



## PARENT/PLAYER INFORMATION

### HISTORY

**USCBC** was started in Term 3, 2008 with 46 players from U8 – U16. **USCBC** is affiliated with Basketball Queensland. Committee members volunteer their time and resources to make this very new club the best, we can be.

### CLUB CULTURE

The culture of our club is an extremely important aspect of our success as a pleasant place for children to play sport, for parents to watch with enthusiasm and for volunteers to feel their commitment is appreciated.

We aim to develop each child's basketball skills at various levels. More importantly we want to impart the importance of life-long skills of sportsmanship, commitment, resilience, appreciation and the ability to be gracious in winning and in defeat.

Continued success of **USCBC** depends upon you accepting and believing in this culture. We hope that you share in these ideals and strive to uphold them with the very best example of parental support.

### PHILOSOPHY

As a beginning club and in The Year of Physical Activity, **USCBC** was built on the premise that participation was the major focus. Our players, coaches and parents are expected to uphold the Codes of Behavior adopted from the Australian Sports Commission and Basketball Qld. Sportsmanship is rewarded and promoted and parent, game officials and the Committee are role models for appropriate behavior.

We may vary teams at different stages to ensure fairness and inclusion of all children. We aim to make playing basketball enjoyable and rewarding and winning is not the major focus of our junior club competition.

At **USCBC** we aim to develop not only great basketball players but players who demonstrate the very best of sportsmanship, appreciation and promotion of our club through exemplary behavior.

### COMMUNITY

**USCBC** relies heavily on the involvement of the community. In particular, local businesses have allowed the club to prosper by providing sponsorship and rewards for sportsmanship. We regularly apply for community grants to improve our volunteer's skills, to improve our resources and provide more opportunities for our players.

### EVOLVING

We are in constant change, varying routines, trying new ideas, and implementing recommendations. Support personnel, development officers, parents and community members are essential components of our club development into the future.

# OUR VALUES

## FAIRNESS

Operating within the spirit of the rules, never taking an unfair advantage and making informed and honorable decisions at all times.

**We are not playing for sheep stations at club level!**



## RESPECT

Recognizing the contribution which volunteers make to sport, treating them with dignity and consideration.

- Caring for the property and equipment.
- Making **USCBC** a pleasant place to enjoy sport.
- Taking time to thank volunteers for their support.

## RESPONSIBILITY

- Taking responsibility for one's actions and being a positive role model at all times.
- Being prepared to volunteer.
- Being prepared to honour your regular commitment to the team.

## SAFETY

Encouraging healthy and safe procedures, preventing and reporting dangerous behaviour, while demonstrating concern for others.

Remaining for training and games to ensure your children are supervised



## UNIFORM

Singlets are provided free of charge thanks to club sponsors.

Seniors are to provide their own uniforms.

All players must wear **plain black shorts** or **club shorts**.

Representative team shorts are for Rep only.



## FRIDAY AND SATURDAY ROUTINE FOR PLAYERS

It is only necessary to arrive 15 minutes before your game time in **black shorts, nails cut short, jewellery and earrings removed, hair tied back** and with a **water bottle**.

If you have kindly volunteered to wash singlets and have not been able to return these at training, please be **15 minutes early on a Friday**.

Please wait at your designated court (**numbers are at the end of each wall**) without encroaching on the game in play. We ask that waiting players do not bounce balls at the end of courts during games.

After each U10-U16 game we present a "Player Award", thanks to Eagle Boys Pizza, McDonalds Family Restaurants, Sizzler and Beefy's Pies.

Referees present an award for various skills from sportsmanship to using a skill learnt at training in each game. The award for the week can be found on the **white board in the foyer**.

At other times we may just award a player for conduct which is outstanding and promotes the values of our club.

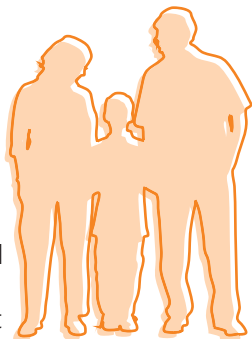
Basketball is a team game and in signing up to a team there is an expected level of commitment required. Players should only be absent due to illness or special family events. Birthday parties, The Blue Light Disco, etc. are not acceptable reasons to be absent.

