



Perry Lakes Hawks

WABL Handbook 2017



Perry Lakes Hawks Basketball Association (Inc)

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Board of Directors 2017

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SBL	Jenny Purser
WABL	Annette Nobensi
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Administration	Jenny Purser
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SBL Men's Coach	Matt Parsons
High Performance Manager	CJ Jackson

Affiliated Junior Clubs

City Beach Basketball Club	Warriors Basketball Club
Subiaco Basketball Club	Claremont/Cottesloe
Scarborough Basketball Club	Raiders Basketball Club

Introduction – Message from the WABL Director

This handbook has been prepared by the Perry Lakes Basketball Association as a guide to all involved with representative basketball and being a “Hawk”.

Players are chosen, mostly from our affiliated Junior Clubs, to represent the Perry Lakes Hawks in the Western Australian Basketball League (WABL), Basketball WA State Champs and other carnivals.

We wish all players and coaches every success in their basketball endeavours and ask that they and their supporters act as worthy ambassadors for the Perry Lakes Hawks Basketball Association and the basketball fraternity.

Thanks and appreciation go out to those parents who contribute their valuable time and energy to actively support their children by undertaking responsibilities of coach, manager and score table official. Your collective contribution helps our children achieve their goals.

Whilst representative basketball requires a large commitment by players and parents alike, it also offers many rewards. Many strong friendships have been forged during the years. We encourage parents to become involved with your child and his or her team mates and their parents, laugh and enjoy each other’s company during the year ahead, celebrate the wins and learn from the losses

Play hard and enjoy yourselves.

Annette Nobensi

WABL Director



Representing the Perry Lakes Hawks

A message to all Players

Congratulations on being selected to play for the Perry Lakes Hawks. You have been selected because of your skills, playing ability and potential. You will be playing in a competition which is a level up from club basketball. Be proud of being selected, but be aware that this brings certain responsibilities.

Representing the Hawks requires that certain standards of behaviour must be adhered to and codes of conduct observed. Your behaviour, dress and attitude will reflect on the Hawks. This includes at training, before, during and after games and at any other time that you represent Perry Lakes.

Your coach is devoting time to teach you further individual and team skills. Pay attention and work hard on fundamentals at training and during games. To succeed at this level COMMITMENT is essential.

Being a member of a representative team does not guarantee equal court time as it is important for the team to do well at this level of competition. Talk with your coach about your role in the team and find out where you need to improve to provide more value to the team

Be ready to play and follow your coach's instructions at all times and make the most of opportunities that you are presented with over the season

It is very important that you read this handbook and understand your expectations as a member of the Perry Lakes Hawks.



All Players, Parents and Spectators need to make sure they are aware of the Perry Lakes Hawks Zero Tolerance Policy & Social Media Policy available on the Hawks website.

WABL Overview

The Western Australian Basketball League aims to provide a state-wide premier junior competition which develops players, coaches and officials. The League seeks to meet the high-level competition requirements through accessible education and training, while promoting positive mental, physical and emotional outcomes. - WABL 2017

Competition Structure

The Western Australian Basketball League (WABL) is WA's premier junior basketball competition catering for players in the following age groups: U12, U14, U16, U18, U20 and Open Age (Division 1)

In 2014, the WABL introduced the 5 Year Plan, which sees divisions graded depending on ability. This process has been progressively phased by year to year, and is currently entering its fourth year meaning U12, U14 and U16s will all be graded at the WABL Grading Tournament.

Graded Competition: Games are played on Sundays over an 18 week home and away season where every team plays each other twice, plus three weeks of finals.

Ungraded age groups U18 men & women and the U20 men: Games are played on Sunday's over a 16 week home and away season where every team plays their conference twice and opposite conference once, plus four weeks of finals.

The season generally commences in the last weekend of April with finals finishing at the end of September. The WABL is currently comprised of 12 Basketball Associations split into two conferences in ungraded divisions, one North of the river, the other South. Each conference contains six teams from both the metropolitan and country regions extending from Wanneroo to Southwest (Bunbury).

Northern Conference	Southern Conference
East Perth Eagles	Cockburn Cougars
Kalamunda Eastern Suns	Lakeside Lightning
Perry Lakes Hawks	Mandurah Magic
Perth Redbacks	Rockingham Flames
Stirling Senators	Southwest Slammers
Wanneroo Wolves	Willetton Tigers

Home games are played at Bendat Basketball Centre (BBC), where possible

Away games will involve travel to any of the following; Eaton (Bunbury), Lakeside, Mandurah, Rockingham, Cockburn, Kalamunda, Willetton, Perth, East Perth, Rockingham, Stirling and Wanneroo.

WABL Selection

Player Eligibility

To be eligible for WABL trials and selection, all players must:

- Be registered with Basketball WA and affiliated with the Perry lakes Hawks.
- Players must comply with the PLHBA selection policy and player guidelines.
- All selected players must be prepared to sign a representative player agreement once selected and pay their required WABL Fees.

Junior Domestic Competition

All U12 and U14 WABL players are required to play in the Perry Lakes Hawks Junior Domestic Competition. The reason for this is to increase the speed of development. If there is a legitimate reason (injury, other sporting commitments, etc) that a player cannot fulfil this commitment then they will need to apply in writing for an exemption by emailing the WABL director, who will then take the application to the board for approval.

Dual Sports

It is healthy for young athletes to play a variety of different sports. Hawks allow players to play others sports, (e.g. footy). Please be upfront and forthcoming with information to your coach or manager when attending trials. It may take a little juggling and compromise with both sporting codes. Players may need to roster off for some games for both sports and hopefully not have too many game time clashes. Our WABL times are not released until closer to the beginning of the season starting.

