



Parent/Student Athlete Guide



AAU-2024
GET OUT AND PLAY

More Options, More Possibilities, More Resources

Dear Parents and Student-Athlete:

Welcome to MAC Athletics. This handbook contains the guidelines, standards, and policies, that serve as the seeds of your success as a participating parent and athlete.

A comprehensive and balanced athletic program is an integral part of the total educational process. While school athletic programs serve as an arena for student-athletes to display their talents, they must also be willing to accept responsibility for themselves, their teams, and the club.

Athletics can be a valuable educational tool, which provides opportunities for mastery of established learning outcomes and exciting skills. As a participant, student-athletes will demonstrate positive attitudes, sportsmanship, fundamentals, confidence, and high standards. Because of their participation, they will also gain work ethics and qualities making them capable of taking their place in society.

Participation in MAC Athletics Sports is a privilege, not a right.

The information in this handbook will assist parents and athletes in understanding the expectations, processes, and procedures of the program. It will also help your student-athlete to be successful by becoming familiar with the standards, expectations, policies, and guidelines required of them throughout their participation.

Thank you for choosing MAC Athletics. I look forward to working with you, your son, and/or daughter. Please contact me directly with any questions, concerns, or suggestions to better serve your family.

Warmest Regards,

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History of Raptors..... How it all started

The Raptors Basketball Program, now in its 17th season, continues to grow and has become the Elite Traveling basketball organization in Illinois. Let’s visit the story behind the Raptors Program.

The year was 2007 and Coach Mills was the head coach for a 6th grade boys traveling basketball team. He was prepared for a challenging year since he was coaching the "B" team but he never allowed the kids to think of themselves as a "B" team and always demanded their best. To the surprise of most, his team finished the season with a 25-17 record, which was a major accomplishment.

Later that year, being a father of 5, he decided to take his team and become the Raptors. Because Bolingbrook was saturated with basketball programs he wasn’t sure how much support he would gain from the community. With that thought in mind, he decided to concentrate on Plainfield since his children all attended schools in the area. The news spread throughout Plainfield that Coach Mills was starting his own program, and requests were made to add more age groups.

The Raptors went from a 6th-grade boys’ team to an organization offering 4th – 12th-grade programs. Because of this expansion, he realized assistance was needed so he reached out to other top-notch coaches who shared the same philosophies. He was able to recruit 9 volunteers to become head and assistant coaches. With his support staff in place, the tryout date was set for Sunday, April 16, 2007. No one was sure what to expect but everyone was hopeful that they would have a great turnout for tryouts.

Coach Mills and his staff were very proud to announce that the Raptors had 150 athletes to attend tryouts. The first season consisted of the following teams: (2) 4th-grade boys, 5th-grade boys, 6th-grade boys, 7th-grade boys, 8th-grade boys, 7th and 8th-grade girls, high school JV boys, Varsity boys, and Varsity girls.

The season landed the Raptors five 1st place finishes, seven 2nd place finishes, and many 3rd place finishes.

From nobody to upstart, from upstart to contender, from contender to winner, from winner to champion,

From Champion to Dynasty.....MAC ATHLETICS

Who are the Raptors?

Responsible **A**thletes **P**rogressing **T**o **O**ptimize **R**eal **S**kills is what we stand for.

Developing young boys' and girl's skills to prepare them for high school athletics is our mission. This mission will be accomplished using experienced and qualified coaching, player development, and positive encouragement.

Our philosophy is to instill a positive attitude, sportsmanship, fundamentals, confidence, and high standards. Our council is committed to teaching teamwork while promoting the love of the game.



Sports

don't build character, it reveals it!
Hard work beats talent, **if** talent doesn't work hard!



Bill of Rights

Right to participate in sports.

Right to qualified adult leadership.

Right to play as a child not as an adult.

Right to participate at a level commensurate with each child's maturity and ability.

Right to participate in safe and healthy environments.

Right to proper preparation for participation in sports.

Right of children to share leadership and decision-making of their sports participation.

Right to an equal opportunity for success.

Right to be treated with dignity.

Right to have fun in sports.



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Athlete Responsibilities

Athletes have three basic responsibilities to themselves:

A. Responsibility to Self

The most important of these responsibilities to self is to make the most of the Raptor's experience. Athletes must balance studies, and participation in other extracurricular activities, as well as sports, in preparing for life as an adult. This balance will teach athletes how to prioritize and manage time to be successful in said commitment.

B. Responsibility to Others - Team

As a team member, you have a responsibility to other players to uphold team rules and attend practices and games. The team's success depends upon the level of commitment of each individual athlete.

Athletes have a responsibility to family for they are their biggest supporters and fans. High performance and commitment are a direct reflection of appreciation for those who support them.

As team members, athletes have a responsibility to those who look up to them in the community (such as younger students or siblings). They are held in high esteem and serve as a role model, setting an example for those following in their footsteps.