## PARENTS

Introduce yourself to the committee and let us help you to get to know your child's coach and other parents. Give your child time to find their feet – it only takes a few weeks for them to pick up the game.

If you have concerns please immediately speak to a committee member in a calm and responsible manner.

We thank you for being prepared to accept various responsibilities such as scoring, the barbeque for an hour or taking a turn washing singlets. All parents are required to be a volunteer. If everyone takes a turn then jobs are less frequent and varied. **USCBC** is a volunteer run club and will only continue with your support. We have a roster in place. You are welcome to swap dates amongst your team when not available as scheduled.



## REFUND RULES

**USCBC** does not refund fees. However, if a child is injured and is unable to play for a considerable amount of time, an application to the committee outlining the injury and expected duration of recovery can be submitted for consideration. The committee may grant a discount for future semester fees.

A medical certificate may be required.

## TERM VOLUNTEER DRAW

Remember to complete the docket on the volunteer sign as you leave the foyer. We have a volunteer draw each term for washing singlets, scoring, and barbeque cooking and generally helping out.

We hope you find our club supportive of the very best of sportsmanship. We have very high expectations of behavior of supporters, players, coaches, and the committee. We endeavour to provide a supportive environment for all.



## UP TO DATE

[www.uscbc.basketball.net.au](http://www.uscbc.basketball.net.au)

The website will keep you up to date.

**Please print off the calendar & stick it to your fridge.** The white board in the foyer high lights various opportunities for players, coaches and parents. It is very important that you provide us with any change of details and ensure your mailbox can receive email messages.

### CHANGE OF DETAILS

You can go back on to the registration section at any time and change your details.

Click on the

**"register here button".**

Use your user name & password and amend the details.



# COACHING PRINCIPLES

**1. Equal opportunity for all players** We use a substitution record to ensure even time for all players. We aim for player substitutions every 3 mins.

**2. Man to man defence** We play man – to – man defence only in U10 – U14. Zone defence can be considered as an option at U16 and above. Playing man-to-man defence allows players to more effectively develop one-on-one offensive and defensive skills. Zone can sometimes be used by a tall side to stifle any attempt to penetrate the basket and the game becomes akin to tennis – back and forth with no skill development.

**3. Basketball courtesies** We applaud good play – from both teams.

We do not tolerate negative comments/actions from players. Coaches will immediately substitute a player that demonstrates inappropriate behavior. Coach restates expectations before allowing the player to re-enter the court. Follow-up after the game.

Players should not be asking when they go on the court next. This demonstrates a lack of respect for team mates and their fair share of time on the court. It also distracts the coach from his/her role. Players who continue to ask for a sub will remain on the bench for a longer period of time.

**Manners with bench officials** – Players must personally approach the bench to ask for a sub. “May I please have the next sub”, then sit down and wait for the siren.

**Players on the bench should be just that** – on the bench, not on the floor playing or dribbling a ball on the side of the court. Sitting on the bench allows players to see positives and negatives of play and listen to the coaches suggestions.

**4. “Man ahead”** Any player ahead, in a clear position and watching the ball must expect to receive the pass. It is best for coaches to call “Man ahead” rather than “look-up” or “head-up” to players in control of the ball. Players who blatantly refuse to pass the ball in this situation need to be addressed and substituted if required. Man ahead stops “hogging the ball”, teaches players to be in front and ensures the ball is shared.

**5. “Help-defence”** Players on man-to-man defence can ‘help out’ by moving from their player to assist a teammate who has been ‘beaten’ by a dribbler. When the dribbler is stopped and the defence recovers, he/she quickly returns to their player.

**6. “Pass and Move”** No player should be standing still once they have passed the ball. Coaches encourage moving through the key, losing the man-to-man defence and finding a closer and better option for a return pass or shot.

**7. Mercy Rule** The ‘mercy rule’ is used in junior basketball to avoid teams winning or losing by very large margins and to allow the trailing team to bring the ball over the half way line. In U10-U12 when a team is 10 points ahead, in U14 –16 when a team is 20 points ahead the coach will call a time-out and uses the following options after each subsequent basket

\*A retreat to half way – allow offence to get over the half way line and then resume man-to-man defence. This must not be allowed to become a “wall” of defence at the half way line, e.g. Defence should not be allowed to line up on the half way line.