WABL Selection Trials & Procedures

Selection Procedures

The Hawks hold trials prior to every WABL season. To be considered for a Hawks WABL Team, players are required to attend at least 2 of the 3 trial dates.

Players unable to attend any of these dates please forward an apologies along with an acceptable explanation/injury update to the Hawks office via email - hawks@hawksbasketball.com.au.

All selections are made with the best interest of the club and the team, including consideration of:

- Athletic ability, desire and dedication to become a player at the highest possible level.
- Demonstrated attitude displaying excellent self-discipline and standards of personal behaviour
- Display a sense of “**team ethic**” within the group and within the club.
- Outstanding desire and commitment to work hard at improving mental, physical and basketball skills.
- Highly receptive to coaching and co-operative within the team environment.
- Teams will be selected at the discretion of the coaches and mentors and will then be passed by the Perry Lakes Hawks Board prior to announcements.
- Players must stand for selection in their own age-group. However at times a player may play out of their age-groups if the club deems is in the best interests of the player’s development. This will be assessed by the WABL director and coaching staff on a case by case basis.
- Ten players will be selected for each team.
- At the coach’s discretion and in consultation with the WABL and Coaching Directors, teams may invite players who were not selected to be “train-ons”. Train ons are invited to train with the Team and thus develop and improve their skills and court play over the season. In general train ons do not play in the games however at times over the season if there is an illness or injury a train on may be asked to play a WABL game.

Please note that the coach and selectors decision is final. If you have any queries regarding the selection process please contact the WABL director via email wabl@hawksbasketball.com.au

Player Development Policy

Please refer to our Player Development Policy and Development pathway on the Hawks website.

State Championships

During November/December each year BWA run the State Basketball Championships. Separate trials will be held for these teams at the conclusion of the WABL season. Teams compete in a 2 day tournament over 3 weekends

U14 Touring Teams

Three teams from both the girls & boys U14 age group are invited to represent WA and their club in the U14 Australian Club Championship which is normally held at the end of the WABL season. The selection of these teams is done over the BWA Grading Tournament for this age group. The top 3 teams from all associations then earn a spot to tour. All Hawks teams need to be ratified by the Perry Lakes Hawks Board, this then allows them to participate in the Club Championships. **Touring Teams need to follow the Club Touring Policy.**

WABL Season Information

Training

Once teams are selected they will be notified of training times, venue and court allocation.

Compulsory team training sessions are conducted once a week throughout the season and are for a duration of 1.5 - 2 hours. The coach may arrange other sessions to enhance the team. All players are expected to attend every Training Session and Games (This includes any injured players)

Hawks training is generally held on a Thursday night at the BBC. Some teams train at John XXIII College due to the number of teams and court availability.

Missing training/Injury/Illness

If you are unable to attend a session you must phone/txt/or email your Coach and Team Manager prior to the session to explain the reason. If there is a last minute reason/emergency and you are unable to contact the appropriate person, an explanation to your coach or manager is still required.

If you have an injury that may affect your performance at training or during a game you need to let your coach know immediately. You are still expected to attend games and training.

If you are sick and what you have can be passed on you should not attend training. If you have been away from training/games due to injury or illness you must be cleared before your return. If you have had a prolonged illness or injury it is your responsibility to prove your fitness and learn the team plays before you return to court.

Playing Times and Venues

WABL is played every Sunday. Game times start from 7.30am through to 6.00pm depending on scheduling and availability of venues.

The WABL season is played April through to September. The Hawks home venue is Bendat Basketball Stadium (BBC), teams are scheduled to play their home games at this venue as much as possible depending on grading and scheduling.

Contacts

At the beginning of the season you will be given your coach and manager contacts as well as a team contact list.

Please note that any other queries MUST come through our Club Administrator who will then forward to the appropriate person/s.

Under no circumstances are any players, parents, coaches or team managers to contact Basketball WA directly.

Court Time

Court Time is something that tends to occupy most parents and players thoughts after that first loss or a close win, or a couple of weeks into the season when expectations are different from reality.

What's fair? What's right? I've paid my fees – How come they get more court time? What's the club policy? It's a very tough topic to deal with and there is no simple answer. Representative basketball is an elite program and it is unavoidable that some players will play more than others.

To develop a player, a team and a program, court time just can't be even. Why? Put simply everybody is at a different stage of development. Yes they are of similar age; they have made similar commitment to the season with time and finance. But the coach must be able to use court time as both an incentive and a discipline. They also need to have the correct balance on the court to combat the opposition.

Sometimes playing limited minutes is exactly what a player needs to develop in the areas of 'seeing team mates', intensity, playing 'D', training, work ethic, punctuality, staying with the game plan.

The coach is attempting to develop and win (also a developmental step). Please also remember that coaches are giving freely of their time. Your child is playing in the elite competition in the state. All the best efforts and intentions by the coaches are to give all the players' court time, but sometimes situations do not allow this to happen.

Remember ALL coaches are very conscious of playing, or not playing, members of their team. They do not set out with the intention of not playing a player. Coaches will always make decisions that we won't all agree with all of the time. So what can we do?

We have to realise that, as with most things in life, the only thing we can control if and when this situation arises, is what are YOU going to do? It is vital that in these instances parents are supportive of the coach's decisions and encourage the child through these times.

If you have any queries or questions on this feel free to have a chat with your coach, but at a convenient time, not just before, during or straight after a match.

You can also contact our WABL director Annette at wabl@hawksbasketball.com.au.



