with the same foot. The other foot, called the pivot foot, being kept at its point of contact with the floor.

Rebound Securing a ball that bounced off the backboard or basket.

Roster- Each team should consist of a minimum of 10 players made up of 4th, 5th and 6th graders.

Traveling - Takes place when a player in possession of the ball moves her feet without dribbling the ball.

Alternate Posession When two opponents each have a hold of the ball, possession alternates.xxx xxx. Xxxxx. team is given possession of the ball and awarded a throw-in.

(At bottom)

* Many glossary terms have been sourced from Tom Fremont's handouts. (See Bibliography)

Court dimensions

There are many good sources of examples of court dimensions on the internet. **ART102**
See also examples copied over time kept in the main file.

Full list of rules (select the ones you like)

HOUSE RULES:

Referees are paid by the 1CB

The team coach, then captain, is responsible to see that the local rules are followed.

The judgment of the referee is final. If an unsolvable dispute develops between the referee and a coach or person within the following of the team, comments can be added to the referees credentials. **ART112**

Coaches may comment on the referees credential sheet if they provide their name and phone number.

Flagrant and unsportsmanlike participants will be eliminated from the League.
(define a flagrant foul)

No dunking.
Coaches must notify the League Director one week prior to the addition of any new player to their roster.

Teams more than 15 minutes (or as long as one quarter of running time) late for the start of a game will automatically forfeit the game. Any team that forfeits a game will be fined $ 6.00 payable before their next game. If that same team forfeits another game, they will be fined $6.00 again. And if that same team forfeits again (three now) they will be removed from the schedule. [or...barred from the rest of the season?]
The only exception will be delay due to travel or weather conditions. This is in effect when more than one team can't make it.

A first aid kit, ice or squeeze packs should be present at all official contests. If you use a squeeze pack, bring an extra one to the next practice and put it in the first aid box.
Captains have access to first aid kits.

Team rosters will be filled by the coaches using the following selection process:
<1. Son(s) or daughter(s) of coaches play on his/her parent's team.
<2. Sisters and Brothers may play on the same team.

Ability of participant, regardless of grade, will be considered.

Practices and games will take place at 1403 East 3rd Street in Duluth. The program will offer each participant two practice nights each week and a league game on Saturday. Practices will start in _____ with games starting in _____.

There will be approximately _____ games played throughout the basketball season.

Each player will have fun!
Each player will improve over the course of the season.
Each player is responsible for bringing a clean basketball to practice.
Each player is responsible to bring clean shoes to practice.
Each player is responsible for their jersey (to be turned in at the season's end).
Each player is responsible for giving their best effort in practices and games. [132]

The following taken from **ART109**

The judgement of the referee is final. No protests will be allowed.

All turnovers and changes of possession must be taken back beyond the Three Point Line (the 3Line).

"Check" can be called anytime that the ball is outside the 3Line or when safety is an issue.

...In the event that some dork continues repeatedly to call "check" for little or no reason, the dork will {be examined by a qualified psychologist to determine the source of the "obsessive-paranoid behavior" or expelled.}

shoot free-throws later... or shoot 1 keep ball or...after__, 1&1 or shooting=2, others 1 or...rough foul produces 2 shots and ball back.

Must pass in from out: all new dead ball possessions.

No metal touching, including dunking. no jewelry.
(ears can be taped for girls or boys with earrings)

No smoking.

The above form is about the most detailed I have seen . It is here to show a spectrum of need.

Inserted later; original rules 1.

The absolute deadline for entry fees is the last day of the calendar month.

Team entry fee is $85.00 and additional $10.00 for non residents.

The registration fee for the 1994-95 season will be 25.00 per participant. It must be paid at the time the participant registers. No individual will be allowed to play unless the registration fee has been paid and the registration form is completed. Make check payable to: **your name here**

No player may participate in the league until they have signed the injury clause release, for injury during play.

Minimum age is ? -Boys and girls in the 4th, 5th, and 6th grades are eligible to play. Rosters are limited to 6 players.

College players will not by eligible unless they are released from their college squad upon which they must obtain and present to the League Director, written notices from the coach that they have been released.

Coaches must notify the League Director one week prior to the addition of any new player to their roster. Subject added player may have to sit out one game after being added. No player may transfer to another team during the season. Failure to comply with the above and then he or she plays, game is automatically forfeited. Players listed on a team's roster must participate in at least one game during the first half of the season or automatically become ineligible for the remainder of the season. No player may be added to any team after five weeks of the first half. Exception is for any honorably discharged servicemen. All players must participate in one forth of the season's games to be eligible for playoffs. Teams may add a substitute player for an injured players position.

-All registered players will be allowed to participate providing that enough gym time is made available and that there are enough coaches to coach; otherwise, teams will be limited in numbers.

Teams will be made up of all girls or all boys.

Flagrant and unsportsmanlike participants will be eliminated from the League. Teams must participate with numbered shirts and have at least four players to start a game. Teams more than 10 minutes late for the start of a game will automatically forfeit the game. The only exception will be delay due to travel or weather conditions.

The League Director, his assistants, and the team coaches will determine rules, eligibility, referees, schedules, and rule amendments not covered above. Failure to comply with the above rules will result in forfeit of any or all games.

Forfeit: Any team that forfeits a game will be fined $10.00 payable before their next game. If that same team forfeits another game, they will be fined $10.00 again. And if that same team forfeits a third time, they will be removed from the schedule, or...barred from the rest of the season?

Technicals: A player who is assessed 2 technicals in one game will automatically be out of the game and the next one. If that player should play and his or her team win, the game is forfeited. Any player who is assessed 3 technicals will not be able to play in the League for the remainder of the season, including playoffs.

No smoking.

The team captain or coach is responsible to see that these rules are followed. The program will offer each participant one or two practice nights each week and a league game on Saturday.

Practices will take place at the participant's school where possible, with league games played at _____ .

Practices will start on _____with games starting on_____ .

There will be approximately _____ games played throughout the basketball season.

Team rosters will be filled by the coaches using the following selection process: Son(s) or daughter(s) of coaches play on his/her parent's team. Brothers play on the same team; sisters play on the same team.

Team rosters will be filled beginning with all registered 6th, 5th, and 4th graders. Ability of participant, regardless of grade, will be considered. Number of 6th, 5th, and 4th graders should be equally divided among teams.

Asking to be on a team with a friend WILL NOT/WILL be considered. Special requests for specific practice nights, transportation arrangements, etc., should be written on the back of the registration form.

These requests must by made before the team selection process.

A preregistration will be held for anyone who would like to register early. Simply preregister by completing the attached form and sending it along with the registration fee to: _____

~~this last section inserted late april 5~~

Food Ideas

This clipping about Soda Pop Risky for teen-age girls, FIG219, is here because it was one of my hard and fast rules. We pushed a soda-free diet seriously.

Ed note: potential footnote?

The other collection of food-related ideas is FIG298

Eating Complex Carbohydrates **ART207**

8. Plays and Drills

[Matthew 5:8] Blessed are the pure in heart, for they shall see God.
Cwjc 355,377

Lust is overcome by purity of heart,

the A ir & the floor, sadhana, pure in heart
Sequence of play for the teaching of basketball

A huge challenge to many players is the comprehension of plays that are sketched out, sometimes quickly on a coaches clipboard. Rather than slowdown the practice to ask for clarification or a repeat of everything, a humble child will pretend to understand a play and hope to figure out the details later, during physical practice.

Especially Chapter 4, Fred Stitt's "Systems Drafting", **ART271,** can be used here to explain the importance of having instructions that are understood. The beauty of expanding on this idea is two-fold: 1. Instructions can be modified for clarity over time. 2. Players will not be afraid to speak up if they don't yet follow the instructions.

The basic graphic symbols are shown on the right half of this paper printout. Put graphic standards here. (ed. note xxx Investment opportunity: graphics presentation becomes more sophisticated)

Whether or not the marketplace software is used, the first plays to be presented are those sketched up by children in the league.

