



# PARTICIPATION HANDBOOK

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This handbook is designed to help families have a successful term by providing information, guidelines, and policies.

Upon registering for any Mini Ballers classes you are acknowledging that you have read & understood all Mini Ballers policies and will adhere to them.

Please note that these policies are subject to change, but notice will be provided to all members.

### ABOUT MINI BALLERS

Mini Ballers is a basketball and movement FUNdamental program from 1- 8 year olds in Winnipeg, Manitoba. We believe that young children are energetic, curious, imaginative and capable. Our basketball lessons are strategically designed to be developmentally appropriate and encourage learning and thinking in ways that are accessible to preschool and early years age. Classes are delivered in a similar format every week to provide consistency and routine for learners. Sessions feature early learning basics including counting, learning colours, matching, oral comprehension and imaginative play. We believe in a pressure-free, fun environment where children can be themselves and are valued for their unique qualities! Our specially designed move, learn, play (MLP) curriculum balances basic movement skills with sport-related skills participants are excited about.

### GUIDING PRINCIPLES

The following provide the foundation for our programming at Mini Ballers:

- **Basics First:**

We practice meaningful and purposeful activities that address basic movement skills such as: running, jumping, throwing, hopping, and catching. From there we introduce basic basketball fundamental skills such as dribbling, shooting, and passing. The byproduct of movement skills and sport-specific skills forms the foundation for lifelong physical literacy and enjoyment!

- **Child Centered:**

Our classes are developmental and age-appropriate, and most importantly, they are fun! We cater to your little one's high energy level, incredible imagination, and curiosity! Our MLP curriculum is specially created to engage all learners. We are highly committed to engaging your child and getting to know them. Our coaches are trained to keep our routines and sequences, but be adaptable to the needs of the group.

- **Fun:**

From the brightly coloured gear to upbeat music, predictable routines, and teamwork, our approach keeps children engaged and maximizes activity throughout the entire class. Participants learn the FUNdamentals of basketball every week. We use innovative ideas with tried-and-tested methods to encourage participation.

## MISSION



Provide programming that maximizes movement, social time, and fun in a safe, inclusive, and developmentally appropriate environment. To help children develop a love for teamwork, learning, movement, and basketball.

## VISION



To introduce basketball – a simple, accessible, beautiful game to children and their families – by providing a positive introductory experience where children explore age-appropriate movements, basketball skills, and social skills, through teamwork and group instruction.

## INCLUSION STATEMENT

At Mini Ballers we are different, together. We view differences as a learning opportunity and strive to provide representation so that children see themselves in the coaches who lead their classes. Mini Ballers is dedicated to creating a diverse and inclusive environment for all clients and employees. Our organization welcomes all people diverse in race, ethnicity, gender identity, religion, age, ability, sexual orientation, and culture. We proudly make accessibility adaptations for those with physical or developmental disabilities whenever possible.

The language we use when referring to wheelchair basketball and disability as it relates to the sport comes from Wheelchair Basketball Canada. We actively collaborate with Wheelchair Basketball Manitoba, and proudly support their programming and initiatives to grow the sport of Wheelchair basketball.



## WHAT YOU WILL FIND IN OUR PROGRAMMING

- Opportunities to move in both unstructured and structured environments.
- Opportunities for all children to lead, explore, and innovate.
- Availability of developmentally-appropriate equipment.
- Exposure to fun and challenging activities that produce both successes and learning opportunities.
- Opportunities to choose between a variety of activities and environments.
- High rates of participation where the potential for movement is maximized.
- A spectrum of parental involvement, dependent on the independence of the learner.

