



## **Powerhouse Warriors Basketball - 2026 Frequently Asked Questions**

### **What is Powerhouse Warriors basketball?**

Powerhouse Warrior basketball is a 501 (c) 3 non-profit travel basketball organization that is in its seventeen year of operation. Powerhouse Warriors basketball strives to help its participants develop athletically, academically, mentally, and spiritually through the teaching of sound basketball fundamentals, participation in competitive events, character development, an emphasis on education, and a focus on individual and team skill work with the goal of preparing them for high school basketball and beyond.

In addition, we will exhibit Christ-like behavior to help participants become better citizens. We believe in and will share Biblical principles and life applications. We will expose participants to activities and events to help them mature and become better people and basketball players. Furthermore, we seek to give each participant a detailed player assessments (season ending to help determine what areas the players excelled and what areas they need to work on). We have a proven track record of helping its participants become better basketball players.

### **Who are the coaches?**

Powerhouse Warrior coaches are qualified volunteer coaches who have coached and/or played basketball competitively for a number of years. All of our coaches have coached competitive teams including rec league and some even middle and high school level teams. All of our coaches enjoy the game of basketball, but love coaching and helping kids reach their potential more. All of our coaches have had their backgrounds verified through a rigorous background check system.

### **How much are the fees and what are they used for?**

This year's participation fee is \$520 for teams 8<sup>th</sup> grade boys and under. Middle school girls fee is \$470. High school boys teams are \$600. High School girls fee is \$525. These fees are used provide an inclusive package of the things that your child needs to participate. The exact fee will depend on the metrics of the team that we assemble. Here is a how a basic team fee is comprised of (in general):

Tournament registration fees ( $\$250 \times 10$ ) = \$2,500

Participant gear to keep ( $\$30 \times 10$ ) = \$300

Insurance while participating in practice, and travel = \$150

Gym Rentals (season) = \$1,250

Team supplies (basketballs, fundraising supplies, etc.) = \$400

Program expenses (administrative supplies, banquet costs, accounting fees, etc.) = \$250

Hosted tournament insurance (3\*50) = \$150

Miscellaneous costs including local events, food, fuel, and other travel expenses = \$300

Refundable uniform deposit = \$75 (will be credited back to the participant when the uniform is returned at the end of the season)

Approximate team cost total = \$5,325

It is important to note that these fees do not pay for any travel tournament vehicle rentals, food purchases, or lodging expenses. High School boys fees are higher because they participate in "live" events where they play before college coaches. These tournaments are more expensive than typical tournaments. Also, this fee does not include the entry fee for the AAU World Championships in Orlando, Florida. There is an additional \$70 fee for any team going to AAU World Championship.

Please keep in mind that our goal with the participation fee is to raise enough money with our fundraisers so that most out of pocket for the parents is \$200. We will also offer incentives for the persons who raise the most money to even get their participation fee back. In addition, we will have monetary rewards for those who have the most responses and for those who raise over \$700 (non-high school boys) and \$850 for high school boys. The last two years, we awarded personalized NBA jersey and two tickets to a Charlotte Hornets game to the winner of our popcorn fundraiser.

We concentrate our efforts and resources on a couple of fundraisers so that this is taken care of quickly as possible. The good thing is that we have been really successful with this type of fundraising in the past. Please note that our participants typically receive a shooting shirt, t-shirt, and another item (varies year to year) that they get to keep. Parents, I can not stress enough that our fundraisers will only be as successful as the participants make it. The kids need to be the primary driver of the fundraiser not the parents. Why is that? The money is for the kids' fees. The kids need to learn responsibility. The kids are cuter than the adults. Use this to our advantage. We want to be all in our few fundraisers so that we are done with them and can focus on getting better.

### **How is the participation fees set up?**

The participation fee is broken down into three parts. The first upfront payment called the "commitment fee". The commitment fee is \$200 is due at the time of selection to the team. The second installment is due within the first four weeks with the last payment due usually after all the fundraisers sometime in April. We also offer a monthly payment plan for those who may be interested. Ask Joel for more details on that.

### **How are the teams set up and selected?**

We will have our elementary and middle school boys tryouts in early January. Girls tryouts for will be in early February with all high school boys teams tryouts in the first of March. We usually select 8-10 players per team. Teams are by grade. That is, we have a team of 3<sup>rd</sup> graders, a team of 4<sup>th</sup> graders, a team of 5<sup>th</sup> graders, and so on. Kids in grades under the team grade can try out for a higher grade team. For example, a 1<sup>st</sup> or 2<sup>nd</sup> grader can try out for the 3<sup>rd</sup> grade team.

Each team usually has a head coach, an assistant coach, and a team administrator. The coaches conduct the practices and coach games while the team administrator makes sure that the business of the team is conducted and is in order including leading team communications (game times, practice time changes, departure times, fundraising info, etc.).