C. Responsibility to Club Program

Athletes are the most visible representatives of a club or athletic program. Therefore, athletes need to conduct themselves in the highest regard always; on or off the court. All behavior, especially negative, affects the integrity of the MAC Athletics program.

Parents and other athletic clubs may evaluate our association based on negative conduct or attitudes on and off the court. Their responsibility is to represent MAC Athletics and Raptors by displaying positive, respectable behavior.

Rules and Regulations

1. Eligibility & Requirements

To participate in the Raptors Program, every athlete must:

- A. Complete and return a player profile sheet
- B. Have a yearly physical examination. Athletes needing physicals during the current sport session must complete them prior to the start of the season.
- C. Cannot turn 19 years of age before September 1st of the current year
- D. Maintain a (C) or **HIGHER** grade average

Each MAC athlete will be provided general liability and participant accident insurance.

2. Uniforms and Equipment

- A. Uniforms will be distributed once an athlete is accepted. Upon receipt of payment, the uniforms are the property of the athlete. Care instructions should be followed to preserve the quality and image of the uniforms.
- B. Each athlete will receive:
 - a. (2) game uniforms (Home and Away)
 - b. (1) Shooting-Shirt
 - c. Practice Uniform

*****Game shoes may be purchased separately for an additional charge through MAC Athletics.***

- C. The purchased uniform is valid for one complete season to include winter and summer AAU sessions. The only exception is if the athlete is selected for an Elite Team to represent an advanced skill level.
- D. Uniforms should **only** be worn for games and tournaments throughout the season.
- E. Athletes are responsible for all equipment distributed by the MAC Athletics-NFP. Any equipment not returned or damaged beyond repair must be paid for at replacement cost.

3. Attendance

Attendance is the responsibility of every athlete. Missing practices, games, or tournaments affect the performance of the team.

- A. Practice: Athletes are expected to arrive at least 10 minutes prior to the start of practice to change shoes, adjust practice uniform, etc. It is the responsibility of the parent or guardian to communicate to the coach or team manager if the athlete will be late or absent from practice.

Athletes are required to attend a minimum of one practice per week to be eligible to participate in scheduled games for that week. Participation will be at the discretion of the coach based on the circumstances.

- B. Games: It is expected that all athletes arrive at least 30 minutes prior to the start of the scheduled game to stretch, warm up, and review plays. Athletes who arrive within 15 minutes of the start of the game are subject to sitting out during the first half at the coach's discretion.

It is the responsibility of the parent or guardian to notify the coach or team manager in the event an athlete will be late or absent from a game.

- C. Absences and Vacations: Vacations during the season should be avoided if possible. Missing practice or games is disruptive to the entire team and to the team's goals. Any absences or planned vacations should be communicated to the coach or team manager to ensure that they have time to make necessary adjustments.

4. Illness and Injury

- A. All injuries or illnesses during the season must be reported to the coach or team manager.

- B. Athletes who are injured or have serious illnesses (i.e. strep throat) may not practice or participate in games without a doctor's approval. The treating physician must complete a medical release form, which must be submitted to the MAC Athletic Director.

5. Grade Requirements

Participants are students first and athletes second. MAC Athletics-NFP is committed to supporting athletes in their education.

- A. Athletes must maintain a (C) or **HIGHER** grade average to participate with the Raptors.

B. MAC Athletics-NFP requires that parents/guardians submit copies of report cards or progress reports to confirm that this grade point average is being upheld.

C. Students who are not meeting the grade average will be allowed to practice, but may be subject to sitting out of games until grades are met at the discretion of the coach and athletic director. MAC Athletics-NFP is committed to partnering with parents to help improve the grades of their athletes.

6. Corrective Action

Respect for coaches, parents, teammates and other teams should be always displayed. Any acts of disrespect or inappropriate behavior will be addressed accordingly based on level of seriousness.

Offense Level	Corrective Action
I	Verbal Warning
II	Period Suspension - The coach will bench the offending player for 1 period of time during a game when he/she should be playing. The coach will inform the MAC's Athletics Director of the problem and why the child is sitting out one (1) game period. The coach should discuss undesirable conduct with the parents.
III	Game Suspension - The coach will bench the offending player for one (1) game when he/she should be playing. The coach will inform the MAC's Athletic Director of the 3rd offense, at which time the player and the parent(s) must attend a meeting with the Coach and MAC's Athletics Director before the player is allowed to resume playing. The player will be warned that the next offense may result in further disciplinary action.
IV	Suspended - The Offending Player will be suspended from the program for the remainder of the current season with <u>NO</u> tuition reimbursement

Player Conduct

1. Profanity

The use of profanity is inappropriate and will not be allowed at any time. Athletes who use profanity will be counseled by the coaching staff.

2. Violence

MAC Athletics-NFP does not tolerate violent behavior of any kind toward others.