## MORE ABOUT PHYSICAL LITERACY

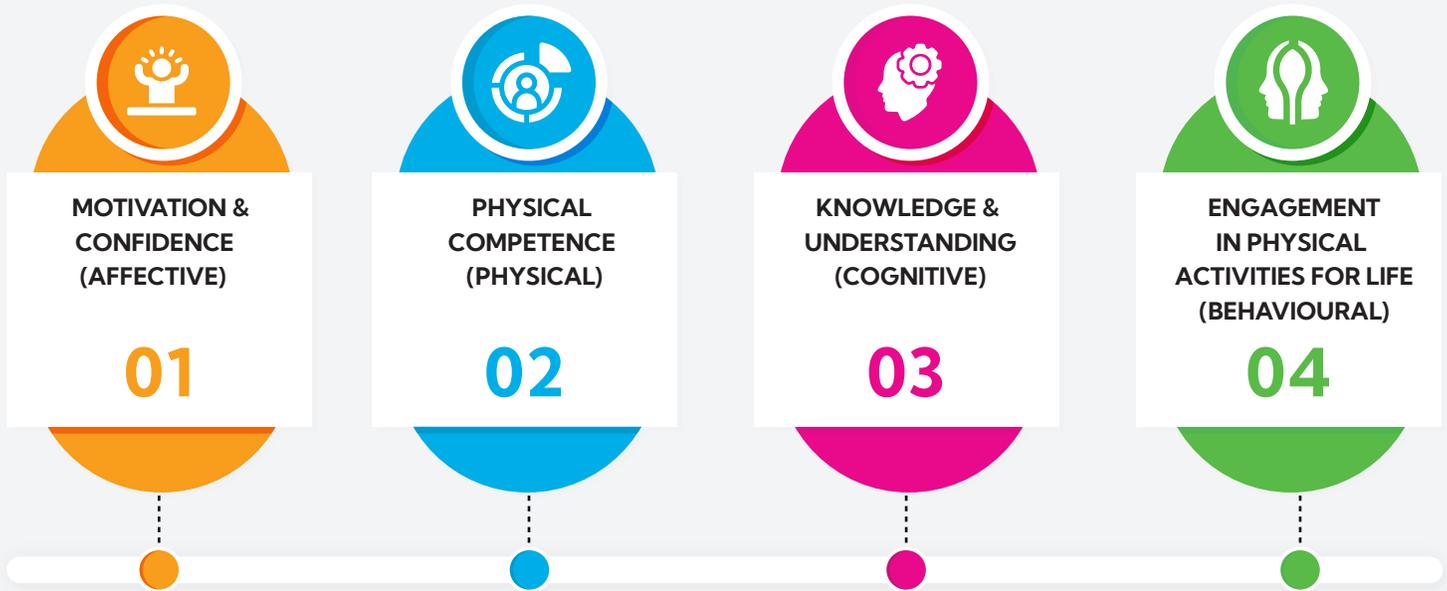
The foundation of the curriculum is steeped in physical literacy. Physical literacy is not something you “practice”, rather it is the by-product of exposure to physical challenges in structured and unstructured environments over time.

Elements that lead to physical literacy in adults, as it relates to our programming:



## CORE ELEMENTS OF PHYSICAL LITERACY

As per the International Physical Literacy Association definition and Canada's Physical Literacy Consensus Statement there are four essential and inter-connected elements.



- 1:** We use imaginative scenarios, enthusiasm, and fun, to motivate and teach little ones.
- 2:** We prescribe age-appropriate and fun movements to help children build their confidence and competence.
- 3:** We keep things simple and age-appropriate, using each class as an opportunity to gain exposure in structured and unstructured environments. We believe that all of youths in our program are “learning to learn”, “learning to focus”, and “learning to listen”, so we give them lots of practice.
- 4:** For many people, fun and friendship are the most important motivators for being physically active. It is important to us that your child makes at least one new friend in our classes!

## OUR TEAM OF COACHES

### QUALIFICATIONS

Our coaches are certified under the National Coaching Certification Program (NCCP) and have completed Making Ethical Decisions and Respect in Sport certification. They have also completed their First Aid/Cpr certifications, and have submitted clear Child Abuse Registry and Criminal Record Checks. Our coaches are thoroughly trained in our specialized Move, Learn, Play (MLP) Curriculum and are eager and excited to welcome your mini!

### HIRING PRACTICES

We seek to hire a diverse staff that represents the population we teach. We are upfront about this because we believe that diversity and exposure to diversity for young children can make our communities stronger and more united. Additionally, we seek to hire those who wish to become professional teachers, coaches, and/or early childhood educators. If you know someone who would make a great Mini Ballers Coach we would love to hear from them.

## ENROLLMENT

The following fees are associated with participation in our programs. We only accept online payments via. our website [miniballers.ca](http://miniballers.ca).

**Program Fee** - Fee for classes per session.

**Enrollment Fee** - Includes uniform, drawstring bag, participant photo, participation award, registration hosting fees, and free access to member events. Valid from 365 days from the date of enrolment. This fee is non-refundable and non-negotiable.

