



ST GEORGE BASKETBALL ASSOCIATION Incorporated

## **2024 Junior Representative Season Player and Parent Handbook**

## **Welcome**

Welcome to the St George Basketball Association (SGBA) Junior Representative Programme (JRP) for the 2024 season. The programme is administered by the SGBA which is a member of Basketball NSW (BNSW) and the association governing the sport of basketball in the St George area. Once again, SGBA has high expectations for a great year and welcomes all returning and new families to our programme.

## **The Programme**

The Programme is primarily run for the benefit of SGBA's junior members. Our JRP predominantly run by volunteers has four key elements; players, coaches, parents, and SGBA administration. We are serious about the participation and development of players and coaches. Please take the time to sit down as a family to read and discuss the information in this handbook and the accompanying Player/Parent Agreement so that you will understand our programme and what participation in it entails.

If you have any questions about the JRP please feel free to contact the SGBA Representative Manager.

Have a great season - Go Saints!  
SGBA

## **The SGBA**

The SGBA manages the Junior Representative Programme (known as the JRP). The association is also responsible for the programme of domestic junior and senior basketball. SGBA leases the stadium, the Hurstville Aquatic Leisure Centre, (known as HALC) which is also known as Johnny Warren Stadium, from Hurstville Council. SGBA is obliged in its lease commitment to cater for sports other than basketball at HALC.

SGBA through its elected board is the legal entity under which our programme operates and has final responsibility for the programme. JRP teams play in BNSW competitions called the Waratah Junior Metro League (WJML), the NSW State Championships (top 4 teams in premiere league only), NSW State Cup (top 2 teams in Div 1 & below only) can nominate to enter as its not compulsory.

## **Who is the programme for?**

Our programme is primarily for the aspiring and elite female and male athletes of the SGBA junior basketball competitions. It is the stepping-stone to senior elite representation. SGBA provides a range of options for basketball development for those outside the representative programme such as learn to play and development programs.

## **Confidentiality & Child Protection**

The SGBA has significant child protection responsibilities. Issues around child protection and confidentiality for the use of personal information are dealt with in our Player/Parent Agreement.

## **TRIALS PROCEDURES & SELECTIONS**

**Step 1: Register On line via link on website [www.sgba.com.au](http://www.sgba.com.au)**

**Step 2: Attend all selection trial dates advertised on social media.**

**Step 3: Squad Selection**

After the above trials the team squads will be announced under the Saints tab on our website,

## **SELECTION PROCEDURE**

### **Trial Mechanics**

A selection panel of coaches view all children for the duration of trials. This selection panel includes the SGBA Head Coach, Team Coaches, SGBA development officers, and independent coaches appointed by the association. All coaches make notes on players sighting the following attributes in players: (in no particular order) Individual Skills, Team Skills, Speed, Size, Height, Athleticism, defensive ability, Positions, Bottom age/top age mix.

The attributes evaluated by all coaches' forms the basis for squad selection

### **Squad Selection**

After initial phase of trial, appointed age group Team Coaches select team squads (usually a minimum of 10 for each team) based upon the trial process together with input from the selection panel. The SGBA Coaching committee then reviews the squads and they are sent to the SGBA Representative Committee for ratification. The seconds team (white) will have up to additional 3 Development players who will train with the team.

## **Team Selection**

Pre-Christmas squad training will be at Blakehurst High School Stadium, Forster St Blakehurst, please check website for starting dates & times. From each team training squad, a team of 10 players will be selected to play in the 2024 season. The training squad players that do not make the team may be selected as development players or team; A development team will be entered on the Barrengarry basketball tournament played over 3 weekends during the year at various locations in southern NSW. All players are encouraged to continue training with the team throughout the 2024 season to improve your game and provide reserve players in the case of sustained player injuries.

## **If NOT Selected**

Do not despair. Remember even the likes of Michael Jordan did not always make the top team! You need development. SGBA offers a range of development options which are designed to teach the game and up skill participants. Many of our representative players come through these programmes. Details of SGBA development programmes are available on our website [www.sgba.com.au](http://www.sgba.com.au)

## **NEW TO REPRESENTATIVE BASKETBALL? What it's all about!**

### **Who do we play and when?**

Your team will represent St George Basketball Association as the "Saints" in the Waratah Junior Metro League managed by BNSW against the following Associations: Bankstown, Blue Mountains, Glebe, Hawkesbury, Hills, Hornsby, Liverpool, Macarthur, Manly, North Sydney, Penrith, Ryde, Springwood, Sutherland and Sydney City.

Associations don't necessarily field a team in every grade so, during the 14 week regular season you may play some teams twice and others not at all. The top 4 of each division go through to the finals held over two weekends.

