MORNINGTON BREAKERS

Player and Parent Handbook

MORNINGTON BREAKERS

We welcome you on your selection to play representative basketball with Mornington Breakers in 2019.

This booklet has been prepared to assist you in understanding the various processes, procedures and policies that govern player, parental and coach involvement.

During the season you will be sent detailed information on various subjects. It is important that you regularly check your emails and keep your details up to date. We also use Facebook and our Website to keep our members informed. Mornington Basketball uses TeamApp to communicate timely information with our Breakers members. All families need to download this free application to stay up to date **morningtonbasketball.com.au/teamapp-for-mdba**.

You are strongly encouraged to join our Facebook page by clicking 'like' - facebook.com/MorningtonBasketballClub you can find our website at:

www.morningtonbasketball.com.au

Please take time to read this booklet and to refer back to it as the season progresses.

PLAYING REPRESENTATIVE LEVEL BASKETBALL

Mornington Breakers plays in the Melbourne United Victorian Junior Basketball League (“MUVJBL”) which comprises the following:

- Victorian Championship·
- Victorian Junior League 1, 2, 3, 4, 5, 6, 7, 8, 9

Breakers teams compete against other basketball associations across Victoria, e.g. Melbourne Tigers, Frankston Blues, Dandenong Rangers, and Bulleen Boomers, to name some familiar ones. Our representative program provides high level training in skills development, court strategy, tactics and physical fitness.

Mornington Breakers also participate in senior competitions with Big V. The senior program is run separately to the junior program although from Under 16 there is a possibility that some players may be invited to play at the senior level. Players from U16 upwards are eligible to Try Out for Senior teams.

Breakers players are encouraged to participate in our skills development programs during term - **morningtonbasketball.com.au/programs**. All Breakers players are expected to challenge themselves and continually refine their skills.

TEAM MANAGER RESPONSIBILITIES

A Team Manager will be appointed as a volunteer and is usually a parent within the team.

Team Managers are responsible for:

- Administration support to the Team and the Coach.
- Communicating important information to players their and families.
- Assisting the coach ensuring the safety of all players throughout every game.
- Ensuring that a First Aid kit is available.
- Carrying all medical indemnity and player contracts to all games.
- At each game, paying for and completing the score sheet, getting reimbursed by the players or their families, arranging a scorer, ensuring players sign the score sheet, ensuring the Coach’s name is on the score sheet.
- Assisting Administrators with forms and the database of contact details.
- Periodically help organise social functions for players, families and the team
- If requested by team coach, arrange for a parent to keep statistics or video of games.
- Promote to parents, players and coaching staff, Basketball Victoria’s Code of Conduct and Mornington Basketball’s Values
- Other duties as directed by the Mornington Basketball.

COACHING

The Director of Coaching takes overall responsibility for coach appointments and management. Breakers coaches are either qualified or offered the opportunity to become qualified under the National Basketball Coaches Accreditation Scheme.

Each Team will be allocated a Head Coach and some teams will be allocated an Assistant Coach. All coaches are required to conform with MUVJBL rules, which include the requirement for Working with Children (WWC) checks and the signing of a statutory declaration in regards to their character and conduct. Coaches are expected at all times to align with the Mornignton Basketball values of Community, Accountability, Sportsmanship, Intergrity, Transparency and Respect.

All coaches should strive to improve their knowledge of the game and how best to impart the various skills to their players. This is generally undertaken by attending MDBA coaching sessions, personal endeavours and upgrading qualifications.

Any queries regarding Coaching should be referred in writng to the Director of Coaching doc@morningtonbasketball.com.au

COMPLAINTS AND ISSUE MANAGMENT

From time to time, contentious issues arise that may cause some concern. It is important that these issues are raised and dealt with at the earliest possible stage. Parents must respect Coaches and realise that sensible and productive discussions rarely occur if a person is upset or emotional.

Most issues can be resolved through discussion with the Team Manager and/or coach. Parents and players are advised to not raise a contentious issue with a coach immediately after a game. Please make time to meet with your coach outside of match times.

