



Handbook for Junior Representative Players & Parents 2009

The 2009 Junior Representative Season Player and Parent Handbook

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This handbook can be viewed and printed from our web site which is at www.nsba.com.au and then selecting the representative tab.

This handbook contains all of the information you need about our programme and what it entails.

Welcome

Welcome to the Northern Suburbs Basketball Association (NSBA) Junior Representative Programme, the JRP, for the 2009 season. The programme is administered by NSBA which is the largest basketball association in NSW.

Once again NSBA has high expectations for a great year and welcomes all returning and new families to our programme. You are now involved with the most successful junior basketball programme in NSW.

The Programme

The Programme is primarily run for the benefit of NSBA's Junior members

Our JRP has four key elements; players, coaches, parents, and NSBA 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 handout so that you will understand our programme and what participation in it entails.

Please feel free to discuss any aspect of the JRP with NSBA Representative Manager Miro Popovic or NSBA Development Officers Chris McKibbins and Luke Brennan.

Have a great Season.
Go The Mighty Bears!

Miro Popovic

NSBA Representative Manager

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The NSBA

The NSBA manages the Junior Representative Programme (known as the JRP). The association is also responsible for the Senior Representative Programme, (known as the SRP and including ABA, State League and Youth League teams) and a huge programme of domestic mini ball, junior and senior social basketball. NSBA leases the stadium, the North Sydney Indoor Sports Centre, (known as NSISC) which is often referred to as Rooftop, from North Sydney Council. NSBA is obliged in its lease commitment to cater for sports other than basketball at NSISC.

NSBA through its elected board and full time staff lead by GM Trevor Karsten is the legal entity under which our programme operates and has final responsibility for the programme.

JRP teams play in Basketball NSW competitions called the Sydney Junior Championships (SJC) and the NSW State Championships (top 3 teams in Division 1 only).

Who is the programme for?

Our programme is primarily for the aspiring and elite girl and boy athletes of the NSBA mini ball and junior ball competition. It is the stepping-stone to senior elite representation. NSBA provides a range of options for basketball development for those outside the representative programme.

Confidentiality & Child Protection

The NSBA has significant child protection responsibilities. Our regular newsletter contains photos and names of members but access is limited to members of the programme and is password protected. Issues around confidentiality and use of personal information are dealt with in our Player/Parent Agreement.

Trials Procedures & Selections

The following four essential steps are common to all age groups and are as follows:

Step 1 - Read and Sign JRP Player/Parent Agreement.

To be an NSBA Junior Representative player, both player and parents need to agree to become part of our programme. You must bring your signed copy to the trial or you cannot participate!

Step 2 - Check out Trial Information

You need to check the schedule of pre trial trainings and also the dates and times for the trials themselves. (see page 16 for player selection information)

Day	Date	Register Time	Start Time	End Time	Age Group	Court
Monday	13 th , 20 th & 27 th / Oct	4:30pm – 5:15pm	5:30pm	6:55pm	18 Girls	2 & 3
		4:30pm – 5:15pm	5:30pm	6:55pm	18 Boys	1 & 4
Tuesday	14 th , 21 st & 28 th / Oct	4:30pm – 5:15pm	5:30pm	6:55pm	12 Girls	1 & 4
		4:30pm – 5:15pm	5:30pm	6:55pm	12 Boys	2 & 3
Wednesday	15 th , 22 nd & 29 th / Oct	4:30pm – 5:15pm	5:30pm	6:55pm	16 Girls	2 & 3
		4:30pm – 5:15pm	5:30pm	6:55pm	16 Boys	1 & 4
Thursday	16 th , 23 rd & 30 th / Oct	4:30pm – 5:15pm	5:30pm	6:55pm	14 Girls	1 & 4
		4:30pm – 5:15pm	5:30pm	6:55pm	14 Boys	2 & 3
Sunday	2 nd November 2008	8:30am – 9am	9:00am	10:30am	14 Boys	2 & 3
		8:30am – 9am	9:00am	10:30am	12 Boys	1
		10am – 10:30am	10:30am	12pm	16 Boys	2 & 3
		10am – 10:30am	10:30am	12pm	12 Girls	1
		11:30am – 12pm	12pm	1:30pm	14 Girls	2 & 3
		11:30am – 12pm	12pm	1:30pm	16 Girls	1 & 4
		1pm – 1:30pm	1:30pm	3pm	18 Girls	4
		1pm – 1:30pm	1:30pm	3pm	18 Boys	2 & 3

Step 3 - Register for your age group trial and pay your trial fee (non NSBA members only).

Go to the registration prior to trial. To be considered for selection, children must be registered!

Step 4 - Squad selections.

Team selections will be posted on this site, the NSBA web site. To confirm squad selection, a non-refundable payment of \$227.00 is to be paid to NSBA via www.nsba.com.au/camp and then selecting the appropriate age group.

Frequently Asked Questions

- **How much does reps cost?** In 2008 fees were approx \$425 plus the cost of some uniform items approx \$100.
- **How often do we train?** Generally one compulsory and one optional training per week.
- **How do I volunteer to help?** Contact NSBA Rep Manager Miro Popovic
- **What travel is involved?** Weekly on Sunday mornings/afternoons around Sydney from Sutherland to Penrith to Hornsby and in the pre season possibly a weekend to Gosford and for successful teams National Junior Classic, State and National Championships, see your Age Head Coach.
- **How long is the season?** Term 4 is development time, games in term 1 and 2, local finals in July and state finals August.
- **Do we play in the school holidays?** Generally not, but we run the best holiday camps in the world!!

If Selected

Squads and teams will be announced on NSBA's website. The NSBA Representative Manager and/or Your Age Group Head Coach will keep you informed.

If **NOT** Selected

Do not despair. Our programme is one of the best in Sydney and to make one of our squads is a significant achievement. Remember even the likes of Michael Jordan and our own Andrew Bogut did not always make the top team! You need development. NSBA through its full time staff offers a range of development options which are designed to teach the game and up skill participants. Many of our established representative players come through these programmes. Details of NSBA development programmes are available by contacting development officers Luke Brennan (Luke.Brennan@nsba.com.au) or Chris McKibbins (Development@nsba.com.au)

New to Representative Basketball? What it's all about!

Who do we play and when?