14pt, bold, darkest green (of 4)

ART181
ART182
ART183
ART184

The 4 pages list above were drawn by children. They will serve as a "sourdough starter" for an endless collection of basketball plays designed by anyone. These plays will not be legible in this first edition. Images of these four will be the first available page(s) that follow the first instance of the green label. i.e. **(ART181)**

Editors of the second edition will have access to the original documents. Once the bugs are out and the procedure is perfected for publishing plays, various collections can go in whatever direction needed.

After the dozens of drills and plays are all upgraded for the second edition, the catalog will grow as a second product.

181

182

183

184

ART165a

The first play to be cleaned up, that was designed by an adult, was taken from a magazine.

It was used as a basic play for real children.

Future editions of the catechism will look different as look-and-feel is modified over time.

Standards

We need to build and maintain standards of appearance for the lines and circles, the EXes and OHs that make up the artwork for plays and drills in the playbook.

~~The following is the cover of the 50 page original play book:~~

The example below is a preliminary rough sketch from the old days.**ART203**

Symbols used will be interchangeable in the 80 or so rough plans collected.

Look for “Rules 5” **ART203** in the figure book to get started.

~~There are about 50-80 scanned images of plays, ready to be updated and revised to resemble the example shown above. The above was done on an Apple Air iPad using art software Procreate. On 2023 I tried to get a talented child to use Procreate to do this. See Chapter 4 of Fred Stitt **before** trying that again.~~

~~There about 80 hand-drawn plays to be “digitized” in “Procreate” software and made available to the master play book. If a champion shows up to take charge of this, she can decide what software to use. In the mean time the original, existing paper copies will be effective as placeholders for the future, perfected drawings.~~

~~Some pages are best represented as a separate 8 1/2 by 11 document. This will keep the size of a working document smaller. These documents will be labeled thus: **DOC315**~~

~~These documents are kept in a folder in my laptop. Paper copies will be catalogued in a three ring binder. When a better way of doing this comes along, we will change to that way.~~

There are some ideas about software available in the marketplace that describe play-making apps. These are impressive for what they do, what they produce. After spending time there, building a few plays, it might be a better to replicate the collection of plays and restore them to look original, only graphically enhanced to look better.

Keep the plays that look OK and fix lessor-looking diagrams to imitate the same look

For now **ART203** will be a symbolic place holder until a decision is made on how slick our drawings of drills and plays should be.

Reidburn ART165a

Read-burn is a play [188] based on the pick and roll. It is based on the offense of coach Bill Reidburn from Milbank, SD.

Use it against a man to man or zone (especially a 2-1-2).

1. Start with a 2-1-2 offense.

It does not matter who is tall or short.

1. The center sets up just outside the upper lane, so the guards can drive the middle. Guards set up within the lane edge extended. Start with the strong side forward, who fake-surges and breaks to the free-throw line extended

2a. Guard reads the conditions, and dribbles outside the Forward, who by then is setting a pick for the Guard. When the Forward feels contact on this screen, he rolls to the basket, looking for a pass from the Guard, flowing through to the opposite block if he doesn't get a pass. The Center, if the Guard dribbles toward the Forward, still sets his low screen for the weak side Forward. The weak side Forward uses the screen, cutting toward the free-throw line extended on his side. The Center waits for the rolling Forward to clear and then cuts across to the other side.

3b. The Guard has a triple threat option: drive, jump shot, or pass to the rolling Forward (or cutting Center).

Transition: Motion

Motion is a 15 page guide to a simple offense.

ART152A
ART165
ART152
ART153
ART154
ART155

To ART164

Three Things Drill

Approach the children showing an obvious four fingers on one hand.

"There are three important things to remember about the game of basketball.

1. Number one, probably the most important is shooting the ball. (elaborate…)
2. Number two is passing the ball. If you can't shoot it, pass it to someone who is ready to shoot it. That's teamwork. (elaborate…)
3. Number three is dribbling the ball. If you can't shoot it and you can't pass it, dribble the ball until you can shoot it. If this happens quickly that's called a layup. (elaborate…)
4. Now there is another thing… (still holding up the four fingers) I don't know quite how to talk about it. Wait… Let's review. Are you with me so far?

(Look for but don't demand a response)

Who remembers the number one thing? The number one thing is shoot the ball. What's the number one thing? (re-direct)
"What's number 1" Approach an individual while looking around,
"What's number 2" Approach an individual while looking around,
"What's number 3" Approach an individual while looking around,
"What's number 2" Approach an individual while looking around,
"What's number 1" Approach an individual while looking around,
"What's number 3" Approach an individual while looking around,
"What's number 1" Approach an individual while looking around,
"What's number 1" (etc.)

Continue blabbing until someone mentions the four fingers held up.

Well.. there's 1, 2, 3 …the next thing is 4… is Stop (quickly say, " Gaah" like Cosmo Kramer.)
"I didn't mean to say that out loud…. Because we never do number 4 "Stop" "Gaaah"
Get the group to say "Gaah" when calling for the answer to "What is number 4?"

More plays:

Detroit **ART150**

Give and Go **ART151**

Motion **ART152-165**

Scramble **ART166-171**

Walton **ART173-180, 270**

Practice planning

1.1 Prepare lesson plan prior to practice
1.2 Keep lesson plans available and review daily
1.3 Develop a "feel"- be flexible in implementation
1.4 allow time for loosely organized unstructured activity
1.5 incorporate competitive activity
1.6 end with achievement drill or competition activity

Practice content
2.1 Exercise or warm up
2.2 Developmental Drills
2.3 Conditioning Drills
2.4 Combination drills
2.5 1-1 2-2 3-3
2.6 Game simulation
2.7 Scrimmage

Practice ideas
3.1 Space drills for rest and recovery
3.2 Reward with a drink of water
3.3 Develop long range goals and objectives
3.4 Teach progressions. Build on prior practices
3.5 Teach all drills and activities as serious game simulations

Practice - late or absent
4.1 Call prior... coach will make a note with call
4.2 Leave parental or medical note with teammate (no verbals)
4.3 Note: name, date, reason, signature(s)

Drills

hot feet,
stay low stationary (20 seconds) feet not outside or inside shoulder,
drop step on initial move,
throw arm (4 moves) hot feet,
knees flexed,
hand up signal,
holler “shot”,
raise a hand (4 moves)
signal for coach, holler “dead”,”dead”, “dead”. (5 moves)

There are 10 more drills that have been scanned-in-the-rough in the main catalog.

See **ART117, ART118, ART119, ART120, ART121, ART122, ART123, ART124, ART125, ART126**

Drills made by Children

There is a collection of plays designed by children: **ART146, ART147, ART148, and ART149.**
There is only one essay provided by a young player: **ART149A**
This should be encouraged and attributed properly.

Plays made by Children

There is another collection of plays designed by children.
ART181, ART182, ART183, ART184

This should be encouraged and attributed properly.

ART149A Essay by former player

Everything that is necessary for a person to succeed in the Workplace can be learned through the game of basketball. For example, a person must meet deadlines and show up for work, on time, everyday. As a basketball player there are practices that are mandatory to attend as well games. A player cannot walk into the gym fifteen minutes late for a game or practice, as must a worker never come in late for work. A second example is the boss and employee relationship. Listening to the coach should be the number one priority in a players mind. Just like with a coach, an employee must listen to the instructions or orders given to them by the boss, and follow the commands explicitly. Another example is the pressure and stress that a job can often give a person. The game of basketball is full of constant demands and pressure situations. Basketball can drain a person not only physically, but also mentally. Learning to deal with high-tension situations in the workplace becomes easier to do once a person is able to deal with the distress that is presented to a player in a simple game of basketball. A final example is the communication skills that are needed to be successful in the workplace. In order to win a game, a basketball team must have a great deal of teamwork and communication. In both the workplace and on a court people must be willing to work together to accomplish a goal. So the game of hoops is not unlike the game of life, and everything a person needs to know they learned playing basketball.

Editors note: The above essay is from a player. Such documents should be encouraged. As a 1CB League participant, a kind of “what I did on my Summer Vacation” will be part of their report card/ diploma.