If you are not satisfied with the outcome or response you should direct your inquiry to the MDBA General Manager - manager@morningtonbasektball.com.au

PARENTS BEHAVIOUR

Our parents are a vital resource in the successful running of the Breakers program. There are times where a very small percentage of parents create friction and tension amongst a team. Parents that cause conflict with players, coaches, team managers and officials are not welcome at Mornington Basketball in 2019. Conflict causes major disruptions to teams and the Commitiee of Management will have a zero tolerance towards behaviour outside of Basketball Victoria's Code of Conduct. Please familiarise yourself with the Codes of Conduct prior to and during the Season. As a parent you are expected to understand and behave in line with the Mornington Basketball values.

GRADING AND PLAYER MOVEMENT

Mornington Basketball reserves the right to remove or regrade players to higher or lower teams in accordance with the VJBL Rules of Operation during the season. Players are not confirmed on a team until grading is complete . If a player is removed from a Breakers program during 'grading', fees will be refunded.

Should a player during practice or grading games fail to perform to the coaches satisfaction the coach shall discuss the matter with the Director of Coaching and General Manager. Both the Director of Coaching and General Manager will meet with the player and the parents to discuss the improvements required and a time within which those improvements are to be made. The meetting will be documented.

If the player within the specified time fails to improve to the satisfaction of the coach and Director of Coaching, the player will be removed from the program and advised both verbally and in writing of the decision.

We ask you to respect the decision of the Club and if you have any queries or concerns contact our General Manager in writing manager@morningtonbasketball.com.au

FINANCIAL MATTERS

Players are not confirmed on a team until their fees have been paid, which is due on November 1st 2018. The club reserves the right to offer the position to another player if fees remain unpaid. For a full breakdown of fees view www.morningtonbasketball.com.au/breakers-fees.

If a family is having financial difficulties please contact MDBA's General Manager on 59750067 or email manager@morningtonbasketball.com.au to have a confidential converation.

MATCH FEES

At each game, each team must pay a "team sheet fee". The amount varies from venue to venue, but it is usually $55 to $70 . To cover this cost, Team Managers are required by the association to collect funds in advance from each player and may request a number of weeks in advance. To aid administration this is managed through a "kitty" type process. In addition, venues charge an entry fee which is about $3.00 per person including the player. Any player with outstanding fees will be referred to the Association and may be removed from the team.

EXPECTATIONS

Mornington Breakers have a series of expectations of its players. All players, regardless of team are expected to:

- Behave in line with Mornington Basketballs values
- Abide by MDBA, By Laws, Rules and Policies
- Abide by Basketball Victoria's Player Code of Conduct
- Attend all compulsory training and skills sessions
- Attend all games even when injured (although not when ill)
- Attend compulsory tournaments
- Report all injuries to their coach before playing or training
- Pay fees on time
- Participate in the team's obligation to support the Big V program

Attendance at both games and training must be given paramount importance and priority. Attendance is monitored by all Association and players may be penalised, removed or not selected if attendance is considered unsatosfactory.

TRAINING

Training sessions are compulsory for all players It is recommended that all players arrive at least 15 minutes prior to the starting time to stretch and prepare for the session. If for some unavoidable reason you cannot attend you must notify your coach or team manager well in advance. Our coaches spend many hours preparing these training sessions based on all players being in attendance. Notifying of non attendance at last minute is not acceptable and may result in reduced court time.

The days and times of training sessions are set by the club. Players are expected to commit to these training times and the club does not work around individual outside commitments in scheduling training.

PLAYING TIMES AND VENUES

Matches are played on Friday nights across the State.

The MUVJBL tries to structure U12 games at 6.40pm and U14 an hour later, with U18 potentially starting at 9.40pm. In reality, fixtures vary from these times, and the lower ranked the team in the overall MUVJBL structure the more variation there is. A lower graded U14 team could have an 8:40pm game, or a lower U18 team a 7:40pm game.