Your team will represent Northern Suburbs Basketball Association as the "Norths Bears" in the Sydney Junior Championships managed by Basketball NSW against the following Associations:

Bankstown	Blue Mountains	Macarthur	Liverpool
Manly	Hawkesbury	Ryde	Sydney City
Glebe	Penrith	Hornsby	
Parramatta	Hills	Sutherland	

Clubs don't necessarily field a team in every grade so, during the 15 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 early February and the Finals will be around July school holiday time. For Division 1 teams, a top three placing in the Sydney Championships leads to entry in the NSW Junior State Championships held in August/September.

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 Basketball NSW, before planning any holidays. Draws are made by BNSW and NSBA 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 45 minutes 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. A road trip with the players and families to regional NSW or even interstate is highly recommended as a way of getting to know your team and to experience junior basketball at the highest level. The National Junior Classic, held each year in Victoria over the June long weekend is an invitational only tournament attracting the best junior teams from across the country. NSBA teams are encouraged to strive for qualification. These tournaments do involve extra costs which are predominantly travel related. Your team's coach, with guidance from NSBA and parents, will determine whether your team seeks entry in any additional tournaments.

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 60 to 80 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 NSBA guidelines and consist of 10 players. 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. 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. Your coach will be able to explain.

Teams will generally train one weeknight before the Christmas break. Once the games begin, coaches may organise a second training for players to attend.

Cost.

The cost for this Representative Season is as follows:

- Pre-Christmas Squad payment of \$227.00.
- Season Payment has two options:
 - Once per week training is \$224.00
 - Twice per week training is \$386.00
- Registration with NSBA of up to \$75.00. This amount varies depending upon the age of your child. Your child is likely to be registered already at NSBA. It is a requirement of playing in the NSBA JRP is that your child plays domestically at NSBA. To play domestically at NSBA, the child must have BNSW registration.
- Uniform (compulsory items)
 - NSBA Warm up shirt, NSBA Shorts and NSBA reversible training singlet.

The squad and season fees is based on the cost of services provided to the programme, (e.g. court hire, referees, court supervisors, equipment, nomination fees). **NSBA provides all administrative services for this programme at no cost to the programme** and is able to do so through the income generated by domestic basketball, (Junior and Miniball as well as Development) activities. If teams wish to arrange further training sessions, these are currently charged at \$55.00 hour and have to be booked via NSBA admin officer, Peter Conneely at Peter.Conneely@nsba.com.au

Uniform.

Each player will have to purchase team shorts, warm up top and red/black reversible training singlet. The cost of these may range from \$100 - \$150 depending on size. If you are a returning player, you may not need to replace any of these items. In 2009, NSBA is having a uniform purchasing day, where NSBA will endeavour to provide most junior rep uniforms on that day. The date in December will be confirmed on NSBA's website www.nsba.com.au Ordering of uniforms will be conducted on the day. Please choose your sizing carefully. Bear in mind that the recent trend in basketball uniforms is for a loose, baggy fit.

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 every one 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. NSBA 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 Miro Popovic, NSBA 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 NSBA club competition but not overly difficult. If you are unsure, register for one of score bench classes NSBA 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.

Game Reporting

The JRP has a regular newsletter "Timeout" which needs amongst other things reports from games, interesting basketball news and photos in digital format. Anyone can assist.

More information

As the season progresses, the NSBA web site, the JRP "Timeout" newsletter 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 Basketball NSW website provides information of extra development opportunities they offer.

Web Sites You need to bookmark include

<i>Our North Bears home</i>	<i>www.NSBA.com.au</i>
<i>Basketball NSW, draws and scores</i>	<i>www.nswbasketball.net.au</i>
<i>Basketball Australia</i>	<i>www.basketball.net.au</i>

Guidelines and Expectations

The NSBA 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	Fees
Season Structure	Draws and Home Games
Parents Participation and Behaviour	Selection Procedure
Child Protection	Educational Services
Coaches	Feedback/Reviews
Eligibility	

Player Participation Guidelines and Expectations

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 team mates and team management and your association
- Conform to any team rules or special instructions from team management and your association

NSBA Domestic Competitions

- All Junior representative players are required to play in one of NSBA's domestic competition.

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 including not addressing umpires, opposition players or officials
- Display good sportsmanship at all times.
- Win with humility, loose with good grace, remembering "it is only a game"
- Discuss any basketball problems with coaching staff. On game day this should be limited to urgent matters only.
- Do not step onto court; leave coaching staff to deal with injuries and on court matters

Equipment, Facilities and Property

- Use equipment respectfully and safely following all rules or instructions and the directions of responsible officials.
- Follow all instructions and the directions of responsible officials while attending any basketball activity including non NSBA venues.
- Recognize that players represent the NSBA 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 NSBA
- Participate in JRP activities
- Participate in NSBA player development activities
- Support NSBA senior representative teams when possible

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 NSBA.

Season Structure

The NSBA JRP 2009 Programme Plan - Programme in three Parts

The JRP year will be divided into three separate parts and includes five major elements

PART 1

- Coach Identification & Development (Pre Trials)
- Player Identification & Development (Pre Trials)

PART 2

- Individual player Development (Post Squad Selection)

PART 3

- Team Development (Post Team Selection)
- Coach Development (Post Team Selection)

Part 1. Identification & Development

1.1 When?

This part of the programme will be implemented in School Term 3 and starting with the North Shore Primary School Challenge, which will be programmed for the last school week in School Term 2. This is a major talent spotting exercise run in parallel with spotting by the NSBA Development Officer.

1.2 Who For?

This part of the programme is NOT compulsory, individuals need to assess the need or otherwise to be involved. This is a discretionary decision for each individual which carries no repercussions in selection terms. School needs to take priority at all times.

Overlap for State/Nationals Finals

Those D1 teams which are successful enough to reach the State Championship, State Primary School and possibly the National Championship Rounds continue competition until well into School Term 3 potentially including the September School Holidays. These teams are exceptions which need to be treated in a different way from the majority of teams/players for whom this plan is devised. The extra load which participation in Nationals brings (JRP U14 Boys in 2005, 2006, 2007 & 2008 participated in these games) needs to be carefully managed. A specific commitment/development strategy will be implemented by the coach in conjunction with the association and parents of players and teams which is involved in nationals to manage the period up to the start of the next rep playing season.

1.3 Rep Activities

Elite Programme training and Pre-Rep trials rep Camp (Monday 29th September to Wednesday 1st October 2008) managed by NSBA with an emphasis on younger players. Go to www.nsba.com.au/camp for information and enrolment.