WABL Fees / Costs

It is important that all families realise that Representative Basketball is a privilege. It costs significant money to provide a high quality program and it is policy of the Hawks that ALL players must pay their fees at the time of registration. Fees for the 2017 season are listed below.

Registration Fees Include:

- Team Registration
- Specialist Coaching & Development
- Training Court Hire
- Annual Free Entry to Hawks SBL Home Games
- Playing singlet for the day
- Insurance

Stadium Entry

Stadium entry fees needs only to be paid at one venue for each WABL game. These are approximately \$10. When you pay your entry fee you will be given a ticket or token to give to your manager. Stadiums also charge a spectator fee.

The cost for the 2017 WABL Season are as follows:

Team Member	\$425
Train -On	\$200

Please note: The fee does not cover trials, pre-season tournaments, weekly game entry fees, or uniforms (other than the playing singlet which is provided).

It is expected that fees will be paid prior to the start of the WABL season in the timeframe set by the PLHBA. In cases of genuine financial hardship please contact the WABL director who will confidentially deal with requests for fee relief.

Kidsport/ Refunds

Player Commitment is for the ENTIRE season irrespective of later motivation. A fee reduction may be given in the event of a serious injury (medical certificate required).

The Perry Lakes Hawks is registered for Kidsport. Eligible players can email hawks@hawksbasketball.com.au for further instructions.

Inter Venue Passes

Passes are available at all stadiums and should be requested if you intend to go to another stadium on the same day. Parents and spectators pay at one venue only, and must obtain a pass to enter the next venue free of charge.

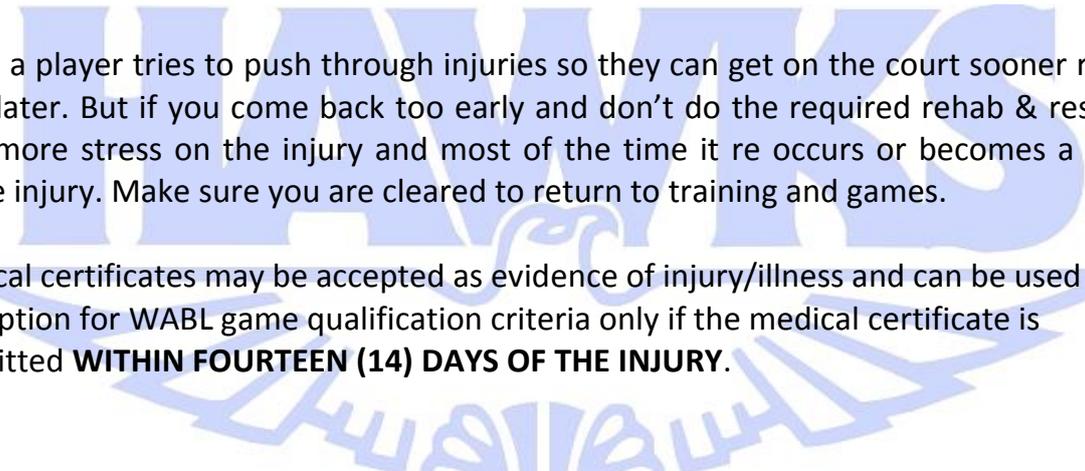
Inter-venue passes are available to both spectators and players, with the exception that a player **MUST** pay at the venue at which he/she is **PLAYING** irrespective of whether an entry fee has been paid at an earlier stadium as a spectator.

Injuries/Medical Certificates

Athletes and parents please be upfront with your coaches and club regarding injuries.

Often a player tries to push through injuries so they can get on the court sooner rather than later. But if you come back too early and don't do the required rehab & rest this puts more stress on the injury and most of the time it re occurs or becomes a much worse injury. Make sure you are cleared to return to training and games.

Medical certificates may be accepted as evidence of injury/illness and can be used for exemption for WABL game qualification criteria only if the medical certificate is submitted **WITHIN FOURTEEN (14) DAYS OF THE INJURY.**



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WABL Uniforms

The team manager will supply a Hawks playing singlet prior to every WABL game and collect it after each game to wash, ready for distribution again the following week. The compulsory items below need to be purchased for each player.

All Hawks players must be in full uniform at all times when representing the club. This includes playing uniform and warm up top at all games. No street wear is to be worn to games or training.

If players are not in correct full uniform they cannot take to the court to train or play- Grace period until 8th April 2017.

Compulsory Playing	
Hawks Blue Playing shorts	\$45.00
Hawks Warm Up top	\$50.00
Compulsory Training	
Hawks Reversible training singlet	\$35.00
Hawks Black shorts (<i>or you can wear your playing shorts</i>)	\$30.00
Additional Items Available	
Player Bag with embroidered name	\$50
Player Back Pack	\$60
Socks	\$12
T-shirts	\$20
Hoodie (Grey)	\$50
Zip Up Hoodie (Grey)	\$50
Long Sleeved Grey Top	\$TBA
Polo	\$45
Cap	\$20
Drink Bottle	\$5
Back Sack	\$5.50
Scarf	\$20

Hawks Gear can be ordered and paid for through the office on a Thursday night between 4 and 7pm. Please note we have a new online shop coming soon.

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Player Code of Conduct

Players' Responsibilities

Please read the information below carefully.

