



***LIGHTNING***

***BASKETBALL***

# MISSION STATEMENT

Lightning Basketball Club strives to be an outstanding athletic organization that provides a high-quality experience to every athlete. A high-quality experience is one in which every athlete:

- Is coached using the principles of positive coaching
- Feels like an important part of the team regardless of performance
- Has fun at practices and games
- Learns skills, tactics and strategies and improves as a basketball player and athlete
- Learns valuable life lessons, such as:
  - Teamwork
  - Integrity
  - Confidence
  - Honesty
  - Responsibility

# Sport Specialization and Professionalization

Hunter Warner, ATC

- Certified Athletic Trainer
- Master's Degree in Athletic Training – University of Hawaii
- Le Jardin Academy Head Athletic Trainer
- NCAA Division 1 Basketball Experience
- Most Importantly – Lightning 5<sup>th</sup> Grade Basketball Coach

**LIGHTNING**  
**BASKETBALL**

# DR. JAMES ANDREWS

High Profile Orthopedic Surgeon & Team Doctor for:

- University of Alabama
- Auburn University
- Tampa Bay Rays
- Washington Redskins



Two biggest concerns with youth sports:

1. Specialization
2. Professionalization



**PRISM**  
Pediatric Research in  
Sports Medicine Society

**BASKETBALL**

Consensus statement

## Overuse injuries and burn a position statement from Society for Sports Medicir

John P DiFiori,<sup>1</sup> Holly J Benjamin,<sup>2</sup> Joel S  
Neeru Jayanthi,<sup>5</sup> Greg L Landry,<sup>6</sup> Anthony

Consensus Statement

## AOSSM Early Sport Specialization Consensus Statement

Robert F. LaPrade,\* MD, PhD, Julie A...<sup>†‡</sup> M... ATC, Joseph Baker,<sup>§</sup> PhD,  
Joel S. Brenner,<sup>||</sup> MD, MPH, Frank A. Cordasco,<sup>##</sup> MD, MS, Jean Côté,<sup>††</sup> PhD,  
Fleury,<sup>¶¶</sup> MD, Daniel Gould,<sup>###</sup> PhD,  
Neeru Jayanthi,<sup>d</sup> MD,  
D. Myer,<sup>ghij</sup> PhD, FACSM, CSCS\*D,  
<sup>opq</sup> MD, and  
USNR

CLINICAL REPORT Guidance for the Clinician in Rendering Pediatric Care

American Academy  
of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



LOTS OF RESEARCH

## Sports Specialization and Intensive Training in Young Athletes

Joel S. Brenner, MD, MPH, FAAP, COUNCIL ON SPORTS MEDICINE AND FITNESS

Consensus statement

## Committee consensus etic development

oy,<sup>3,4</sup> Neil Armstrong,<sup>5</sup> Michael Chia,<sup>6</sup>  
aigenbaum,<sup>9</sup> Gary Hall Jr,<sup>10</sup> Susi Kriemler,<sup>11</sup>  
<sup>4</sup> Anne Marte Pensgaard,<sup>15</sup> Alex Sanchez,<sup>16</sup>  
orgen,<sup>18</sup> Willem van Mechelen,<sup>19,20,21</sup>  
17,23

# Quick Comparison – How are Other Clubs Thinking?

253 Coaches surveyed (must be head coach of team within last 12 months)

## Results:

- Club coaches were:
  - Less likely than school team coaches to believe that specialization is "a great deal" of a problem (16% vs. 34%,  $p=.038$ ).
  - More likely to be in a league with no limits on games per day or games per week (64% vs. 28%,  $p<.001$ ).