1.4 Commitment for Team Management/Coaches

No specific commitment required from JRP Team Management/Coaches, this is time for rest and recharging batteries. Prospective coaches for 2009 need to reapply to the NSBA Representative Manager.

1.5 Coaching Requirements

Prospective coaches of U12 Teams in particular would benefit from monitoring trials in their division and being involved in scouting talent and recruiting.

1.6 Calendar Events in this Part of the Programme

- The North Shore Challenge Primary Schools Tournament
- The End of Season Presentation (for previous year)
- Advertising for Coaches
- Selection of Age Head Coaches
- Scouting prospective Coaches from Miniball, juniors and outside
- Conduct Level 0 & 1 Coaching courses

Part 2. Individual Development

2.1 When?

Currently, all Age Group trials are conducted over a three week period (see timetable on page 3).

This will allow for early selections and maximum training opportunities for our newest and youngest players and allow the maximum JRP resources to be focused and involved. At the trials, age group squads are chosen so that each player chosen at this time knows he/she will be in a rep team for the 2009 season. During this period, the performance of players is evaluated, and will be monitored and this will influence the final team selections (i.e. D1, D2 Red or D2 Black). Once trials cease, squads are submitted to the NSBA Rep manager and development officers for ratification. The Rep manager and development officers meet with Age Head coaches, team coaches and assistant coaches to discuss squad selection. The NSBA Rep Manager and NSBA Development Officers then assesses/endorse or raises queries about selections and with all coaches present. A final squad is then submitted to the NSBA Board and GM for ratification.

By the end of the first week in December Age Head Coaches and Team Coaches nominate the proposed teams for the season by a report to NSBA Representative Manager and seek NSBA Board Endorsement of team selection proposals. The NSBA Board in conjunction with NSBA Rep Manager, NSBA General Manager and NSBA Development Officers then assesses/endorse or raises queries about selections and with Age Head Coaches in following week. NSBA Board ratifies team selections.

This part of the programme ends in the week before Xmas at the latest when the endorsed team rosters are notified to the NSBA web site.

2.2 Who For?

Essential for U12 and U14 players selected in the rep squads for School Term 4. (except in the case of players in teams attending nationals as discussed above). This period will be a basis for rep selections.

Essential for U16 and U18 development players but not necessarily for more advanced players and state/national reps depending on workload. Individual programme commitments need to be agreed with the Age Head Coach in consultation with

the JRP Head Coach and NSBA Representative Manager and NSBA Development Officer.

2.3 Activities

The focus of this period will be non team activities, i.e. individual development as against team strategy development. School Term Four is the major teaching opportunity for the younger players both in terms of court availability and less pressure from scholastic activities.

For U12 and U14 this is when the major teaching emphasis occurs in preparation for the rep game season. Accordingly one weeknight session per week minimum will be required. It is recognized that clashes with summer sports may occur and that the head coach will need to be flexible in establishing training times and venues to suit the playing group. To achieve the type of development needed at this age group level it is considered two sessions per week are highly desirable/essential in this period.

For U16 and U18 one session per week will be compulsory. Age Head Coach in consultation with NSBA Development Officer and Representative Manager will assess the development needs of individuals in the group. State and Nationals participants will be managed separately from the group. Development players will generally need two sessions.

2.4 Coaching Requirements

Head coaches must be at their age group training session each week in this period. Potential D2/3 and/or assistant coaches should also make themselves available to work with the Age Group Head Coach. In particular the needs of the U12 group need to be emphasized. This is also the time of the year to implement coaching for coaches and L1 and L2 accreditation programmes especially for prospective Team Coaches and Assistants.

2.5. Calendar Events in this Part of the Programme

- Announcement of Age Head Coaches.
- Trials
- Announcements of Team Coaches
- Squad selection recommendations made to NSBA
- Odd Age Championships
- Announcement of team selections

Part 3. Team Development

3.1 When?

This part of the programme commences after the Christmas break and includes all of the Sydney Metro competition held in School Terms One and Two and includes pre season games through to Sydney finals at the end of School Term 3/start of Term Four. For most, those not in state/nationals, the season ends early in term three when Sydney Metro finals are held.

3.2 Who For?

Only those selected in the rep age group squads participate in this part of the JRP. NSBA has alternative development options for those not selected in rep teams which in JRP teams including Tournament teams in some age groups.

3.3 Activities

- One training per week compulsory.
- Pre season tournaments, games (Gosford Tournament (optional-coaches decision) & Manly/NSBA Geoff Martin Challenge)
- Melbourne Queens Birthday (optional-coaches decision)
- 14 Round Sydney Junior Championships
- School Holiday Rep Camps, participation expected in term 2 & 3 holidays if individuals available
- Sydney & State finals if competing (July/August)

3.4 Coaching Requirements

Age Head Coach and Team Head coaches to be available for all games, tournaments and trainings.

3.5 Calendar Events in this Part of the Programme

- Annual player presentation and team photo breakfast.
- Pre season game day (Geoff Martin challenge)
- Pre season tournament play, Gosford and similar
- Challenge for teams nominating to D1/2 as per format advised annually by BNSW
- NSBA endeavours to Host Four "Bears Blockbuster" home games. (every NSBA team plays at home on Sunday)

Other Items Related to Programme Plan

A. Nomination of Teams

In the JRP the maximum number of teams should be nominated in each of U12 and U14 age groups to ensure that a broad enough base for future senior teams is available recognizing the current apparently inevitable loss of players as they grow older. The objective is to have three teams in U12 and U14 and two teams in U16 and U18 provided that:

- Sufficient talent is available
- Suitably qualified and committed coaches have been identified.

The NSBA General Manager, NSBA Representative Manager, NSBA Development Officer and Age Head Coaches will liaise to resolve whether in any season the establishment of three teams in an age group is warranted.

B. Numbers of Players

Players are selected in accordance with the JRP Player Selection Guidelines.

For all JRP teams a maximum of ten players will be selected.

Reserves are drawn from lower divisions down as required.

No more than 10 players are permitted on JRP playing groups in any event, 10 players only for games.

For training purposes as necessary and in the event of major injury the Age Head Coach will have at their disposal the entire resources of the age group.

C. Costs

Each part of the annual programme carries its own cost component.

