

Dear SB players and parents,

This weekend marks the end of the 2018/19 Winter Season of the Steady Buckets and our All Youth Basketball League. All Star Games and shooting contests will be organized at Clinton Gym at the times listed on the SB calendar. A big thank you to all who have participated; with your energy, Steady Buckets and our AYBL continues to grow and develop into something we can all be proud of.

Whether you are new to Steady Buckets or you've been around since the beginning, please take a few minute to read this email so you can fully understand what we have planned for the Spring Season.

First on a personal note, it has been an amazing few months for me and I'd like to thank everyone for all of the love they've sent to Melissa and Cyrus (my wife and newborn son). Fatherhood has been the greatest joy imaginable and for the first time I truly understand why so many families love Steady Buckets; why so many parents wake up early and travel from every corner of NYC to attend our workouts and spend countless hours in a folding chair at Clinton Gym. It's because we all want the very best for our children. We want them to be healthy, happy, talented, successful, strong, proud, and caring. We want them to have friends to play with and role models to look up to.

I'd like to thank all of the Steady Buckets coaches who stepped up in my absence and ensured that SB continued to thrive while I took some time with my family. Until recently, I couldn't imagine not being at every SB workout, but thanks to Rachely, Jermaine, Lefty, Liam, Torrence, Cesar, Jaelyn, Jerry, Khadija, Devine, Ish, Michael, Tommy, Cinco, Korey, Sophia, Isabella, and all of our Young Leaders I knew that the program was in the hands of the right people.

Now, I'd like to take a minute to explain the program and how everyone can best use Steady Buckets to achieve their goals this Spring.

Steady Buckets is a Basketball, physical fitness and life skills development program for boys and girls ages 4-18 in the greater New York City area. The program's objective is to develop hard working, resilient, empathetic and confident individuals who will make positive contributions to their communities. Free of charge, Steady Buckets, is open to all children who are willing to work hard to maximize their potential.

This spring, Steady Buckets will consist of three key components :

1. Skill Development Workouts
2. Young Leaders Program (YLP)
3. All Youth Basketball Leagues (AYBL)

### 1. SKILL DEVELOPMENT WORKOUTS

Steady Buckets is designed so that any child is welcome to join Skill Development Workouts at any time. Skill Development Workouts are designed to teach beginners the game's most fundamental skills and to constantly challenge players as their skills develop. Participating in Steady Buckets Skill Development Workouts is easy, and free and available as soon as your child is registered in our system. Once registered all players will be assigned an SB ID # to sign in.

Steady Buckets was built around the philosophy that NYC kids play too many games and don't practice enough. Our Skill Development Workouts remain our heart and soul. Workouts are physically challenging and fun while focused on shooting, ball handling, strength training, speed and agility training. Our home gym at The Clinton School (10 East 15th street) features three state of the art Dr. Dish Shooting machines as well as the rest of our best equipment. The Skill Development Workout calendar is posted at [steadybuckets.org](http://steadybuckets.org). SB Skill Development Workouts are appropriate for children of all skill levels and organized by age.

### 2. YOUNG LEADERS PROGRAM (YLP)

Our Young Leaders Program is the second part of Steady Buckets. We want to provide our most talented and committed players with an opportunity to learn the game from multiple perspectives such as coaching and refereeing while practicing leadership skills and giving back to the Steady Buckets community. The result is our All Youth Basketball League (AYBL). Our Young Leaders take their responsibilities seriously, and I take a lot of pride watching some of Steady Buckets' first players now teaching the next generation! Our Young Leaders Program is appropriate only for our most committed players. To inquire about joining our Young Leaders Program, please call Coach Macky at 646-734-4395.

### 3. ALL-YOUTH BASKETBALL LEAGUES (AYBL)

Players who have registered on Steady Buckets' website and are regularly attending our Skill Development Workouts are invited to participate in our instructional, in-house weekend leagues at the Sara D. Roosevelt Park on Stanton Street between Chrystie and Forsyth. We ask that all AYBL players attend at least one Skill Development Workout every week. While we don't enforce this rule, we hope you understand that the heart and soul of Steady Buckets is in our Skills Development Workouts and AYBL games are meant to be in addition to skill work. We also ask that AYBL players make a commitment to their teammates and coaches by making attendance a weekend priority.

We have received lots of feedback from parents regarding the league and are taking pro-active steps to implement changes that we feel will help to make things run smoother and bring about positive experiences for all participants. We welcome your feedback, please email or text Macky or Rachely during non-Steady Buckets hours.

Our AYBL games are coached, refereed, and score kept by our Young Leaders. While these games are designed to offer all of our players a chance to compete in live action with score, time and rules, they also provide a venue for our Young Leaders to increase their appreciation of

the game. Our young leaders attend weekly leadership workshops where they are challenged to improve from week to week and to hold each other accountable. They are mostly new to these challenging roles, and we ask that parents stay patient and understand that mistakes are to be expected and that the league is dual purposed.

Spring Leagues will start on April 6th and 7th with two evaluation days at the Sara D. Roosevelt Park on Stanton Street between Chrystie and Forsyth. We will form two separate leagues for every age group based on a Saturday league or Sunday league preference. Players are asked to attend an evaluation day, where the kids will play and our young leaders will draft their teams (ALL KIDS WILL BE DRAFTED). After the evaluation days, rosters will be formed and a schedule will be posted online. If you aren't able to attend an evaluation day, but want to join a team, please email Rachely at [rachely@steadybuckets.org](mailto:rachely@steadybuckets.org). and let her know which day you'd like to play. AYBL schedules will be posted on the calendar drop down menu at [steadybuckets.org](http://steadybuckets.org)  
AYBL games are appropriate for all players who attend Skill Development Workouts.

I'm a firm believer in the importance of playing outside in a street ball environment and I'm excited to move our AYBL games to the Park, where passing New Yorkers can stop and watch our program in action! I'm also happy to move the games out of Clinton gym opening up more space for Skill Development Workouts and getting back to that Steady Buckets "Out Work 'Em" way of life.

Happy Spring and I hope to see you all soon.

Best,

Coach Macky