## WHO ...is more likely to specialize?

- 30-40% of all athletes
- large school athletes
- female athletes

## WHAT ...are the benefits/consequences of specialization?

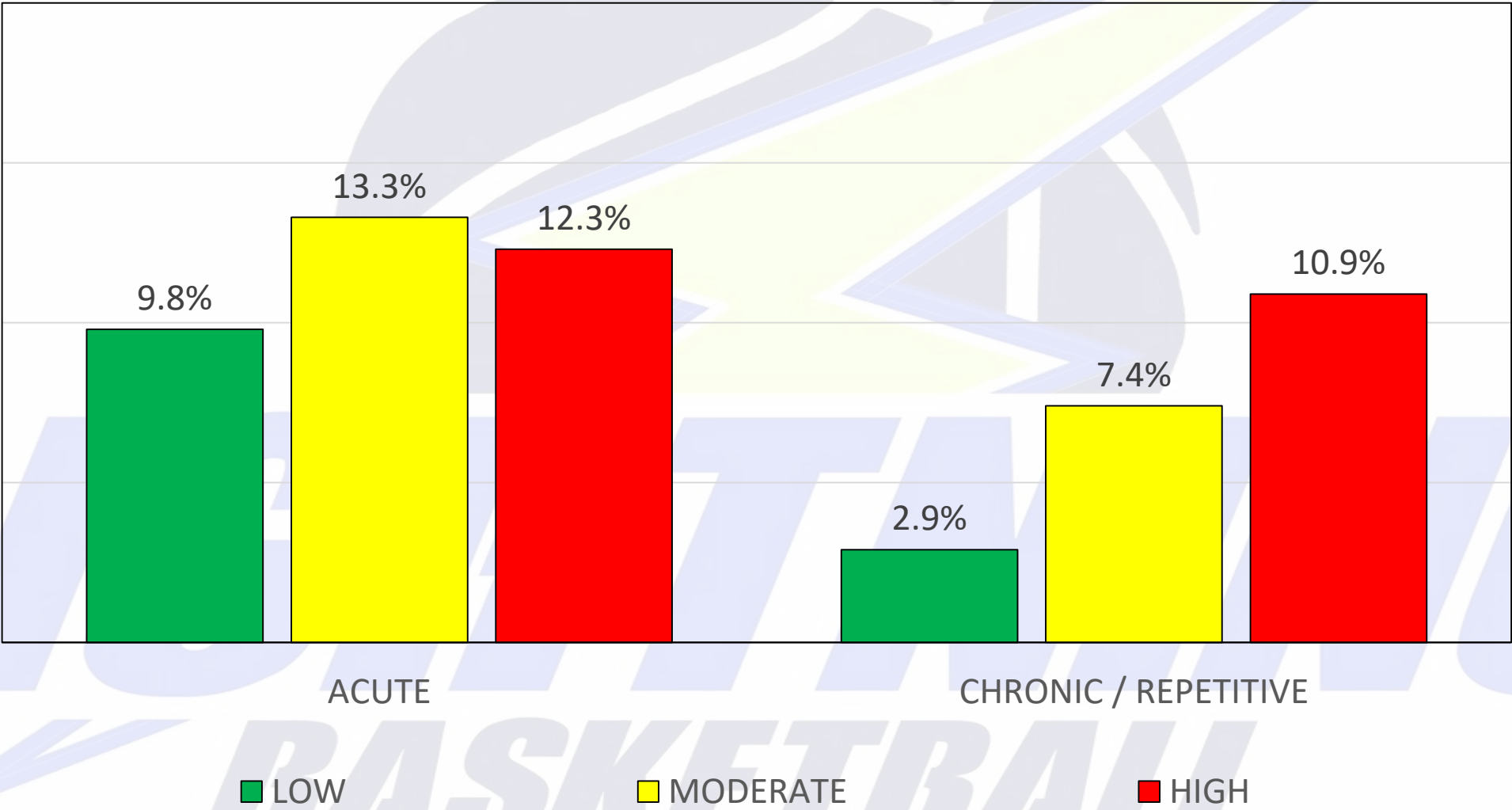
- ↑ overuse injury
- Increased sport ability (not necessarily supported by research)

## WHY ...does a youth athlete decide to specialize?

- Perception of increased chance for college scholarship; make HS team
- External pressure (parents and coaches)

**BASKETBALL**

# Injury Onset and Sport Specialization



McGuine et al. AJSM 2017, N=1544



## Specialization and Sport Performance

- Multi-sport adolescent athletes are more likely to compete at national level than single sport athletes. (Bridge, *JSS* 2013; Leite, *J Sport Sci Med* 2009)
- Elite athletes in track and field specialized at a later age and trained less in childhood than near-elite athletes. (Moesch, *Scan J Med Sci Sport* 2011)

RECOMMENDATIONS

FROM:

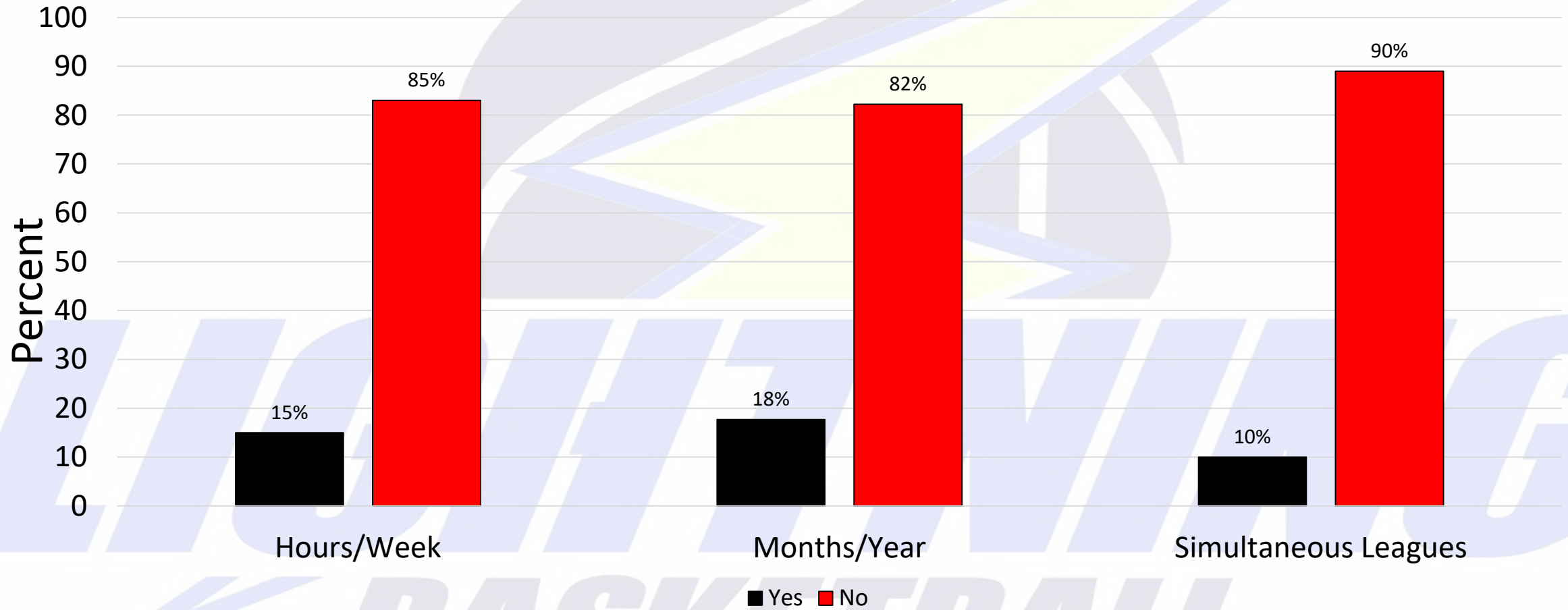
American  
Academy of  
Pediatrics

- **Delay single sport specialization** until age 15-16 to minimize risks of overuse injury.
- **Take off at least three months** during the year
  - in increments of one month
  - still remain active in other activities during this time.
- Young athletes should take **one to two days off per week** to decrease chances of injury.

## More Sport Volume Recommendations

- $\leq 8$  months per year in a single sport
- Fewer hours per week in organized sports than the athlete's age
  - Ex. 16 year old should not participate in more than 16 hrs/week of organized sport
- No participation in simultaneous leagues of the same sport

