

Mount Gambier Lakers

The Mount Gambier Lakers teams not only represent Basketball Mount Gambier and the Mount Gambier community but also represent the commitment and professionalism of the individual players (and their parents) and coaches to strive for success.

This document attempts to capture the duties, responsibilities and ethics of each individual and their commitment to team pride and ultimately team success.

This document provides to parents an understanding of our team aspirations and directions and the role parents have to achieving team success.

Collectively what we want is a stronger team culture, cohesive, focussed and committed set of individuals contributing to team success and team harmony.

Team success is not judged by wins and losses team success is about building team pride and developing players but above all to represent our community of Mount Gambier the right way.

Core values

Mount Gambier Lakers Core Values:

1. Resilience/Toughness
2. Work ethic
3. Enjoyment
4. Team Pride
5. Respect

The Mount Gambier Lakers Basketball teams core values represent the style of play and experience we want for all of our Lakers members. We want to build a stronger team culture and establish standards expected.

Members are expected to be tough and resilient, not getting caught with negative situations instead focusing on the positives, learning from mistakes and moving on to the next play. Our senior members will set the example for our new and younger members.

We want to utilise our training time by working hard and getting the most out of each session, leading from the front during games demonstrating a high work ethic at both ends of the floor.

Enjoy the sport, the company of a team and the basketball community profile the right way.

Take pride in putting on the Lakers colours, look out for all members from top to bottom we are one group of committed individuals.

Respect for all aspects of the game. Respect is not given it is earned.

Foundations:

- Punctuality

- Training - Arrive 15 minutes prior
- Games – Arrive 30 minutes prior
- Water Bottles filled and ready
- Shoes and other accessories are ready to go

- Physical and mental preparation should begin prior to training or game
- Players attend Two practice sessions per week minimum
- Lakers Squad sessions once or twice per week
 - Development sessions available weekly
- Professional presentation – all players and staff in appropriate uniform
- Coaches Prepared
- Session plans ready prior to training
 - Progression of development throughout season
 - Utilise time with players
- Practice and scrimmage with other Lakers teams, grow together
- Share knowledge and resources with each other
- Giving back to the sport
- All U14 – U18 players required to attend at least one referee course during Lakers Season
 - All U16 – U18 players required to referee a local association game during the Lakers season or help coach an association team or program

Lakers style of play:

The below table represents the style of play that coaches are to implement for their squads and teams. Coaches are to apply thought to their game plans and training sessions to match the style of play expected by the Mount Gambier Lakers.

Players will be expected to adopt the fundamental concepts and thinking to match the Mount Gambier Lakers style of play, that will be taught by coaches.

	Players	Coaches
Team Offense <ul style="list-style-type: none"> • Fast • Team First 	<ul style="list-style-type: none"> • I am prepared to run with or without the ball • I am prepared to pass to teammates in better positions • I am prepared to play my role for the better of the team • I will work on my skills 	Game plan <ul style="list-style-type: none"> • Is appropriate for age and skill level of my team. • Allows players to use and develop their skills. Training includes: <ul style="list-style-type: none"> • Skill development • Transition and half court concepts • Game situations and scrimmage
Team Defence <ul style="list-style-type: none"> • Containment • Relentless 	On ball <ul style="list-style-type: none"> • I must stay between the player and the hoop • Must be a distance I can apply pressure 	Game plan <ul style="list-style-type: none"> • Is appropriate for age and skill level of my team.

	<ul style="list-style-type: none"> • All shots must be challenged • Maximum effort and focus every possession <p>Off ball</p> <ul style="list-style-type: none"> • I am focused and prepared for my help responsibilities • I will communicate to my teammates • I will always run back on defence 	<ul style="list-style-type: none"> • Allows players to use and develop their skills. <p>Training includes</p> <ul style="list-style-type: none"> • Defensive footwork • Positioning • Team defence concepts • Game situations and scrimmage
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