John Wooden

Following the plays and essays of the youngsters, a place for ideas of past champions is needed: **ART249, ART250, ART251, ART252 and ART253** are about John Wooden, taken from a newspaper article that my brother sent to me.

The Wooden triangle. Out of respect for the greatest coach ever.

9. The Ball
[Matthew 5:11] Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account.

"I am the walrus...",
attitude

Despair is overcome by being persecuted for righteousness' sake.

Things to talk about:
can't win with final shot until full game
"no talking except ""talk""”
never talk to a ref
don't call for the ball, especially if you're not better off
if you're gonna switch, switch
screwed up faces- no whining 2 nice pick-avoids good talk on picks

warm up: find yourself call out picks humility plan organize direct control By definition, a technical manager must manage people who have higher skills than the manager. The skill level differences can be minimized by "cross training". This term, borrowed from sports, makes the manager like a player-coach. By knowing just enough about each position, he is able to gain an understanding of the overall direction. Overall team performance can be enhanced. Don't kid yourself. { (I) have been persecuted as in God only!} Not men.

Deliverables:

A body of work,"coaching notes", in a rack of removable 3-ring-plastic pages. The collection consists of handouts, rosters, game plans and notes of basketball coaches and basketball players. It has been edited and added to. It will continue to be edited and added to. The deliverable is an app

for holding documents. images and notes to be edited, revised, bound and distributed to teams as they move through the season, as a league.

An "article" is the top page of a stack of original, related documents, essays, articles or books kept in the catalog rack. An article is an image of only the top page.

In this 1st edition, a Green-bolded label is reference to a 8 1/2 inch image on paper that follows the appropriate text. Red-bolded labels are for documents that are in the catalog rack only, not shown in this 1st edition.

Original documents for both red and green images are in the catalog rack.

Most pages will be a full 8 1/2 by 11 size in order to make full size copies on a standard office copy machine later.

Purchased playbooks will have document sets that will be used by coaches (or wanna-be) to populate their own team's playbook, saving the [unaltered] purchased playbook for reference.

A galley (“A printer’s proof in the form of long single column strip, not in sheets or pages.”) is a feature that is available in the future, a best quality 8 1/2 photo-ready document. This a finished image that may be hi-res scanned and sent as a published insert to a playbook. This is often one document, photo, or image ready to be photographed, scanned, or sent via text. The first edition of this manuscript has no “galleys”. They are in the next edition.

Product 1: Kits

The first function of 1CB is to collect, revise, rewrite and publish basketball game plans and notes taken over time, maintaining a **Master** coach's kit that would be used to produce an **Individual** coach's kit.

Archive galley prints are in a 8 1/2"" inch by 11 inch 3-ring binder.

Published playbooks will be spiral bound and are specific to a team.

Product 2: Documents in Coach's Kit

(Report cards are the heart of the coach's kit.)Paper Attendance Record

- **ART228 Stats 7**
- **ART230 Stats 8**
- **ART232 Stats 10**
- **ART244 Attendance Record**
-
- Paper Stat sheet attendance CB
- Stat-Sheet-TBD. <— Document needed. Older editions have changed this entry
-
- Standard full participant form.
- Roster of attendance. In order to provide report cards later, attendance must be fairly documented.
- Sign-Up sheet
  -
  - Sign up sheet is the first form needed to start a team. Later it will be used for report cards and the mailing list. The sign-up sheet is all information about the person who will be participating in the the league (Discuss some friendly names for participants)
  - At first an ultimate form will have all questions found on existing, collected forms

5. Game Day Roster

ART300

Product 3: Report Cards from Statistics

The following is a list of statistics used on actual report cards from 1988.
A report card will be presented to each individual player at the end of a weekend camp or the end of the season:
The categories to track as a skills assessment to populate a report card:
Shots (points), Free throws, Jumps, Blocks, Rebounds, Steals, Assists, Turnovers, bad pass, muff
violation: double dribble, 3 seconds, Traveling, 10 seconds, 5 seconds
stolen away held-up Etc

It will be necessary for statistics to be taken at practice and at games in order to provide metrics for report cards. Actual content of the Stat-Sheet-TBD will be harvested from the following documents:

ART231 Stats 9,
ART233 Stats 11,
ART234 Stats 12
ART235 Stats 13
ART236 Stats 14
ART237 Stats 15
ART237a See Catalog Rack
ART237b List of 48 Stats
ART238 Stats 16
ART239 Stats 17
ART240 Stats 18 NBA
ART241 Stats 19
ART242 Stats 20 college
ART245 Stats 23
ART246 Stats 24
ART248 Report Card
ART275 Turnover Chart

There are other documents that track statistics on forms that spectators could use during a game to help collect stats:

For details on the following, see catalog rack.
ART228 Stats 7
ART230 Stats 8
ART232 Stats 10
ART273 Poster stats original

Product 4: Children Make and Do Their Own Plays

Either marketplace software (see list) or in-house application will be used to re-design and publish plays designed by children.

Get children involved with harvesting and manipulating their own information set.

ART146 1 of 8 designed by children

Talking points

<– ed.note: blend into pages below or above

Following is an example of notes taken and ideas shared during time outs. Talk about 1, 2 and 3 all the time.

Poignant Quotes: {transcribe and font-ize Hank Daugherty's diary}

ART280:

Shooting: Smooth (one piece shot).

Gray matter in the forearm.

Power in the legs (defy gravity) Shooting foot "slightly ahead" of other foot. Video Bird.

Singling out a player is like Big Game pressure

Clean the floor before practice.

Shooting Foot slightly ahead.

Shivapuri Baba to John Bennett.

Kathy Frey Studio

ART281:

1. FREE THROWS ARE ALWAYS SHOT UNDER GAME CONDITIONS. THIS IS A SERIOUS ATTITUDE DEVELOPMENT TIME. "WE WANT THE BALL" ON the Typical FREETHrOW AS MUCH AS THE GAME WINNER WITH 2 SECONDS LEFT.
2. OFFENSE IS FAST & DELIBERATE & DISCipliNED.
3. REST ON OFFENSE NOT ON DEFENSE
4. INFORM THE COACHING STAFF WHEN COMING OFF OF A SLEEPOVER.

(FOR SAFETY'S SAKE)

Initially Chapter 9 will be the location of statistics used to measure performance of an active player. Information gathered at game time is how we measure skills. The documents used to track statistics (stats) are:

ART237, ART231, ART233, ART240, ART242, ART246, ART248

ART238, ART239, ART241, ART243, ART245, ART247,

Singling out an individual can be good to imitate crowd pressure later. (int-imitate) by intimidate. On a fast break, (if you pass the free throw line), you take it in. (Option) Prior to the free throw line, you can pass to a faster cutter.

Games are won/lost by one point witticisms These are some notes off an envelope that are ideas that have remained fresh for most circumstances.

1. No talking. Except "talk" that relates to the game. This is advice/rules for practice.
2."Arms Up!" or arms up. If the coach's call to raise your arms up on defense is not done, then a certain amount of time can be set aside at practice as a toning and memory drill.
3.If last across the free-throw line, (on a fast break) you must pass & pick. (you have the ball)
4. Free-throws: shoot two, run two for each miss.
5. warm-ups: "find yourself" (?)
6, first across the free throw line must shoot, others must follow (Al McGuire)
7. Notes taken to explain the concept of “square up” when taking a shot. **ART105**

Another technical note that must be restored: **ART106**

Defense:
Aggressive Early - Do more.

Help only if you can
Everybody sinks
Hand up on a run out

Offense:
Want to score
Fast Break or Setup
Stuck - setup
Be patient; make them foul us.
Be patient; score each possession

6 pep talk after losing translate later bla bla bla {editor note xxx}

The man who has a deep distrust of himself and places great confidence in God is not at all surprised if he commits a fault. Coaching is the skill of getting participants to act a certain way. Teaching is the skill of getting participants to think a certain way. Teaching basketball requires a love for the game. It certainly helps to know a lot of plays and drills and anecdotes passed down from great coaches to great players.