- Pre Rep Identification & Development –costs met on a per session basis
- Rep Individual Development –cost set in JRP budget but includes training costs only. Fee payable at first training after rep squad selections in first few weeks of School Term 4.
- Rep Team Development –the major cost elements as per the JRP budget part 2. Payable in February

D. Training Schedules 2008/2009

Every team is entitled to one full court training session per week. Division one teams have the option of having two compulsory sessions per week and it is the coaches choice. Division 1 coaches need to notify the representative manager of their intentions regarding 1 or 2 training sessions per week. The D2/3 teams of U 12 & U14 will have the option to train together once per week if the coaches choose to do so. Training schedules are produced by the Representative Manager; a draft of the 2009 training schedule should be available by week 3 of the trials.

Parents Participation and Behaviour Guidelines and Expectations

Overall Parent Participation Objective

To maximize positive and supportive parent behaviour and participation in and enjoyment of the administration of the JRP.

Scope

Parent participation relates to six 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 NSBA 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 children 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 children in our programme.

NSBA 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.
- 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, loose with good grace, remembering "it is only a game"
- Discuss any basketball problems 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.
- Cooperate 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 NSBA player development activities
- Support NSBA 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 NSBA may intervene to ensure the JRP experience of all participants is positive and supported.

If you have an issue, please contact NSBA General Manager or Representative Manager and fill out the appropriate forms at the following link http://www.nsba.com.au/contact_forms.htm

Child Protection

All coaches and managers are to undertake a Child Protection course which will be organised by BNSW for NSBA. This will be communicated to all parties by NSBA Management.

Coaches Guidelines and Expectations

Background

The strength of the JRP is largely dependant 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.

Part 1 Resources Desired

1.1. Coaching Hierarchy and the Development of Coaches

The NSBA 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:

NSBA Representative Manager together with NSBA Development Officers and NSBA General Manager recruit, manage, instruct, assist and educate a team of voluntary coaches which include Age Group Head Coaches, team coaches and assistant coaches. Age Group head coaches are to have a minimum Level 1 qualification.

1.2 JRP Annual Coaching Numbers

The annual coaching requirement in an ideal outcome is a total of 40 positions, 20 are essential, a further 20 required for a successful programme.

JRP Head Coach

8 Age Head Coaches (Head Coach may be one of these)

Boys and Girls U12, U14, U16 & U18

20 Team Coaches (including 8 from Head Coaches list)

Division 1 & 2, Boys and Girls U12, U14, U16 & U18

20 Senior Assistant Coaches

Division 1 & 2, Boys and Girls U12, U14, U16 & U18

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 NSBA

- Sign Required Child Protection Documentation and NSBA Behaviour undertaking (see Appendix)
- An age group squad selection recommendation after trials have ceased
- A team selection recommendation once pre-Christmas training has ceased.
- Prior to the 31st. of January, Team Objectives for the relevant group which have been agreed with the Age Head Coach, the NSBA Representative Manager and the NSBA Development Officer.
- Prior to the start of the Sydney Junior Championship, a brief season plan for the development of the relevant team which has been agreed with the Age Head Coach, the NSBA Representative Manager and the NSBA Development Officer in accordance with issues discussed at the coaches forum.
- An End of Season Review within two weeks of completion of the normal Sydney Championship Competition (or later for state/national participants as agreed with the NSBA) See below for further information.

2.2 Responsibilities of Age Head Coach

1. During School Term 3 with the NSBA Development Officer the AHC will look to develop and provide to the NSBA season objectives for each team in the relevant age group using the JRP Skills Matrix as a guide to development.
2. During School Term 4 with the NSBA Development Officer develop and provide to the NSBA a pre Christmas training plan for School Term 4 for the relevant age group using the JRP Skills Matrix as a guide to development..
3. During School Term 4 provide an assessment of the development level of each player in the Age Squad.
4. During School Term 4 implement and oversee the pre Christmas training plan.
5. Provide the NSBA with a recommended team list and liaise with NSBA Rep Manager on any selection matters.
6. Assist the NSBA Development Officer to identify suitable coaching resources for the relevant age group.
7. Act as Team Head Coach of the relevant Team.
8. Provide the NSBA with a post season review of the development of all players in the age group.

2.3 Responsibilities of Team Head Coach

1. Be familiar with the Guidelines and expectations of NSBA.
2. Implement the Guidelines and expectations of NSBA.
3. Liaise with the Age Head Coach, the NSBA Development Officer and the NSBA representative Manager on ways to achieve the adopted JRP objectives for the relevant team.
4. Assist the Age Head Coach in the pre Christmas development phase.
5. Manage individual player and team development for the relevant team in the post Christmas period.
6. Liaise with the NSBA Development Officer and the NSBA representative Manager regarding the results of the NSBA mid season review with a view to obtaining the best outcomes for the JRP and the relevant team.
7. Provide the NSBA with a post season review within two weeks of completion of the playing season.

2.4 Responsibilities of Team Assistant Coaches

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

3. Relationship of NSBA Coaches to Others in the Programme

3.1 Role of NSBA Representative Manager and NSBA Development Officers

NSBA is very fortunate to have three fully qualified and experienced coaches that can act as a sounding board to all volunteer coaches offering different ideas if initial strategies are not going as planned. They are the senior technical resources available to all JRP Coaches to assist our Coaches to meet their objectives through on court and advisory inputs. JRP coaches are independent but are expect to interact with and work cooperatively with NSBA Representative Manager, Development Officers and the Association.

3.2 Parents and Coaches

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

3.3 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 NSBA recognizes these potential situations and seeks to monitor and manage these situations in the best interests of the team.

3.4 Relationship of NSBA Representative Manager to Coaches

The role of the NSBA Rep Manager is to ensure that our coaches are identified, selected, supported, meeting their child protection responsibilities and working in accordance with the general directions of the JRP and the association.

3.5 Relationship of NSBA General Manager to Coaches

The NSBA General Manager along with the Representative Manager and Board is ultimately responsible for all representative basketball activities. In some circumstances issues which may arise which are of a sensitive nature are handled directly by the GM of NSBA. In some circumstances this may involve coaches. Coaches need to be aware of the ultimate responsibility of the GM of NSBA on behalf of NSBA the legal entity controlling the JRP.

4. Criteria for Selection of Coaches

4.1 General Statement.

To be considered for involvement in the JRP, applicants for coaching positions must meet the following essential requirements and address the desirable requirements below. The criteria for Age Head Coach Positions are higher than for Team Coach or Assistant Coach.