- Each player is required to purchase a Hawk's warm-up shirt and playing shorts which can be purchased at the time of registration.
- Each player is required to bring a drink bottle to each training session and game. They should be marked with name contain only water (and ice if required) to avoid sticky spills.
- Players are to notify Team Coaches and Team Manager of any injuries or sickness prior to and/or during training sessions and games.
- Mouthguards must be worn at training and games. Injuries resulting from not wearing mouthguards are not only painful, but costly too. **The rules of BWA state that if you are not wearing a mouthguard, you cannot enter the court.** Only players with medical advice certificate will be exempt from wearing a mouthguard. Team managers and referees will be responsible for the application of this rule.
- Players should arrive at least 15 mins prior to training starting and 30 mins prior to games. If you are going to be late please let your manager or coach know.
- Players should be correctly dressed as per the Hawks Guidelines for training and games.

Please note that Team Managers have spare mouthguards. These are available for \$10.00 should you forget your mouthguard on game day.



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Players Code of Conduct

All players should carefully read the following code and always strive to comply with it.

- Play by the rules
- Develop a positive attitude towards your team-mates and coach
- Never argue with an umpire or an official. If you disagree have your captain, coach or manager calmly approach the official during a break or after the game.
- Play to enjoy the game and improve your basketball skills
- Don't blame others and don't make excuses
- **Control your temper.** Do not indulge in any verbal or physical abuse of a referee, official or any player – including yourself
- Treat all players as you would like to be treated. Do not distract, interfere with, bully or take unfair advantage of another player
- Be a good sport and acknowledge all good efforts from your team and the opposition
- Work equally hard for yourself and your team
- Co-operate with your coach, team mates, referees, and opponents as, without them there be no game
- Be SPORT SAFE aware

Social Media

Social media refers to any online tools or functions that allow people to communicate and/or share content via the internet. (e.g. Facebook, Twitter, YouTube, Instagram, snapchat etc.)

Social Media can be a great way to communicate and can be fun and keep teams and people informed. It now plays an important role in sport. However Social media can also be hurtful, misleading and dangerous to a person's well-being and damaging to the image of the sport if not used in a positive context.

- Hawks Players are asked to use social media as a positive outlet only to promote their team mates, other players and the sport of basketball in general.
- Negative comments or images, bullying, racism, sexist remarks, criticism of players, coaches, teams or officials, stadium staff, volunteers or spectators will not be tolerated.
- Please be mindful of the content of what you are uploading and do not tolerate or condone poor social media behaviour or actions from others.

**For further information see the Perry Lakes Hawks - Social Media Policy.
This is available on the Hawks website and must be read by all parents and players.**

Players Disciplinary Action

PLHBA players are expected to follow the club policies and codes of conduct. PLHBA will manage disciplinary action under the following circumstances

Training

If a player is continually late to training or games or missing training or games then a coach may limit playing time in subsequent games. If the issue is ongoing then it will be reported to the WABL director.

Technical Fouls & Poor Sportsmanship

PLHBA does not tolerate poor sportsmanship. Players who receive a technical foul or display poor sportsmanship will be **subbed off the court immediately**. The coach will decide whether this player may return to the game depending on the nature and severity of the incident. Ongoing or further incidents will be reported to the WABL director for further action which may include community service.

General Behaviour

If a player is continually disruptive at training and/or behaving in a manner that is affecting the well-being of the team then it will be reported to the WABL Director. The WABL Director will meet with the coach and parents to decide on further disciplinary action which may result in the players' removal from the team.

Off Court

Players that behave in a manner that negatively affects the PLHBA will be reported to the WABL Director. The WABL director and the Coach will then decide on an appropriate course of action.



Perry Lakes Hawks Zero Tolerance Policy

All participants in Perry Lakes Hawks WABL competition must accept responsibility for their behaviour.

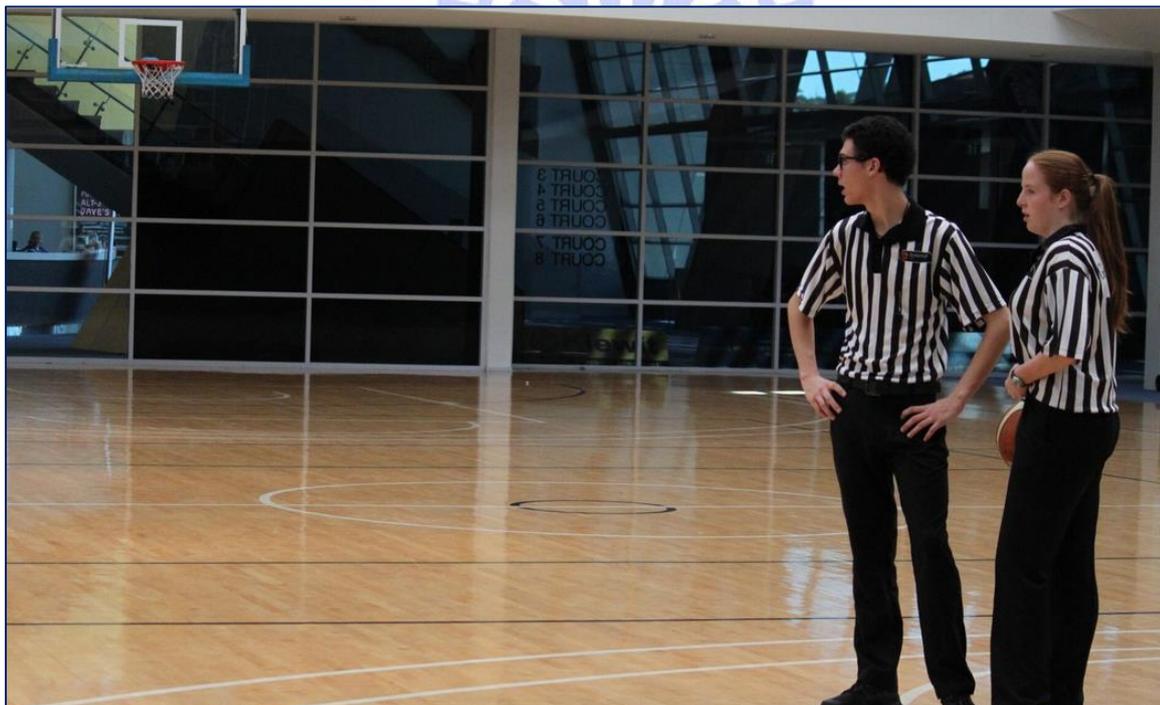
Perry Lakes Hawks reserves the right to ask any coach, manager, player, parent or spectator to immediately leave the venue should they:

- Wilfully question or challenge the rulings of the referees
- Berate or abuse referees
- Berate or abuse players
- Berate or abuse other parents or spectators
- Display conduct which is inappropriate in a sporting environment

No warnings will be given in the event of the above action becoming necessary. Any such ejection, or failure to leave the venue, will be referred to Hawks Board which may result in further formal actions being put in place. If you require, or would like to offer feedback or request a clarification on this issue please speak with the Games Controller at an appropriate time or contact the Perry Lakes Hawks office on the next business day.

The adoption of this Zero Tolerance policy has become necessary due to the reported instances of inappropriate and abusive behaviour at competitions conducted by PLHBA and BWA.

Our desire is to nurture a safe competitive environment for all participants. We ask any person that feels they cannot refrain from the above unacceptable behaviour to not attend.



Parent's Role

For many parents this will be the first time that a member of their family will be involved with the Perry Lakes Hawks and this level of basketball. It is very important that ALL parents support not only their child, but all of the players as well as the team and the coach. The experience will cost you some time, money, patience and understanding, but should be quite rewarding. We thank all our parents and appreciate the time, money and effort you put in so that your child can play representative basketball.

Your support is needed in the following areas:

- Getting your child to training regularly and on time.
- Getting your child to the game well before game time, properly dressed and fresh to play.
- All parents are expected to help with **score duties over the season (see information on page 19)**
- Helping to get other team members to the game if required.
- Encouraging and supporting your son/daughter and the team in games.
- If your child is injured, has contracted an illness, or will be absent from training for any other reason, the coach and manager is to be advised
- Recognise the value and importance of volunteer coaches. They give their time and knowledge and deserve your respect and support – don't be a knocker.
- Cheering and clapping loudly all good plays.
- Encourage your child to play within the rules and accept the referee's decision.
- If you disagree with a coach, raise the issue at an appropriate time; preferably before or after training – **not during or immediately after the game.**
- Support club decisions.
- Refrain from discussion anything negative about your team in front of your children-keep it positive.
- Be vocal in your support of our teams but refrain from making negative comments about the opposition, referees or other team members.
- Make sure that you have read the PLHBA Handbook in full including the **Zero Tolerance Policy** and **Social Media Policy** and that your children are familiar with both.

Parent Enquiry Procedure

There may be decisions that a coach or the PLHBA make that you do not understand or agree with. Appropriate communication is critical to make sure that issues are addressed. If you need to address an issue:

- Discuss the matter with the coach in private. Do not approach them in front of players or Supporters.
- Consider doing it the following **day, not** during or immediately after a game or training.
- If the issue is not resolved contact the WABL director via email or using the feedback form on the website.
- If it is an issue of a serious nature that negatively affects the PLHBA WABL program please inform the Coach and WABL director in writing.

Score Table Duty

One person is required from each team to perform the score table duties. One operates Stadium Scoring (**Away Team**) while the other is the timekeeper (**Home Team**) and keeps the electronic scoreboard up to date.

Speak the information aloud during scoring so that your fellow score table official agrees with you. If unsure or a mistake has been made, at the first opportunity when the clock is stopped, sound the horn and clarify with referee.

Ensure that the horn is sounded at the appropriate time following requests for a time out by a coach or substitutions by players. Time out and substitution requests must be made through the score table who will signal the referees when the clock stops at the end of a play phase or before the referee is in position to put the ball in play.

Substitutions may be made by either team when a referee calls a jump ball or a foul or a time out. On a violation (travel, 3 seconds, out of court etc) only the team granted possession can make a substitution. Once this is granted the other team may also substitute. Substitutions can also be requested and granted if the game is held up for reasons such as retrieving the ball from another court, wiping the floor or checking the score sheet.

A time out can be granted to either team when a referee calls a jump ball, side ball, foul or during a delay in the game. A time out can only be granted after a field basket to the team now in possession. It is important the clock is stopped and the horn sounded immediately after the basket.

At time outs and other breaks check that the running score and the score board agree with the sum of the individual scores both teams. If there is a discrepancy notify the referees.

Scorer

The computer scoring is the official record of the game, so the result could depend on the Scorer's accuracy in recording. The Scorer records:

- Players' individual points scores in each quarter
- Each team's running total score is automatically updated
- Player's personal fouls
- Number of timeouts taken by each team in each quarter
- The final scores of the game need to be confirmed and signed off by the referee at the conclusion of the game on the Stadium Scoring laptop.

All parents are expected to do score table duty over the season. The team manager will organise a scoring roster prior to the start of the season.

Team Coaches

Team Coaches are appointed by the Perry Lakes Hawks. Their role begins at the try-outs where players from the Hawks affiliated junior clubs and other interested players compete for selection. The team selection is primarily the coach's prerogative, but also involves the other coach where there are two divisions in the age group, along with the head coach of the men's or women's program and the **Coaching** and **WABL** Directors.