Appendix A: Catechism

In all that I say in this book about religion, I submit to what our Mother the Holy Roman Catholic Church holds. See link to current Catechism below. ~~That held in the time of St. John of the Cross. (16th century 1541-1591) Council of Trent Inquisition~~ If there should be anything contrary to that it will be due to my not understanding the matter.

cat·e·chism /ˈkadəˌkizəm/ noun 1. Catechism of Catholic Church is an index of all of questions and answers needed for the instruction of Christian Doctrine. 2. a series of fixed questions, answers, or precepts used for instruction in other situations. "the preventive health catechism “more exercise, less tobacco and alcohol, and better diet”"

(Decide later if the word “catechism” should be softened-up to the word “playbook.”)

https://usccb.cld.bz/Catechism-of-the-Catholic-Church

Appendix B: welcome talks

Welcome boys and girls and parents!

My name is Coach Namehere. My contact information is in the information packet given to you.

I have been coaching children for about _____ years.

I have coached boys and girls from kindergarten to high school.

We will be practicing at Congdon gym from 4:30 to 6:00 on Wednesdays. Detailed information is in your packet.

My approach to coaching is that of a teacher. In that vein, I consider our practice gym a classroom. To avoid injury and allow a fair chance for everybody to participate, I will expect that your behavior will be similar to that in the classroom. There are some things that I will not tolerate. I will mention some of these at our first practice. If you cannot make it to a game or to a practice, I expect a phone call with a good excuse. (Something that your parents want you to do instead is always a good excuse.) If you cannot make it to a practice, don't expect to play a lot in the next game. We have a lot of players and consideration will be given to those who make the greatest effort. "It does not matter if you win or lose, it's how you play the game that counts." I don't yet know any of you and I don't know what to expect in the "win/loss" column, but if we lost all our games and played like gentlemen who improved with each contest, I will be satisfied. If ever you think that your being treated unfairly, I want you to tell me. (Or tell your parents, and they can discuss it with you and me.) Basketball is a game that requires intelligence as well as physical skills. Many of the things we learn this winter will lay a foundation for things we will learn later. I have divided the game into the six skill areas that each player can develop in his own way. The theme of each practice will be in the following order as much as possible: Shooting, Defense, Position, Rebounding, Transition, and the Assist. There are three other areas that we will learn about that players can not control: the coach, the gym, and the referee. We will discuss these throughout the season. Last, but not least, I want to mention that we will have fun. After all, that's why we went out for basketball in the first place, to have fun.

Dear Parents,

Welcome to this years basketball season. Attached is a Parent Release Form which must be completed and returned to your child's coach prior to allowing participation in this years activities. This form is different from previous years and has been developed to better protect your child, the school and our coaches. With the form we also ask you to send an $8.00 participation fee to help offset the cost of the program. To those unfamiliar with the program, we run a grade 5 thru 8 boys and girls program which is totally funded by our Association. The cost to the Association per player was $35 last year excluding equipment and uniforms. We fund ourselves totally through our Thanksgiving Kringle Sale and Spring Benefit Games so please support each. If for any reason the $8.00 fee cannot be paid, please contact your child's coach or me, since we do not want to deprive anyone of the opportunity to participate due to extenuating circumstances. If you have any questions or wish to discuss anything about the program please feel free to contact me direct.

Today s observation is based on a letter recently received from Kieran Kavanaugh on Saturday. He said, in part: "(We must learn to accept) aridity when moving away from those things that please us and delight us." In that light I feel that our losses over the weekend should have been taken with more humility and acceptance. We were physically overpowered. To hope that we would beat a strong team with finesse only was wishful thinking. As an afterthought, I can recall a game that had our team on top of the situation in the same way. The other coach was hollering for fouls to be called We were dominating the game and I remember distinctly that I thought we were not fouling his girls but our hyper-control of the game made it seam so to him. And girls were fouling us because that's all they could do to stop us. Well, in the game against name here the role was reversed. We lost primarily because we missed most of our free throws and we failed to stop them on defense.

Appendix C: Participation Certificate

I hereby agree and contract with the First Church of Basketball (1CB) be taught the skills of basketball and to play basketball in the 1CB League (the League). I have reviewed the rules and regulations. I will comply with all rules and regulations. I am familiar with the risks associated with athletic competition and understand that injuries up to and including death can happen.

I hereby release 1CB and 1CB employees from any claims of injury or responsibility for any present or future action that causes injury to the above named person.

parent or guardian of participant: _____

league director manager/coach/advisor: _____

The League Director, his or her assistants, and the team coaches will determine rules, eligibility, referees, schedules, and rule amendments not covered specifically in these rules.

Team Information: Team entry fee is $ Rosters are limited to 5 to 12 players. the 1994-95 season will be $ 1 per participant. It must be paid at the time the participant registers. A preregistration will be held for anyone who would like to register early. Simply preregister by completing the attached form and sending it along with the registration fee to:

First Church of Basketball
1403 E Third Street
Duluth, MN 55812

No individual will be allowed to play unless the registration fee has been paid and the registration form is completed. Make checks or payable to First Church of Basketball. No player may participate in the league until they have signed the injury disclaimer Although there is not a minimum age requirement, all participants will be required to demonstrate skills necessary to compete at the level of current active majority. ROSTERS: Coaches must notify the League Director one week prior to the addition of any new player to their roster. Forfeit: Teams more than 10 minutes late for the start of a game will automatically forfeit the game. The only exception will be delay due to travel or weather conditions. Any team that forfeits a game will be fined $10.00 payable before their next game. If that same team forfeits another game, they will be fined $10.00 again. And if that same team forfeits again they will be removed from the schedule, or...barred from the rest of the season?

There is a cluster of documents having to do with rosters, sign-up sheets, injury clauses and physical exams that is a big mess.

For now the place holder for this mess is **ART205,**

Document check list **ART279**

PHYSICAL EXAMINATION CARD See also ART139
ELEMENTARY SCHOOL INTERSCHOLASTIC ATHLETICS - BOYS AND GIRLS

* Approval for two years of competition. Examination cannot be taken before May 1st.

Student's Name_____
Last, Middle Initial, First
Place of Birth (Cty, St)
Age____ Sex__
Date of Birth___ Weight_____ Height_____
Grade_____ School_____ City_____

The above named student has been examined and there are no apparent contraindications to participating in interscholastic athletic activities except as follows:
Sports or school activities in which this student cannot participate are (if none - write NONE)
_____

If the student is restricted or disqualified, please indicate reason(s):_____

* If approved for only one year of competition, check here _____ .
Signature of Licensed Physician or Surgeon_____
Address_____
_____
City and State_____
Telephone_____

Date of Examination_____

ALL BOYS AND GIRLS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS CARD ON FILE AT THEIR SCHOOL, PRIOR TO PRACTICE OR PARTICIPATION.

Form approved by Archdiocese of Milwaukee for Interscholastic Athletics in Elementary Schools

Archdiocese of Milwaukee -
Athletic Permit Form

Name_____
Last, Middle Initial, First

Present Address_____ Phone
Parents Place of
Employment_____
Family
Physician_____
Family
Dentist_____
Name of Private Insurance Carrier

_____
Policy Numbers and
Address_____

I hereby give my permission for the above named student to practice and compete and represent the school in approved interscholastic sports excepting those restricted on this card and as parent (or legal guardian) of the above named student, I agree to be financially responsible for the safe return of all athletic equipment issued to (him or her).

_____ _____

Signature of Parent or Guardian Date

I further grant permission for my son or daughter, named above, to be given immediate emergency care in case of injury as the result of athletic competition by the team physician or any other physician present.

Signature of Parent or Guardian Date

Although a dental examination is not required by the as a prerequisite to athletic participation, it is recommended that your son or daughter visit a dentist regularly and that a good program of oral hygiene be maintained.