3. Poor Attitude

Players are required to show good sportsmanship – win or lose. Examples of poor attitude, include talking back or showing any signs of retaliation toward coaches/referees/parents, excessive crying, and displaying a bad attitude on and off the court.

4. Discrimination

Treat all players as you would like to be treated. Do not interfere with, bully or take advantage of any player.

Game, Practice and Tournament Schedules & Locations

1. Locations

Locations of games, practices, and tournaments can be found on the Raptors website or will be communicated by the coach or team manager. Locations are subject to change at a moment's notice.

For some games, the MAC does not determine the location. For this reason, it is requested that parents/guardians be patient. If there are last-minute changes, MAC Athletics-NFP, coaches, or team managers will make every effort to communicate changes in schedules and locations of games as they are received.

Contact information, including email addresses, should be updated regularly for this purpose.

2. Schedules

Schedules are posted prior to the beginning of the month on the website and **are subject to change.**

Payments and Billing

The Raptors Basketball Academy is facilitated through The MAC, a not-for-profit organization. **Timely Tuition payments are necessary to provide the services described in this program.**

Accordingly, The MAC reserves the right to cancel, withdraw or withhold players from actively participating in Raptors programs, including but not limited to games, tournaments, and practices, for non-payment of tuition. All tuition payments are due as indicated in the Payment Plan.

1. MAC Athletics Traveling Basketball Tuition

The Total Fee to participate is:

- 3rd-4th Grade \$875
- 5th-6th Grade \$875
- 7th-8th Grade \$1175
- 7th-8th Grade \$1325
****plus the cost of uniforms*

The non-refundable deposit is due immediately upon acceptance of the roster spot, this is the first installment.

NOTE: All payments need to be made prior to the start of practices to be eligible to participate!

2. Payment Types Accepted

MAC Athletics-NFP accepts the following payment types:

- **Zelle/Quick Pay:** briant@macathletics.org
- **Cash App:** [\\$themacdade](#)
- **Check/Money Order** Payable To: **MAC Athletics-NFP**

Payments can be mailed.

3. Refund Policy

NO REFUNDS!

4. Billing

MAC Athletics-NFP will distribute a receipt for payments received. Invoices will be sent out regularly until fees are paid in full.

Recommendations for Success

Parents/Guardians are the main drivers for an athlete's success. MAC Athletics-NFP recommends the following to ensure maximum benefits for athlete performance.

A. **Good Night's Sleep**

It has been observed that an athlete's performance is low when he or she has not had the maximum amount of sleep. Make sure athletes go to bed at a reasonable time prior to a scheduled game.

B. **Lower Carbonated Drink Intake**

Drink plenty of water or sports drinks during the season as opposed to carbonated drinks or beverages with high amounts of sugar.

C. **Game Time Checklist**

Before a game, make sure your athlete has all the following to best prepare for the game.

- ✓ Home and Away Uniform
- ✓ Game Shoes
- ✓ Water or sports drink
- ✓ Breakaway pants or sweats
- ✓ Healthy snacks or light lunch for those long tournament days
- ✓ Basketball

D. **Confirm Game Time and Location**

The time and location of a game or tournament are posted on the website. The coach or team manager can give confirmation. Any changes will be communicated by phone, email, or text message.

E. **Travel Time**

If unfamiliar with the location, allow time for travel in order to arrive at least 30 minutes prior to the start of the scheduled game.

F. **Stay Connected**

Always keep the contact numbers of the coach and/or team manager for emergencies, late arrivals, questions, or concerns.

Resources

Any concerns or questions can be addressed with the Athletic Director, Coaches, or Team Manager. Suggestions are also appreciated and considered.

MAC Athletics Front Office

Briant O. Mills:	Executive Director	briant@macathletics.org	224-775-2495
Tennile Tarrant:	Administrator	tennile@macathletics.org	630-862-7406
David L Dortch:	Boys Basketball Director	david@macathletics.org	773-383-5557

Coaches' email addresses are located on the website at:

www.macathletics.org



<https://www.facebook.com/macsportslive/>



<https://twitter.com/macsportslive>



<https://www.instagram.com/macsportslive/>



Download the app.

Step 1: Open the App Store or Google Play Store on your phone. Or, click these links to navigate directly to the League Apps Play app: [App Store](#) | [Google Play](#)

Step 2: In the App Store, search for League Apps Play; you should see this logo:



Step 3: Download the app, then find it on your home screen.

Logging in

Enter your Email and Password and click **Sign In**

This is the email address and password you used to register for your team on League Apps.



I acknowledge that I have received the Parent-Student Athlete Guide for Raptors participants. My Signature indicates that I have received the guidelines and I acknowledge my responsibility by reading and understanding the procedures set forth by the MAC for student-athletes.

Parent/Guardian _____ Date _____
Print

Signature _____

Student Athlete _____ Date _____
Print

Signature _____