**Gift Cards**- Can be purchased at your leisure and used for programming or merchandise.

### MEMBER STATUS

**Your Enrollment fee also doubles as Mini Ballers Membership.**

Your family membership status renews on an annual basis, and gives you access to Mini Baller events including, but not limited to: University of Manitoba Bisons Basketball games, University of Winnipeg Wesmen basketball games, family-fun MiniBaller days that feature family-friendly free play opportunities to engage your children in a fun and unstructured environment.

## REGISTRATION

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- 1) **Member Registration:** Members who have been registered in a program during the Mini Ballers year (September – August). This includes families who just completed a session.
- 2) **General Public Registration:** General registration is open to the public.

## WAITLIST

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If your desired class is full, please add your child to the waitlist. There is not a limit to the number of classes that an individual can be on the waitlist for, however, waitlist spaces are class specific. If space becomes available, we will contact those on the waitlist in priority order, based on the day and time they were added. Individuals will be contacted by automated email and given 24 hours to accept the spot. Once a participant is placed in one of our programs, they will be removed from all other waitlists. Waitlists do not carry over from session to session.

## REGISTRATION OPPORTUNITIES

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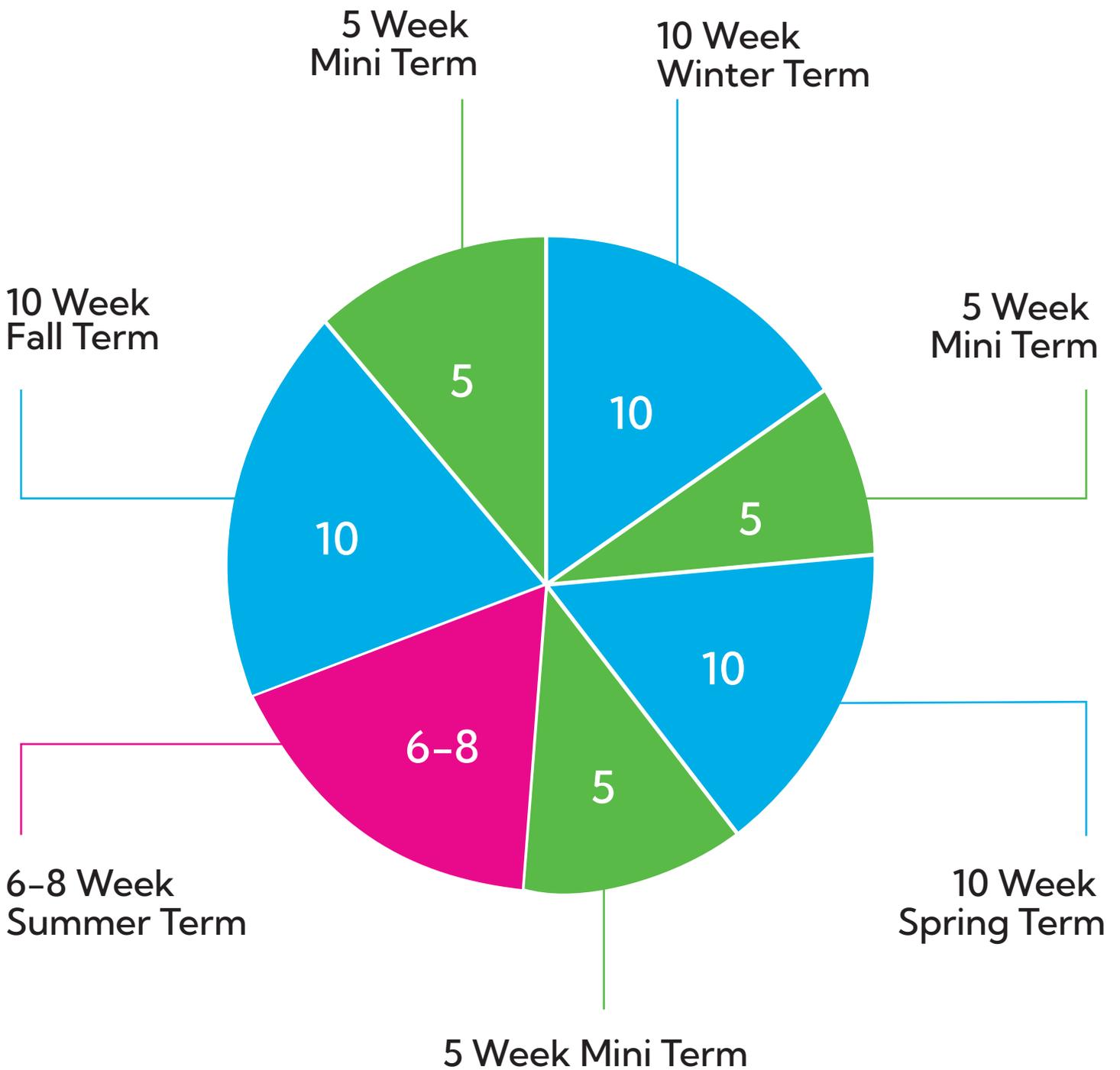
Are you a planner? Here is a snapshot of our yearly programming.

