

Frequently Asked Registration Questions

House Coach Questions

1. **How do I schedule a practice time that works in my schedule?**
2. **Why is there a prohibition on designating assistant coaches before the draft?**
3. **What are your Youth Coach requirements?**
4. **Can a parent coach both a House and a Select team?**
5. **Are there any accommodations for coaches of multiple teams?**

1. How do I schedule practice time that works with my schedule?

Given the size of our league, it is not practical to gather preferences up front and work out a schedule that pleases everyone. Our approach is to assign a set of weeknight practice slots to each group of teams. At the House League Coaches Meeting in November, the coaches will choose from the available practice slots for their group.

Grades 3-12 have one 1-hour weeknight practice per week. Practices can start as early as 5:00 PM and end as late as 9:30 PM.

2. Please explain the prohibition on designating assistant coaches pre-draft in the house league.

In the House league, we strive to assemble competitively balanced teams. Given the small number of players on a house league basketball team (7-8 players), two good players paired together can make a significant difference in terms of competitiveness; therefore, we do not allow coaches to select their assistant coaches (in effect selecting the assistant coach's child) prior to drafting their team.

3. What are your youth coach requirements?

As an organization, we strive to promote not only a safe and fun basketball teaching experience for our community but we are also eager to develop leadership qualities in our youth. In support of that effort, we encourage youth coaches amongst our House league coaching staff. In order to be considered for a head coaching position, the youth coach must have served as an assistant coach in our league for at least one year and be in the 11th grade for the season in which they are requesting to be a head coach.

4. Can a parent coach both a house and Select team?

While we welcome and support our pool of volunteer coaches, and appreciate the level of enthusiasm, we recognize that the demands of coaching a competitive select team in addition to a house team are tremendous. Select games can be played anywhere in the Northern Virginia area and the schedule cannot be de-conflicted with our House League games since the schedules are established by different organizations that do not have the ability to communicate about and resolve conflicts. As such, we prefer that if an individual is a head coach for a select team, they should consider serving in the role of an assistant coach for their child's House League team in order to avoid conflicts.

5. Are there any accommodations given to coaches of multiple teams?

As a league we are very appreciative of parents and community members who offer to coach multiple teams. We strive to work with the coaches of multiple teams to give them practice slots that fit their schedules by giving multi-team coaches first choice of the available practice spots for the various teams they are coaching.

In addition, we also try to ensure that the regular season games they will be coaching will not conflict with each other. However, if games need to be rescheduled from their originally scheduled date (ex. inclement weather cancellation) we again will endeavor to avoid conflicting a multi-team coach's games but we cannot guarantee it.

While we also try to de-conflict their end-of-season tournament play games, we cannot guarantee it.