PRACTISE AND PRE GRADING GAMES

Prior to the gradingphase we may conduct both intra-clubpractise games and MUVJBL fixtured practise fames. Families should be aware that these games are normally schedualed within a few days of the actual games and you may just have a couple of days to prepare.

THE SEASON

The playing season has three phases:

Development phase: Practice games start in October and finish in mid-November.

Grading phase 1: Starts late November and finishes mid-December. From the start of this phase onwards, movement of players between teams is limited.

Grading phase 2: Starts early February and finishes early March depending on Easter. It is the final grading level and determines at what grade the teams will play in the championship season.

Championship (Main Season) phase: This is the period when teams play for premiership points and when the finals occur. The season's fixture is available at www.vjbl.com.au

TOURNAMENTS

Tournaments are actively used by all representative bodies as part of their year's development planning. During the season participation in one or more tournaments will be compulsory and Coaches may elect to play additional tournaments at the team's expense.

COURT TIME

Court time in the Breakers program is not guarenteed. The coaches may give some players more or less court time based on the match, training attendance, player attitude and player performance. Court time is soley at the coaches descretion and is supported by the association. Players and families should be prepared for this at the commencment of the season. Complaints from parents or players in reation to court time are not given consideration.

INJURIES

Registered players are covered for expenses associated with injuries incurred at games, tournaments and training by the Basketball Victoria Insurance Policy.

All players are encouraged to wear a mouth guard at games and training. Players must advise Team Coaches of any injury prior to training sessions or games. To promote team spirit players are required to attend all games even when injured, but not when ill.

If a player has a long term injury it is imperative that a medical certificate from a registered practitioner is submitted to the MDBA office as a matter of priority. Certificates will be lodged by the MDBA to the MUVJBL.

UNIFORMS

All players are required to wear the official Mornington Breakers uniform for pre -game warm-up and during the course of the game.

The Mornington Breakers uniform comprises of the following compulsory items:

- Playing singlet
- Playing short
- Training singlet (reversible)
- Hoodie
- Bag
- Socks

No substItute items will be allowed. This policy applies to Friday night games, tournament training and at any time representing Mornington Breakers.

PLAYER CODE OF CONDUCT

1. UNDERSTAND AND PLAY BY THE RULES

Understanding and playing by the rules is your responsibility. The rules exist for the safety, proper order and enjoyment of all people involved in basketball. The lessons to be learned in this respect in basketball are lessons that can and should be carried over into all aspects of your lives. Do not ignore or deliberately break any rules. Even if you think that a deliberate foul may give your team an advantage, you should not commit the deliberate foul in the interests of fair play. If you do consistently commit deliberate fouls or break the rules you must accept that there will be consequences for you and your team. Do not let yourself or your team down.

2. RESPECT REFEREES AND OTHER OFFICALS

Referees and officials have a difficult task to perform and yo u could not play the game without them. They are there to enforce the rules of pla y but they cannot always be right. Accept bad calls graciou sly. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree wit h a decision, have your coach, captain or manager approach the referee during a break or after the game, in an appropriate manner.

3. CONTROL YOUR TEMPER

Verbal abuse of officials is a serious offence against the rules of basketball. Verbally abusing other players or deliberately distracting or provoking an opponent are also not acceptable or permitted in basketball. Loss of temper is not only unpleasant for other participants in the game, it can also distract you and have an adverse effect on your concentration and effectiveness on the court.

4. WORK EQUALLY HARD FOR YOU AND YOUR TEAM

You owe it to yourself and others involved in your team to train and play to the best of your abilities. Your team's performance will benefit - so will you. If you are half-hearted about your involvement in the sport you will become dissatisfied and lose out on the much of the enjoyment and satisfaction you can derive from giving it your best.

5. BE A GOOD SPORT

Acknowledge all good plays whether they be by your team or the other team. Good manners and respect can be infectious. Everyone likes to be praised when they do something well. If you acknowledge the achievements of your opponents it is likely they will follow suit. Part of participation in sport is respect for all participants in the game. Your opponents are entitled to proper courtesy. Always introduce yourself to your opponents on court, congratulate them whether you win or lose and accept a loss gracefully. Remember that the opposition coach is there trying to do the best for their team and is also entitled to respect.