Another...
Individual Application (Player Registration)
Name _____

Address _____

Birth Date

Phone

School

Grade

T-shirt size. Sm. Md. Lg. XL

Fee for this year is $55. (Little box initialed as PAID)

I hereby agree and contract to practice and play in the 1CB League, and to fully comply with the rules and regulations of the above named league and furthermore,

I agree that in consideration of the services to be rendered by the First Church of Basketball program

of the school and its program in sponsoring, organizing,

and in consideration of the acceptance of the undersigned as an athlete in such sports,

the undersigned being familiar with the methods of conducting such sports and the risk of physical injury attended therewith,

does hereby waive, relinquish and release any and all right to damage which may be sustained in connection with or as a result of engaging as an athlete in such activities.

Parent or Guardian printed & signed _____

Player _____

Coach _____
This release applies to the 1CB Basketball Program, its coaches and administrators, and employees of said church and its basketball program.

Informational Handout:

Registration collection Nov 5th at East High School at 7:00 pm at the gym.
Teams will be selected by 8:30

Bring shoes, there might be a skills assessment (and the kids can horse around while teams are being built/decided.

Coaches needed.

Appendix D: Injury Indemnification

The following pages are gathered text of OCR-scans of other “injury” related forms in the marketplace. They are rough drafts of documents that the 1CB League will need.

See pages 69 through 80 below.

Someone with legal expertise will help us produce working forms.

(See SCN411, SCN412-SCN420 for original content)

Individual Application (Basic Player info)

Date of application _____

Name _____

Address _____

Birth Date

[personal] Phone

School

Grade

T-shirt size. Sm. Md. Lg. XL

Fee for this year is $55. (Little box initialed as PAID)

I hereby agree and contract to practice and play in the 1CB League, and to fully comply with the rules and regulations of the above named league and furthermore,

I agree that in consideration of the services to be rendered by the First Church of Basketball program of the school and its program in sponsoring, organizing, and in consideration of the acceptance of the undersigned as an athlete in such sports, the undersigned being familiar with the methods of conducting such sports and the risk of physical injury attended therewith,

does hereby waive, relinquish and release any and all right to damage which may be sustained in connection with or as a result of engaging as an athlete in such activities.

Parent or Guardian printed & signed _____

Player _____

Coach _____
This release applies to the 1CB Basketball Program, its coaches and administrators, and employees of said church and its basketball program.

Injury clause form 1

This form is from a city league. The primary contact is the team captain, It has a full roster of players.

Team name Team, captain Phone work Phone home

League, Entry fee, Night of play.

No player is eligible until he has signed the injury clause below: It is hereby understood by me, the underside participant in the above mentioned activity that I am playing at my own risk. If I'm injured during the season, I am financially responsible for my own injuries. I hear-by wave all claims for injuries, disablement or cost of same against the city of Wausau, the County of Marathon or the organization listed above.

By order of the Board of Education all non-residence of the public school district must pay an additional five dollars per person per sport for all events held in Wausau district schools.

All fees (entry and nonresident) and team rosters must be turned in one full week prior to the first night of play.

Name printed
address
signature
indicate residence yes or no

see.

Injury clause form 2

Name (please print)
Address
Birthdate
Phone
School attending
T-shirt size: men's small men's medium men's large men's extra large
The feed this year is $25
This will pay for your T-shirt, Gym rental and referees. Please make checks available payable to East basketball.

I hereby agree and contract to play in the 1CB League, and to fully comply with the rules and regulations of the above name league, and furthermore, I agree that in consideration of the services rendered and to be rendered by 1CB League, the various officers and employees of the school and its program and sponsoring, organizing, and in consideration of the acceptance of the undersigned as an athlete and such sports, the undersigned being familiar with the methods of conducting such sports and the risk of physical injury attended therewith, does hereby wave, relinquish and release any and all right to damage which may be sustained in connection with or as a result of engaging as an athlete in such activities. This release applies to 1CB League, its programs, its coaches and administrators and employees of said school and it's basketball program.

Signature of parent or guardian
Signature player.
Signature of league director
Signature of manager or Coach

Injury clause form 3

Notice this agreement is legally binding. By signing it you give up your right to recover compensation through the courts or otherwise.

The undersigned acknowledge and agree that the sport of skateboarding and rollerblading and observation of activities and the use of facilities or equipment of IronClyde Skate Park and taking of classes are participating in activities sponsored by iron Clyde skate park has inherent risk. Those risks concluded are not limited to the following:

1. Injuries resulting from the negligence of the owner, operator, employees or volunteer assistants of xxx or the negligence of myself, other customers, visitors, or persons who may be present at xxx or the negligence of the designers, manufacturers or installers of the facilities or equipment of xxxlnc.
2. Injuries or death, resulting from the failures or negligent misuse of facilities or equipment of xxxlncorporated.
3. Injuries resulting from slips, trips or falls while using the facilities or equipment of xxxincorporated.
4. Injuries resulting from the fall of other persons or collisions with other persons who may come in contact with me or from any falls or collisions in which I come in contact.
5. Injuries resulting from negligence or lack of adequate training of those volunteers or employees at xxx, who seek to assist with medical or other help with either before or during injuries have occurred.

I have full knowledge of the nature and extent of all risks associated with skateboarding and rollerblading, and the use of xxx's facilities or equipment, including, but not limited to:

All manner of injury including but not limited to bruises, cuts, abrasions, sprains, strains, fractures, amputations, and being hit by another person.

I freely and voluntarily assume complete responsibility for these risks and for the injuries that may occur as a result of these risks, even if injuries occur in a manner that is not foreseeable at the time I signed this

agreement. I realize that by voluntarily assuming the risk involved I will be solely responsible for any loss or damage I sustained, including personal injuries to me, damage to my property or damage arising out of my death.

Injury clause form 4

Month/year enrolled
Code
Race
Name,Mother
Father
School

birthday
address

zip zip zip
home phone home phone home phone phone work phone work phone work phone

Back-up emergency contact: if the above are not available list three contacts, relationship and phone.
Name 1
relationship
Phone
Name 2
relationship
Phone
Name 3
relationship
Phone

Family physician,
Phone

I understand that my child must conform to the rules and regulations of the 1CB League program, and I agree to cooperate with the staff in the best interest of the program and its participants.

I also understand pictures of program participants are taken routinely and I give permission in the program to use these pictures for promotional and other purposes.

I give permission to my child to participate in any field trips of the program.

I also understand that 1CB League will not carry special health or any accident insurance on my child and I hereby release the and their directors, officers, employers, volunteers and agents from all claims arising from any incident injury or illness which may occur as a result of my child participation in the xxx program.

Are there any special health conditions that we need to be aware of? yes no If so, what are they?

In the event that I or my designated emergency contact cannot be reached in any emergency, I hear by give my permission to the emergency room physician to hospitalized, and/or secure proper treatment for my child.

Insurance company
policy number or medical card.
Parent or guardian signature
date

I further agree, not to go in any other areas on the premises other than the area that has access to the skate park and parking lot.

In consideration of my observing or using the facilities or equipment of 1CB League and/or consideration of my participating in the classes or activities sponsored by 1CB League, I,_____ hereby agree to:

1. Release from all liability, discharge and promise not to sue 1CB League or any other member, employer, owner, volunteer or agent of

1CB League, name here, name here, family trust or any other skateboarder or rollerblader, visitor or person present in or using the facilities or equipment of 1CB League.

2. Indemnify and hold harmless the persons released and discharged from me from any loss, liability, damage or cost that may incur due to the presence of any claims or actions by me or by my heirs, next of kin, assigns or personal representatives, arising out of my observing or using the facilities or equipment of 1CB League, or arising out of my having participated in the classes or activities of 1CB League or for any losses or damages or claims or demands rising out of my personal injuries, damage to my property or from my death.

I certify that I am in good health and I have no physical limitations which preclude my safe use of 1CB League.
No oral representations or statements are inducements have been made by me the change alter or modify anything within the written agreement. I agreed to set terms.

Please rewrite the following sentence.
"I acknowledge that I have read above and understand and accept the risks inheritance in my participation in these activities."
Blank line
blank line
blank line.
(Print) Name
signature
date
Parent or legal guardian
signature
date

Required if under 18 years old must be at least seven years old: "…this release must be signed in the presence of an employee of 1CB League. or be notarized by a notary public

Emergency phone number: Name

Date of birth Address Zip.
Choose: ( ) skateboard or ( ) inliner

Player medical history and release form.

