



# **PARENT & PLAYER INFORMATION BOOKLET**

This Booklet contains important information for Parents and Players starting a new season at Central Districts Basketball Club.

The information in this booklet supplements the Club Handbook and Policies.

Lions Club [www.LionsBasketball.com.au](http://www.LionsBasketball.com.au)  
Basketball SA [www.BasketballSA.com.au](http://www.BasketballSA.com.au)

## **2016/2017**

# WELCOME

Welcome to the Central Districts Basketball Club (CDBC).

The Central Districts Basketball Club is the premier basketball club in the Northern region of Adelaide, competing in the Basketball SA district competition. CDBC provides opportunities for males and females of all ages, to play in South Australia's elite representative basketball competition, from Junior, Youth and Senior levels, through to the highest division of the Senior competition, the Premier League.

Our Pathways Program creates a conducive coaching environment, where players of all ages are supported in reaching their playing potential, whilst enjoying the game itself.

We hope the players, parents and friends of CDBC have a meaningful and rewarding time at the Club both on and off the court.

## PATHWAYS PROGRAM

The Pathways Program at CDBC focuses on the development and growth of players from Juniors to Seniors, supporting them in reaching their full potential and guiding their ambitions.

The key elements of the Pathways Program, include:

- Assisting ALL players in becoming the best basketballer that they can be
- Fostering opportunities for player improvement and progression
- Designing multiple avenues to ensure that all players (across divisions) have access to development opportunities, which include -
  - Quality Coaching, resources and facilities
  - Valid feedback and constructive advice
  - Supervision, involvement and participation by the Junior Development Officer (JDO)
  - Governance, guidance and direction from the Director of Basketball (DOB)
  - Invitations to Clinics and Carnivals
- Promoting opportunities for State representation (metro/country)
- Instigating, promoting and overseeing pathways to college (USA)

### CORE MECHANISMS TO FACILITATE THE PATHWAYS PROGRAM

- Periodic scheduling of Coaches rotating through the Division Levels. (E.g. Div1 Coach takes training of Div 3 players while the Div 3 Coach takes training of the Div 1 players)
- Internal and external coordination and promotion of camps, clinics and specialist training sessions
- Internal play-offs and integrated training
- Talent Identification and personal invitations to join elite programs
- Assistance with US College applications and planning
- Periodic scheduling of DOB, JDO, Senior Player and/or Senior Coach participation and visibility at Training and Games across all ages and divisions

# TEAM STRUCTURE

## COACH

The Club believes in coaching depth and leaving a legacy. Both current and past senior players are encouraged to adopt coaching, assistant coaching and leadership roles. The Coach is responsible for the development of the team and individuals, game play and strategies, structured training and team and parent leadership.

## ASSISTANT COACH

The Assistant Coach supports the Coach in co-ordinating and implementing training sessions, weekly games, carnivals/tournaments and general player wellbeing.

## TEAM MANAGER

The Team Manager is typically a parent in the team that the Coach has selected to assist them with the administrative duties in managing the team and inward and outward communication.

Duties of a Team Manager include (but are not limited to):

- Using Team App for communicating Club, team and competition news
- Maintaining the Team Selection List
- Organising the team scoring roster
- Completing the scoresheet at games and the collecting of player tickets in readiness for the referee.
- Running the 'bench' during game time with respect to drinks, first aid, tidiness and player welfare.
- Organising team registration for carnivals and accommodation options if required
- Liaising with the Finance Department on the compliance of with player documentation and fees
- Facilitating the teams fundraising responsibilities

## TEAM

The Basketball Team typically consists of 6-9 individuals. This range is ideal, as it creates options for the 'bench' regarding player rotations, substitutes, 5-foul replacements and court time.

# GAME DAY

Players are required to arrive at least 30 minutes prior to the scheduled starting time for warm-up drills and team huddle. The Coach and/or Team Manager will inform you directly, or via Team App of the stadium location and game time.

On entering the stadium, you are required to purchase a player ticket and a spectator ticket. The player ticket needs to be handed to your Team Manager. If you have more than one child playing for CDBC and are required to attend multiple stadiums in the same round, a Basketball SA Transfer Pass will save you buying another spectator ticket. Passes can be purchased from STARplex Reception.

Each player is expected to have a full drink bottle, their basketball, their training top (in the case of a colour clash) and be in full playing uniform as outlined in the Uniform Policy.