The pre-season season will commence in late February and the Finals will be around July school holiday time. For Division 2 teams, a top three placing in the Waratah Metro League leads to entry in the NSW Junior State Cup held in August.

There are generally no games scheduled during the middle of the school holidays in April and July however, it is important to carefully check team draws, once released by BNSW, before planning any holidays. Draws are created and controlled by BNSW, SGBA has no control over the draws.

Games are scheduled anywhere from 8:30am to 4pm on a Sunday. Your coach will most likely expect players to arrive around 1 hour before scheduled tip off. Ideally, your team will have a 50/50 mix of home and away games, however, this can't be guaranteed. Expect to do a lot of travel and don't be surprised to find yourself in Blaxland at 8am on a winter's Sunday morning. In addition to the Sydney and State Championships, your team may seek to enter one or more junior tournaments held at various stages throughout the year.

### **Games**

Games themselves are generally played in 8 to 10 minute quarters (depending upon age) with a fully timed clock (clock only runs whilst the ball is in play). A game can take 70 to 90 minutes to complete. Rules Regarding ball size, shot clock, three point line, etc. vary depending on the age group. Your coach will be able to provide more details.

### **Teams**

Team size and selection procedures are under the direction of the SGBA guidelines and consist of 10 players (maximum number that can play in any one game). Whilst 10 players are generally registered to play per game, the coach is unlikely to use all 10 in equal measure. Different coaches have different philosophies about how they use their bench. At Representative level, equal time for all 10 players is rarely a team objective. Some players will play more than others, the SGBA guidelines state all 10 players should have some game time at all games. Your coach will be able to explain his/her approach to using the bench.

Each team will have its own set of rules, procedures and playing style should fall into align with the SGBA style of play. Your coach will be able to explain. Teams will generally train one weeknight before the Christmas break. In the new year practice teams will practice twice per week and all players are expected to attend every practice. Once the games begin, coaches may organise a second training for players to attend.

## Playing Investment

The initial cost in 2024 for **junior representative players is \$825**, which includes costs for:

- Weekly Game Fees / Preseason & Finals (if applicable)
- Training Sessions & Court Hire
- Referee Payments for Representative Games
- Court Supervisor
- Referee Supervisor
- Equipment provided for training sessions
- Uniforms – shorts, singlets & warm up shirt
- Team Photograph / Presentation
- Team nomination fee
- Team entry into State Championships, State Cup (if applicable)

**Players will have to purchase a Reversible Training top at a cost of \$40 Must be worn at all training sessions.**

**Development/Reserve players levy \$550 (includes training & choice of reversible or warm up top only)**

Additional clothing items – hoodies & bags – can be purchased from the association and will be available at home games.

All players must be registered with SGBA, and it is the responsibility of the player and/or their parents to ensure their registration is current. Registration/affiliation in the domestic competition is not covered under representative fees.

## Parental Involvement

The active involvement of parents is essential for the success of our programme and helps to foster a healthy, positive team environment. The greater your involvement the greater your enjoyment will be throughout the season. More than anything, your role will be to support and encourage your child and their team-mates no matter what. No-one makes every shot and everyone has bad days. Your role is to support your child and your team and remain positive. In addition to moral support, there are a number of practical areas in which you can help the team. Firstly, make yourself known to your team's coach and let him/her know where you may be able to assist. Some roles which you may like to get involved in are:

### Team Manager:

Each team will need a parent to volunteer as team manager. The manager's role is mainly administrative and requires no particular basketball knowledge. A love of the game and a willingness to get involved is all that is required. SGBA can provide you with a job description as guidance.

### Coaching Assistance:

If you are a qualified basketball coach, or would like to become qualified, please contact SGBA representative manager regarding your interest.

### Score bench:

Each team is required to supply two volunteers to score and run the clock at each game. The more parents that volunteer to assist, the lighter the load for all. Bench duties are slightly more involved than SGBA club competition but not overly difficult. If you are unsure, register for one of score bench classes SGBA will run before the season commences. It is generally expected that this job is shared evenly between parents of players so all parents need to be willing to do bench.

### Stats:

The score bench keeps a tally of who scores the points but it's the effort areas such as rebounds, assists and steals that can go un-noticed without the recording of game stats. If you've got a keen eye and can remain focused throughout the game, let the coach/manager know you are willing to assist in keeping stats if they would like this. These statistics go a long way in helping the coach and SGBA development team in determining the best path for your child's improvement.

### **More information**

As the season progresses, the SGBA web site, the SGBA Facebook and your team manager will be your main sources of information. The manager will advise you of game schedules, stadium locations, training times, team rules, bench courses etc. The BNSW website provides information of extra development opportunities they offer.