4.2 Essential Requirements for ALL JRP Coaching Positions

Essential Requirements which must be met before an application will be considered

1. Completion of the Application for Coaching Position Form
2. Written confirmation that the applicant has read, accepts and intends to implement the following JRP Guidelines and expectations which includes the JRP Skills development matrix
3. Written confirmation that the applicant is aware of all JRP Guidelines and Expectations and supports their implementation.
4. Written confirmation that the applicant will only work in coordination with the JRP and NSBA player development programme as advised from time to time.
5. Tender of signed JRP Child Protection Forms.
6. Tender of signed NSBA Behaviour of Non-Player Policy (see Appendix)

4.3 For Age Head Coach Positions

The essential requirements as described in section 4.2

Plus

- Demonstrated loyalty and ongoing commitment to the JRP
 - Level 1 Coaching Qualifications
 - A Desire to obtain Level 2 Qualifications
 - A proven record of substantial basketball coaching experience including management of programmes
 - Interview with candidate conducted by NSBA Representative Manager
- NSBA will also engage previous Age Head Coaches views to lead NSBA to the best candidate to serve the children's needs. Once all the above is taken into consideration, NSBA Representative Manager provides brief recommendation to General Manager for review and Board ratification.

4.4 For Team Coach Positions

The essential requirements as described in section 4.2

Plus

- Demonstrated loyalty and ongoing commitment to the JRP.
 - Level 1 Coaching Qualifications
 - And/or a proven record of substantial basketball coaching experience
- NSBA will also endeavour to interview candidates and obtain Age Head Coaches views prior to team coach selection. NSBA Representative Manager then provides brief recommendation to General Manager for review and Board ratification.

4.5 For Team Assistant Coach Positions (including junior assistants)

The essential requirements as described above.

Plus

- Level 1 Coaching Qualifications and/or a commitment to obtain same
- And/or a proven record of appropriate basketball coaching experience

4.6 In Summary, the NSBA will follow the following process for appointing coaches:

1. NSBA Representative Manager advertise all positions and vet applications
2. NSBA Representative Manager sources Coaches to the programme
3. NSBA Representative Manager conducts Interviews with all successful Age Head Coach Applicants
4. NSBA Representative Manager consults previous Age Head Coaches to determine most suitable applicants
5. NSBA Representative Manager provides Age Head Coach Recommendations to General Manager for Board Ratification
6. NSBA Representative Manager conducts Interviews with all successful Team Coach Applicants to determine most suitable applicants
7. NSBA Representative Manager consults appointed Age Head Coach to determine most suitable applicants
8. NSBA Representative Manager provides Team Coach Recommendations to General Manager for Board Ratification.
9. NSBA Representative Manager advises and publicizes Head Coach, Coach and Assistant Coaches via NSBA Newsletter, Timeout, NSBA Website and a personal email to all applicants.

4.7 Timing of Coaching Appointments

- Applications for coaching positions will be called in School Term 3
- Appointments of Age Head Coaches will be completed in School Term 3
- Team Head Coaches and assistants will be appointed in School Term 4
- Coaches will be selected in accordance with this NSBA Coach Selection Guidelines.
- Age Head Coaches will be expected to oversee/co ordinate the development of all the players in the age group and act as a mentor to other Team Head Coaches and assistants for their respective genders.
- Selection of Team Head Coaches and assistants will be coordinated by the NSBA Representative Manager in consultation with NSBA Development Officers, NSBA GM and coaching advisory group. This will be done during school term 4.

4.8 Contingent Appointment Applications

Two issues arise in this respect

- Coaching applications including a coaching team or specified individual as assistant.
- Coaching applications subject to player selection.

The NSBA will deal with such applications as follows

- The NSBA will not accept applications which are contingent upon subsequent coaching appointments.

4.9 Selection of Coaches - Complaints Procedure

If dialogue with NSBA and others involved does not produce a satisfactory outcome, then there is a complaints procedure. Complaint forms are available on NSBA Website http://www.nsba.com.au/contact_forms.htm Please follow the prompts on this web page.

5. Additional Behaviour Requirements Operative since 2006

During 2006 NSBA adopted some specific items regarding the activities and general presentation of coaches. All JRP coaches need to be fully aware of the approach required by the adopted guidelines. They are reproduced and are required to be followed by all participants in the programme.

Professional Conduct

All coaches should be aware of the Coaches Code of Ethics that has been adopted and endorsed by the Australian Sports Commission. Coaches who have completed registration with the National Coaching Accreditation Scheme (NCAS) through their Level 1 Coaching Courses would have sighted and signed the Code of Ethics form as part of their accreditation. In addition to the Coaches code of Ethics, NSBA has opted to emphasise some points of note in the interests of our Representative Programme. In 2008, NSBA issued a specific document on the matter and it is attached in the appendix and NSBA's website (<http://www.nsba.com.au/documents/GuidelinesforCoachingChildren.pdf>)

Communication- email and telephone

*All coaches will have been supplied with team contact details. Details include, phone numbers, email addresses for both player and parent/guardian. From time to time, the need to communicate with athletes outside of training and games will arise and to ensure transparency with all involved in the programme, coaches and managers **MUST** carbon copy (cc) parents in all email correspondence. This will alleviate breakdowns in communication.*

Language

This is covered in the Coaches Code of Ethics but specifically, coaches must refrain from foul or derogatory language. This is a broad area which includes swearing, and inappropriate or suggestive language. The Association has adopted a vigilant stance on this issue due to the fact that team management are in charge of the care of minors and young impressionable athletes. Any form of foul or derogatory language has no place in training, games, social activities organized by individual teams or in an environment where team management are in the presence of junior athletes outside of team commitments. Such as. Rep camps, watching other basketball games in the stadium. All involved will need to be acutely aware of their environment and the appropriate behaviour warranted by virtue of their position of seniority. The following points has been endorsed by NSBA. They are in line with the professional direction and outlook that NSBA has adopted and it is expected that NSBA support staff and team management, with the club's best interest at heart, will support the following guidelines.

Professional Attire

Coaches and Team managers are expected to dress appropriately during games and training sessions. NSBA desires to project an image of professionalism and excellence. All Coaches are supplied with coaching polo top which must be worn while coaching games. There is a distinct difference between game coaching attire and simply supporting a team. As a general guide, if team management are going to sit on the bench during a course of a game they should strive for a professional outlook that includes:

- NSBA Polo top
- Enclosed footwear i.e. no thongs, slip ons

While the association is mindful of personal tastes and identity in relation to personal grooming, team management are asked to consider their image portrayal with the club in mind on matters relating to personal presentation.

