



Dr. John's Sports Center Recreational and Sports Leagues *"Where We All Play"*

What We Believe

Dr. John's Sports Center cultivates and maintains an environment that emphasizes the value and benefit of actively participating in various types of sport, fitness and recreational activities. Making the decision to participate, trying to do your best and improving over time are the behaviors that lead to personal achievement and development of a healthy competitive spirit.

The recreational sport experience focuses on learning and refining the skills necessary to be successful during play, understanding how to work within a group and cooperate with others to reach goals and having fun throughout the process.

We want everyone who participates in our programs, especially children, to leave with a better understanding of group cooperation and teamwork as well as heightened social well-being through positive interaction with other participants they can call friends.

Basic Information on Recreational Programs

Recreation league sessions are all 6 - 8 week in length and are designed for those of all ages beginning in Kindergarten. Benefits received from participating in Dr. John's Recreation Leagues include:

- K-5 Leagues: Getting Active Play and Building Skills
- Middle and High School Leagues: Skills for Team Play and Competition
- Adult Leagues: Recreation, Health, and Social Benefits

Cost per session ranges from \$80 - \$100 depending on age and sport. Each session participants are given a Dr. Johns Sports Center T-shirt, end of season award for participation, as well as a team photograph. Dr. John's will provide a healthy snack to all participants at the end of each game. In youth sports, parents are not required to provide snacks but may be asked to help pass out the snacks to their team.

Administration of Leagues

Dr. John's Sports Center has a full time paid Director for all our indoor and outdoor leagues. This person is responsible not only to the Center to ensure the leagues are efficiently and effectively run, but also to our Volunteer Advisory Board. Dr. John's Sports Center has a personal commitment to making this program successful and enjoyable for everyone involved. We welcome suggestions on league rules and ways that the programs better meet you and your children's needs. Your help on our Volunteer Advisory Board would be appreciated.

To ensure that each participant has a successful experience, teams are assigned in this manner:

- Youth Leagues Grades K-6 – Randomly assigned to teams.
- Middle and High School Leagues – Assigned through a draft system, randomly, or teams may be formed by participants from individual schools.
- Adult Leagues – Teams are formed by participants.

Volunteer Coaches

We look for the same qualities in our Volunteer Coaches as we do for hiring the Program Leaders in our after school and summer camp program: adult leaders who understand children and are able to create an environment that match the way they think and feel. We provide training on the philosophy of our Recreation League, Discipline Policy, as well

as hands-on training techniques on teaching basic and advanced skills. In addition, informational sessions are conducted on providing feedback in an appropriate manner as well as, skills on positive motivation.

We look for coaches who:

- Instinctively know how to provide a high rate of positive over negative comments.
- Give specific comments about the player's performance, not the child as a person.
- Give praise most often to factors within a player's control (effort, hard work, and determination) rather than those beyond his or her control (winning).
- Are honest and straightforward and avoid false flattery.

League Information

Dr. John's offers a variety of recreation leagues including but not limited too:

- **Basketball**
- **Volleyball**
- **Wrestling**
- **Soccer**
- **Lacrosse**
- **Baseball**
- **Flag Football**
- **Preparatory Cheerleading**
- **Dance**
- **Sports Development and Training Clinics**

*****We will introduce and play leagues based on community feedback and interest. Recreation Leagues are subject to change and are based on enrollment.**

*****Check the website for a current league schedule
www.DrJohnsSportsCenter.com**

Code of Conduct

Dr. John's Sports Center Recreation Department provides youth and adults with the opportunity to play recreational sports with classmates, colleagues, and friends in the Cedar Park area. The Leagues are for the benefit of its participants and therefore, players, parents, family, spectators, and coaches are expected to display good sportsmanship in all respects.

PLAYERS, PARENTS, FAMILY, COACHES, SPECTATORS:

Acceptable standards of behavior include:

- Never lose sight of the fact that this is for the person playing in the league;
- Set a good example of high moral, good sportsmanship, and ethical behavior;
- Respect the judgement of the officials;
- Treat opposing coaches, players, spectators, and officials with respect;
- Congratulate a good effort, win or lose;
- No derogatory comments, profanity, taunting, threats, or rude gestures;
- No use of drugs, alcohol, or tobacco at any recreational league events;
- No use of glass containers and please pick up trash after league event.

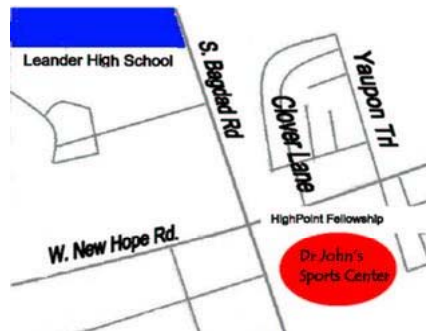
Disciplinary action for failure to abide by this Code of Conduct can include the following:

- Verbal warning by the official, coach, or Recreation Department;
- Suspension from participation (player, coach, or spectator) for periods ranging from a game to the rest of the sport league session;
- Two technical fouls will result in an automatic one-game suspension.

Coaches are responsible for their team's sportsmanship, including that of their player's, families, and fans. Questions or comments about officials, coaches, players or specifics of a game(s) can be directed to the coach and then can be directed, if needed, to the Director of Recreational Sports.

Map to 1800 Clover Lane, Cedar Park, Texas

Dr. John's Sports Center is located near the intersection of Bagdad and New Hope Road on the new south extension of Clover Lane. Our new facility is on a hill overlooking Cedar Park and Leander and can be seen from New Hope Road. Turn south on Clover Lane and proceed to the end of the cul-de-sac



Dr. John's Sports Center also offers:

- Children's Summer/Spring Break Camps and Winter Holiday Camps
- After School Care
- Facility Rental

Please visit our website at www.DrJohnsSportsCenter.com for more information.