



Travel Basketball Requirements & Expectations

Team Practice: Commitment and attendance to team practice is required. Lack of commitment or 2 unexcused absences will lead to immediate dismissal of the team. Missed practices are considered unexcused if we are notified the day of. It is ultimately up to the coach to determine if a missed practice is excused or not. Fusion practices are designed to challenge each player. Practice is essential to improving and we believe this is where player and team development and improvement occurs. Teams only practice once/week this winter Dec-Feb. We expect every athlete to be present at practice. Athletes must attend practice to get playing time in games! We only get around 10 practices for the whole winter season so please have your athlete there, on time and ready to go.

Season Conflicts: School Closings/Vacations/Weddings/Birthdays – Please let us know ASAP of any known conflicts. Our travel program draws kids from all over Monmouth County. Not all schools have the same days off. Please let us know if there are extended breaks that fall during the winter season so we can do our best to schedule around. If your family has a pre-planned vacation/event or your athlete has a school function, please let us know ASAP so we can excuse your athlete. Letting us know the day that your athlete has a family birthday dinner to attend is considered unexcused.

Illness/Injury: If your athlete is not feeling well, they may need a Dr's note to return depending on symptoms. If your athlete is injured enough to have to miss practice, they will need a Dr's note to return. We do not accept parent diagnosis. We understand that kids get hurt sometimes, we do expect your athlete to still come and sit in on practice even if they cannot participate. We only get 1 practice/week. We cover a lot of information in every practice.

Volunteer Hours Required for Grades 6+ - In addition to the season commitments we do require our 6th - 8th graders to volunteer and help coach the younger kids in our Red Bank recreation program. Volunteering builds confidence, empathy and connection and even gives some athletes the confidence to step into a leadership role in their team settings. We only ask for 1 extra hour/week during the winter season. These hours can count towards your athlete's community/volunteer service hours for schools that require them.

There are several opportunities to volunteer:

Wednesdays right before skills - 6:30-7:30p (3rd - 5th grade skills)

Thursdays right before practice - 6:30-7:30p (K - 2nd grade skills)

Please let us know which of these slots your athlete can commit to for the winter as we want to make sure we have the boys balanced out.



Report Cards Required for every athlete (middle school) - We aim to give our student-athletes the most realistic experience possible. We have no affiliation with any school; we do require a copy of a report card to make sure every athlete in our program has acceptable grades. Any grade below a C is considered unacceptable, more than 1 grade below a C does not qualify as good enough to participate in our travel program. If your athlete is receiving extra help to improve a grade or 2, please give us a heads up. We can ask for a follow up report card or progress report at any point during the season, athlete's must keep their grades up for the entire season.

Parents! We pride ourselves on accountability and punctuality. We expect our young men to show up to practice **ON TIME** fully prepared (water, playbook, practice jersey, basketball sneakers, which should not be worn into the gym, along with anything else they may need for practice.) There are consequences to showing up late and/or unprepared. Please note, Coach Teeigh and I are responsible for hundreds of kids this winter across multiple locations. Do not panic if you show up to a gym that is not open yet. We will be there and ready for the practice start time. Coach Teeigh and I each have 20+ years of experience coaching. Please leave the coaching to us! If you have any issues/questions/concerns regarding your athlete, please send an email to your coach. We will get back to you within 24 hours to schedule an in-person meeting. No parent, family member or family friend should approach the bench or a coach immediately before, during or after any practice or game for any reason unless there is an injury or emergency. Your athlete is responsible for checking in and having all of their stuff! Parents, please keep in mind, you are now representing more than just your family. You are representing our organization which we've worked very hard the last 14 years to build a highly respected reputation across the basketball community. We expect positive feedback for our athletes, parents, coaches, opposing team members, parents & coaches, officials and any gym staff. We will remove any parent that is disruptive or disrespectful.

Fundraisers/Sponsorships - Here at Fusion School of Basketball we believe that every athlete deserves the opportunity to learn and play the game of basketball with no obstacles. We hold several fundraisers throughout the year (a couple each season) to help assist with our scholarship fund to keep local Red Bank kids involved as well as keeping our prices reasonable. We will be selling \$20 pool boxes for the 2026 Super Bowl which will offer 8 chances to win! We expect each athlete to sell/donate a minimum of 5 boxes/\$100. Checks should be made payable to Fusion School of Basketball. If you are interested in sponsoring an athlete or team, contact **Coach Frost**.