Eligibility

Objective

The JRP is an elite programme but open to all participants who have the commitment, ability and desire to contribute. The NSBA encourages participation by elite athletes and coaches who can improve the JRP.

Criteria for Players

To be eligible for selection players must

- participate in NSBA competitions
- endeavour to participate in NSBA development programmes or appropriate equivalent
- acknowledge that they are prepared to operate within guidelines by signing the JRP player commitment agreement.
- have parents or guardians who acknowledge that they are prepared to operate within JRP guidelines by signing the JRP parent participation agreement
- attend trials
- pay the appropriate fees

Criteria for Parents

In order to participate in the JRP parents or guardians must

- have a child participating in the programme
- acknowledge that they are prepared to operate within guidelines by signing the JRP parent participation agreement

Criteria for Coaches and Managers

In order to participate **as a manager of a team** the relevant child protection documentation and procedures must be completed and any other legal or statutory requirement the NSBA may reasonably request must be met.

NSBA officials will maintain records of such required documents.

In order to participate **as a coach** in the JRP coaches must

- apply via NSBA Representative Manager
- hold basketball qualifications/experience appropriate to the level of participation sought or be prepared to obtain such in a manner agreed with NSBA Representative Manager
- be prepared to provide such references or other information as may be reasonably requested by the NSBA Representative Manager in order for NSBA to assess an application to participate
- be prepared to operate within guidelines including but not limited to those relating to reviews, behaviour and age level development, by signing the JRP coach participation agreement
- be prepared to meet the relevant child protection requirements for documentation and procedures and any other legal or statutory requirement the NSBA may reasonably request and acknowledging that NSBA officials will maintain records of such required documents

Exceptions

It is recognized that there are exceptional circumstances where a person seeking to participate, through no fault of their own may not be able to meet the criteria set out. In these circumstances the NSBA Representative Manager may consider a request from an individual to participate, taking into account

- the timing of the request in relation to the announcement of selections
- the special circumstances of the individual
- the benefits to the overall JRP which may result from the requested participation
- the effect that the proposed participation would have on NSBA participants who have fulfilled the criteria.

Any decision on eligibility by the NSBA Representative Manager is final and not subject to appeal

Issues Management and Complaints Procedure

NSBA call for open and transparent processes and for loyalty to and support of our programme and those staff and volunteers who make it happen. NSBA recognizes the difficulty in meeting the expectations of all participants in the programme and that much of this responsibility falls to our volunteer coaches. In the event of an issue arising players or parents should in the first instance discuss the matter with:

- A. On Court Issues – contact Team Coach
- B. Team Issues not game related – contact Team Manager
- C. If not satisfied with A or B, please email NSBA Representative Manager Miro.Popovic@nsba.com.au
- D. NSBA Compliant Form available at http://www.nsba.com.au/contact_forms.htm

Fees

The fees for the Representative Season are as follows:

- Pre-Christmas Squad payment of \$227.00.
- Season Payment has two options:
 - Once per week is \$224.00
 - Twice per week is \$386.00
- NSBA Registration of up to \$75.00. This amount varies depending upon the age of your child. A requirement of playing in the NSBA JRP is that your child can play domestically at NSBA. To play domestically at NSBA, the child must have a current primary NSBA registration.
- Uniform (compulsory items)
 - NSBA Warm up shirt, NSBA Shorts and NSBA reversible training singlet.

The squad and season fees is based on the cost of services provided to the programme, (e.g. court hire, referees, court supervisors, equipment, nomination fees). **NSBA provides all administrative services for this programme at no cost to the programme** and is able to do so through the income generated by domestic basketball, (Junior and Miniball as well as Development) activities. If teams wish to arrange further training sessions, these are charged at \$55.00 hour and have to be booked via NSBA admin officer, Peter Conneely at Peter.Conneely@nsba.com.au

Draws and Home Games

All draws are prepared by BNSW in consultation with Associations and subject to court availabilities. SJC draws are released one week prior to the SJC season start. NSBA and BNSW aim for a 50/50 split for home and away games throughout the season for all teams, but for a variety of operational reasons not within NSBA control, this is not always possible.

Selection Procedure

Trial Mechanics

A selection team of 4 to 8 coaches view all children for the duration of trials. This selection team includes the Age Head Coach, team coaches, two NSBA development officers, the NSBA representative manager, and up to three independent coaches appointed by the association. All coaches make notes on players sighting the following attributes in players: (in no particular order)

1. Individual Skills
2. Team Skills
3. Speed
4. Size
5. Height
6. athleticism
7. defensive ability
8. Positions
9. Bottom age/top age mix.

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

Squad Selection

After initial phase of trial, Age Head Coaches, Team Coaches and Assistant coaches are to select squads based upon trial process and their collective thoughts plus input from NSBA Representative Manager and Development Officers. Age Head Coach then submits squads to NSBA Representative Manager for ratification. NSBA Representative Manager assesses all squads in consultation with Development Officers. NSBA Representative Manager can ask Age Head coach and Team Coaches to review the squads. Once squads have been approved by NSBA Representative Manager, squads will be sent to NSBA General Manager and Board for ratification.

Protecting programme volunteers during this process from inference of or perceptions of bias arising from conflicts with trialling players is of primary concern. This covers parents, guardians and people who receive payment directly for providing commercial coaching services to trialling players. In the case of parents and guardians the linkage is obvious, however, for the latter NSBA will ask coaches/selectors for a listing of affected players, (only within the age group where the service provider is a selector). Having done this, a selector is not constrained in the player selection discussion within the selection group. The composition of the selection group will compose at least 2 qualified NSBA staff and where consensus is not possible the Associations view will prevail. This will also apply for team selection.

Team Selection

Pre-Christmas squad training will be at North Sydney Indoor Sports Centre, week starting Monday 11th November 2009. Age Head Coach will need to submit the team squads to the NSBA Representative Manager and DO for assessment at the completion of Pre-Christmas squad training. Division 1 coaches have the first choice of player's trialling for that age group. Division 2 has second choice. Division 3 has third choice. Once team selections are made by Team coaches in consultation with development officers and Age Head Coaches, selections are put forward to the NSBA Representative Manager. NSBA Representative Manager discusses all selections with Development Officers. NSBA Representative Manager can send squad back to Age Head coach and Team Coaches for review. Once squads have been approved by NSBA Representative Manager, squads will be sent to NSBA General Manager and Board for ratification.

