

BASKETBALL

Winter Season

Jan 8 - Apr 28 2024



UNION GÉNÉRALE SPORTIVE ARMÉNIENNE HOMENETMEN-GAMK

Basketball Coaches



Head Coach & Program Director	Harout Kouzoudjian - FIBA certified
Coach	Talar Arabatlian
Coach	Lisa Gurunlian
Coach	Silva Shotigian
Coach	Haig Ehramdjian
Coach	Viken Markarian
Coach	Vahé Shaldjian

OUR VALUES

LOYALTY





EFFICIENCY

RELIABILITY

COMMITMENT



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Parents Code of Conduct

- Show respect towards coaches, team managers, and executives and avoid any inappropriate language
- Avoid any verbal abuse towards the other players, opposing teams, coaches, referees, volunteer workers and support staff
- Never forget that your child plays in a sport for his/her pleasure, not for his parent's pleasure
- Respect the sportsmanship charter, the rules of the game, and the internal management rules of the program
- Recognize your child's performance as well as those of opposing participants
- Help your child improve their sportsmanship and camaraderie skills
- Remind your child that an honest effort is just as good as a victory

Players Code of Conduct

- Play for fun while keeping in mind that the practice of sports is not an end in itself, but a means
- Always accept and respect the officials' decisions
- Always respect the opponents, and their supporters
- Focus on improving your basketball skills by avoiding discouragement in failure, and vanity in victory
- Respect the property of others. Theft or vandalism are not to be tolerated
- Never ridicule a player for making a mistake or for losing a game. Treat everyone with respect and understand that not everyone is at the same level

Age Groups & Categories

CATEGORY	DATE OF BIRTH		AGE
PRE-PEEWEE MIXTE	2018-10-01	9/30/2016	5,6
PEEWEE MIXTE	2016-10-01	9/30/2015	7
NOVICE BOYS BUCKS	2015-10-01	9/30/2014	8
NOVICE BOYS MIAMI	2014-10-01	9/30/2013	9
NOVICE GIRLS	2015-10-01	9/30/2013	8,9
MINI GIRLS	2013-10-01	9/30/2011	10,11
MINI BOYS A	2013-10-01	9/30/2011	10,11
MINI BOYS AA	2013-10-01	9/30/2011	10,11

Age Groups & Categories

BENJAMIN GIRLS	2011-10-01	9/30/2009	12,13
BENJAMIN BOYS	2011-10-01	9/30/2009	12,13
CADET BOYS	2009-10-01	9/30/2007	14,15
CADET GIRLS	2009-10-01	9/30/2007	14,15
JUVENILE BOYS	2007-10-01	9/30/2005	16,17
SENIOR BOYS	2005-10-01		18+
SENIOR GIRLS	2005-10-01		18+

Practice Breakdown

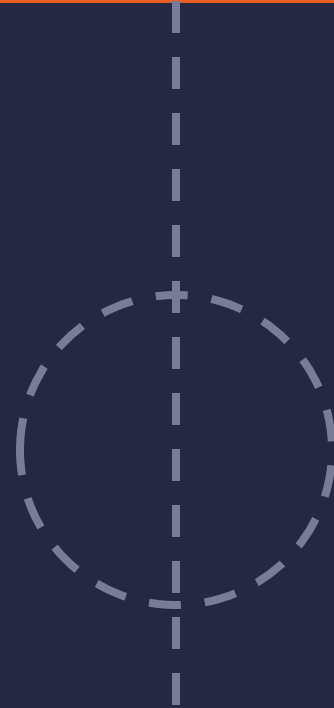
Each practice includes:

10 min warm-up

10 min technical drills

10 min internal game

+ friendly games within team



Rules & Regulations

No reimbursements after 1st practice - NO exceptions will be made

- No outside communication (text, phone call, email) with the Head Coach - ALL communications HAVE to be through Heja going forward
- If you wish to speak to the Head Coach, please do so before or after a practice, NEVER during a game
- Speaking to the players, or coaches during a game is strongly prohibited
- Please refrain from having open discussions with Coaches during practices or games. if it's a must, you can send a private message to the Coach on Heja
- New players who register to the basketball program are automatically placed in Division A for Mini Boys
- The Head Coach will decide which players will be placed in division A or AA for Mini Boys based on ability and skills evaluated within the first week of registration - regardless if player was part of another team or has played for years