As a general rule players are to play in their correct age group division, but there can be exceptions upon application.

Coaching representative teams require different strategies than a normal club match. This is an elite competition in which Hawks teams are matched against the best of other major associations whose coaches and players are to win every game. The Coach needs to develop their coaching skills to be aware of the opposition coaches plan (such as which offence or defence is employed), and then use their players and game plan to the best advantage.

Court time will be decided by the coach and will depend upon player's abilities such as attitude, training performance, and ability to follow instructions, the game plan, the opposition and the situation during the game.

The club's philosophy is "coach to make the play-offs and then coach to win the finals." This means that some qualifying games may be lost while developing the team and giving all players experience. In the finals and other critical games the coach may decide to only rest key players when they are tired or in foul trouble.

Coaches are expected to:

- Not be excessive in their demands on young players
- Set a good example and earn the respect of their players
- Be generous in praise and never yell at or ridicule their players for making a mistake or for losing a game
- Teach their players respect for officials and opponents – after the game be seen thanking the referees, score bench and the opposing coach and ensure that the players acknowledge the other team
- Make a personal commitment to keep informed on sound coaching techniques, and issues related to the growth and development of children
- Be aware of SPORT SAFE practices for the prevention and treatment of injury
- Dress appropriately by wearing a Hawks polo during games and training sessions to reflect the professionalism of the club.

Coaches should agree to abide by the BWA Codes of Conduct, Zero Tolerance Policy and the PLHBA Social Media policy. All coaches must comply with the requirements under the WA Children Protection Act 1998 and be aware of the Coaches Code of Ethics that has been adopted and endorsed by the Australian Sports Commission.

Manager's Role

The Manager's role is to ensure the smooth running of the basketball team and to alleviate any problems which may divert the coach from his primary job of coaching. The organisational skills of a good manager are invaluable in assisting a team achieve success. Regular attendance at training although not mandatory helps a manager to get to know the players and sort out any problems that may arise, e.g. transportation, medication, collecting fees. Managers should wear a Hawks polo during games to make them easily identifiable.

In addition Managers should be aware of the following:

Before the season

- 2017 registrations are being done on-line. We will provide a list of unregistered players for the manager to follow up prior to the first game. The Manager should prepare a team list and distribute it to all team members and to the Hawks Office.
- Collect the team uniforms and allocate a singlet to each player according to player size. Care of these uniforms is the responsibility of the Manager.
- When fixtures are known, organise a scoring roster for the season with a team list of phone numbers so parents can swap if need be. All parents are expected to help with scoring duties. A short guide to scoring and time keeping can be found in this handbook.
- Be responsible for the PLHBA gear bag, singlets and other items as distributed to you at the beginning of the season.
- Organise drink bottles for the players for the game with numbers clearly labelled.
- Be aware of any background medical issues in the team and how they are handled.

Before each game

- Advise players in writing of training sessions and competition dates and venues and any changes that may occur over the season.
- Make sure that important information from the PLHBA is distributed to the team.
- Collect entrance tickets and tokens, write names on them if required and place in the appropriate envelope/person for collection.
- Hand out players singlets
- As Stadium Scoring (computer) will be operating, the manager should select the players who are playing and ensure their correct number is allocated against that player. This is done prior to the game – there is ample time to set up for your game at the conclusion of the previous game.
- Check players for correct uniform, mouth guards, jewellery, watches etc.
- After pre-game warm up, collect discarded warm-up tops and team balls.
- Check water bottles.
- Check for location of First Aid facilities. (You may wish to bring your own ice pack).

Manager's Role

During the game

- Ensure player's water bottles are full
- Wipe up perspiration or spills on floor if need be
- Arrange First Aid if needed- all stadiums should have a dedicated First Aid Officer on duty throughout the competition.
- Encourage all players, and attend to players as needed.
- Ensure instructions from coaches are adhered to.
- Ensure that only team members (and the coaches and manager) occupy the bench.

After the game

- Collect all players singlets and wash them before the next game .
- Clear the bench area immediately and collect any gear left behind.
- With younger players ensure that they have been collected by their parent or appointed guardian.

End of Season

- All WABL singlets and bottle carriers are to be collected and returned to the Hawks office as soon as possible.
- Check that coaches have returned all basketballs.



WABL All Stars

All-Stars and the overall MVP of the season are announced for each WABL age group in the Championship divisions, Under 18 and Under 20. Votes for these awards take place at each WABL game during the season. Coaches vote for the opposition and referees give votes to players from the combination of both teams, using a 3,2,1 voting system. Below are the Perry Lakes Hawks 2016 WABL-All Stars for 2016 (please note in 2016 the 16-2 & 18-2 divisions were included). The SBL also award All-stars and BWA presents special awards at their annual dinner. Well done to all our Hawks below:

WABL All Stars	
12 C W Rebecca Harris	14C W Nakia Bowen 14C W Emerson Taylor
12 C M Tyler Fitzpatrick	
14C M Will Comerford	16CM Daniel Rogers 16CM Bella Green (MVP) 16-2 M Blake Costello(MVP)
18-1 M Neema Kazemi Mitchell Clarke	20M Thomas Dunn Bailey Basso
18-2 M Matthew Oberman	
D League All-Stars	
Cooper Hamilton Nick Ryan Emma Clarke	
SBL All-Stars	
Ben Purser Lauren Jeffers Deanna Smith	
Special BWA Awards	
Volunteer of the Year (BWA): Annette Nobensi Referee of the Year: Nick Sokolich Statistician of the Year: Tammy Ong	