6. TREAT ALL PLAYERS AS YOU WOULD LIKE TO BE TREATED

Do not interfere with, bully or take unfair advantage of another player. Just because one of your team cannot perform as well as you do does not mean that they are not trying. Everyone makes mistakes. Do not abuse or ridicule another player when a mistake is made. Constructive guidance and encouragement when a player does well will assist a player to improve their game.

7. PLAY FOR THE “ENJOYMENT OF IT” AND NOT JUST TO PLEASE PARENTS AND COACHES

Playing sport, including basketball, should be fun. This doesn’t mean that you shouldn’t take it seriously, just that at the same time you should enjoy it. If you enjoy an activity you will perform much better and derive far more benefit from it than if it is an unpleasant experience. You may experience pressure from your coach and parents and others to perform outside of your capability or desires. Whilst this can be a positive and their way of showing you support in your activities, you should resist it where it no longer is enjoyable.

8. RESPECT THE RIGHTS, DIGNITY AND WORTH OF EVERY PERSON

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with basketball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution.

9. BE PREPARED TO LOOSE SOMETIMES

Everyone wins and loses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boasful winner. Recognise that even in defeat, the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for your wider life goals.

10. LISTEN TO THE ADVICE OF YOUR COACH AND TRY TO APPLY IT AT PRACTICE AND IN GAMES

Your coach has been appointed to coach your team because they have certain abilities and experience. They have also undergone training to ensure that you get the best coach that you can commensurate with your skill levels. Apart from skills training, your coach can provide you with helpful advice on all aspects of playing basketball. Make the most of the opportunity provided to you to work with your coach to have a happy and successful experience in basketball.

11. ALWAYS RESPECT THE USE OF FACILI ES AND EQUIPMENT PROVIDED

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use. Do not engage in dangerous practices such as hanging off hoops or “slam dunking”. Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.

PARENT CODE OF CONDUCT

1. ENCOURAGE YOUR CHILDREN TO PARTICIPATE FOR THEIR OWN INTEREST AND ENJOYMENT, NOT YOURS

Support your children in their participation in basketball but do not force them to play if they don't want to. Sport is played by children for enjoyment and fitness. It is good for their bodies but should also be good for their minds. If they feel too much pressure from you it may make them rebellious or even depressed. It is very tempting for parents who are involved in a sport, or who have children with abilities they wish they had themselves to try and force the children to participate or to participate at a level to which they do not aspire. Resist the temptation.

2. ENCOURAGE CHILDREN TO ALWAYS PLAY BY THE RULES

Just as responsible parents teach their children to obey the law of the land, so should those same parents encourage their children to play sport by the rules. If your children show no respect for the rules of the game of basketball, they can also come to believe that breaking the law is acceptable too. If you see your children constantly breaching rules you should be prepared to speak to them at an appropriate time.

3. TEACH CHILDREN THAT AN HONEST EFFORT IS ALWAYS AS IMPORTANT AS A VICTORY

Your children will suffer many disappointments in their lives. You should teach them from an early age that whilst a win in basketball will bring them much pleasure, it is not the most important thing. Participating to the best of their abilities is far more important than winning. You can help them learn this, so that the result of each game is accepted without undue disappointment.

4. FOCUS ON DEVELOPING SKILLS AND PLAYING THE GAME REDUCE THE EMPHASIS ON WINNING

If children see that effort is rewarded by an increase in skills, they will derive considerable pleasure and see the importance of striving to improve over the necessity to win every game. Primary responsibility for skills training rests with the children and their coaches but you can assist with their enthusiasm by attending games, encouraging them to practise away from formal training and games and even joining in with this practice.

5. A CHILD LEARNS BEST BY EXAMPLE. APPLAUD GOOD PLAY BY ALL TEAMS.

Acknowledge all good plays whether they be by your children's team or the other team. Good manners and respect can be infectious. If you acknowledge the achievements of your children's opponents it is likely your children will follow suit. This can assist to create a positive and supportive climate for all children involved in the game.