# Awareness of Safe Sport Recommendations



# Sport Specialization Scale

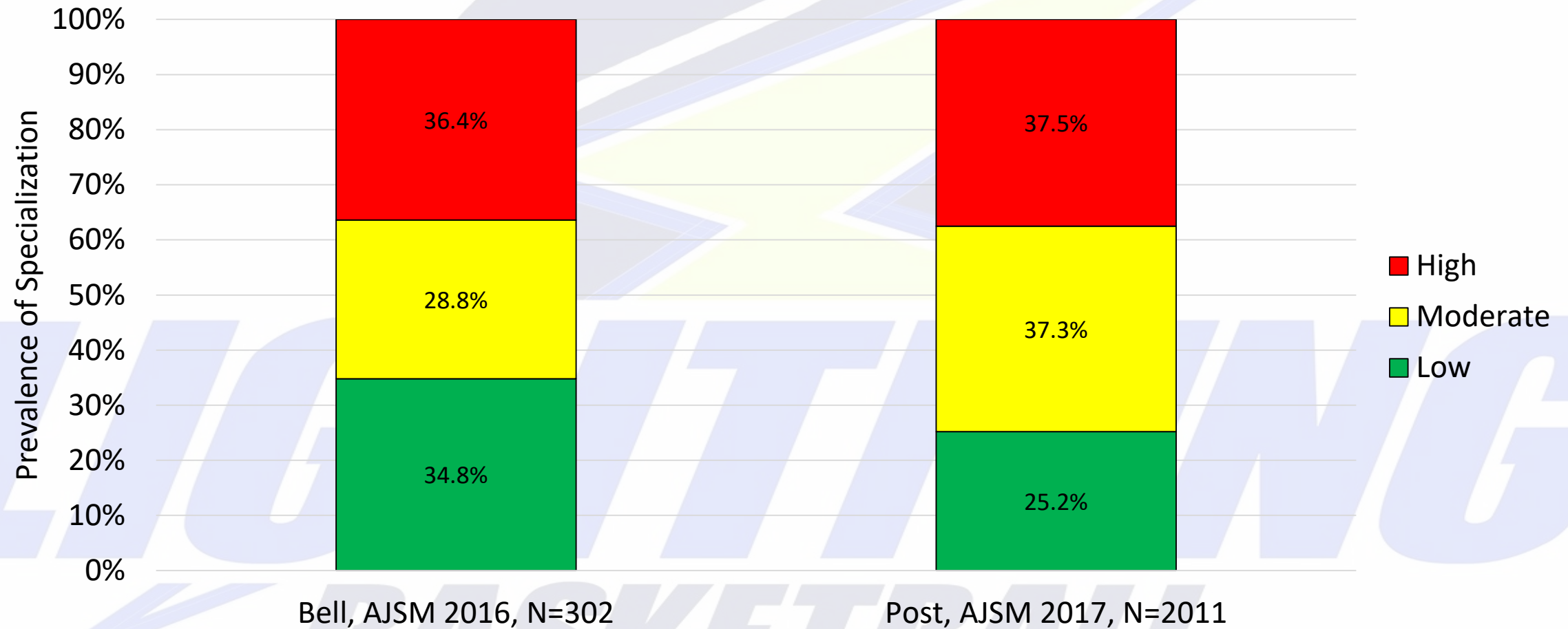
1. Do you train or participate in your primary sport more than 8 months out of the year?
2. Do you consider your primary sport more important than your other sports?
3. Have you quit other sports to focus on your primary sport?