**\*The entire team retreats to your 3 point line before resuming man to man defence.**

**COACHING** Should you wish to volunteer for refereeing or coaching, please put your name down with a committee member. Most of our coaches have a coaching principles background and can adapt these to the game of basketball. Most importantly they are role models for good sportsmanship and are able to ensure the club is run along tried and proven routines. Courses are available for you to undertake and are a prerequisite to coach at **USCBC**.

## GREEN SHIRTS/BIBS

Our Green Bibs signify which volunteers have permission to coach, referee or organize. These volunteers are qualified or understand the management of **USCBC**. Coaching from the sidelines is not conducive to players concentrating on the game and a coach's instructions.

Please encourage and cheer with supportive comments. No-one without authority of the Management Committee is to change or hinder proven routines in any way. If you have a suggestion, please use the suggestion sheet available in the foyer.



## CODES OF CONDUCT

Parents and players have agreed to abide by a Code of Conduct. Please remember this in all of your dealings at the club.

## BARBEQUE

Once a semester a parent or guardian will be rostered to man the barbeque. This is a great opportunity to meet another parent and have a chat. Thanks to Gloria Jean's at Buderim we can reward our 'chefs' with a free coffee voucher. Barbeque funds are used to buy much needed equipment and leather match balls @ **\$95 each**.



## SCORE BENCH

One of our parents will help you to learn how to score correctly. It is quite involved but doesn't take long to master, especially when you match up with more experienced parents.

The game cannot proceed without scorers however game clocks will begin each hour whether or not scorers have been forthcoming. Please have a go at scoring as we will give you all the support you need to become competent.



## REFEREE DEVELOPMENT PROGRAM

**USCBC** is committed to developing senior and junior referees. To do this it is paramount that all USCBC committee, coaches, players, parents and supporters give due respect to the referees.

To increase the standards of our developing referees we have a Referee Coordinator. The coordinator observes referees and trainees providing support and suggestions for improvement.

Most sports have difficulty recruiting, training and retaining officials. Between 1997 and 2001, the number of officials in Australian sport dropped 26%. A recent survey conducted by the Australian Sports Commission identified that harassment; abuse and lack of respect for officials were major causes of the declining number of people officiating.

To ensure that developing and beginning referees are provided with a supportive environment in which to learn we ask all USCBC officials, coaches, players, parents and supporters to abide by the following:

- Players, parents and supporters should be aware of the FIBA 2010 Official Basketball Rules and amendments (80 page document available for perusal in the foyer) and amendments before addressing the referee coordinator.
- Only coaches approach referees at break times to seek clarification or suggest an infringement which may be unsportsmanlike. Coaches need to ensure they mirror appropriate behavior at all times – win or lose. All enquiries must be genuine.
- Under no circumstances are players, parents or supporters to question an umpire. Should you feel aggrieved then address the Referee Coordinator for clarification.
- A key to playing better basketball is to know the rules. Players who referee have a greater understanding of the game and have a distinct advantage. Likewise, better coaching emanates from understanding the rules.

**If you would like to join our referee program please enquire with our referee coordinator.**

**WITHOUT REFEREES THERE ARE NO GAMES!**

## PHOTOGRAPHY

This policy has been developed in a bid to protect each player's privacy but to also allow parents to take photos of their child enjoying the game of basketball. We don't want to discourage photo taking but we want everyone to be assured that parents of players are taking photos and for a genuine purpose.

Parents who have registered with the club will be able to take photos or video of their child in the team situation, as long as that team does not have a current "No Photo" request. Care must be taken not to reproduce these photos or video for any other purpose other than a personal family record. They are not to be passed onto any other organisation for any purpose.

If you have a relative who would like to take photos they must still sign the register and the members name needs to be recorded as well.



## LOYALTY

We have just introduced a reward for players @ 50 games with a 50 game cap and at 100 games with a club polo.