Websites you need to bookmark include:

St George Basketball [www.sgba.com.au](http://www.sgba.com.au)

Basketball NSW, draws and scores [www.nswbasketball.net.au](http://www.nswbasketball.net.au)

## **Guidelines and Expectations**

The SGBA has a range of guidelines and expectations dealing with all aspects of our organisation and these are reviewed regularly. These cover the following:

- Player Participation and behaviour
- Parents Participation and Behaviour
- Child Protection
- Coaches Guidelines
- Educational Services

## **Player Participation**

### ***Practice***

- Follow the instructions of team management including coach, assistant coach and manager.
- Attend every practice session, on time.
- Advise team management in advance if unable to attend practice.
- Give 100% effort at all trainings

### ***Teamwork***

- Respect, support and show loyalty to teammates and team management and your association
- Conform to any team rules or special instructions from team management and your association

### ***SGBA Domestic Competitions***

- All junior representative players are required to play in one of SGBA's domestic competitions. **If they do not play in local competition, there is a \$200 penalty levy.**

### ***Representative Games***

- Follow the instructions of team management including coach, assistant coach and manager.
- Attend every game, on time.
- Advise team management in advance if unable to attend.
- Give 100% effort at all games
- Behave in a proper manner at all times, particularly towards umpires, opposition players or officials.
- Display good sportsmanship at all times.
- Win with humility, lose with good grace, remembering "it is only a game".

### ***Equipment, Facilities and Property***

- Use equipment respectfully and safely following all rules or instructions.
- Follow all instructions and the directions of responsible officials while attending any basketball activity including non SGBA venues.
- Recognise that players represent the SGBA JRP and must behave appropriately while using any basketball equipment, facility or property.

### ***Around the Club***

- Respect, support and show loyalty to all those in SGBA.
- Participate in JRP activities.
- Participate in SGBA player development activities.
- Players nominated on a rotational basis are to attend senior home games to assist with game day duties such as ball boy/girl, floor wiper.

## **Discipline**

- Players who consistently fail to meet these expectations may not be suitable to participate in the JRP and may be subject to disciplinary action by SGBA which may include suspension from play or removed from the program entirely.

## **Parents Participation and Behaviour**

### **Overall Parent Participation Objective**

To maximise positive and supportive parent behaviour and participation in and enjoyment of the administration of the JRP. Parent participation relates to five areas:

- Interaction with other parents/players
- Practice
- Games
- Teamwork
- Around the Club

It is expected that all our parents will endeavour to meet the participation objective.

### **Interaction with Other Parents/Players at Home or Away**

While the SGBA strongly supports parental involvement in its programme it is important to understand that the qualified volunteer team coach is in charge and that over-zealous input from parents is not helpful for anyone including, the players concerned. Unfortunately, some parents may at times find difficulty in recognizing the appropriateness or otherwise of their actions.

Unsolicited and/or aggressive boosting of individuals especially within the parent or parent/team management group context is not acceptable, in particular when it is at the expense of others. It is expected that all team parent groups will be self-managing in this regard. Parents can best assist by providing absolute support to team management at all times. As away trips form part of the JRP experience it is important to ensure that in away situations parents provide appropriate role models for the players in our programme.

SGBA has a Zero Tolerance Policy towards violent, threatening or abusive behaviour. People acting in this manner will be required to leave the programme.

### **Practice**

- Ensure that your child follows the instructions of team management including coach, assistant coach and manager.
- Ensure that your child attends every practice session, on time.
- Be present during practice where possible.
- Be present at the conclusion of practice to collect your child.
- Ensure that team management is advised in advance if your child is unable to attend practice.
- Encourage your child to give 100% effort at all trainings.
- Discuss any basketball problems with team management.

### **Games**

- Follow the instructions of team management including coach, assistant coach and manager.
- Ensure that your child attends every game, on time.
- Ensure that team management is advised in advance if your child is unable to attend games.
- Participate in game activities including working the score bench.
- Encourage your child to give 100% effort at all games.
- Behave in a proper manner at all times including not addressing umpires, opposition players or officials.
- Display good sportsmanship at all times.
- Win with humility, lose with good grace, remembering "it is only a game"
- Discuss any basketball issues with team management

### **Teamwork**

- Respect, support and show loyalty to everyone in your child's team and the team management and your association.
- Support the team, and to behave in a proper manner at all times including not addressing umpires, gossiping about coaches or players.
- Conform to any team rules or special instructions from team management.
- Discuss your child's general progress regularly with team management to ensure you understand what the coach is trying to achieve for/with your child.
- Co-operate with other parents regarding logistical matters.