Rules & Regulations

- During the season, Head Coach can move a player from Division A to AA and same goes from Division AA to Division A based on players efforts and playing skills
- The Head Coach will decide which team and/or which players are ready to participate in games and tournaments
- It is up to the Head Coach to decide every players play time during games and tournaments as he sees fit. Parents and/or players have to trust and abide by the Head Coach's decision
- All upcoming games will be communicated on Heja. Players will be notified during practices also. It's important for players to communicate information provided to their parents
- Registering on the HEJA app is mandatory

Rules & Regulations

- If a player has questions regarding the game, they must address it to the Coach DURING the practice
- Any of the Coaches mentioned earlier during the presentation may coach any of the practices starting this season without prior notice. Players/parents should refrain from contacting the Head Coach to ask who will be coaching
- Purchase of uniforms is mandatory. Players who show up to a practice/game without their uniform, will not be allowed to participate in the practice/game going forward
- Indoor basketball sneakers are mandatory. Players should not be wearing their basketball sneakers outdoors
- Every player should come to practice/games with a reusable water bottle
- Players are not allowed to enter the basketball court until the previous practice is over

Rules & Regulations

- Coaches are not responsible for any lost or stolen items if left at the gym after a practice
- Coaches are not responsible for the players if parents are late to pick them up
- New members must show proof of registration (receipt of online payment) before entering court or joining the team
- **An athlete may play for 2 different entities (school and association) with the Quebec Basketball League, but NOT 2 ASSOCIATIONS. No exceptions will be made.**

** Additional details: Any athlete who, at the beginning of a season or during the course of a season, has already been registered by one of the teams of a member organization of the Quebec Basketball League is considered under the control of the same organization for the duration of the season and the following season.

Participation Fee

\$250

Jan 8-Apr 28 2024

PRACTICE DURATION: 1.5 HRS TWICE A WEEK

TEAMS:

PRE-PEEWEE – PEEWEE – NOVICE –
MINI - BENJAMIN – JUVENILE – SENIOR



NEW PRICE INCLUDES
MEMBERSHIP TO CIRCUIT
BASKETBALL QUEBEC:

- PROMOTION OF OUR CLUB
- PROMOTION OF OUR EVENTS
- GENERAL LIABILITY INSURANCE
- V.A.J.

Participation Fee

\$125

Jan 8-Apr 28 2024

PRACTICE DURATION: 1.5 HRS ONCE A WEEK

TEAMS: **VETERANS**

(for members who wish to practice twice a week -
participation fee is 250\$)



NEW PRICE INCLUDES
MEMBERSHIP TO CIRCUIT
BASKETBALL QUEBEC:

- PROMOTION OF OUR CLUB
- PROMOTION OF OUR EVENTS
- GENERAL LIABILITY INSURANCE
- V.A.J.



The diagram shows a rectangular circuit loop with an orange border. On the left and right vertical segments, there are orange circles representing nodes. Dashed orange lines connect these nodes to orange 'X' marks representing branches. The text 'Family Discount' is centered in the upper part of the loop, and the discount details are listed in the lower part.

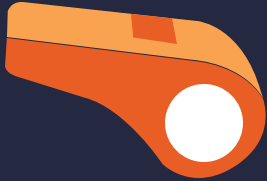
Family Discount

1ST REGISTERED MEMBER REGULAR RATE

2ND REGISTERED MEMBER 10% OFF

3RD & 4TH REGISTERED MEMBER 25% OFF

Team Rosters



Pre-Pee wee & Pee wee

Teams limited to 30 players each. Team divided to 2 groups of maximum 15 each. Practice will take place at the same time; half court for each group.

Novice, Mini & Benjamin

Teams limited to 15 players each.
No exceptions.



Juvenile & Senior

Teams limited to 18 players each.
No exceptions.

Team Rosters

Veteran Woman AA

Teams limited to 15 players
each. No exceptions.