## PROGRAM DELIVERY (UPDATED: NOV. 2022)

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Schedule Classes are offered year-round:

- Fall (September – November, 10 weeks)
  - Fall Mini (November– December, 5 weeks)
- Winter (January – March, 10 weeks)
  - Winter Mini (March–April)
- Spring (April –June, 10 weeks)
  - Spring Break Intensive (5 days during Spring Break for school-aged children)
  - Spring Mini (June–July)
- Summer (July & August, 6–8 weeks over at indoor and outdoor courts)



Our sessions are designed to join at any time, with program fees being prorated from the date of enrollment.

This schedule is subject to change, follow us on social media or inquire about our current offerings.

# PARTICIPATION POLICIES (Simplified)

## BEFORE CLASS

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- 1) Mandatory Attire:
  - a. Uniform each and every practice.
  - b. Indoor (or clean) running shoes. No sandals, crocks, boots permitted.
  - c. Long hair should be tied back neatly for safety reasons.
  - d. Jewellery should be removed for safety reasons.
- 2) Please have a water bottle for your child, filled with water only.
- 3) Mini Ballers should arrive at the gym at least 5 minutes before their class to help them settle in.

## DURING CLASS

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- 1) Parents should remain in the facility during their child's session.
- 2) Parents should be prepared to participate with their child in Infant/Toddler and Preschool 1.
- 3) Be prepared to "take 5" if your child is not responding to coaches' instructions, and needs a re-connection break.
- 4) All children are filmed and photographed according to their social media waiver. Staff are aware of social media consent waivers and film/photograph accordingly.
  - a. If there is ever a misunderstanding or change in circumstances, please let staff know.
  - b. If you would ever like a photo or video, simply message us on instagram and we will try our best to share or reproduce it.
  - c. Please do not film other children without the consent of their parents/guardians.
- 5) Respect and kindness towards our facilities, staff, students, and parents is expected of all students & parents entering Mini Ballers facilities.

## AFTER CLASS

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- 1) There are no refunds after the 2nd class (view detailed refund policies).
- 2) Please do not post videos/images that include other children without the expressed consent of their parent and/or guardian.
- 3) Please do not record your children or other children for the purpose of correction, comparison and/or teaching purposes.

## PARTICIPATION POLICIES (DETAILED)

### DISMISSAL

A Mini Baller may be expelled without a refund if their behaviour is abusive to classmates or coaching staff. A member may be expelled for the destruction of equipment or the property of others. This includes online abuse or abusive behaviour. Disruptive behaviour will be documented and if continued may result in dismissal and/or membership revocation.

### ATTENDANCE

Give yourself ample time to get ready for lessons as the feeling of being rushed can cause anxiety or feeling agitated, for both you and your little one. If you are unable to attend a class, please email [attendance@miniballers.ca](mailto:attendance@miniballers.ca), our coaches check this e-mail prior to their session and mark the known absences in advance.

Due to child/class/coach ratios and the structure of our programs, make-up classes are not offered.

### CLASS CANCELLATIONS

The decision to cancel class will be based on local weather conditions. Cancellations and closures will be posted on our website, social media networks, and email. Cancellations or closures due to weather or other circumstances beyond our control will not be refunded or rescheduled. If Mini Ballers classes continue despite poor weather, the children's caregivers are in the best position to judge whether or not their child can safely transit to practise.

In the event that Mini Ballers Ltd. must cancel a program offered due to unforeseen circumstances, such as a global pandemic, we will provide a nonrefundable credit on your Uplifter account for any missed classes. Only credits are available. Once a credit is issued to an account, the credit amount is non-refundable. Account credits can be used towards future online purchases made at Mini Ballers Ltd. and have no expiration date.