Please note that the NSBA Representative Manager and Development Officers will be present at all pre-Christmas training sessions to assist you with your selections and provide Coaching assistance. NSBA aim to provide an environment where a child's ability and skill will clearly determine their squad and team selections.

Educational Services

During the course of the programme, NSBA will provide a series of educational and basketball service courses for parents, coaches and managers which are stated below. It is a requirement for teams in the Sydney Junior Championships to perform certain game duties.

1. Child Protection courses: delivered by BNSW mandatory for coaches, assist coaches and managers
2. Score table Courses: each team must provide competent score bench staff. NSBA host a series of easy to understand score table courses. It recommended that the least 10 parents from each team participate in this course.
3. 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.

In addition to these courses NSBA will also provide a series of, optional, "Understanding the rules courses" to parents and junior players to assist in their enjoyment of and participation in the game respectively. NSBA will also endeavour to organise refresher courses for first aid and strapping.

4. Understanding the rules of basketball for parents from a non playing background.
5. Refereeing level 0 course for junior players
6. First aid preventative strapping
7. Coaches level 0 and Coaches level 1 course as required in order to finalise qualifications prior to the start of the season

Feedback / Reviews

NSBA has put in place a schedule of Focus Group sessions at stages in the season to review specific activities, garner feedback from participants and through this exchange seek to enhance our programme. These will include:

1. Post trials review of trial procedures, seeking improvements in process or administration.
2. Post selection, discussion with coaches seeking improvements in process or communication.
3. JRP performance expectation. In early 2009 JRP coaches gather for a consensus of overall programme performance expected in the year. This is communicated to NSBA Board and within the junior programme
4. Parent Focus Group 1. A broad-based agenda is circulated electronically and items collated. A parent in each age group and gender is requested to receive feedback from their group and attend a collective meeting with NSBA wherein matters raised by all parent groups are summarised and discussed with NSBA management and where possible programme improving alterations determined. The outcome of this meeting and the changes proposed communicated to the state body.
5. Coaches meeting: NSBA Representative Manager and development officers meet with Coaches mid season to evaluate performance and goals of season. Make adjustments and provide additional support as required.
6. Mid-season review. The review will address the overall performance of the JRP from the perspective of the players/parents and seek feedback about the ongoing development of individuals and teams in the JRP. Summarised feedback will be provided to the participants by NSBA.
7. Parent Focus Group 2. A broad-based agenda is circulated electronically and items collated. A parent in each age group and gender is requested to receive feedback from their group and attend a collective meeting with NSBA wherein matters raised by all parent groups are summarised and discussed with NSBA management and where possible programme improving alterations determined. The outcome of this meeting and the changes proposed communicated to the state body.
8. Coaches meeting: NSBA Representative Manager and development officers meet with Coaches prior to finals looking to refine teams for pressure games towards the end of the season.
9. Coaches post season Review: Measured against the objectives for their team. Prospective Coaches need to be aware that this review will take place and what its purpose and outcomes will be.

APPENDIX 1 – NSBA SKILLS MATRIX FOR PLAYERS

1. DEFENSIVE SKILLS – INDIVIDUAL AND TEAM

Skills Mapping	Age Groups											
	KEY : I = INITIATE, R = REFINE, M = MASTER											
	U12			U14			U16			U18		
	I	R	M	I	R	M	I	R	M	I	R	M
Defensive stance stationary	✓	✓	✓									
Defensive slide	✓	✓	✓									
Channelling and turning dribbler	✓				✓				✓			
Double team/trapping	✓				✓				✓			
Post defense- ½ front, ¾ front, full front				✓				✓				✓
Sideline concept of man 2 man				✓				✓	✓			
Split line	✓				✓	✓						
Closed/Open stance ball denial (passing lane)				✓				✓				✓
Ball containment	✓	✓				✓						
Close outs	✓				✓	✓						
Screen hedging and, over the top				✓				✓				✓
Help defense	✓				✓				✓			
Communication skills	✓				✓	✓						

2. PASSING AND CATCHING

Skills Mapping	Age Groups											
	KEY : I = INITIATE, R = REFINE, M = MASTER.											
	U12			U14			U16			U18		
	I	R	M	I	R	M	I	R	M	I	R	M
2 hand chest pass	✓	✓	✓									
2 hand bounce pass	✓	✓	✓									
Overhead pass	✓	✓	✓									
Baseball pass	✓				✓	✓						
1 hand push pass	✓	✓	✓									
Curl pass				✓	✓	✓						
Fake/stutter push pass				✓	✓	✓						
Dribble entry	✓				✓				✓			
Catching target offered (Show “10”)	✓	✓	✓									
Catch on the run (no breaking stride)	✓	✓	✓									
Dribble handoffs				✓				✓				✓

APPENDIX 1 – NSBA SKILLS MATRIX FOR PLAYERS (CONTINUED)

3. MOVEMENT AND CONTROL

	Age Groups											
KEY : I = INITIATE, R = REFINE, M = MASTER.												
Skills Mapping	U12			U14			U16			U18		
	I	R	M	I	R	M	I	R	M	I	R	M
Triple threat	✓				✓				✓			
Lane running	✓							✓				✓
Jump stop	✓	✓	✓									
Stride stop	✓	✓	✓									
Front pivot	✓	✓				✓						
Reverse pivot	✓	✓				✓						
Jab fake	✓				✓				✓			
Drop step	✓				✓				✓			

4. OFFENSIVE MOVEMENTS WITH BALL

	Age Groups											
KEY : I = INITIATE, R = REFINE, M = MASTER.												
Skills Mapping	U12			U14			U16			U18		
	I	R	M	I	R	M	I	R	M	I	R	M
Under hand & overhand lay up	✓	✓	✓									
Power lay up	✓				✓	✓						
Finger roll				✓				✓	✓			
Reverse lay up	✓				✓				✓			
Shot fake and above	✓				✓				✓			
Shooting Mechanics	✓	✓	✓									
Stationary jump shot mechanics				✓				✓				✓
Off-dribble jump shot mechanics				✓				✓				✓
Quick release jump shot off pass							✓				✓	✓
Post moves- Drop step b/line				✓	✓				✓			
Post moves- Baby hook middle				✓	✓				✓			
Post moves- middle, up, step through				✓	✓				✓			
Post moves- pivot, face basket				✓	✓	✓						
Post moves- baseline fade away							✓				✓	✓

