

ORANGE

EAGLES



2024 REPRESENTATIVE HANDBOOK

A WARM WELCOME TO ORANGE DISTRICT BASKETBALL ASSOCIATION (ODBA) AND THE ORANGE EAGLES REPRESENTATIVE FAMILY.

ODBA is a community-based association, committed to developing basketball as a fantastic sport in Orange and Central West NSW. We value teamwork, determination, fun, care for one another and sportsmanship. We are deeply connected to the Orange community across a range of basketball activities and love seeing people of all types thrive when they play sport together. Everyone is welcome at ODBA.

Orange Eagles is our association's representative team that competes against other teams from across country NSW. The Orange Eagles representative program currently has teams in Juniors, Women's and Men's Youth League competitions.

This Handbook is designed to provide information on the following aspects of the Representative Program:

- An overview of the competition,
- Fees and associated costs, and;
- Player and Parent expectations, commitments, and obligations

The program is run by the ODBA Executive Committee with the assistance of the Representative Committee, who are all volunteers. We would like to extend an invitation to all parents, carers and family members to join our Representative committee, it's a great opportunity to contribute to the success of the program and meet some great people. You can contact us using the information below if you would like to find out more about volunteering, or if you need any clarification on the information in this handbook.

Finally, congratulations on your selection to the Orange Eagles Representative Team, we hope this will be an exciting and worthwhile experience in your journey within our Association.

Warm Regards,

Members of the Executive Committee
Orange District Basketball Association

Representative enquiries: rep@odba.com.au **General enquiries:** info@odba.com.au
Domestic competition: comp@odba.com.au **Board members:** board@odba.com.au

ORANGE EAGLES TEAMS PARTICIPATE IN BASKETBALL NSW JUNIOR COMPETITIONS, PRIMARILY THE WESTERN JUNIOR LEAGUE (WJL) AND THE JOHN MARTIN COUNTRY TOURNAMENT. THESE REPRESENTATIVE COMPETITIONS ARE CONDUCTED OVER 3-5 WEEKENDS BETWEEN FEBRUARY AND JUNE, THROUGHOUT REGIONAL NSW.



Our Orange Eagles 2024 Juniors Program has been built on the successes of previous years, with a strong focus on improvement based on the feedback received from the last season survey.

MAIN PROGRAM OBJECTIVES:

- Encourage** community participation and competition in and outside the Association.
- Provide training** opportunities to develop skills and competition in an enjoyable and safe environment.
- Promote** association commitment and pride by supporting and fostering team spirit.
- Develop** players positive attitudes towards teammates, coaches, officials and opposition.

THE ODBA REPRESENTATIVE PROGRAM IS A QUALITY PERFORMANCE PROGRAM HELPING DEVELOP AND IMPROVE THE SKILLS OF PLAYERS AND COACHES THROUGH:

- Identifying the appropriate pathways to compete at the next level of basketball.
- Preparing all players and coaches (U12's to U18's) for competition in the Western Junior League (and if qualified, the NSW Country Tournament and NSW State Championships).
- Training (skills, team and match fitness).
- Movement, conditioning and strength program.

The Basketball NSW's Player Pathway initiatives aim to deliver professional, integrated and clear elite development pathways and programs for players throughout NSW/Australia. The Orange Eagles Junior Representative Program forms part of this pathway.

2024 TOURNAMENT DATES

THE WESTERN JUNIOR LEAGUE HAS THREE ROUNDS AND FINALS.

WJL ROUND 1 - FEBRUARY 10/11

WJL ROUND 2 - MARCH 9/10

WJL ROUND 3 - APRIL 6/7

WJL FINALS - MAY 4/5

STATE CUP - AUGUST 17/18

NSW JOHN MARTIN COUNTRY TOURNAMENT - JUNE 8-10

Team managers will provide additional information relating to dates and locations as soon as they become available. If teams choose, they may be nominate for the NSW John Martin Country Tournament.