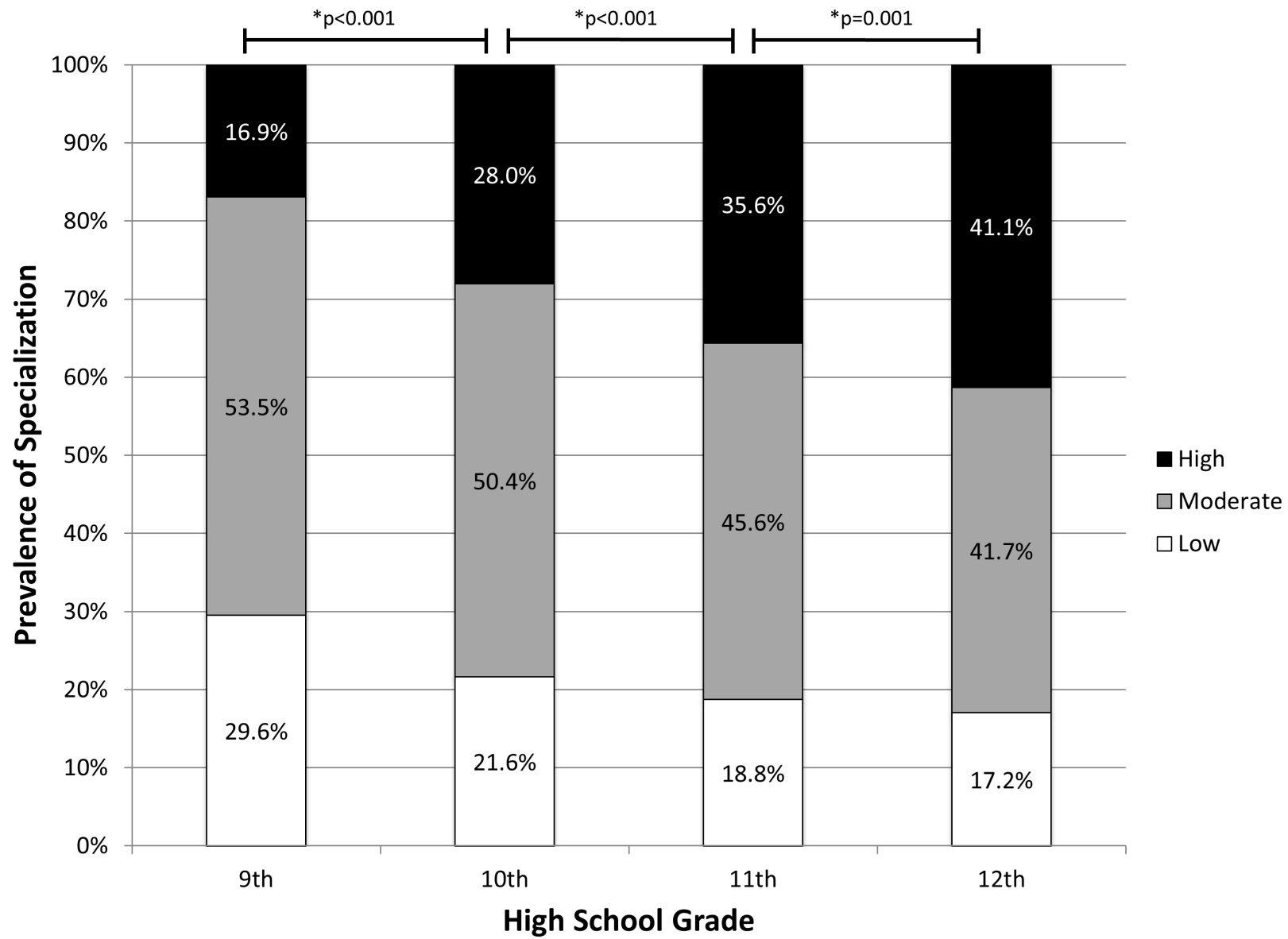
**Low**  
(0-1 pt)

**Moderate**  
(2 pts)

**High**  
(3 pts)

# Prevalence of Specialization





# MYTH BUSTER!!

- Specialization is beneficial for getting better at his/her sport and making a high school or college team
- 10,000 hr. rule is a good framework to follow for most youth sports
- Recent surveys of current elite athletes have shown they specialized at a young age
- The Lightning coaches only care about winning games

MYTH

MYTH

MYTH

MYTH



# What about College Scholarships? Going Pro?

Sport	Age Level	Males	Females
Basketball	Youth (6-17 yr)	6,231,000	3,790,000
	High School Varsity	541,000	451,000
	College Teams	15,874	14,445
	NBA/WNBA	440	144

0.25%

0.38%

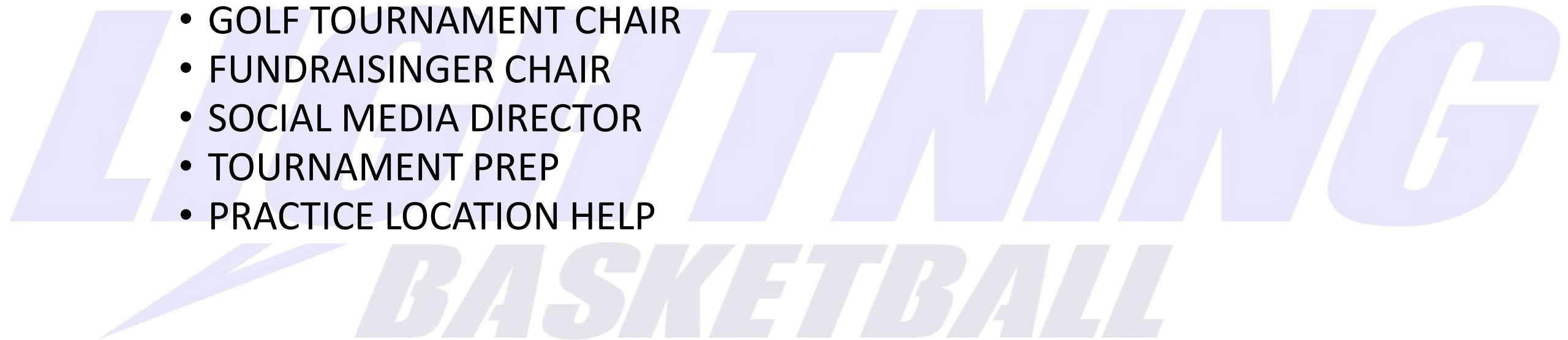
NCAA data: Only 1.7% of college football players and 0.08% of high school players play football professionally.