The Coach, Assistant Coach, players and the Team Manager are the only people to sit on the bench during the game. After the game the Coach, staff and players may spend a few minutes in a team huddle.



## TRAINING

All teams will have a mid-week (Tuesday, Wednesday or Thursday) training session and a weekend session (Sunday). The Coach or Team Manager will advise the specific times and training locations. Training sessions run for 90 minutes with the exception of some U10 sessions.

All players are expected to attend every programmed training session. If a player is unable to attend a training session the Coach or Team Manager must be notified beforehand.

## TRIALS & SELECTION

All new and existing players are required to complete an online registration (Intention to Play) prior to trials and pay a \$50 registration fee. This will be deducted from the upcoming season's fees. If your child is not selected to play in **any** CDBC team, you will be refunded \$50.

The selection process for all teams is a process that ideally is finalised during pre-season training session (before first game) however the League allows movement and re-allocation of players for 5 weeks into the season.

Internal and external trials are only one aspect of this process. Selection of players is also based on:

- Player ability, skill-level, and determination during training, try-out sessions and games
- Player focus, maturity, attitude and work ethic
- Player commitment to Club values and expectations

## FEES (2015/2016)

### SUMMER

<b>Under 10</b>	\$195 (\$140 after Registration)
<b>Under 12</b>	\$240 (\$190 after Registration)
<b>Under 14-18</b>	\$280 (\$230 after Registration)
<b>Senior Fees (Including U23)</b>	\$280 (\$230 after Registration)

### WINTER

<b>Under 10</b>	\$280 (\$230 after Registration)
<b>Under 12</b>	\$350 (\$300 after Registration)
<b>Under 14-18</b>	\$400 (\$350 after Registration)
<b>Senior Fees (Including U23)</b>	\$400 (\$350 after Registration)

### ANNUAL FEE OPTION

The club now offers an annual subscription for the full 2015-16 Summer & Winter season:

<b>Under 10</b>	\$425 (\$50 Saving)
<b>Under 12</b>	\$470 (\$50 Saving)
<b>Under 14-18</b>	\$630 (\$50 Saving)
<b>Senior Fees (Including U23)</b>	\$630 (\$50 Saving)

If choosing this option Payment Terms are available over a 3 month period with final payment by January 31st 2016. (Failure to meet the payment schedule will result in Full terms being applied)

Last Updated: 24 March 2016

## FEES (cont')

Invoices for player fees will be emailed to each family at the beginning of every season. The club offers an early bird discount if all fees are paid by the early bird date as stated on your invoice.

Families with three or more children may also be eligible for a sibling discount on the third and subsequent players. See the Fees Policy for full detail.

Fees can be paid via internet banking or EFTPOS Card payments (when the Finance Dept. is taking payments e.g. during initial training sessions). If you are having difficulty paying fees up front you may request to pay via instalments. Please contact [finance@lionsbasketball.com.au](mailto:finance@lionsbasketball.com.au) to enquire.

**Please note:** Fees are required to be paid in full by the 5<sup>th</sup> round of the season. Players with outstanding fees will be deemed "un-financial" and will not be permitted to train or play until all outstanding fees have been paid

### COUNTRY DEVELOPMENT MEMBERSHIP

The Central District Basketball Club is pleased to announce a discount fee structure for those players whose residential address is outside the set radius arc north of our club base, STARplex at Evanston.

This discount acknowledges the distances players travel, and recognises that in most cases, players are attending 1 training session per week.

For the 2015/2016 Season, the Country Development Membership fee states:

50 - 300 Kms	30% discount
300 + Kms:	60% discount

Last Updated: 24 March 2016

# UNIFORM

Each player is expected to purchase a uniform consisting of:

- 1 x playing shorts
- 1 x blue playing jersey
- 1 x red/white reversible training jersey

Uniform orders are placed at the STARstore, STARplex.

Opening hours:

Monday – Friday 8.30am -5.30pm

Saturday 9 .00am – 12.00pm.

Uniforms will need to be paid in full at the time of ordering and are approximately \$160. Please note that uniforms can take 6 – 8 weeks to arrive from the manufacture – Orders should be placed promptly.

In the interim, the Club can offer players a loan uniform while waiting for their uniform to arrive. A \$20 bond is required and will be refunded on return of the loan uniform.

In addition to the club merchandise available from the STARstore, the Team App store, has a variety of CDBC apparel.

Warm-up Top (optional)



## CLUB COMMUNICATION

CDBC has a strong focus on communication and it uses a number of channels for sharing Club and Team messages quickly and efficiently.