### REFUNDS

Mini Ballers Ltd. is under no obligation to refund or transfer your money if you can't attend part, or all, of classes. Our costs remain the same regardless of how many children attend a session, once we have proceeded with our term.

You may cancel your class registration, or apply a credit to your account, up to 7 days prior to your first day of classes. This will result in a full refund, with no fee. Any cancellation less than 7 days before the first lesson will be charged a \$25 Cancellation Fee. If the term has started and a uniform has been issued, there will be a \$35 Cancellation Fee. In these situations, families will receive a prorated refund for the classes not yet passed.

A refund can be processed if the first class is deemed unsatisfactory, and proper notification has been provided in writing within 48 hours to [info@miniballers.ca](mailto:info@miniballers.ca). Mini Ballers Ltd. will provide a full refund for the remaining classes (less the annual membership fee and the cost of the first class).

After the second class, refunds are issued for medical reasons only and a doctor's note must be provided. Medical cancellations will receive a prorated refund (less the annual membership fees).

## UNIFORMS

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Our Mini Ballers uniforms add a fun and exciting splash of colour to our practices! Uniforms are mandatory for session participation. Uniforms create a strong sense of community in our classes. During your first class you and/or your child will select a uniform colour and size. Any changes made to this selection after tags have been removed will result in a \$20 uniform charge. We are not a dedicated retail company and cannot accommodate exchanges and/or returns. Once the uniform has been issued, it is yours. If you would like to purchase additional uniform(s) as a gift or because your child has outgrown or misplaced theirs, you can do so using our online shop. If your child is the younger sibling or friend of an older Mini Baller, and your child would like to wear their sibling's or friend's hand-me-down uniform, they are welcome to do so!

Please contact us at [info@miniballers.ca](mailto:info@miniballers.ca), subject: uniform refund, and we can refund you the uniform cost.

## FACILITIES

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We rent facilities to use to host our classes. Thank you for respecting the posted rules re: parking, and facility use.

## FOOTWEAR

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Children and parents stepping onto the playing area should have clean, indoor shoes.

Winter/rain boots should be left in a designated area, marked by coaching staff. No winter boots on the gym floor.

## VIEWING CLASS

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Families are invited to invite friends and family to watch a session! We love to see your little one's "fans" in the stands! Please use your discretion of the facilities viewing area size when making your invitations. If a facility is especially small, there may be a limit of spectators. If this is the case, we will explain this at check out and in your welcome email.

Please inform your spectators of our recording/social media policies.

## PARENT/GUARDIAN PARTICIPATION

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If your child is between the ages of 1–3.5 you can expect to participate with your child as their "teammate". During our Infant/Toddler (1–2.5 year old) class one or two caregivers are required on the floor (please limit to 1 caregiver in small spaces). In the Preschool 1 (2.5–3.5 year old) class parents / guardians decide the level of involvement based on their child's independence and comfort level. Please expect to participate, especially if your child is at the beginning of the age range.

Please follow the footwear rules listed above.

## PERSONAL PROPERTY

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Mini Ballers is not responsible for lost or stolen property in or around our rented facilities. We do not collect lost and found items. All lost and found items will be kept at the facilities themselves. Therefore, you will have to contact the host facility to inquire about lost items.

## ALLERGIES

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Mini Ballers has a number of members with life-threatening allergies to peanuts and nuts. Many of these allergies cause anaphylaxis and are very serious. As a result, members are not permitted to bring any type of 'nut' (cashews, peanuts, hazelnuts, etc.) or products containing nuts (Nutella, peanut butter, etc.) and any other allergens that may be mentioned via Mini Ballers Welcome email. It is everyone's responsibility to help keep all of our members safe. Parents/caregivers of any child with allergies must disclose this information in the allergy section of the online profile. Please remind children with allergies to not share food or eat any outside food that may be brought into our facility for celebrations. While we make every effort to keep members from being exposed to allergens, we cannot guarantee it will never occur. We are committed to providing a scent-free environment. We request that all members respect the health of others and use unscented/fragrance-free personal care products. Our allergy lists change based on the registered members for each session. Please review it in your welcome email or leave snacks for outside of the facility.

# BEHAVIOURAL CONSIDERATIONS

## PARTICIPATION HESITANCY

It is normal for children to feel shy or unsure regularly or randomly in class. These are some of our tried-and-true suggestions we have found can work wonders, over time.

### 1. "OK" their feelings:

"Are you feeling nervous? It's ok, I feel nervous sometimes too." Do not dismiss their concerns. It will only magnify their fear/nervousness.