This must be completed legibly and signed in all areas by both the player and his/her parent or guardian. By signing this form the participant affirms having read it. A copy of this form must be carried with the coach for all training and competitions.
Name, last
first
Birthdate
age
gender
Social Security number

Parent or guardian:
Name
address
zip
home phone work phone
team name division
family physician name
physician phone number

Any emergency contact:
Name
home phone
work phone
primary insurance company
primary group/policy*
Does policy cover sports related accidents? yes no

Participant_____ has my permission to participate in training, competition, events, activities, and travel sponsored by 1CB League or any of its regional volleyball associations. I approve of the leaders who will be in

charge of this program. I recognize that the leaders are serving to the best of their ability. I certify that the participant has full medical insurance with the company listed above. I also certify to the best of my knowledge that the participant name here is physically fit to engage in the activities described above.
Signed
date
Relationship.
To the club leaders:
If during the course of my daughter or sons activities in volleyball he or she should become ill or sustain an injury, I hereby authorize you to obtain emergency medical/ dental care.
I will assume financial responsibility for the bills incurred through my insurance company.

Sign by parent or guardian
date

I do not authorize emergency medical or dental care for my daughter or son
Signed parent
date

Immunizations (please state month and year):
tetanus
polio
measles(rubella).

allergies
asthma
congenital problem,
diabetes,
epilepsy,
heart,
ankle injuries, knee injuries, back injuries, head/neck injuries, shoulder injuries, elbow injuries, wrist injuries, hand injuries, finger injuries, other injuries,

Height,
weight

Is there any psycho-social or physical condition which should the participant is currently under professional care? no/yes

Is the participant currently taking any medication's? No yes. If so, please name the drug, dosage and frequency needed.
List, any known allergies?
Please elaborate on any medical conditions we should be aware of.
Comments:
Please list any injuries that participant has suffered in the last two months
State special instructions to follow in case of emergency.

Injury clause form 5

Sport involved. Participants name Address
Parent/guardians name
Participants grade
Sex
Birthdate
Home phone

I hear I give my permission for the above participant to practice and compete in basketball sports except for those restrictions noted by the physician who examined him/her.
I realize there is a risk of being injured that is inherent in all sports.
I realize that the risk of injury may be severe, including the risk of fractures, brain injuries, paralysis, or even death.
I realize that the athletic association policy requires that all athletes be covered by personal injury insurance. Insurance carrier:

The undersigned certifies that all information given is correct and does hereby wave, release and forever discharge any and all claims against the 1CB League, it's commissioners, employees, volunteers, agents, or coaches for damages and/or injuries to the above participant which may arise from the participation in basketball athletic program.

Parent/guardian
signature
date

Persons other than parents to be contacted in the case of injury
name
address
phone number

Injury clause form 6

Physical examination form.

Player's name (last, middle initial, last)
Place of Birth (city, st)
Age
Sex
Date of Birth
Weight
Height
Grade
school
city

The above name player/student/person has been examined and there are no apparent contraindications to participating in 1CB League activities except as follows:
Sports activities in which the student cannot participate are: (if none, right "none")
If the student is restricted or disqualified, please indicate reasons.
If approved for only one year of competition check here:

Signature of licensed physician or surgeon:
Address city and st
phone
date of examination:

All boys and girls participating in 1CB League must have this card on file with their coach prior to practice or participation.

Appendix N: Passions of the Soul by Rowan Williams

Rowan Williams in Passions of the Soul contrasts the life of passion with the life of beatitude outlined by Jesus in His Sermon on the Mount recorded in the fifth chapter of the Gospel of Matthew. To summarize his schema:

pride is overcome by poverty of spirit, acedia by mourning, wrath by meekness,
gluttony by a hunger for justice, avarice by being merciful, lust by purity of heart, envy by peacemaking, and
despair by being persecuted for righteousness' sake.

By way of summary, if the passions cause a person to attach to reality selfishly, the beatitudes prompt a person to accept reality as a gift, as something that should be received not controlled or pressed into service of the self.

Appendix K: Learning Vocabulary

The word itself:

1. Take a good look at the new word the first time you see it.
2. Write it out two or three times, to fix its spelling, and to note its various parts if it is a compound.
3. Pronounce it aloud two or three times in order to fix the sound of the word in your ear.

The meaning of the word:

4. Note the context in which the word appears and try to determine its meaning from that.
5. Note whether there are English words that are derived from this Latin word because such derivatives help to get at the meaning of the Latin word.
6. Write down what you think it means.
7. Then look it up in the vocabulary that is in your text, or look it up in a dictionary. Write out the meaning two or three times next to the Latin word.
8. Now close your eyes. Imagine the thing as vividly as possible and at the same time repeat the word out loud at least five times.

Frequent review of the words:

9. Frequently reread selections you have already read in order to fix words in your memory.
10. Underline troublesome words and very frequently reread the sentences or selections in which they appear.

TRY TO ASSOCIATE THE WORD WITH THE THING OR THOUGHT RATHER THAN WITH THE ENGLISH MEANING!!

READING LATIN

1. Read the passage through four or five times, noting the way the words are gathered together into phrases end clauses. Do not read too slowly then you will be reading isolated words. Reading it aloud will help fix the sounds in your ear. It is quite necessary to read it several times because words that seemed strange at first sight will become familiar. If you have seen them before, they will be more easily recalled.
2. Get at the meaning of the new words in context. Do not go immediately to the vocabulary or dictionary. Try to determine the meaning of new words and even write down what you then think they might mean. Only go to vocabulary or dictionary to check the meaning.
3. Analyze the new words. If they are compounds, be cure to check the various parts of the word.
4. Diagram sentences that still cause difficulty after you have read the passage four or five times, but do not do this unless it is absolutely necessary.
5. Latin is a multiple-signal language. Hence, if you have forgotten in the latter part of the sentence that the subject was plural, the verb will recall it to mind. You can also easily tell what is to come in the remainder of the sentence, e.g., Cicero orationem... tells you that the verb will end in t and will be active.

Appendix L: athletics policy.

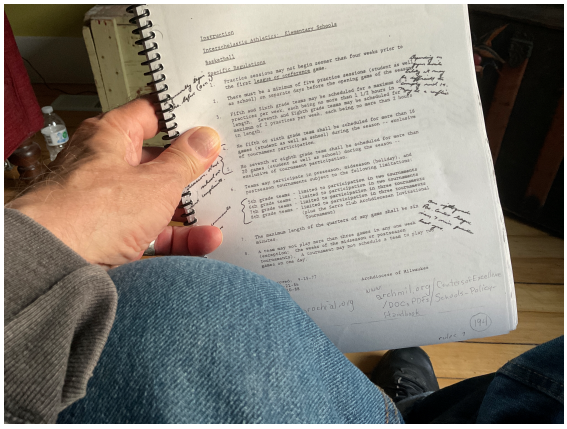
Reword this later, it's important to have a background for where rules and regulations came from. 40 years ago, we used mimeograph handout that we got from the principal of the school. I still have these notes. I still have this information but the league we used to belong to Parkview league in Milwaukee. Wisconsin has gotten quite sophisticated over the years and providing a website to provide all this information. I'll put the website here later and I'll put a reference to all those notes that we had and it's unfortunate that some of the rough edges of this book are being made smooth, but it has to happen later.

See also: www.parkviewparochial.org

There is a more detailed site by the Archdiocese of Milwaukee but the Parkview site is tailored to children basketball.

Later.

ART194, ART195, ART196, ART197



Another source of regulations is the WIAA site.

This also numbered as **ART197**

In Minnesota, there is a form used to establish eligibility and get parents permission. This is probably available online. **ART198**

A document has been dragged along titled "Duluth Senior High School Academic Eligibility Information."

This kind of thing is important to state for many reasons.

ART204 is a based document to remind we editors that such information is available on line.

Appendix X: Alternate Narration

Grandchild discovers old basketball notes

Voice of the following narration is a child discovering a grandfather's old basketball notes.