### **How is communication conducted?**

Communication is very important to our Program. I can not express how crucial it is for parents to be locked into team communications. There are many moving pieces and things can change quickly (i.e., game locations, practice time and locations) and parents will need to respond quickly at times to these changes. The primary means of group communication is the GroupMe app. A secondary means of communication will be e-mail. Parents will actually have to read and not expect to be spoon fed all information. There will be details in email and GroupMe threads that failing to read them could result in participants missing out on key aspects of the Program. There will be some information communicated through the Powerhouse Warriors website, but these will be primarily for mass communications and not for individual teams.

### **When, where, how long, and how often are practices?**

For middle and elementary schools, practices are typically three times per week. The days are usually Monday, Tuesday, and Thursdays. For high schoolers, practices are usually twice per week. The days vary for them. Practice times are usually around 90 minutes starting typically after 6:20 pm. Practices are held at Brunswick County schools and facilities.

### **When are the tournaments?**

Powerhouse typically begins playing tournaments in March and end sometime in late June. The season schedule is published on the website. Depending on the number of teams participating in the tournament, games can start as early as Friday at 6:00 pm, but are typically played on Saturdays with most championship games on Sundays. Occasionally, we do play one day tournaments which are on Saturday only. Some teams play into July which may include Nationals tournaments depending on how competitive they are. July tournaments costs are not included in the regular season fee. Please note that these July teams can consist of players outside of our organization.

### **How many games will a team play?**

We typically play in eight to ten "regular season" tournaments. Most of our tournaments on our schedule will be played either in Supply, Shallotte, Southport, and/or Bolivia depending on how many teams sign up for the tournament and availability of gymnasiums. We usually have 3-4 home tournaments per season. Other locations North Myrtle Beach, Wilmington, and Myrtle Beach.

With the younger teams, we do usually take at least two trips outside our normal sixty-seventy mile radius (i.e., Jacksonville, NC, Charlotte, Columbia, Rock Hill, or Raleigh). Again, the better our teams the more we are likely to travel to further locations. Please note that the team coaches have the primary say in where their teams play. Our tentative schedule will be posted and sent out to the parents before the season.

Each team will play a minimum of three games per tournament. By the time the season concludes, teams play usually at least 24 games and for some teams more than 30 games (the better we do in the tournaments the more games we will play). This is the equivalent of playing nearly two and a half to three seasons of middle school games! Again though, if our teams are not very competitive, we will travel less and spend more time practicing. We want to maintain our focus in player development. We don't want to spend unnecessary time and money "running up and down the road" just for the sake of saying we went somewhere.

### **When will I receive a schedule of games for the tournament?**

We do not have control over when we receive game schedules for non-hosted tournaments. In most cases, coaches will receive tournament schedules by Wednesday prior to the weekend of competition. However, if the tournament director has to make changes, the schedule may come out later than anticipated.

Once a schedule is received, coaches will fax/email/call/text a copy of the schedule to parents. Most hosted tourneys now have a website or app that you can track scores, gym locations, and game times. We will get that information to you. Keep in mind that the tournament organizer reserves the right to change tournament schedules even after first publishing them.

**How can I best keep with tournament scores, schedules, and venues?** The Program Director will let everyone know what organization we are playing through for that particular tournament weekend. It is best to download that organization's app (ex., the NTBA app) and track your favorite teams. Also, the Team Administrator will know all the details of who, what, when, and where concerning the tournament. Please keep in mind that the schedules and venues can change during the weekend. That is, just because a location and time was given on Tuesday in the week doesn't mean that it will remain that way during the tournament. Things can happen in a venue like loss of utilities like water and power to make a venue or time change necessary.

**What about insurance coverage?**

Each participant is covered by our insurance policy for any injuries that might be sustained while they are practicing, playing in tournaments, or traveling with our program in an organization vehicle. If your child suffers an injury during one of our sessions or games please let me know so that the issue can be addressed immediately including the proper documentation of the event.

**What are the expectations of my child concerning practice and tournaments?**

The first thing that we expect is for your child to learn, listen, and respect the coaching staff. There is a lot to learn and not a lot of time to do it in. Coaches expect your child to be responsible enough to practice outside of their regular practice times. Coaches expect your child to be committed to the team, working hard and giving 100% in the classroom, at home, practice and in games. We expect your child to be focused on the team first and their individual success second.

If a situation arises where your child cannot keep a commitment (i.e., illness, can't make a practice, will be late, etc.) they (not the parent or guardian) will make contact directly with their coach. A voice-to-voice communication is the goal, not a voicemail or text. Your child(ren) is(are) expected to be great teammates at all times. Examples of this includes cheering on others as they complete drills, standing up and giving positive touches when others exit the game, and being vocal in practices and games. Unselfishness will be preached over and over.