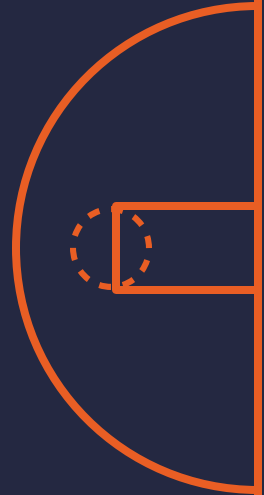
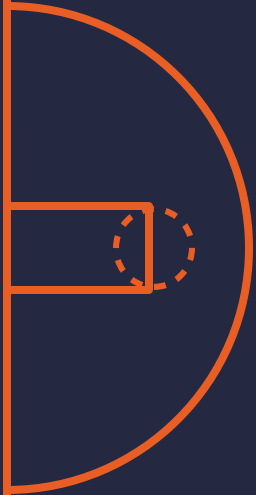
Veteran Women A & Veteran Men A & AA

Teams limited to 20 players
each. No exceptions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
Column1	Column2	Column3	Column4	Column5	Column6	Column7	Column8	Column9
4:30-5:00	BOYS	CO-ED	BOYS	CO-ED		8:30-9:00	GIRLS	BOYS
5:00-5:30	MINI AA	PRE PEEWEE	MINI A	PEEWEE		9:00-9:30	MINI	MINI A
5:30-6:00	10,11	5,6	10,11	7		9:30-10:00	10,11	10,11
6:00-6:30	BOYS	BOYS	GIRLS	BOYS		10:00-10:30	GIRLS	GIRLS
6:30-7:00	BENJAMIN	NOVICE MIAMI	NOVICE	NOVICE BUCKS		10:30-11:00	BENJAMIN	NOVICE
7:00-7:30	12,13	9	8,9	8		11:00-1130	12,13	8,9
7:30-8:00	WOMEN	GIRLS	GIRLS	WOMEN		11:30-12:00	BOYS	CO-ED VOLLEYBALL
8:00-8:30	JUVENILE / SENIOR	MINI	BENJAMIN	JUVENILE / SENIOR		12:00-12:30	MINI AA	
8:30-9:00	16+	10,11	12,13	16+		12:30-1:00	10,11	
9:00-9:30	BOYS	WOMEN	BOYS	BOYS	MEN	1:00-1:30	CO-ED	
9:30-10:00	SENIOR	VETERANS A	SENIOR	JUNIOR	VETERANS A	1:30-2:00	PRE PEEWEE	
10:00-10:30	19+	35+	19+	14+	35+	2:00-2:30	5,6	
						2:30-3:00	BOYS	
						3:00-3:30	NOVICE BUCKS	
						3:30-4:00	8	
HEAD COACH	COACHES		TEAM MANAGER			4:00-4:30	CO-ED	
				PREPEEWEE		4:30-5:00	PEEWEE	BOYS
HAROUT K	TALAR A			PEEWEE		5:00-5:30	7	BENJAMIN
	LISA G			NOVICE GIRLS		5:30-6:00	BOYS	12,13
	SILVA S			NOVICE BUCKS		6:00-6:30	NOVICE MIAMI	BOYS
	VIKEN M			NOVICE MIAMI		6:30-7:00	9	JUNIOR
	VAHE S			MINI BOYS A		7:00-7:30		14+
				MINI BOYS AA		7:30-8:00		WOMEN
				MINI GIRLS		8:00-8:30		VETERANS AA
				BENJAMIN BOYS		8:30-9:00		35+
				BENJAMIN GIRLS		9:00-9:30		MEN
						9:30-10:00		VETERANS AA
						10:00-10:30		35+

Team Managers

Maintain the general operations of the team assigned, thereby allowing the Coach(es) to concentrate on the training of the players.



Team Managers

- Be a liaison person between team/coach/parents/Homenetmen Gamk Executive
- Distribute materials received from the Club to players and parents when requested by Homenetmen Gamk Executive and be responsible of the administrative tasks assigned
- Prior to matches, ensure the correct information is entered into the scoresheet, if applicable
- During games: do not allow non-team members to sit on the bench that is reserved for the players
- Notify team members/parents of any changes to practice times/locations/cancellations or games via Heja

Team Managers

- During games: at the end of a match, encourage the team members to clear the bench area quickly so that the next team gets ready for their game
- The Club provides a First Aid kit for each team. Ensure that the First Aid kit is at all training sessions and matches. At the end of the season, the team manager is responsible to replenish the kit
- Notify team members/parents of any changes to practice times/locations/cancellations or games via Heja