## **Around the Club**

- Respect, support and show loyalty to all those in your association.
- Participate in JRP activities
- Participate where possible in SGBA player development activities.
- Support SGBA senior representative teams when possible.
- Participating in team and JRP social events

## **Suitability for Participation in the JRP**

Those who continually fail to act appropriately and/or fail to respond to reasonable requests in these aspects of the JRP may not be suitable for ongoing involvement with the programme. In extreme circumstances the SGBA may intervene to ensure the JRP experience of all participants is positive and supported.

If you have any issues, please contact SGBA Representative.

## **Child Protection**

All coaches and managers are to undertake a Working with Children Check (WWCC) through the NSW Government office of the Children's Guardians please click on link to apply <http://www.kidsguardian.nsw.gov.au> please note there is no charge for volunteers.

Once you received your WWCC number please email to [admin@sgba.com.au](mailto:admin@sgba.com.au)

## **Coaches Guidelines and Expectations**

### **Background**

The strength of the JRP is largely dependent upon the number, quality and commitment of our coaches, all of whom are volunteers. Our fundamental approach is to retain and develop our coaches and maintain a consistent and transparent approach to our coaches and their appointment can assist in this task. The volunteer coaches are servants of the programme and their appointment will be subject to the following guidelines, expectations and what is deemed to be in the best interest of the children.

## **1. Resources Desired**

### **1.1. Coaching Hierarchy and the Development of Coaches**

The SGBA is acutely aware of the need to improve the numbers and quality of our coaching resources. This is an ongoing and ever evolving process which is the key to the success of the JRP. An annual programme of coach development will be considered for the JRP. In terms of coaching hierarchy, the following applies:

SGBA Coaching Committee together with the SGBA Representative Manager recruit, manage, instruct, assist and educate a team of voluntary coaches which include age group head coaches, team coaches and assistant coaches. All coaches are to have a minimum Club Coach Level BNSW accredited qualification.

## **2. Requirements of its Coaches**

### **2.1 Things a Coach Will Need to Do**

Any applicant for a Team Coach position in the JRP (including Head Coaches) is required to undertake to supply to the SGBA:

- Complete a SGBA Coaching application form.
- Obtain WWCC and SGBA / BNSW Behaviour Agreement.
- Club coach course accreditation
- Complete Play By the Rules Child Protection
- Prior to the 31st of January, Team Objectives for the relevant group which have been agreed with the SGBA Coaching Committee and the SGBA Director of Coaching and Player Development (DOCPD).
- Prior to the start of the Waratah Junior Metro League, submit a brief season plan for the development of the relevant team which has been agreed with the Age Head Coach, the SGBA DOCPD and in accordance with issues discussed at the pre-season coaches' forum.

## **2.2 Responsibilities of Team Head Coach**

- Be familiar with the Guidelines and expectations of SGBA.
- Implement the Guidelines and expectations of SGBA.
- Liaise with the Age Head Coach, the SGBA Coaching Committee and the SGBA DOCPD on ways to achieve the adopted JRP objectives for the relevant team.
- Liaise with the SGBA Coaching Committee and the SGBA DOCPD regarding the results of the SGBA midseason review with a view to obtaining the best outcomes for the JRP and the relevant team.

## **2.3 Responsibilities of Team Assistant Coaches**

Assistant Team Coaches are to meet the responsibilities described above as directed by the Team Head Coach.

## **3. Relationship of SGBA Coaches to Others in the Programme**

### **3.1 Parents and Coaches**

It is expected that all coaches will establish open and ongoing communications with the parent group. It is recognised that the form and content of communication may differ for various age groups.

### **3.2 Parents as Coach**

Many of our most successful coaches are parents of players in the teams they coach. However, there have been instances where ill feeling has emerged as a result of perceptions that:

- Players have been selected on the basis of parent being coach, rather than ability.
- There is "own child" bias in team coaching.

While such perceptions may occur, it is important for everyone involved to be aware that the SGBA recognises these potential situations and seeks to monitor and manage these situations in the best interests of the team.

## **Educational Services**

During the course of the programme, SGBA will provide a series of educational and basketball service courses for parents, coaches, managers players which are include.

1. Scoretable Courses: each team must provide competent score bench staff. SGBA host a series of easy to understand score table courses. It recommended that the least 10 parents from each team participate in this course.
2. Introduction to being a Team Manager: an easy to follow course which de mystifies this fun task. A Manager's manual is provided for each lucky manager.
3. Refereeing Level 0 Course for junior players
4. Coaching Course (as required) in order to finalise qualifications prior to the start of the season.
5. Online virtual training for instances of lockdown and access to a facility is not optional