# CLUB IMPROVEMENTS FOR 2020

- SCHEDULED TIME OFF
  - MULTISPORT ATHLETES
  - INJURY PREVENTION
  - REST
- OFF SEASON TRAINING OPPORTUNITIES
- MASTER CALENDAR
- CLUB GEAR ORDERED FOR WHOLE YEAR – NEW SUPPLIER
- IMPROVED COMMUNICATION
- ON-STAFF PROFESSIONAL ATHLETIC TRAINER
- FUNDRAISING
  - STARTING SOONER
  - MORE OPPORTUNITIES

# CLUB IMPROVEMENTS FOR 2020

- STRIVING TO HAVE 2 TRACKS
  - COMPETITIVE / TRAVEL TEAMS
  - DEVELOPMENTAL TEAMS
- VOLUNTEER POSITIONS AVAILABLE
  - COACHING OPPORTUNITIES
  - GOLF TOURNAMENT CHAIR
  - FUNDRAISER CHAIR
  - SOCIAL MEDIA DIRECTOR
  - TOURNAMENT PREP
  - PRACTICE LOCATION HELP



# POLICY CLARIFICATIONS

- MULTIPLE CLUB RULES
  - UP TO 4 GUEST TOURNAMENT PLAYS WITH OTHER CLUBS
  - WHEN LIGHTNING IS NOT PLAYING
- IMPROVING THE PRACTICE TO GAME RATIO – MORE PRACTICES, FEWER GAMES = **IMPROVED PERFORMANCE AND SKILL ACQUISITION**
- INCREASED PARENT PARTICIPATION
  - FUNDRAISING
  - VOLUNTEERING
- ON-TIME PAYMENTS FOR TOURNAMENTS & LEAGUES
- PLAYING TIME IS EARNED
- TRAVEL DEPOSITS



***LIGHTNING BASKETBALL***  
***2019-2020 MASTER***  
***SCHEDULE***

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***BASKETBALL***

# SATURDAY SKILLS DEVELOPMENT

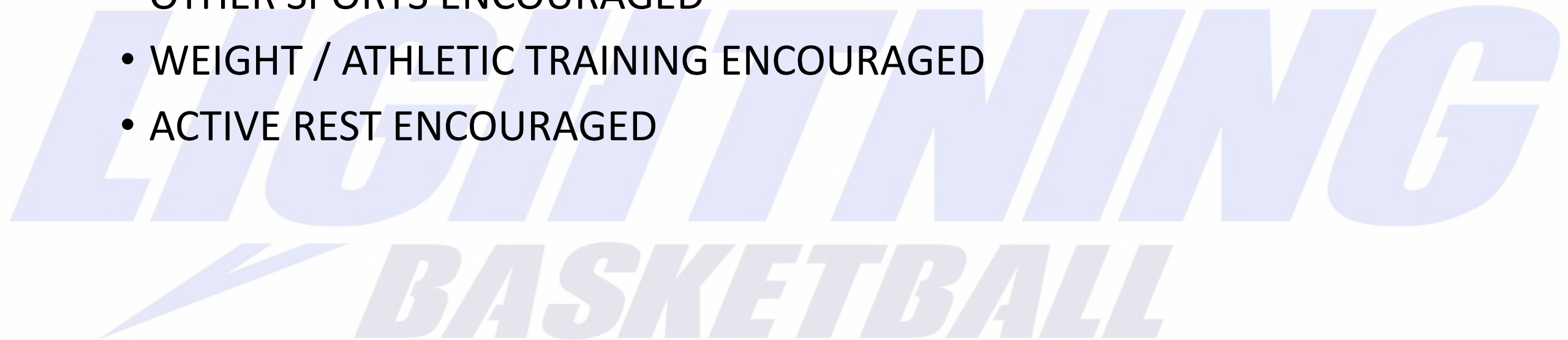
- TRAININGS WILL RUN OCTOBER THROUGH DECEMBER
- BOYS AND GIRLS TOGETHER
- COACHES
  - SHAN – GUARDS
  - HUNTER – GUARDS
  - JACK – GUARDS
  - ERIC AMBROZICH – BIGS
  - DAVE – BIGS
  - JOSE, TONY, TONY, WILL, & KIRK HELPING AS THEIR SCHEDULES ALLOW
- KALIHI VALLEY GYM
  - BOYS 2-3 PM
  - GIRLS 3-4 PM
- COST WILL BE \$20 PER MONTH