Perry Lakes Hawks Award Winners 2016

Team	Most Valuable Player	Best Defensive	Coaches Award	Most Improved Player	Most Consistent Player
Women					
12-C			Jessica Dauth & Macy Mulder		
12-2	Maggie Farquharson				Tarian Rothman
12-3	Layla Hayes		Amelie Wood		
12-3	Tess Morris	Isabell Bassett			
14-C			Jenna Teasdale & Ruby Vlahov		
14-2	Charlotte Norrish	Claudia Bates			
14-3				Zoe Cooke	Ashleigh Smith
14-3	Noelle Chitty	Perri Edwards			
16-1	Bella Green			Kiera Dunhill	
16-2	Holly Halliday & Natasha Oberman		Tahni Geel		
18-1				Alysha Holmes	Megan Maloney
18-2	Molly Stafford		Olivia Mirams		
D-League	Brie Nolan		Kristan Teasdale		
SBL	Deanna Smith		Lauren Jeffers		
Men					
12-C	Tyler Fitzpatrick		Ben Thorp		
12-2		Jack Kingswood			Ashton Bryant
12-2	Carlton Cox			Austin Condo	
12-3		Rowen Collis & Hamish Davis			
14-C	Cameron Sturmer & Will Comerford				
14-2	Jack Flaherty			Jed Kinross Creasy	
14-2		Jamie Floyd		Will Gerschwitz	
14-4				Matt Salamone	Xavier Barr
16-1	Eddie Eimanis				Seb Komatsu
16-2	Blake Costello			Tom Salamone	
18-1	Mitch Clarke		Denzel Jackson		
18-2	Matt Oberman			Zach Cheir	
20				Tom Dunn & Tim Gerschwitz	
D-League	Jake Cannell		Julian Mancini		
SBL	Ben Purser		Brian Carwell		

Perry Lakes Hawks WABL Champions 2016

Congratulations to the following teams who are the 2016 WABL Champions!



14-3 Women



16-2 Women



U16-1 Men and Women and U18-1 Men



Perry Lakes Hawks State Honour Board 2016

2016 Hawks State Honour Board

BWA State Representatives

State U20 Callum Kimberley	State U18 Adam Komatsu Mia Satie Emma Clarke
State U16 Rosie Deegan <i>Jatin Poonia (Reserve)</i> Samantha Ashby <i>Daniel Rogers (Reserve)</i> Claire Giraud	

SSWA

SSWA U12 Kauri Tipene-Grace <i>Oskars Emanis (Reserve)</i> <i>Tayla Robertson (Reserve)</i> <i>Charlotte Norrish (Reserve)</i>	SSWA U18 Austin Rebel Keely O'Brien Bailey Basso
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Southern Cross Challenge (SCC)

SCC 14 Emerson Taylor Grace Wilkie Will Comerford <i>Fred Lakin (Reserve)</i> <i>Matthew Fry (Reserve)</i>	SCC 15 Ruby Hamilton Nathan Thomas Zoe Shanahan <i>Emma Bond (Reserve)</i> Blake Costello Daniel Rogers
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State Performance Program (SPP)

U18 SPP Samantha Ashby Adrian (AJ) Nobensi Suzi-Rose Deegan Claire Giraud Bella Green Jayde Wilkie Keira Dunhill	U16 SPP Ruby Hamilton Blake Costello Holly Halliday Nathan Thomas Nakia Bowen Will Comerford Natasha Oberman Jenna Teasdale Tia Morgan Zoe Shanahan Brooke Rebel
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SCC & State Coach Appointments

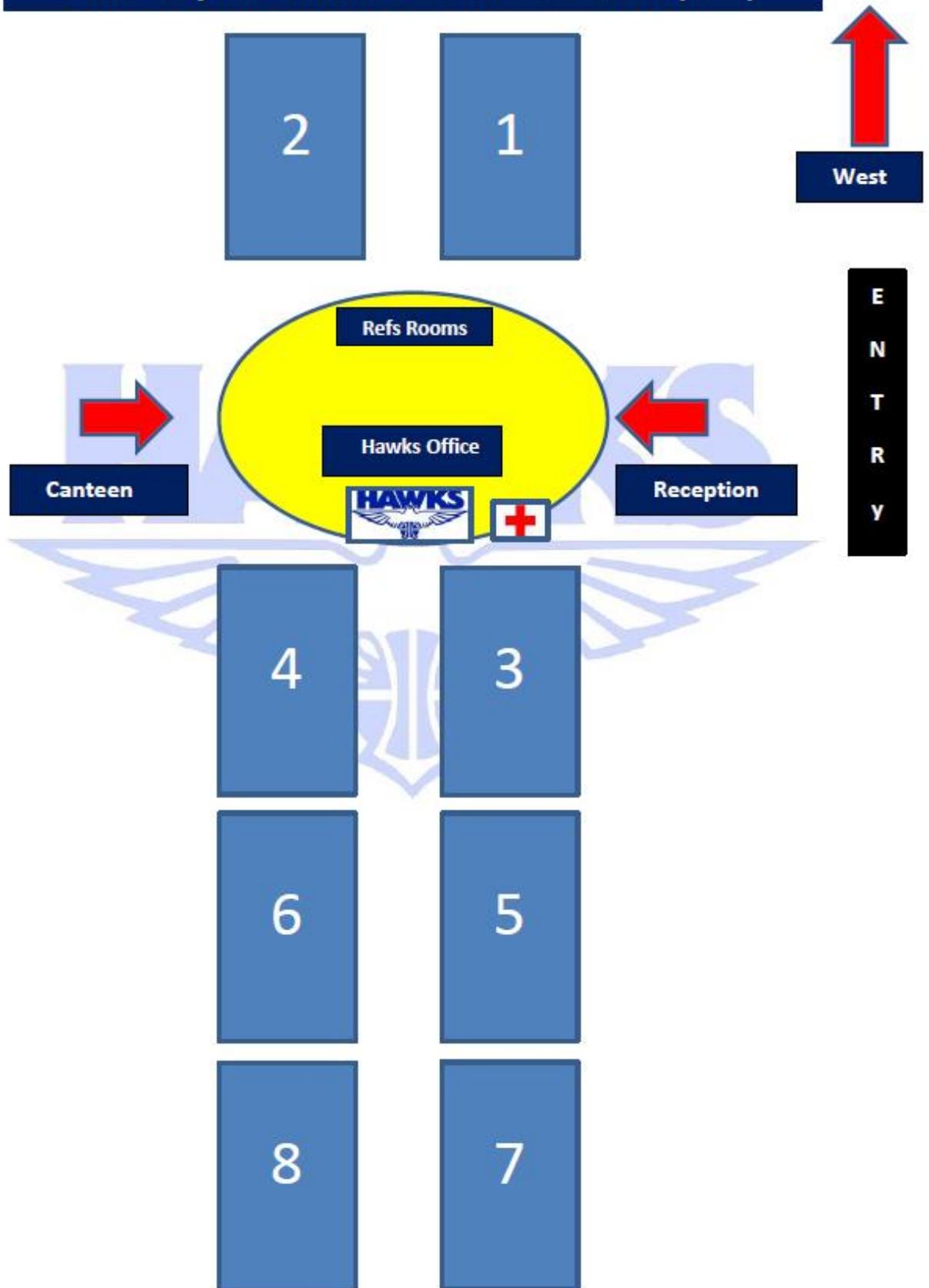
Georgia Clarke Josh Farnworth Brendan O'Brien