### TEAMAPP

All players and playing families are strongly encouraged to subscribe to Team App.

Team App is excellent in keeping you up-to-date with your team's news, initiatives, events, schedule, rosters and much more, directly from the Club, your Coach and/or your Team Manager. Please download the App to your smart phone and/or subscribe to the website version.



STEPS to put Team App on a device:

1. Download Team App here (<http://teamapp.com/app>)
2. Launch Team App
3. Search for "Central Districts Basketball"
4. Sign-up to Team App. You'll be sent an email confirming your registration
5. Request access to group(s) or team(s) that apply to you. E.g. - If you are a Team Manager join the Team Manager group. (You can subscribe to multiple teams if you have multiple players)

When notifications are made on Team App by the Committee, Coaches or Team Managers, the App will automatically notify you if you have subscribed to the relevant group. Team Managers will also keep you updated, via Team App.

**WEBSITE VERSION** - If you don't have a smart device (iPhone, Samsung galaxy, Tablet, iPad etc.) or prefer to use the App online go to <https://centraldistrictsbasketball.teamapp.com> to sign up and view the App online.

### OTHER WAYS WE COMMUNICATE

**CLUB WEBSITE @ [LionsBasketball.com.au](http://LionsBasketball.com.au)** - Regular News, Club Updates, Document Releases and Club Success.

**Facebook Group** - [www.facebook.com/groups/CentralDistrictLions/](http://www.facebook.com/groups/CentralDistrictLions/)

**Email, Phone and Handouts** - There are occasions when the Club or your Team Manager will use email, printed handouts and may even need to ring or text you.



## STADIUM LOCATIONS

The district basketball competition is played at various stadiums located throughout metropolitan and outer metropolitan area.

### HOME STADIUM

STARplex	Alexander Ave, Evanston
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### AWAY STADIUMS

<b>Southern Tigers</b> Morphett Vale Stadium	Wilfred Taylor Reserve, States Road MORPHETT VALE
<b>Woodville Warriors</b> St Clair Rec Centre	109 Woodville Road WOODVILLE
<b>North Adelaide Rockets</b> Hillcrest Stadium	483 North East Road HILLCREST
<b>South Adelaide Panthers</b> Marion Stadium	Norfolk Road MARION
<b>Forestville Eagles</b> Wayville Sports Centre	Rose Terrace WAYVILLE
<b>Sturt Sabres</b> Pasadena Sports Centre	Daws Road, PASADENA (Corner of Goodwood Road and Daws Road)
<b>West Adelaide Bearcats</b> West Adelaide Rec Centre	50 St Vincent Street PORT ADELAIDE
<b>Norwood Flames</b> Marden Sporting Complex (MARS)	Lower Portrush Road MARDEN
<b>Mavericks</b> Adelaide Hills Rec Centre - Eastern	2 Howard Lane MOUNT BARKER

## HOT WEATHER POLICY

On days when the forecast maximum temperature as published in the Advertiser/Sunday Mail that day is 38 degrees or higher, all district games will be cancelled or postponed, except those at air-conditioned stadiums (currently the Adelaide Arena and STARplex meet this criteria).

On days when the predicted maximum temperature as published in the Advertiser/Sunday Mail that day is 35 degrees or higher, timing rules for all games will be modified as follows:

1. Referees to call a time-out at the half way point of each period, if one has not already been called
2. The quarter, half and three quarter time breaks to be extended by a minute

# CODE OF CONDUCT

CDBC is regarded as a Club that is respectful and well respected; a Club that celebrates achievement but is also gracious in defeat. We promote “Play by the Rules” and player development through positive role-models and our Pathways Program.

We remind all spectators and parents, that inappropriate, disruptive and/or negative call-outs and behaviour, or sideline coaching to players and coaches on either team, the Referees and Court Supervisors is **NOT** acceptable - regardless of the age group, division level or game importance. It is important to remember that first and foremost that the players are **children** who play for the love of the game.

We highly encourage team spirit and positive passion from players and spectators but we will not tolerate gross negativity and unsportsmanlike behaviour that will tarnish the Central Districts Basketball Club. Our Club is built on a foundation of player development, community values and fair competition.

The Club subscribes to the BSA code of conduct which is listed below.