# OCTOBER 2019

- GIRLS VARSITY LEAGUE
  - 1 GAME PER WEEK
  - 1 PRACTICE PER WEEK
- ILH SCHOOL BASKETBALL BEGINS (INTERMEDIATE)
- START OF LIGHTNING SATURDAY SKILLS DEVELOPMENT TRAINING
- REDUCED BASKETBALL GAME PLAY
  - NO ORGANIZED GAMES
- INDIVIDUAL TRAINING ENCOURAGED (TAKIFIT, ETC.)
- DIFFERENT SPORTS ENCOURAGED
- WEIGHT / ATHLETIC TRAINING ENCOURAGED
- ACTIVE REST ENCOURAGED

# NOVEMBER 2019

- OIA & ILH BOYS AND GIRLS SCHOOL BASKETBALL (INTERMEDIATE & HIGH SCHOOL)
- LIGHTNING SATURDAY SKILLS DEVELOPMENT TRAINING
- INDIVIDUAL TRAINING ENCOURAGED (TAKIFIT, ETC.)
- OTHER SPORTS ENCOURAGED
- WEIGHT / ATHLETIC TRAINING ENCOURAGED
- ACTIVE REST ENCOURAGED





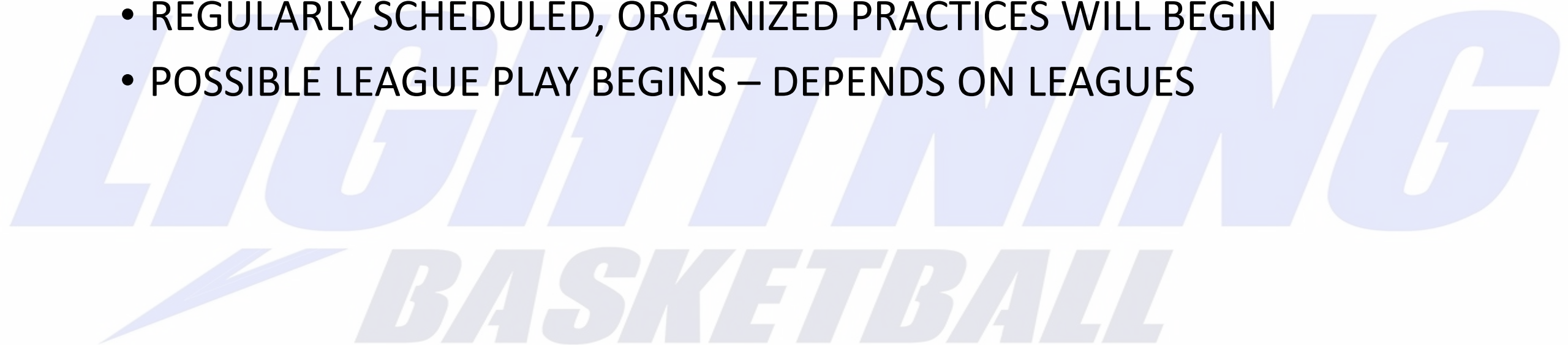
# DECEMBER 2019

- REC LEAGUE / KAILUA BASKETBALL ASSOCIATION PARTICIPATION
- OIA & ILH BOYS AND GIRLS SCHOOL BASKETBALL (HIGH SCHOOL)
- LIGHTNING SATURDAY SKILLS DEVELOPMENT TRAINING
- INDIVIDUAL TRAINING ENCOURAGED (TAKIFIT, ETC.)
- OTHER SPORTS ENCOURAGED
- WEIGHT / ATHLETIC TRAINING ENCOURAGED
- POSSIBLE 3 ON 3 TOURNAMENT