State Referee Appointments

Ethan Lloyd Katie Sheen

*Please note these are the teams that represented WA in 2016. BWA teams are sometimes announced the previous year.
SPP are the players that were announced in the 2016 SPP Squads*

Court Layout - Bendat Basketball Centre (BBC)



Sports Safe Injury Tips

1	Always warm up before the game. This helps minimise the risk of sudden stretching of cold muscle tissue
2	Always cool down and stretch after the game. This will help your body recover and improve your flexibility
3	Wear a mouth guard fitted by a dentist
4	If injury does occur remember the RICER method: <ul style="list-style-type: none">○ Rest○ Ice○ Compression○ Elevation○ Referral
5	Get fit! Make sure you are fit enough and keep up your training routine because fitness reduces injuries
6	Drink plenty of fluids before, during and after the game. Your body needs plenty of water even if you are not thirsty
7	Always wear correct footwear and buy good quality shoes
8	If you have an existing injury do not return to play unless you are fully fit

If an injury does occur remember
Do Not use heat and
seek medical attention if it looks serious

WABL Venues

COCKBURN Cockburn Cougars	Wally Hagan Stadium 8 Starling Street HAMILTON HILL WA 6163 Tel: 08 9335 9101
EATON South West Slammers	Eaton Recreation Centre Recreation Drive BUNBURY WA 6232 Tel:08 9724 1400
JOONDALUP Joondalup Wolves	Joondalup Basketball Stadium 380 Joondalup Drive JOONDALUP WA 6027 Tel:08 9300 1325
KALAMUNDA Eastern Suns	Ray Owen Recreation Centre Gladys Road LESMURDIE WA 6076 Tel:08 9291 7600
LAKESIDE Lakeside Lightning	Lakeside Recreation Centre Cnr Bibra Drv & Farrington Rd NORTH LAKE WA 6163 Tel: 08 9310 7700
MANDURAH Mandurah Magic	Mandurah Aquatic & Recreation Centre 303 Pinjarra Road MANDURAH WA 6210 Tel: 08 9534 7908
MORLEY East Perth Eagles	Morley Sport & Recreation Centre Cnr Wellington Rd & Mancini Street MORLEY WA 6062 Tel: 08 9375 3529
MT CLAREMONT Perry Lakes Hawks	Bendat Basketball Centre 201 Underwood Ave FLOREAT WA 6014 Tel: 08 62720705
ROCKINGHAM Rockingham Flames	Mike Barnett Sports Complex Dixon Road ROCKINGHAM WA 6168 Tel: 08 9528 5488
WARWICK Stirling Senators	Warwick Leisure Centre Cnr Warwick & Wanneroo Rds WARWICK WA 6024 Tel: 08 9247 2266
WILLETTON Willetton Tigers	Willetton Stadium Burrendah Boulevard (Opposite Southlands) WILLETTON WA 6155 Tel: 08 9310 3388
VIC PARK Perth Redbacks	Leisure Life Centre 34 Kent Street EAST VICTORIA PARK WA 6101 Tel: 08 9472 8110

Perry Lakes Hawks Sponsors

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- APPAREL AND PROMOTIONAL ITEMS -



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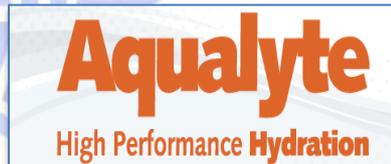
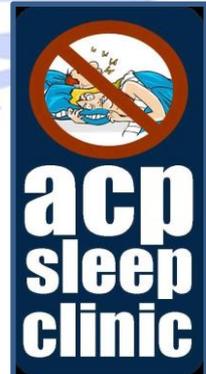


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SEBPIX



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