**What are the expectations of me (us), the sponsoring adult(s)?**

We expect all parents and guardians to be supportive of the program and all the participants involved. Simply put, trust the process. We expect you to conduct yourself the same way that you would want your child to conduct themselves. Coaches, players, and participants will be required to review and sign a conduct agreement to be a part of the Program. Remember, we are not just molding basketball players but more importantly we are molding positive, contributing citizens of the future. The same grace that you'd like our coaches to have with your child(ren) is the grace that we want for our coaches.

**How much playing time will my child get?**

There is no set amount of playing time granted to any player. All great competitors want maximum playing time. Many will feel as though they deserve more time and this is a part of a healthy competitive nature. Playing time is at the discretion of the coach. If your child complains about playing time, challenge your child to work harder in practice. The harder the participant works in practice, the better they'll get, and usually the more they will play.

Unless there is a disciplinary issue, it will be the coach's goal to have every player play significant time in each tournament. However, the amount of playing time is by the coaches'

discretion. Again, challenge your child to work hard on and off the court. Playing time, in part, comes from the child's willingness to play within the system. This is the best proven way to get playing time. Rarely do consistent, hard workers not receive playing time. For example, if your child is a great rebounder and gets all the loose balls that is a contribution comparable to scoring points.

Importantly, your fee is paying for your child to get high quality training. Most of this occurs in practice and not games. This is where the work occurs and where most of our focus is. Studies have found that 90% of players' time on the court occurs in practice and not games. These same studies have found that the average player has the ball in their hands less than 90 seconds per game. This is why we focus on practice so much. In all of this, remember that our goal is to prepare your child(ren) to be a competent high school basketball player. This is a process. Simply put, parents and participants need to fall in the love with the process of getting better and not the outcome. This applies to life not just sports. One of my favorite quotes on this subject comes from Matt Campbell, Penn State football coach who put it this way "if you fall in love with the process, then eventually the process will love you back."

**Besides playing, practicing, and fundraising what other activities do our kids participate in?**

We believe in well rounded participants. We believe in giving back to the communities that support us. We will do at least two community service projects. In the past, we have cleaned yards for the elderly, worked as staff for a senior adult center, and cleaned up school grounds. We also have leadership and team building activities and classes. In addition, we like to just have good ole fun by having organizational parties and movie nights.

**My child plays another sport during this time period. How will that work out?**

We understand that kids play other sports. We actually think it is healthy for a younger player to play in more than one sport (not necessarily at the same time). We will work as hard as we can to accommodate those who play other sports, but please keep in mind that when you sign up and pay for this program that you are making a commitment to yourself, those whom invested in you, and your teammates. Where there are conflicts with another sport your coach needs to be informed as soon as possible.

**How will we fundraise and what will the money be used for?**

To help pay for our expenses, we usually will use one, no more than two, fundraisers. We will also solicit donations and ask for sponsors. We will use these funds to host tournaments, cover travel expenses, gym rental fees and pay for general expenses.

**Are there any academic and/or behavior expectations for participants?**

Our goal is to prepare every participant to play at the next level and whether that next level is middle school or high school or even college their skill can help them make the team but without academics they can not stay on the team. So, we expect our participants to maintain a minimum

of a 2.0 GPA. Of course, if a participant is capable of doing better academically then we expect them to do better. If academic help is needed, the Program will work to help the participant to receive help. Any help from the Program needs to be initiated by the parents and the participants. We reserve the right to set up team study halls to promote overall improvement in teams' grades.

We also expect our participants not to exhibit negative behavior in the classroom, home, community, or school. Participants are expected to give nine week academic progress grades to their coaches. Failure to turn in progress reports, poor grades, or behavior issues will be result in disciplinary action reviewed on a case by case basis. Discipline could range from extra conditioning after practice, game suspensions, tournament suspensions, and even expulsion from the Program. No extra discipline will be made without parental notice and involvement.

**How do we voice any grievances, comments, or other issues?**

We promote open and honest communication. If and when problems arise between a player and a coach, we first ask that you discuss the issue with your child. If you feel they have a legitimate concern then your next approach is to discuss the issue constructively with your child's coach (not other parents or players). If there is no resolution after that, the next option is to discuss the concern with the program director. One of the things we want to teach our participants is to resolve conflicts in a Christ-like manner. Disagreeing is a part of life. How we handle disagreements is what separates complainers from problem-solvers.

**I would like to be involved but I don't know enough about basketball. How can I help?**

There are many ways for parents to help our teams. Each team needs to have parent volunteers. These parents can contribute-keeping score, videotaping the games, helping with concessions, collecting the gate, running the clock, checking bathrooms and doors, keeping game stats, and organizing snacks and meals before/after the games. In addition, we will need people to volunteer to carpool as needed. Not all participants' parents will be available to transport their child(ren) from game to game. Please know that all help is appreciated.

If you have additional questions, please contact Joel Johnson at 910-274-6701 or by e-mail at [powerhouseball@gmail.com](mailto:powerhouseball@gmail.com). Note that more information about our program can be found at our website [www.powerhousewarriors.com](http://www.powerhousewarriors.com).