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young player or referee for making a mistake.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Show respect for your team’s opponents.
- Encourage players to follow the rules and the officials’ decisions.
- Do not use foul language, sledge or harass players, coaches or officials.
- Spectators are not to attempt to intimidate an opponent, or an official, by their words or actions.
- Spectators are to treat all players, coaches, officials and other spectators with the same respect, professionalism and courtesy that you expect.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion

Note: Known, observed or reported incidents of inappropriate, disruptive and/or negative behaviour will incur implications for the parent/spectator. The ramifications for repeat offenders will impact on their child’s playing future with the Club.

The Central Districts Basketball Club subscribes to and promotes the directives within "Play by the Rules". [www.PlayByTheRules.net.au](http://www.PlayByTheRules.net.au)

BSA Policy: [Basketball SA Code of Conduct](#)

# EXPECTATIONS

Further to the above, the Club has expectations of spectators and parents to appropriately manage their communication with Coaches – especially when there is emotion and feelings at or during game time.

**To be clear – the Club policy is as follows:**

- There is to be no discussion with coaches including assistants on match day or at games in regards to team selection, playing minutes or coaching decisions made during the game.
- If parents have concerns that have arisen from a game situation they should wait until the next training session (typically the following Sunday) to address the coach.
- Parents must request an opportunity to speak with the coach via the Team Manager. This can be a verbal request in person or by phone or via text or email. The request should clearly outline the reason for this conversation and parents should be mindful of how they conduct themselves during this process.

This Policy links with the flow of communication for concerns, issues and complaints to Junior Panel, and then Basketball Management and CDBC Management Committee.

In addition, the above also links to a point within the BSA Code of Conduct:

***Spectators are to treat all players, coaches, officials and other spectators with the same respect, professionalism and courtesy that you expect.***

# RAISING A CONCERN, ISSUE OR COMPLAINT

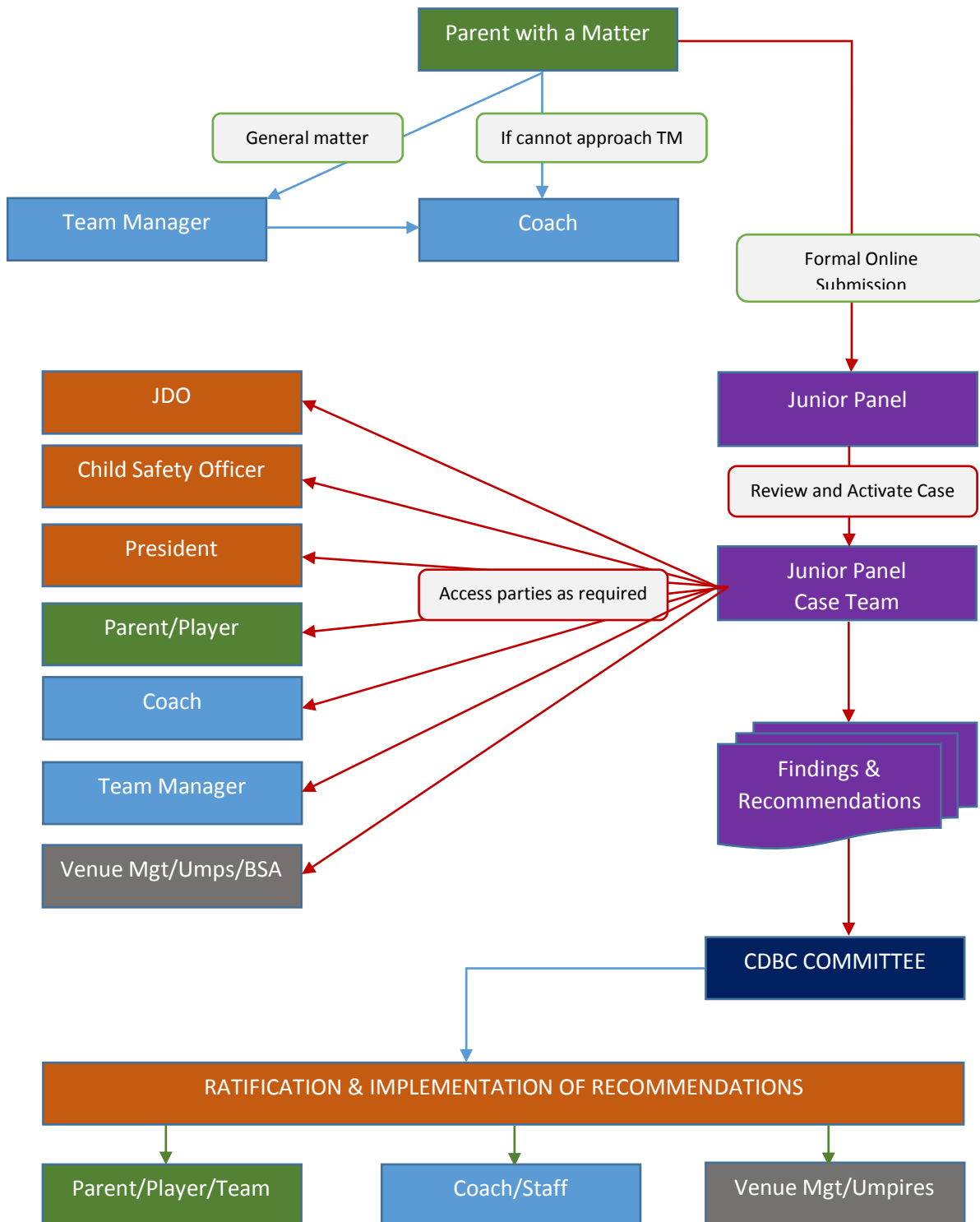
For a Spectator or Parent to raise a matter, their first point of contact is the Team Manager. Depending on the subject or request, the Team Manager will engage the Coach if required. If no action or outcome results, or the issue involves either role, a formal submission can be placed online of Junior Panel.