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# JANUARY 2020

- REC LEAGUE / KAILUA BASKETBALL ASSOCIATION PARTICIPATION
- OIA & ILH BOYS AND GIRLS SCHOOL BASKETBALL (HIGH SCHOOL)
- CERTAIN INTERMEDIATE SCHOOL TEAMS
- INDIVIDUAL TRAINING ENCOURAGED (TAKIFIT, ETC.)
- REGULARLY SCHEDULED, ORGANIZED PRACTICES WILL BEGIN
- POSSIBLE LEAGUE PLAY BEGINS – DEPENDS ON LEAGUES



# FEBRUARY 2020

- REC LEAGUE / KAILUA BASKETBALL ASSOCIATION PARTICIPATION
- OIA & ILH BOYS AND GIRLS SCHOOL BASKETBALL (HIGH SCHOOL)
- CERTAIN INTERMEDIATE SCHOOL TEAMS
- ORGANIZED PRACTICES
  - 2 – 3 TIMES PER WEEK
  - FREQUENCY DEPENDS ON AGE / COURTS / COACH
- PRESIDENT'S DAY JAM ON IT TOURNAMENT
- LIGHTNING TOURNAMENT
  - FEB 28 – MAR 1
  - MANOA

# MARCH 2020

- REC LEAGUE / KAILUA BASKETBALL ASSOCIATION PARTICIPATION
- ORGANIZED PRACTICES
  - 2 – 3 TIMES PER WEEK
  - FREQUENCY DEPENDS ON AGE / COURTS / COACH
- INDIVIDUAL TRAINING ENCOURAGED (TAKIFIT, ETC.)

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# APRIL 2020

- ORGANIZED PRACTICES
  - 2 – 4 TIMES PER WEEK
  - FREQUENCY DEPENDS ON AGE / COURTS / COACH
- LEAGUE PLAY
  - LEAGUE CHOICE IS DEPENDENT ON AGES, SCHEDULES, COACH, ETC.

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# MAY 2020

- ORGANIZED PRACTICES
  - 2 – 4 TIMES PER WEEK
  - FREQUENCY DEPENDS ON AGE / COURTS / COACH
- LEAGUE PLAY
- JAM ON IT AAU DISTRICT QUALIFIER TOURNAMENT (HONOLULU)
- LIGHTNING TOURNAMENT
  - MAY 1-3
  - KALIHI VALLEY



# JUNE 2020

- ORGANIZED PRACTICES
  - 2 – 4 TIMES PER WEEK
  - FREQUENCY DEPENDS ON AGE / COURTS / COACH
- LEAGUE PLAY
- JAM ON IT AAU PACIFIC RIM TOURNAMENT (HONOLULU)
- KONA STINGRAYS TOURNAMENT

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# JULY 2020

- ORGANIZED PRACTICES
  - 2 – 4 TIMES PER WEEK
  - FREQUENCY DEPENDS ON AGE / COURTS / COACH
- LIGHTNING TOURNAMENT
  - JULY 11-12
  - MILILANI
- MAINLAND TRAVEL
  - LAS VEGAS
  - CHICAGO
  - OREGON
  - COLORADO
  - LOS ANGELES
  - VARIOUS OPTIONS EXIST
- LIGHTNING TOURNAMENT
  - JULY 31 – AUG 2
  - MANOA



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# AUGUST 2020

- REST
- BEGIN PREP FOR 2021
- PLAYER EVALUATIONS
- ENDLESS SUMMER TOURNAMENT
  - GIRLS
  - HILO



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# SEPTEMBER 2020

- 1 – 2X / WEEK PRACTICES
- NATIVE HAWAIIAN INVITATIONAL
- GIRLS VARSITY LEAGUE
  - 1 GAME PER WEEK
  - 1 PRACTICE PER WEEK
- NO OTHER LEAGUE PLAY PLANNED
- INDIVIDUAL TRAINING ENCOURAGED (TAKIFIT ETC.)
- ATHLETES CAN BE PLAYING OTHER SPORTS, WEIGHT TRAINING, SKILLS TRAINING, RESTING