



TIME TO HOOP IT UP

**ADULT FULL COURT BASKETBALL
PROPOSAL**

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Introduction

The Adult Full Court Basketball (AFCB) program is a weekly group event that I have been organizing and personally subsidizing over the last 10 years. The mission of the program is to promote an open and competitive environment for adults to enjoy playing basketball. The program originally started in Modesto under the auspices of a “friend’s only group” and has grown to welcome any and all adults interested in playing basketball. All players are welcome and no one is ever turned away. Over the last 7 years, I rented from the Riverbank Recreation Department due to a lack of available gym facilities in the Modesto area. During this time, the AFCB group has experienced continued growth while many men and women have enjoyed the recreational and health benefits of our basketball program. In addition many groups have since split off from the original group to start their own private groups.

I initially started the program because I noticed that there was a large demand for a sports only event program tailored for competitive adults (over the age of 25 and some into their 50s’) that still enjoyed competing and playing basketball while reaping the cardio benefits of the sport. Most of our AFCB players own gym memberships but insist that they look forward to getting their dose of cardio in a friendly game of full court pick-up basketball. The caloric burn alone from 30 minutes of full court basketball can be as high as 700 calories while other activities such as running, jogging and elliptical activities don’t utilize as much of the muscle groups or burn the same amount of calories. The interest is so great that even without advertisement and just word of mouth almost 20 to 25 players come to play basketball at a community gym on any given day of the week.

Why Is This Program Necessary?

So many would argue why implement this type of program if there are already redundant programs in place with various city recreational departments and gyms. Many of these programs start off with the good intention of facilitating a place where youths and or adults can play in a recreational environment but unfortunately the recreational departments and most gyms fall short of providing quality programs because the persons monitoring the programs are there mostly to babysit the participants instead coordinating the game day functions. As a result most city operated programs eventually fail due to low participation. The only successfully coordinated program in the area is one that I was actively involved with many years ago at the SOS club. At the SOS club, a basketball committee exists with the responsibility of coordinating game day activity, monitoring attendance and most importantly implementing rules. The one underlying problem with the SOS basketball program is that it is expensive and not centrally located.

Problems with Existing Basketball Open Gym Programs

The predominant problem with most programs similar to the one in Riverbank is that most suffer from the lack of availability, accessibility, and coordination. The Riverbank Basketball Open Gym (BOG) program is open one night a week so availability is restricted to that one day a week. Most prospective adult participants might miss a game day here or there due to work or family obligations but if only one play day a week is offered then there is no incentive to sign up for the program. Furthermore since the gym has only one full court, the one night of the week that it is open the court gets cluttered with players of all age groups thereby making it difficult to effectively run a regular full court game. To compound the problem further, there is no coordination or rules so that games take on more a street ball style and as a result, arguments and fights break out. Allowing minors to participate is another issue that impacts the program since older adults can't play without fear of injuring a minor. An additional problem that is impacting the Riverbank BOG program and other groups is the issue of accessibility. Over the last 4 years more groups are competing to rent the gym and most of these are private groups. The private groups do not allow the participation of outside players to their program. This in effect denies outside players accessibility to participate in these programs. In summary limited availability and accessibility impacts utilization by reducing the amount of users to a program and a poorly coordinated and mismanaged program frustrates players to a point that they don't come back.

Proposal

I propose to develop an adults' only program that provides an open and competitive environment in which a basketball player can play quality full court pick-up games twice a week. The cost to join the program should not be cost prohibitive due to the economic climate. But instead the program should be priced so that it effectively costs between \$4-\$5/day. I believe a \$30 monthly cost should be the maximum amount charged. I also propose that no "for profit group" should be allowed to operate the program but that any program created should be done in collaboration with the Riverbank Recreation Department to insure that there is equal availability and access to all that want to participate. All funds generated from this program should go back towards supporting utility and maintenance costs associated with the gym.

Proposed Program – Advanced Full Court Pick-Up Basketball

Key points

- Attendance is open to anyone (M/F) age 25+.
- Game day attendance will be limited to 20 players max.
- Daily Walk-in players will be allowed on game day as long as game day attendance is less than 20 players.
- Limit the program to the first 25 players to sign up. No more than 25 players should be allowed to join in order to insure that there is ample play time for all participants.
- The program should target advanced players looking to further their skill set while enjoying an exhilarating cardio workout.
- All games are played full court so prospective players should be in good health to participate.
- Attendance and games are managed and coordinated daily so that every player gets an opportunity to participate.
- Cost per player \$100/4 month period or \$25/month.
- Basketball players meet twice a week, Thursday and Sunday. Games will be played Thursday night and Sunday morning.
- Games played Thursday night will start at 8:00pm. Games played Sunday will start at 10:00am.
- The gym will be open for 3 hours of game time on Thursday's and Sunday's.

- Program duration is four months. Prospective players must sign up at the beginning of each four month period to insure participation. There are 32 game days to each four month period.

Program – Game Day Coordination and Rules

Coordination

A game day coordinator will be assigned to the program. I recommend that more than one coordinator be assigned to assist with the responsibilities in case that the assigned person is not readily available due to personal obligations. In exchange for volunteering to coordinate the program the person responsible will be exempt from paying the program fee. The following are the coordinator's responsibilities:

- I. The coordinator will arrange all day and time scheduling with recreation department.
- II. The coordinator will contact the program members via a weekly text to insure that a game day headcount is sufficient in order to field enough players for a full court game.
- III. The coordinator will open the gym and insure that facility is acceptable for utilization.
- IV. The coordinator will manage all game day activity and attendance.
- V. The coordinator will have the final say on any game day disputes and reserves the right to dismiss any player that is causing a disruption to the group.