Junior Panel will assess the matter and activate a case. The case will involve a process to obtain information, testimonies, history and consulted opinion. Tasks typically taken include documented witness statements, interviews, summary, conclusions and recommendations. Parties that are or can be involved in a case include Junior Panel Case Team, Junior Development Officer(s), Director of Basketball, Club President, Coach(s), Parent(s), Player, Team Manager, Child Safety Officer, Spectator Witnesses, Stadium Officials, Umpires, and BasketballSA.

Findings and conclusions from the process result in Recommendations that are presented to the CDBC Management Committee for discussion and/or ratification. Once ratified, the recommendations are actioned and implemented. (E.g. corrective plan, changes to team/personnel, an apology, a suspension, a penalty of some type, etc)

# FLOW OF COMMUNICATION

For a Spectator or Parent to raise a matter of concern, issue or complaint.



# WAYS TO VOLUNTEER

Volunteers are crucial to the success of any sporting organisation. CDBC relies on the support and contribution of volunteers. Volunteering provides opportunities to meet people, share experiences, to utilise/develop skills and interests, and to be actively involved in the Club and sporting community. In sharing time, energy, skills and resources, volunteers also assist in minimising ongoing financial burdens and therefore the cost to players/parents. Roles that welcome volunteers include:

### Committee Member

CDBC is managed by an Executive Committee consisting of: President, Vice President, Secretary, Treasurer, Junior Panel Coordinator, Senior Committee Coordinator, Fundraising Officer, Sponsorship Officer and General members. There are opportunities for parents to join the CDBC committee. Please speak to a current member and consider attending our AGM in November.

### Coaching Staff

If you are interested in becoming a Coach or Assistant Coach please contact the Junior Development Officer (JDO). Coaches expectations, mentoring, training, role modelling and feedback must be consistent with the “Lions Way” ethos, and follow the positive on/off court practices as outlined in the manual.

### Carnival Director

The Carnival Director is the main point of contact for local, regional and interstate carnivals. Their role is to ensure all required paperwork is lodged and carnival communications are relayed to Team Managers.

### Junior Panel

The Junior Panel consists of a small group of parents and 1-2 committee members. The Junior Panel assists in communicating, supporting and monitoring Junior basketball issues including parent concerns and player safety. The Junior Panel also distributes additional information, manages uniforms and coordinates fundraising.

### Team Manager ([PDF: Team Manager Role Duties](#))

Each team has a Team Manager. They maintain the general running of the team, allowing the Coach to concentrate on the coaching and training aspects. They are the liaison person between team, Coach, parents and committee.

### Fundraising

The Fundraising Committee are responsible for raising additional funds for the Club. CDBC are always looking for new and innovative ways to raise funds, and any ideas will be welcomed.

### Premier League Game Hosts

Parent are welcome to volunteer for a variety of duties during the night. These include: Taking money at the door, selling raffle tickets, preparation of food, cooking a BBQ. Players are welcome to volunteer their time to sweep the courts during the games.

If you are interested in any of these roles, please speak to a committee member who will gladly assist you with any enquiries.