REPRESENTATIVE COSTS

PLAYER FEES

Representative Fees for 2024: \$499.00 per player

Payment Schedule: \$250.00 per player upon acceptance of position, due 30th September 2023.
Balance of \$249.00 due 10th December 2023.
A link to online payment and registration will be emailed to players.

Family Player Discounts: Additional family members receive a \$20.00 discount per additional player.

THIS FEE INCLUDES:

- Nomination fees to BNSW Tournaments
- Game Fees
- BNSW Development Levy
- Uniform items- Training/warm up top & Socks
- Referee costs- WJL Referee Levy and Referee Accommodation and Meals Levy
- Administration / Development Levy
- U12s to U16s Playing Singlet (to be returned at the end of the season)
- Training Venue/Court Fees (paid to PCYC)
- RPT Training Sessions Court Hire (paid to PCYC)
- End of season Presentation

The cost above assumes each team has a sponsor and conducts fundraising.

UNIFORMS

Uniforms are compulsory for the representative program. Whilst most of the uniform is included in your fees, some items are required to be purchased.

- Playing shorts- if not already owned, must be purchased. Cost is \$30.00 each
- Playing singlet for U12's to U16's- supplied by ODBA
- Playing Singlet for U18's, must be purchased. Cost is \$54.00 each
- 2024 Warm up top- included in fees
- Socks- included in fees

The uniform will be supplied by Athlead through their online store, ODBA will advise you when you can order your uniform.

REPRESENTATIVE COSTS - CONT

PAYMENT OF FEES AND UNIFORM ORDERS

- A \$250.00 deposit is to be paid after selection announcement, due 30th September 2023. The remaining balance is due by 10th December 2023.
- All players will be sent a link for online registration and payment of fee instalments. Fees must be paid in full by the nominated dates.
- Fees are non-refundable once the position has been accepted, except in exceptional circumstances. Each case for refund will be treated on an individual basis by the ODBA Board.
- Non-payment by the due date will result in a review.

Cases of hardship will be addressed only if in writing to ODBA at the commencement of the season. Fee relief and a payment system may be negotiated, and each case will be assessed separately. However, application does not guarantee exceptions.

OTHER COSTS

- Travel, meals, and accommodation costs in away rounds.
- Any additional training or sessions proposed and agreed to by the team.



PLAYER EXPECTATIONS

TRAINING

Orange Eagles teams generally have one compulsory training session per week, for approximately 1.5 hours, subject to court availability.

The Juniors Rep Program also includes approximately eight compulsory club style strength and conditioning sessions sponsored by local business RPT Exercise Physiology. These are typically 2 hour sessions on a Sunday, further details below.

- Players must ensure they arrive at training on time, wearing an appropriate training singlet. Players are also required to bring a ball and drink bottle to training sessions.
- Injured or sick athletes must still attend training (unless absence is approved for medical reasons).
- If you cannot attend training sessions, this must be communicated with your coach or manager as soon as possible.
- Some teams may organise an extra training session each week, at the discretion of the head coach.

LOCAL COMPETITION

All Orange Eagles players are required to participate in the domestic summer basketball competition with both a domestic team and their representative team. The registration cost of the Orange Eagles representative team for the summer competition is included in players rep fees. Fees for players domestic team is not included in the rep program and will need to be paid for separately.

MOVEMENT, STRENGTH & CONDITIONING PROGRAM IN PARTNERSHIP WITH:



87 Woodward Street, ORANGE NSW 2800
02 6360 4442
rptep.com

RPT Exercise Physiology will be providing athlete services for our Eagles throughout the season. These sessions are typically run on Sundays and are compulsory.

The objective of these sessions is to expose players to the appropriate level of functional movement, strength & conditioning for their age and ability. These sessions also assist coaches in providing a well-rounded and best practice basketball program.

In addition, RPT Exercise Physiology provide time slots to complete testing and movement screening on all interested participants using the state-of-the-art AxIT testing equipment and software.

The program will be overseen by Paul Ringland and assisted by staff members including Exercise Physiologist, Exercise Scientists and S&C coaches.