Rules

- 1) Monthly members will always have 1st preference to play.
- 2) Monthly members are required to pay their monthly dues by the play day of the month. **Any member failing to pay on time can be dropped from the program and his spot be forfeited.**
- 3) Game day attendance will be limited to 20 players on any given game day in order to insure that all members get a chance to play. As such a text will be sent out one day in advance to coordinate the attendance. The 1st 20 members to respond will automatically play. Any additional members or daily players (over the 20 limit) will have to be on standby until a playing spot is available and there are no guarantees they will play. The only exception to this rule is that any player (of the 20 that responded) that does not show within the 1st hour of play will lose his spot in the group of 20 to any player on standby. **So basically don't say that you are coming if you are not and if you do intend to show, then show up early or you will lose your spot.**
- 4) No fights, disruptions or foul language is permitted. Any player violating this rule can be asked to leave and is subject to being dismissed from the program.
- 5) Any intentional damage to the equipment or facility is cause for dismissal from the program.
- 6) All players are required to supply dark and light shirts so that teams can be identified as either the dark or light team. This makes it easier to identify the players of each team. **Any player not supplying a dark and white jersey can be suspended from playing on game day.**
- 7) Teams are determined through a fair system of a free throw shootout. All players shoot for teams and the first 5 players to make their shots become the first team. The second team is comprised of the second 5 players to complete their shots. Any player not making the first two teams will sit out the first game and automatically be on the next team and play next. So the next 5 players sitting will play the next game. Any players showing up late while there are 5 players already sitting out will have to wait until those players play.
- 8) A member of the first 5 players to make the first team will shoot a free throw to see which team takes possession of the ball and court.
- 9) Winning team keeps possession of court and ball. An exception to this rule is when there are 20 in attendance. See rule 10.
- 10) Special **Glen Cadwell Rule - Game Day 4 Teams (20 Players Attending)**: The winning team (A) will be limited to 3 wins at which point after the 3rd win the teams (A & D) on the court will sit and the two teams that had been sitting out (B & C) will play against each other. The winner between these two teams will then play against the winning team (A). This rule is put into place to insure no player sits more than 2 games and also insures that the all teams get an ample opportunity to play.

- 11) Since there are no referees to make calls, the players will make their own calls. All first calls are to be honored; no exceptions. For example: If a player calls a travel on another player then the player that the call was made on cannot call a foul. The first call will stand.
- 12) Any disputed calls that will be resolved through a change of possession.
- 13) All shots are counted as 1 point unless the shot is taken beyond the arc at which point the shot counts for 2 points.
- 14) All games are regulated using a 12 minute clock. The winning team is the first one to 11 points or the team that is ahead at the expiration of the 12 minute clock.
- 15) The 12 minute clock is free running until the last 2 minutes of the games at which point the clock is stopped for any change of possession or for any calls.
- 16) Games tied at the end of regulation time will go into 2 minute overtime. The challenging team will assume possession in the first overtime unless possession has been changed due to a previous disputed call. Ball possession will switch at each overtime interval. The first team to reach 11 in the first overtime wins or the team ahead at the end of the first 2 minutes wins. If both teams are tied and less than 11 points at the end of 2 minutes then an additional 1 minute will be added to the clock for sudden death overtime which means the first team to score will win.

Cost Requirements

Equipment Costs

The cost to implement this type of sports program is fairly minimal. The following items will have to be purchased, basketballs, timers, reversible shirts, ball carriers and two ball racks.

No.	Quantity	Items	Cost
1.	8	Leather Basketballs	\$560.00
2.	2	Electronic Timers	\$300.00
3.	25	Reversible Jerseys	\$600.00
4.	2	Ball Carriers	\$50.00
5.	2	Ball Racks	\$300.00
Total Cost			\$1810.00

All of the above costs should be absorbed by the program with the exception of the jersey's which can be charged back to the player. For example: The fee for the program would include an additional \$20 fee for a reversible jersey that will have a number and the name of the program printed on it.

Program Information

The program will be offered through the Central Valley Sports Association (CVSA). All questions regarding participation will be handled through the designated contact person of the program. All fees for participation will be paid directly to the CVSA representative.

Summary

The Modesto, Riverbank, Turlock and surrounding areas lack an adult only basketball program. Although there are various other sports programs available to adults in the area, most basketball programs have either failed or are mainly targeting minors under the age of 18 years. Recent open adult basketball programs operated by gyms or the city have failed due to a lack of organization and management. The one successfully managed basketball program in the area is operated by the SOS club and while that draws good participation, the cost is prohibitive and the club too remotely located for it to increase membership. There are many well managed programs in the US similar to the program I propose and most have very good membership. Creating the program that I propose is not expensive and all funding can go back towards maintenance and growth of the program. A well managed basketball program offered in conjunction with the Riverbank Recreation Department would definitely draw interest and would be one step forward towards consolidating all open gym basketball play under one program instead having it fragmented among different groups. Doing so not only provides equal accessibility to all in the community but also relieves scheduling difficulties caused by allowing too many groups to develop. There is definite a need for a well managed and organized program.