## CARNIVALS & TOURNAMENTS

Participation in tournaments is an important aspect of developing player skills and abilities plus generating Club buzz and experiences.

At the start of the season, the Carnival Director and Coaches, will discuss and decide which carnivals/tournaments they plan to enter. Coaches and Team Managers will consult with parents and players to ensure players are able to attend before nominating the teams. CDBC has a designated number of *Compulsory Tournaments* in which the Club will be represented (these do not include U10 teams) – as follows:



### State Championships – Mid May

This is the top club basketball tournament in South Australia for Div 1 & 2 teams ONLY. Performances at these championships dictate how clubs are measured and whether they will qualify for Nationals or Classics. Games are held at a variety of stadiums around Adelaide, and require players to be available for games Thursday evening, Friday evening, Saturday and Sunday of the selected weekend.



### Melbourne Classics (or Nunawading Spectres Tournament) – June Long Weekend

It is compulsory for all Div. 1 teams and expected for all Div. 2 teams to nominate for this tournament. The Melbourne Classics is an 'invitation only' tournament based on placings in State Championships. Both tournaments are in the South Eastern Suburbs of Melbourne and require players to attend games scheduled on the Saturday/Sunday at various stadiums. Finals for qualifying teams are played on the holiday Monday.



### U14 National Championships – Sep/Oct

This is an invitational only tournament based on State Championship rankings. Clubs throughout Australia measure themselves by performances at these tournaments. These tournaments are held in Capital Cities around Australia.



### SA Metro and Country Carnivals

Other Clubs and regions offer carnivals across South Australia.

- Murray Bridge – October long weekend
- Mildura – June long weekend
- Bearcats – July
- Norwood – Easter weekend
- The STARplex tournament is held on the Australia Day long weekend, and the Club strongly encourages all teams to enter. It is an outstanding, enjoyable, fun tournament that provides the ideal opportunity for Teams to advance their skills and comradery to sharpen their skills following the Christmas and New Year break. These tournaments are not compulsory.

When tournaments are located outside Adelaide, your Team Manager will forward important information detailing location, schedule, traveling, accommodation, expenses and expectations.

## PREMIER LEAGUE



The Premier League is the Elite State Basketball League within S.A.

The League plays during the Winter season (March-September), with the Central Districts Basketball Club hosting a number of the women's and men's games at STARplex.

Games are a great night out for the whole family, and we encourage members, families and friends to come along to watch and cheer on our Lions Premier League Men's and Women's teams. Women commence play at 6.30pm and Men at 8.15pm. Please refer to the Basketball SA website for the fixture.

Junior teams regularly host Premier League Game nights for the crowd. It's an excellent and easy way to raise funds (selling food, raffle tickets etc.) to subsidise carnival registrations, expenses and/or team merchandise purchases, whilst supporting the Club and our senior players.

## PRIMARY CONTACTS

<b>President</b>	Terry Nathan	0403 006 733	<a href="mailto:President@LionsBasketball.com.au">President@LionsBasketball.com.au</a>
<b>Vice President</b>			
<b>Secretary</b>	Trudy Hood	0401 620 287	<a href="mailto:Secretary@LionsBasketball.com.au">Secretary@LionsBasketball.com.au</a>
<b>Treasurer</b>	Kevin Fisher		<a href="mailto:Finance@LionsBasketball.com.au">Finance@LionsBasketball.com.au</a>
<b>Director of Basketball</b>	Sean Carlin		<a href="mailto:DOB@LionsBasketball.com.au">DOB@LionsBasketball.com.au</a>
<b>Junior Development</b>			<a href="mailto:JDO@LionsBasketball.com.au">JDO@LionsBasketball.com.au</a>
<b>Junior Panel</b>	Justin McDonald	0404 860 022	<a href="mailto:JuniorPanel@LionsBasketball.com.au">JuniorPanel@LionsBasketball.com.au</a>

## POLICIES ONLINE FOR YOUR REFERENCE



The screenshot shows the website header for the Central Districts Lions Basketball Club. The navigation menu includes: Home/News, About Centrals, Premier League, Juniors, Forms, Policies, Fixtures/Results, and Registration. The 'Policies' menu is expanded, showing the following items with red arrows pointing to them:

- Fees
- Anti-Harassment and Abuse Policy of Officials and Referees
- Coaches Guidelines
- Parent Guidelines
- Tournament Participation
- Club Uniform & Dress Code Policy