APPENDIX 1 – NSBA SKILLS MATRIX FOR PLAYERS (CONTINUED)

5. MOVEMENT AND CUTTING

Skills Mapping	Age Groups											
	KEY : I = INITIATE, R = REFINE, M = MASTER.											
	U12			U14			U16			U18		
	I	R	M	I	R	M	I	R	M	I	R	M
V-cut	✓				✓				✓			
L-cut				✓	✓				✓			
Slash arm technique	✓				✓	✓						
Shallow cut				✓				✓				✓
Flash cut				✓				✓				✓
Backdoor	✓			✓				✓				
Screens (setting and rolling)				✓				✓	✓			
Give and Go	✓				✓	✓						
Cut & replace motion concepts 3 out	✓	✓				✓						
Cut & replace motion concepts shell drill	✓	✓				✓						
Transition fast break lane movement	✓				✓				✓			

6. BALL HANDLING

Skills Mapping	Age Groups											
	KEY : I = INITIATE, R = REFINE, M = MASTER.											
	U12			U14			U16			U18		
	I	R	M	I	R	M	I	R	M	I	R	M
Offensive skills- ball handling												
Stationary dribble	✓	✓	✓									
Speed dribble	✓	✓	✓									
Retreat dribble	✓				✓				✓			
Hesitation dribble	✓				✓				✓			
Crossover (single, double and one-hand)	✓	✓				✓						
Between the legs	✓				✓	✓						
Behind the back	✓				✓	✓						
Spin dribble	✓				✓	✓						
Combination (min. 3 to ¾ court)				✓				✓				✓

Norths Policy on behaviour of Coaches, Assistants, Managers and other non playing members selected for Representative honours.

All persons appointed to non playing positions with the Norths representative program are required to acknowledge their selection for the season in question and AGREE to be subject to the following terms and conditions:

- i) all prevailing disciplinary and conduct guidelines, polices and by-laws; and
- ii) at the discretion of the General Manager, such persons may be immediately suspended from any further participation in the Norths representative programme should they be disqualified from any basketball game in any capacity; and
- iii) at the discretion of the General Manager, such persons may be immediately suspended from any further participation in the Norths representative programme should they incur a period of suspension from a basketball tribunal recognised by BNSW; and
- iv) when a person is suspended at the discretion of the General Manager, that person must within 7 days show the Board good cause as to why the period of suspension should not continue for the remainder of the season, or for such other period as the Board at their discretion may impose; and
- v) that any person suspended from the Norths representative programme by the Board pursuant to this policy for more than an accumulated total of 21 days within one calendar year, will be automatically precluded from participating in the programme in the subsequent season.

Nomination and application forms will in future indicate such a policy, and nominations for the representative programme will not be accepted where the applicant has been subject to a suspension pursuant to this policy in excess of 21 days in the preceding season.

Signed:.....Date.....

Please Print name:.....

APPENDIX 3 –SUMMARY OF GUIDELINES FOR COACHING CHILDREN AT NORTHS

TO ALL NORTHS MEMBERS WHO ARE INVOLVED IN COACHING CHILDREN An outline on professional conduct when dealing with children.

Norths has a real appreciation of the benefit you bring to the Association and the children you come into contact with whilst coaching within your various spheres of interest be it playing, officiating, score bench or stats. As a new rep season takes shape it is timely to remind all coaches of the need to retain a degree of professional separation in their dealings with the children they are coaching.

Please take a few moments to read this communication (which is only an outline and not exhaustive) and bear it in mind during your duties. In doing so, you will be protecting yourself and the Association from issues that may arise from a misunderstanding. The majority of the advice you will deem to be common sense however for the record;

- Any physical contact between yourself and children should be limited to that essentially required to the imparting of a specific skill and always delivered within the main playing or coaching area.
- Whenever possible you should explain to the parents of the children that inherent with coaching basketball skills, (playing or officiating) there may be the need from time to time to make adjustments of posture or position of limbs and if parents have a problem with you doing that they should advise you immediately and you will accommodate their request.
- All discussions or briefings with your charges will be conducted in the public arena and not in a secluded or private area unless the child is accompanied by their parent.
- You are to limit the occasions when you make contact with children outside the immediate requirements of your coaching brief. Transport arrangements that result in you and a child being the sole occupants of a vehicle are to be at all times avoided.
- Likewise at post activity functions you should be mindful of your role as an adult coach and not put yourself in a situation where you are the sole adult with a child or children taking refreshments outside the venue.
- E-mail correspondence must be directed to the parent in the first instance. If the parent does not have an email address then correspondence should be addressed to the parent at the child's email address. In situations where there is no team manager you should limit such correspondence to the transmission of information required to enable the child to attend the next activity and make every endeavour to ensure that e-mails are addressed to the parents.
- Social networking sites and communication through them is to be avoided and if you have a personal site you should not allow minors to access your site. Be very mindful of what images and content appear on your site and you should not seek to contact your charges via their social networking sites.
- Telephone communication with children should be kept to a minimum and this includes text messages. It is recognized that in the fluid circumstances of games and training occasionally alterations to schedules arise which can only be communicated in a timely manner by telephone or text messaging. Every effort should be made through competent organisation and foresight to keep these instances to a minimum.
- Alcohol and drugs, **no no no**. Do not discuss them and do not use them.

In summary do not put yourself in a position where your integrity and good intentions could be misconstrued.

To conclude, Norths congratulate you on your interest in the game, in seeking to improving your sports qualifications and wishing to impart knowledge to junior participants. The Association can only grow through input from people such as yourselves and this communication is intended to ensure that through the ordinary discharge of your tasks you do not unwittingly become involved in a potentially damaging situation.

Set out below are links to various documents published on the BNSW web site and we recommended them to you.

Kind Regards
Trevor N. Karsten
General Manager
For and behalf of NSBA Inc

<http://www.nswbasketball.net.au/admin/documents/childprotectionphysicalcontact.pdf>

http://www.nswbasketball.net.au/admin/documents/AdultBehaviour_ChildProtectionLegislationAmended_04_05.pdf

http://www.nswbasketball.net.au/admin/documents/Zerotolerance_generic.pdf

<http://www.nswbasketball.net.au/admin/DutyOfCare.htm>

<http://www.nswbasketball.net.au/admin/documents/safecoaching.pdf>

<http://www.nswbasketball.net.au/admin/documents/CoachesEtiquette.pdf>

http://www.nswbasketball.net.au/admin/documents/bullyingpolicy_001.pdf