"When my mom was in High School, she and her friend photocopied the notes and instructions of several different basketball coaches."

Significant statements were clipped out and pasted to a large paper poster. Each idea on playing basketball was pasted next to ideas by each of the other coaches. Most of what these coaches had to say had already been passed down from prior coaches.

"The poster was a checklist so that nothing significant would be overlooked."

ART272 poster 2, (Photo of original paper poster)

ART274 results, (5 column printout).

ART274a photo of poster (Photo of original paper poster)

The poster layout is based on an idea shown by John Bennett in his "Enneagram Studies."

Years before the poster project, Grandfather had been using Bennett's ideology as a model to organize a manufacturing plant as a division manager. Another of Bennet's models was based on the Sermon on the Mount. He suggested that they use that model as a structure to spread out the ideas represented in the cut-and-paste basketball clippings. (Footnote Bennett here; see bibliography.)

After describing the mom's project, the child goes on to mention how Grandfather then added his own coaching notes on top of the poster project.

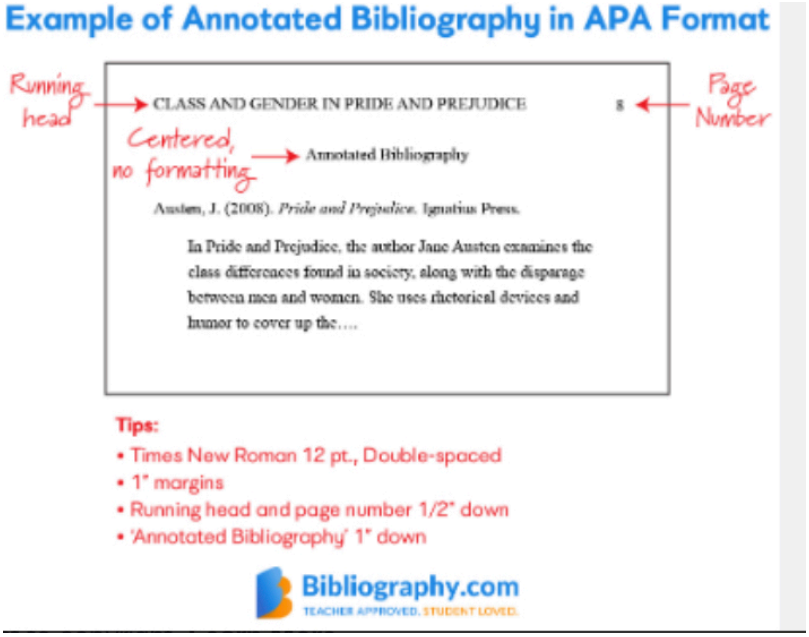
This page is a space holder if the voice is changed to a child. The idea is similar to Cervantes' subtext of finding the manuscript of *Don Quixote* that was written by an "unknown Arab."

272

274

274a

Bibliography



Amundsen, H., (Ed.), *Names. {2023}. Various Sources.*
A folder containing names from the times that the book was assembled. This collection has personal information.

Amundsen, H. (Ed.), *Terms Taken*.{2023}.
Various sources
Loose papers on a clip. Actual paperwork from which terms were taken. Early on, this was the original data set for inclusion in the playbook.

Bennett, John G., *Enneagram Studies. {1983}. Samual Weiser*.
The Manufacturing Process, p.35

Bennett, John G., *Enneagram Studies. {1983}. Samual Weiser*.
The Sermon on the Mount, p. 123
Revise this narrative later to identify the index referred to elsewhere.

Fremont, Thomas., *Player Handouts*., {1994}.
Fremont, Thomas., *East Youth Basketball Rules.,{1994)*
Tom Fremont managed a league, scored and announced many games. His programs brought hundreds of children together, teaching basketball. This manual follows many of the concepts and instructions that Mr. Fremont collected and distributed to players.

Edmund, Norman W.,*The General Pattern of the Scientific Method.,*{1994}. Edmund Scientific Company. **ART264**

Although not directly connected to this playbook, this reference is put into play here for purposes of settling open logic arguments and reduce false narratives.

Gunning, Robert.,{1964}. *How to Take the Fog Out of Writing.,*Darnell Corporation, Chicago.
Of many “how to” books on writing, this one stands out. (Elaborate later)

Kauffman, George B., {1989}. *Goodyear and the Gum Tree.* Today’s Chemist., October 1989, pp. 12-17
Article about origins of basketball. Wedge it in if possible.

Poblocki & Sons (1988), User Manual B-1429, The Cycle of Manufacturing, Milwaukee, WI: Author

~~Walton, M. {1986}. *The Deming Management Method.* Perigee Books,~~
~~Revise this narrative later to include a toast to Deming, one of the measures in the enneagram~~.

Williams, Rowan, {2024.} *Passions of the Soul,* Bloomsbury Continuum, NY.
(Subordinate clause-ideas posted at each chapter, reflecting on the Beatitudes.
By way of summary, if the passions cause a person to attach to reality selfishly, the beatitudes prompt a person to accept reality as a gift, as something that should be received not controlled or pressed into service of the self.)

Winthrop, Esther. {1995}. *Patient Teaching Tips.,* Mosby-Year Book, Inc.
Like other entries, this was a big part of my day job, back in the day. Respect for my thinking then.

~~Zygmont, Jeffrey.,*W.Edwards Deming: A Missionary for Quality. {1994}.* Managing Automation, February 1994. pp.23-25~~

unassigned ideas

Unassigned Ideas (optional stuff to incorporate, see cardboard box.)
Basic instructions (owned by others)
Coach introduction sound bytes
Re-draw Diagrams of existing plays
Coaches' practice plans
Drills
Uncharted but possibly relevant stuff

Nail-shoe pivot point
Sew elbow to knee
Dribble vs full-court pass
Dear parents letter
... get treated like a doctor

General Pattern of the Scientific Method (SM-14), Edmond,Norman W. <– build footnote to reference Bibliography (force it)

Story of the angel nightmare on page 1054!

There aught to be a folder for "unregistered sources" to be used to keep loose clippings or shared articles aside. Could be dug up later {for busy work or}. Similar to "honorable mention."

There aught to be a folder for "food."
For items that may or may not link to "no-soda pop-for-girls thread.

Strib article 3-29-92 **ART226**
The other newspaper article on basketball (Klein?)

Magazine clipping "Goodyear and the Gum Tree" **ART261**
Bill Walton clipping
Clippings from 1991 **ART276**
Clipping from Scientific American 1951 **ART277**
Murphy's Law **ART278**

1cb documents on USB
Apr 15, 2025

complaint form 305
complaint form
incident report for ICB League 310
media interview 315
ROSTER For 1cb League 300
ROSTER For 1cb League, team

Injury clause texts:

This form is from a city league. The primary contact is the team captain, It has a full roster of players.

Team name Team, captain Phone work Phone home

League, Entry fee, Night of play.

No player is eligible until he has signed the injury clause below: It is hereby understood by me, the underside participant in the above mentioned activity that I am playing at my own risk. If I'm injured during the season, I am financially responsible for my own injuries. I hear-by wave all claims for injuries, disablement or cost of same against the city of Wausau, the County of Marathon or the organization listed above.

By order of the Board of Education all non-residence of the public school district must pay an additional five dollars per person per sport for all events held in Wausau district schools.

All fees (entry and nonresident) and team rosters must be turned in one full week prior to the first night of play.

Name printed address signature indicate residence yes or no

see.

(33

Injury clause form 2

Name (please print)
Address
Birthdate
Phone
School attending
T-shirt size: men's small men's medium men's large men's extra large The feed this year is $25
This will pay for your T-shirt, Gym rental and referees. Please make checks available payable to East basketball.