## DISCIPLINARY PROCEDURES

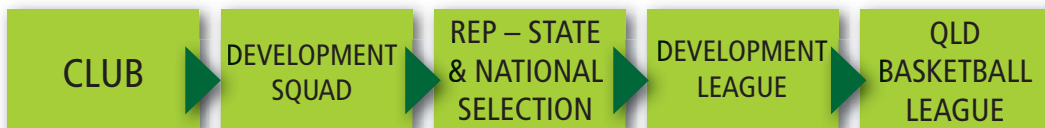
Should it be necessary **USCBC** operates a tribunal process under Basketball Australia Tribunal By Laws available on our website under More Menus. All members can expect to be able to operate and play in a supportive environment. Unfortunately there may be an occasion, however rare, that it will be necessary for a parent, official, spectator or player to front a Disciplinary Tribunal after a report is lodged by a member or official. We have a Tribunal of 3 members headed by a Chair person who will decide on the matter, allocating penalties if required.

Process is as follows

1. Report received
2. Member notified within 48 hours
3. Tribunal arranged
4. Member/s attend hearing
5. Penalties served
6. Appeal process instituted if member pleads not guilty
7. Appeal heard
8. Penalties served or reserved

We always hope that all members respect the values of our club and always behave in accordance with the Codes of Conduct agreed to on registering.

## PLAYER PATHWAYS





## DEVELOPMENT SQUAD

**USCBC** Is committed to providing Pathways for players to State, National and International opportunities. To provide players with the skills they require to be selected for our club Sunshine Coast Rip Representative Teams, we have developed a series of skills lessons covering the fundamental skills required to enter Representative Basketball. The Squad trains as a Representative Team, with increased intensity and a checklist of attainment of skills. The program aims to make the transition from Club to Representative level enjoyable and rewarding.



## REPRESENTATIVE PROGRAM

**USCBC** views the Representative Program as more than the skill development of the player. We see the chance to participate in a highly skilled competition as a means of developing young men and women with

- character
- self discipline
- commitment to team and club
- independence and responsibility
- appreciation
- empathy

Junior Representative Basketball demands the highest standards of commitment, discipline and effort with superior expectations of fitness and skill development. Competition is often gruelling as players and coaches strive for improved performance and a winning culture. **USCBC** will expect the very best of all involved in the Representative Program.

**Extra training** - representative players may participate in beach training, boxercise and team building sessions, where cost will be kept to a minimum.



[www.basketballqld.net.au](http://www.basketballqld.net.au)

## HIGH PERFORMANCE PROGRAM

Players will be invited to attend a High Performance Program. This program aims to identify players with potential to succeed in state selection. The program covers individual strength and conditioning, nutrition, psychology and skills development

## FUND RAISING

Representative players are invited to participate in fund raising opportunities. All fund raising is for representative basketball activities only. Fund raising is on a value for effort basis. Those participating in fund raising will be expected to supply goods or seek donations.

## WHAT ARE THE OTHER RULES?

A parent or guardian is to remain at the stadium during the player's game and training. Club success stems from supportive parent support. Note: USC Sports Stadium Conditions of Entry.

Siblings are welcome but the stadium is not a playground. Siblings are expected to be seated and watching the game. The grandstand, toilets and foyer area is not for games.

Please keep the area along the courtside clear to ensure the safety of the umpires and players.

Players are to have a water bottle so that they can listen to the coach rather than running off to the water fountain.

We would like to see players thanking coaches, scorers, umpires and volunteers without being reminded. This automatic demonstration of appreciation is an important aspect of our club culture.

Players and coach sit on the chairs near the scorebench. Spectators are required to be seated in an alternative area.

## GOVERNANCE

### MANAGEMENT COMMITTEE

The Management Committee is made up of

**President**

**Vice President**

**Secretary**

**Assistant Secretary**

**Treasurer**

**Assistant Treasurer**

**Registrar**

**USCBC** elects person to fill various roles and these members act as Appointed Persons:

Representative Teams Coordinator

Coaching Coordinator

Volunteer Coordinator

Development Squad Coordinator

Training Coordinator

Referee Development Officer

Score table Coordinator

Grants Coordinator

**USCBC** is an affiliated association operating under a club constitution.

The Management Committee seeks to have one meeting every term.

The Annual General Meeting is held in Term 3.

**We hope you have an enjoyable time at USCBC as a player, volunteer, referee, coach, administrator or supportive parent.**



**Would you like to sponsor at team? We can advertise your company. Please contact USCBC.**