### 2. Suggest solutions through choice:

Giving them a choice on how they would like to re-engage. "Would you like me to walk you to your coach, or do you want to walk over with the other kids?" "Do you want to sit on the blue dot or the green one?"

### 3. Dealing with refusal:

Play it cool. We know it's hard, but don't think of these moments as losing out on the money or the time you have invested into their experience. Tell them you will set a timer and watch for 5 minutes (or whatever time you think is appropriate) and see how they are feeling after the timer. Usually refusal diminishes throughout the sessions as children become more comfortable with their surroundings.

### 4. Staying power:

In general, the more consistent and willing you are to accommodate their "moods or tantrums" the more the law of averages will kick in. After 10 weeks, you will look back and realize there were ups and downs, but in general it was a positive experience. If a child is struggling to feel comfortable and at ease in our classes we take note of that and try our best to "spotlight the right" and encourage any and every positive milestone. We are there to support you and your child(ren). All of the children are learning and we do not plan our lessons for 100% adherence, we expect the unexpected and respect the dignity and feelings of every child.

### 5. You know your child best:

These are our suggestions, but you know your child best and what will help them the most! We know you and your Mini one are doing your best! Whenever they feel ready to join in on the action, we're happy to welcome them back onto the court - with as much or as little enthusiasm from their teammates as coaches as best suits their individual needs!

## PRAISING YOUR CHILD

We recommend offering your child praise based on the process of learning and things they can control (growth mindset). Some examples are: their effort, their listening, their determination, their patience, their teamwork, their kindness, their manners. These are things your child can control and work on in a realistic and age-appropriate way.

We do not recommend focusing on things that are related to natural ability or things your child cannot control (fixed mindset). Some examples are: their height, their natural skill/athleticism, etc.

The way we praise our children can influence how they respond to challenges.

### FIXED MINDSET

"I'm not good enough for this."



- Wants to prove intelligence or talent.
- Avoids challenges for fear of failure.
- Avoids hard labor.
- Treats criticism as an attack.
- Feels threatened by others' success.

### GROWTH MINDSET

"I did my best It's good enough."



- Wants to improve intelligence or talent.
- Engages challenges to improve.
- Persists in overcoming obstacles.
- Treats criticism as an opportunity.
- Feels inspired by others' success.

## IMPORTANT DATES

As a general rule we do not practice on long weekends.

We do not offer weekend classes in the summertime, we offer weekday classes, day camps, and evening classes, so that families and staff can make the most of their summertime weekends!

Keep a look out for our member events that may be hosted on long weekends.

## CLASSES WILL NOT BE HELD ON

### Updated November 2022

- Louis Riel Long Weekend: 18, 19, 20 February 2023.
- Spring Break: 25 March – 2 April 2023 (Regular classes)\*.
- Easter Weekend: 7, 8, 9 April 2023.
- May Long Weekend: 20, 21, 22 May 2023.
- Canada Day 1, 2 July 2023.
- Labour Day: 2, 3, 4, September 2023.
- National Day for Truth and Reconciliation: 30 September 2023.
- Thanksgiving Weekend: 7, 8, 9 October 2023.
- Halloween: 31 October 2023 \*Day time classes run, no evening classes\*.
- Remembrance Day: 11 November 2023.

## CONTACT US

Contact us via our website prompts or...

### Emails:

#### Attendance:

Report absences, request class changes. [attendance@miniballers.ca](mailto:attendance@miniballers.ca)

#### General inquiries:

General questions, comments, concerns. [info@miniballers.ca](mailto:info@miniballers.ca)

#### Facilities:

We are always looking for new facilities to run our programs, if you are aware of facilities we could use that offer storage, please let us know! [facilities@miniballers.ca](mailto:facilities@miniballers.ca)



### Stay Connected!

Stay up to date with the latest @miniballersmb updates by following us on social media! Feel free to share photos of your child with us by tagging @miniballersmb, so we can also repost them on our social media!



### Happy with your Mini Ballers Experience?

Let us know! Please share your thoughts and experience on Google Review, Facebook, or fill out the "4th Quarter Review" that is mailed out to your inbox.



Life is busy, thank you for reading through our policies and setting yourself up for success now and in the future. We can't wait to see you on the court!



Author and Sole Creator:  
**Amy Barlow of Mini Ballers**

Published:  
**November 25, 2023**