Uniforms

HOMENETMEN-GAMK V-NECK JERSEY

ARTWORK SHOWN IS FOR MEN'S LEANS PLEASE DO NOT MODIFY
THE DESIGN AND COLOR AND THE PRODUCTION IS ACCURATE



HOMENETMEN-GAMK V-NECK JERSEY

ARTWORK SHOWN IS FOR MEN'S LEANS PLEASE DO NOT MODIFY
THE DESIGN AND COLOR AND THE PRODUCTION IS ACCURATE



60\$

HOMENETMEN-GAMK BASKETBALL SHORTS

ARTWORK SHOWN IS FOR MEN'S LEANS PLEASE DO NOT MODIFY
THE DESIGN AND COLOR AND THE PRODUCTION IS ACCURATE



90\$

Uniforms

CHANDAIL BB - ONLY SHORT Code: BALL 5924	Dates de Validité 2023-12-03	Début des inscriptions le 2023-12-03 Fin des inscriptions le 2024-04-28	Tarif Min. - Tarif Max. 90,000 - 90,000 Places Disponibles 5+	Quantité 1	AJOUTER AU PANIER Autres informations
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CHANDAIL BB - ONLY WHITE TOP Code: BALL 5924	Dates de Validité 2023-12-03	Début des inscriptions le 2023-12-03 Fin des inscriptions le 2024-04-28	Tarif Min. - Tarif Max. 90,000 - 90,000 Places Disponibles 5+	Quantité 1	AJOUTER AU PANIER Autres informations
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Selectionnez la quantité d'inscription à cette activité

Quantité
1

Veuillez sélectionner le tarif applicable

L

90,000

CHOISIR

M

90,000

CHOISIR

S

90,000

CHOISIR

XL

90,000

CHOISIR

XS

90,000

CHOISIR

Uniforms

2024-04-28				
	Dates de l'activité	Début des inscriptions le	Tarif Min. - Tarif Max.	
CHANDAIL BB - BENJAMIN BOYS Code: BALL_6J024	2023-12-03	2023-12-03 Fin des inscriptions le 2024-04-28	90,00\$ - 90,00\$ Places Disponibles 5+	AJOUTER AU PANIER Autres informations
CHANDAIL BB - BENJAMIN GIRLS Code: BALL_6J024	2024-01-01	2024-01-01 Fin des inscriptions le 2024-04-28	90,00\$ - 90,00\$ Places Disponibles	INSCRIPTION 2024-01-01 00:01

Veuillez sélectionner le tarif applicable

2XS 30,00\$ CHOISIR	3XS 30,00\$ CHOISIR	4XS 30,00\$ CHOISIR
L 30,00\$ CHOISIR	M 30,00\$ CHOISIR	S 30,00\$ CHOISIR
XL 30,00\$ CHOISIR	XS 30,00\$ CHOISIR	XXL 30,00\$ CHOISIR

Heja

YOU MUST REGISTER AS A PARENT FIRST AND
THEN PROCEED TO ADD YOUR CHILD

READ EVERY MESSAGE/UPDATE SENT BY
HOMENETMEN GAMK EXECUTIVE OR COACH

USE PRIVATE MESSAGING FOR PERSONAL
QUESTIONS

* CONTACTING COACHES VIA TEXT OR PHONE
CALL WILL NOT BE ANSWERED



Heja

PRE - PEEWEE
NO-578047

NOVICE MIAMI
IP-172416

PEEWEE
PR-074542

NOVICE BUCKS
PU-992924

NOVICE GIRLS
WJ-139884

Heja

MINI GIRLS
XD-347074

BENJAMIN GIRLS
PF - 333004

MINI BOYS AA
QA-006634

BENJAMIN BOYS
WE - 824876

MINI BOYS A
GJ-754352

Heja

JUVENILE BOYS
QF-080160

JUVENILE GIRLS
MZ - 602768

SENIOR BOYS
TW - 697707

JUVENILE / SENIOR GIRLS
ZU-911745

Heja

VETERAN WOMEN A
CZ-911522

VETERAN WOMEN AA
WU-902101

VETERAN MEN A
QA - 021271

VETERAN MEN AA
JX - 977343



WISHING YOU & YOUR CHILDREN
A GREAT BASKETBALL SEASON
AHEAD

Thank you!