I hereby agree and contract to play in the Duluth East high school, junior high and elementary basketball league and to fully comply with the rules and regulations of the above name league, and furthermore, I agree that in consideration of the services rendered and to be rendered by Duluth East and the Duluth basketball program, the various officers and employees of the school and its program and sponsoring, organizing, and in consideration of the acceptance of the undersigned as an athlete and such sports, the undersigned being familiar with the methods of conducting such sports and the risk of physical injury attended therewith, does hereby wave, relinquish and release any and all right to damage which may be sustained in connection with or as a result of engaging as an athlete in such activities. This release applies to Duluth East high school, the Duluth basketball program, its coaches and administrators and employees of said school and it's basketball program.

s c t i
lid-

Signature of parent or guardian Signature player. Signature of league director Signature of manager or Coach

Injury clause form three.

Notice this agreement is legally binding. By signing it you give up your right to recover compensation through the courts or otherwise.

The undersigned acknowledge and agree that the sport of skateboarding and rollerblading and observation of activities and the use of facilities or equipment of IronClyde Skate Park and taking of classes are participating in activities sponsored by iron Clyde skate park has inherent risk. Those risks concluded are not limited to the following:

1. Injuries resulting from the negligence of the owner, operator, employees or volunteer assistants of xxx or the negligence of myself, other customers, visitors, or persons who may be present at xxx or the negligence of the designers, manufacturers or installers of the facilities or equipment of xxxlnc.
2. Injuries or death, resulting from the failures or negligent misuse of facilities or equipment of xxxlncorporated.
3. Injuries resulting from slips, trips or falls while using the facilities or equipment of xxxincorporated.
4. Injuries resulting from the fall of other persons or collisions with other persons who may come in contact with me or from any falls or collisions in which I come in contact.
5. Injuries resulting from negligence or lack of adequate training of those volunteers or employees at xxx, who seek to assist with medical or other help with either before or during injuries have occurred.

I have full knowledge of the nature and extent of all risks associated with skateboarding and rollerblading, and the use of xxx's facilities or equipment, including, but not limited to:

All manner of injury including but not limited to bruises, cuts, abrasions, sprains, strains, fractures, amputations, and being hit by another person.

I freely and voluntarily assume complete responsibility for these risks and for the
injuries that may occur as a result of these risks, even if injuries occur in a

manner that is not foreseeable at the time I signed this agreement. I realize that by voluntarily assuming the risk involved I will be solely responsible for any loss
or damage I sustained, including personal injuries to me, damage to my property or damage arising out of my death.

Injury clause form 4 Month/year enrolled

Code
Race
Name,
Mother
Father
School

birthday address

zip zip zip

home phone home phone home phone phone work phone work phone work phone

Emergency: if the above are not available list three contacts in relationship to enroll.

Name, Name, Name,

relationship,
relationship
relationship phone number, phone number, phone number

Family physician,

phone number.

I understand that my child must conform to the rules and regulation of xxx program, and I agree to cooperate with the staff in the best interest of the program and its participants.

I also understand pictures of program participants are taken routinely and I give permission in the program to use these pictures for promotional and other purposes.

I give permission to my child to participate in any field trips of the program.

I also understand that xxx will not carry special health or any accident insurance on my child and I hereby release the xxx and their directors, officers, employers, volunteers and agents from all claims arising from any incident injury or illness which may occur as a result of my child participation in the xxx program.

Are there any special health conditions that we need to be aware of? yes no If so, what are they?

In the event that I or my designated emergency contact cannot be reached in any emergency, I hear by give my permission to the emergency room physician to hospitalized, and/or secure proper treatment for my child.

Insurance company policy number or medical card.
Parent or guardian signature date

I further agree, not to go in any other areas on the premises other than the area that has access to the skate park and parking lot.

In consideration of my observing or using the facilities or equipment of xxx and/
or consideration of my participating in the classes or activities sponsored by xxx,
I,_____ hereby agree to:

1. Release from all liability, discharge and promise not to sue xxx or any other member, employer, owner, volunteer or agent of xxx, name here, name here, family trust or any other skateboarder or rollerblader, visitor or person present in or using the facilities or equipment of xxxlnc.
2. Indemnify and hold harmless the persons released and discharged from me from any loss, liability, damage or cost that may incur due to the presence of any claims or actions by me or by my heirs, next of kin, assigns or personal representatives, arising out of my observing or using the facilities or equipment of xxx, or arising out of my having participated in the classes or activities of xxx, or for any losses or damages or claims or demands rising out of my personal injuries, damage to my property or from my death.

I certify that I am in good health and I have no physical limitations which preclude my safe use of iron Clyde skate park.
No oral representations or statements are inducements have been made by me the change alter or modify anything within the written agreement. I agreed to set terms.

Please rewrite the following sentence.
"I acknowledge that I have read above and understand and accept the risks inheritance in my participation in these activities." Blank line blank line blank line.
(Print) Name signature date
Parent or legal guardian signature date

"required if under 18 years old must be at least seven years old. "'this release must be signed in the presence of an employee or iron xxxlnc. or be notarized by a notary public

Emergency phone number: Name
Date of birth Address Zip.
Choose: ( ) skateboard or ( ) inliner

Player medical history and release form.

This must be completed legibly and signed in all areas by both the player and his/her parent or guardian. By signing this form the participant affirms having read it. A copy of this form must be carried with the coach for all training and competitions. Name, last first
Birthdate age gender
Social Security number

Parent or guardian:
Name
address
zip
home phone work phone
team name division
family physician name physician phone number

Any emergency contact: Name
home phone work phone
primary insurance company primary group/policy*
Does policy cover sports related accidents? yes no

Participant_____ has my permission to participate in training, competition,
events, activities, and travel sponsored by xxx or any of its regional volleyball associations. I approve of the leaders who will be in charge of this program. I recognize that the leaders are serving to the best of their ability. I certify that the participant has full medical insurance with the company listed above. I also certify to the best of my knowledge that the participant name here is physically fit to engage in the activities described above.
Signed date Relationship.

To the club leaders:
If during the course of my daughter or sons activities in volleyball he or she should become ill or sustain an injury, I hereby authorize you to obtain emergency medical/ dental care.
I will assume financial responsibility for the bills incurred through my insurance company.

Sign by parent or guardian date

I do not authorize my emergency medical or dental care for my daughter or son
Signed parent or
guardian
date / \

Immunizations (please state month and year): tetanus polio measles(rubella).

allergies asthma
congenital problem,
diabetes,
epilepsy,
heart,
ankle injuries, knee injuries, back injuries, head/neck injuries, shoulder injuries, elbow injuries, wrist injuries, hand injuries, finger injuries, other injuries,

Height, weight

Is there any psycho-social or physical condition which should the participant is currently under professional care? no. yes

Is the participant currently taking any medication's? No yes. If so, please name the drug, dosage and frequency needed.
List, any known allergies?

Please elaborate on any medical conditions we should be aware of.
Comments:
Please list any injuries that participant has suffered in the last two months
State special instructions to follow in case of emergency.

Release form two

Sport involved. Participants name Address
Parent/guardians name
Participants grade Sex
Birthdate Home phone

I hear I give my permission for the above participant to practice and compete in basketball sports except for those restrictions noted by the physician who examined him/her.
I realize there is a risk of being injured that is inherent in all sports.
I realize that the risk of injury may be severe, including the risk of fractures, brain
injuries, paralysis, or even death.
I realize that the athletic association policy requires that all athletes be covered by personal injury insurance. Insurance carrier:

The undersigned certifies that all information given is correct and does hereby wave, release and forever discharge any and all claims against the xxx, it's commissioners, employees, volunteers, agents, or coaches for damages and/or injuries to the above participant which may arise from the participation in basketball athletic program.

Parent/guardian signature date

Persons other than parents to be contacted in the case of injury
name
address
phone number

Injury Clause 7
Physical examination form.

Student's name (last, middle initial, last)

Place of Birth (city, st)

Age

Sex

Date of Birth

Weight

Height

Grade

school

city

The above name student has been examined and there are no apparent contraindications to participating in interscholastic athletic activities except as follows:
Sports activities in which the student cannot participate are: (if none, right "none")
If the student is restricted or disqualified, please indicate reasons.
If approved for only one year of competition check here:
Signature of licensed physician or surgeon:

Address city and st
phone date of examination:

All boys and girls participating in interscholastic athletics must have this card on file at their school prior to practice or participation.