PLAYER EXPECTATIONS - CONT

ORANGE EAGLES UNIFORM

All players are required to wear their Eagles uniform when playing and training.

The uniform consists of:

- Playing singlet, to be worn in games only (remains the property of ODBA, except U18's)
- Playing shorts
- Training/warm up top & socks (included in fees)

If your uniform is lost, stolen or damaged the player is responsible for the cost of replacement. Players who are not wearing the correct uniform for games will not be permitted to play.

PLAYER REQUIREMENTS

To be an Orange Eagles Representative Player, you must,

- Be a registered member of ODBA and BNSW
- Have paid any outstanding fees to ODBA for previous competitions.

As a team member you must always:

- Be punctual, responsible, positive, and conduct yourself appropriately at all times.
- Follow instructions of team management at and communicate any problems or concerns with team management immediately.
- Respect all team members, officials and opposition members.
- Learn and understand your team roles and obligations while supporting, on and off the court, your teammates and coaches.
- Be an ODBA ambassador, displaying exemplary sportsmanship and behavior on and off the court.

PLAYER COMMITMENT

- Must abide by the policy and guidelines of the statutory requirements of the NSW legislation in relation to child protection and BNSW's sports rage guidelines.
- Play by the rules.
- Abide by the policy and guidelines of the statutory requirements of the NSW legislation in relation to child protection and "play by the rules" sports rage guidelines.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the referee during a break or after the game in an appropriate manner.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting, or provoking an opponent are not acceptable or permitted behaviors in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Cooperate with your coach, team-mates, and opponents. Without them there would be no competition.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, or religion.

PLAYER EXPECTATIONS - CONT

PLAYERS CODE OF CONDUCT

As a player appointed by Basketball New South Wales (BNSW), or by a member of an organisation that has adopted this Member Protection By-Law and/or this code, you are expected to always meet the above requirements regarding your conduct. A player who breaches this code should expect to be placed on a "Player Behavior Agreement" by ODBA, irrespective of the outcome of any other disciplinary action.

PARENT COMMITMENT

Thank you for your commitment to your child's representative basketball development with ODBA. To assist your child's representative team, parents must:

- Encourage your child to be resilient, strong, and confident people
- Ensure your player is in attendance of all training sessions unless directed otherwise by team coaches.
- Ensure players arrive on time (or even better early) to all training and games.
- Volunteer your time for:
 - Bench Duty. It is expected that at least one parent from each family contributes to bench duty over each tournament weekend and during the summer domestic competition. Parents should become score table accredited where possible,
 - Transportation to and from tournaments
 - Stadium preparation for any local rounds
 - Fundraising
 - Supervision
- The Representative subcommittee. It's truly a great opportunity to contribute to the success of the program and meet other great people!
- Ensure payment of Representative Fees
- Make sure Uniforms are ordered and paid for (where required) by due dates.
- Ensure your accommodation is booked and paid for some tournament rounds, your team manager will communicate this with you.
- Not question coaches regarding player minute or style of coaching
- Abide by all BNSW spectator and behavior policies.
- BNSW Resource and Policy Directory
- BNSW Zero Tolerance Policy

Any questions or concerns surrounding these issues should be addressed directly to the board in writing at rep@odba.com.au

SPONSORSHIP AND FUNDRAISING

FUNDRAISING

Fundraising is a fantastic way to support and benefit individuals, teams and the broader Representative Basketball Community.

All teams and their families will be required to fundraise during the summer competition on game nights to raise money that goes towards fees and uniform costs. More information on this to come.

SPONSORSHIP

Our 2024 fees assume that each team has a sponsor which helps to keep our player fees down. Do you know someone or would like to be a proud Eagles sponsor? We would welcome you to partner with us and the kids in this way, building exposure of your business and helping to offset costs.

Contact Laura Hassan about sponsorship - 0431 102 871 or rep@odba.com.au



THANK YOU

TO OUR 2023 SPONSORS



McGrath