6. DO NOT CRITICISE YOUR OR OTHERS' CHILDREN IN FRONT OF OTHERS.

Reserve constructive criticism of your own children for more private moments. Children can be very sensitive and feel strong humiliation if they are criticised in front of their peers. When you do feel the necessity to speak to your child about something that displeases you, make the effort to explain what the problem is and why you are concerned about it. If you can see some way of avoiding the problem in the future, also explain this to the children. Give your children an opportunity to offer you an explanation. You are not communicating with your children effectively if all the communication is one way.

7. ACCEPT DECISIONS OF ALL REFEREES AS BEING FAIR AND CALLED TO THE BEST OF THEIR ABILITY

Referees and officials have a difficult task to perfor m and your children could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, discuss it with your children in a constructive manner.

8. SET A GOOD EXAMPLE BY YOUR OWN CONDUCT, BEHAVIOUR AND APPEARANCE

Children often learn by example. You are the prime role models for them. Make your parenting rewarding and beyond criticism by leading by example. Do not criticise opposing team members or supporters by word or gesture. Accept loss graciously and applaud the efforts of all playing the game. Do not be one of the "ugly" parents occasionally seen at sporting events.

9. SUPPORT ALL EFFORTS TO REMOVE VERBAL AND PHYSICAL ABUSE FROM SPORTING ACTIVITIES

Parents have considerable influence in how sports are conducted. Often they are called on to perform volunteer work to help organise their and others' children's' activities. Use this rewarding experience, not just to assist in gettng the necessary work performed, but also to influence the atmosphere in which your children play the sport. Children not as fortu nate as yours whose parents are not willing or able to be in volved may need some guidance on what is or isn't acceptable behaviour.

10. RESPECT THE RIGHTS, DIGNITY AND WORTH OF EVERY PERSON

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with basketball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution. Your children will most likely follow your lead in matters of discrimination and vilification.

11. SHOW APPRECIATION FOR VOLUNTEER COACHES OFFICIALS AND ADMINISTRATORS

Volunteers are necessary for the functioning of sporting activities. Without them, your child could not participate. Whilst many are parents of people involved in the sport, many are also people dedicated to the sport and its development. Show them the respect and appreciation that they deserve.

12. KEEP CHILDREN IN YOUR CARE UNDER CONTROL

Basketball encourages you to bring your children to games. However, there can be dangers to them in a basketball stadium. They can also constitute a danger to players. You should ensure that children with you at a basketball game are well behaved and do not wander onto or too near to courts. They can easily be knocked down by a player or a player can trip over a child when concentrating on the play and not expecting a small child to be in the way.

13. ALWAYS RESPECT THE USE OF FACILITIES AND EQUIPMENT PROVIDED.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use. Discourage your children from engaging in dangerous practices such as hanging off hoops or "slam dunking". Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.

VALUES

MORNINGTON BASKETBALL DESTINATION 2023

COMMUNITY

We are a proud community and family-oriented Association. We will proactively drive and support community initiatives that encourage children and their families to lead healthy, happy and active lives.

ACCOUNTABILITY

We embrace the privilege of administering a Community Basketball Association, and acknowledge the responsibility to our members to deliver an association and experience that is sustainable, professional, successful and enjoyable.

SPORTSMANSHIP

We are good sports both on and off the court. We model our core values and are proud to belong to Mornington Basketball where we strive to operate, train and play to our potential.

INTEGRITY

We act with integrity, which is demonstrated and recognised through our respectful behaviours, high standards and our transparent and open communication.

TRANSPARENCY

Our transparent business operations and communication provides certainty for our members and enables people to share ideas, knowledge and collaborate towards common goals.

RESPECT

We extend respect through all our interactions both on and off the court. We earn the respect of others through our consistent behaviours and the commitment to our values and culture.

Mornington District Basketball Association
1051 Nepean Hwy, Mornington VIC 3931
(03) 5975 0067