



**WAITAKERE WEST AUCKLAND
BASKETBALL**

CLUB HANDBOOK



Haere mai!

Welcome to your local community Basketball Club. We are excited to meet you and we look forward to helping you in your basketball journey to success. We hope that you will enjoy being part of our basketball family and we would like to see your family and friends join the club too, so bring them with you.

Now that you are part of the club, we wanted to share some information with you so that you know exactly what to expect from the time you spend with us. Please keep this booklet with you as a guide and let us know if you have any questions or would like more information.

Our Club Nights are:

Venue:

Your Basketball Head Coach is:

Your Head Coach (and assistant coaches) are here to share their knowledge and expertise with you to help you develop the skills you need to be the best player you can be. If you have any questions about the basketball season ask them first.

They will either happily answer your questions or point you in the right direction of someone who can. Please remember your Head Coach and assistant coaches are volunteers and they are giving up their time to help you and guide you, so please be well behaved and always thank them for their time.

Expectations for Club Nights and Events

Player Expectations:

- Respect your coach and other volunteers at all times.
- Listen to instructions
- Talk when it is time to talk
- Respect the opposition and referees ruling of the game
- Stay cool no matter what happens
- Accept winning and losing with dignity
- Keep sport fun (that's why we play)
- Never be verbally or physically abusive to anyone

Coach Expectations:

- Encourage players and their parents to practice fair play
- Always be positive and never shout at or ridicule players
- Treat all players the same regardless of ability
- Speak out against cheating, violence and poor behaviour and remove his/her players from the field if necessary
- Always respect the decision of the match officials
- Make sure players shake hands at the conclusion of the match

Parent and Supporter Expectations:

- Be supportive of your child, negative criticism does not help
- At all times respect the match officials decisions
- Do not be verbally abusive of opposition players or be drawn into abusive conversations with opposition supporters
- Feel free to volunteer to support during any club nights/events

“Treat others the way you want to be treated”

Club Contacts

Coach/Volunteer	Mobile	Email

Club Structure

Our intention is to grow strong links and relationships with our local tamariki, rangatahi and whanau through basketball. The purpose of the engagement with our local schools is to provide affordable opportunities for a successful and sustainable programme. To achieve this ABSL work with us to upskill local volunteers to run and operate our Club Programmes.

ABSL Basketball Development Programmes

There are two key ABSL basketball programmes that are aligned with community basketball clubs:

Kiwihoops Programme – is a programme delivered Monday-Friday by ABSL Community Coaches in Primary and Intermediate Schools across the region from 9am-3pm. ABSL use their time in schools to develop fundamental skills and to connect students with local basketball clubs.

Basketball Development Programme – This programme is delivered in Secondary Schools during school or after school hours and focuses on developing the school's basketball teams, teachers and volunteers to compete at a higher level during the Auckland Secondary School Basketball Competitions and Events. ABSL use their time in schools to establish lead Secondary Schools as club hubs and to increase the potential for club volunteers.

Preparing to Train, Preparing to Play

Training is all about practicing the things you want to do during the actual game, and trying to get better at how you perform them. This means that at training you should be trying as hard as you would during the actual game.

COME TO CLUB NIGHTS PREPARED WITH:

The right clothing and footwear. This includes no jewellery, hair tied back and nails cut short so that you don't injure another player.

The right energy levels, having eaten enough food earlier to provide fuel for the training session. Bring a water bottle as well, to keep your hydration levels up.

A water bottle: you will sweat a lot, so always bring a water bottle to replace fluid

The right attitude – make the time you spend at training worthwhile by being prepared to give everything your full attention, from warm up to warm down.

AEROBIC EXERCISE: 5 minutes of light exercise, to build up a light sweat and warm up your muscles. Try and include a variety of movements, to mimic the things you may need to do on court e.g. moving forwards, backwards, sideways, diagonally, skipping, side-steps etc.

STATIC STRETCHES: perform each stretch slowly and steadily, holding each stretch for 30 seconds. Don't bounce the stretch, hold it at the point that it feels tight but not painful. Feel free to add more to your repertoire, but the minimum stretches you should be doing are Long calf, Short calf, Quads, Hamstrings, and Triceps/Shoulders.

DYNAMIC STRETCHES: muscles stretching movements that get your body ready for actions you should be carrying out on court during a game. Note: 5 is the magic number. Squats (5 times), Lunges (5 each side), Diagonal Touch Your Toes (5 each side), High Side Stretches (5 each side).

BASKETBALL SPECIFIC EXERCISES: preparing for quick, sudden movements that require you to stop, start and change direction quickly. Jump and Land, Side to Side, Run and Stop, High Jumps

BALL HANDLING DRILLS: now pair up and run through your team's warm up ball handling drills

Injuries

Injuries are a potential side-effect of being involved with a sport. If you have been injured, whether from a basketball-related activity or not, you owe it to both yourself and your teammates to make sure you are fully recovered before you play again. If not, you could be causing further damage to yourself, and causing problems for your teammates if you aren't able to perform 100% and/or need to be replaced during a game because you came back too soon.

IF YOU ARE INJURED:

- Seek medical advice and follow it
- Ask how long you should wait before getting back into training or playing again
- Carry out any rehabilitation exercise faithfully, to gain maximum benefit from them and to help your injured area regain strength and flexibility.
- **Keep your coach and manager informed with what's going on, what you can and can't do, and any time frames you've been told**

ACC RETURNING FROM INJURY FITNESS TEST.

You must be able to do all of these things confidently and without pain.

- Run the full length of a basketball court 4 times
- Jump and land on both feet 10 times
- Jump and land on one foot 10 times (if it was your foot that was injured, test that foot)
- Hop from one foot to the other 20 times
- Take part in full training for a week without no problems.

Frequently Asked Questions

What do I wear?

To Club Nights: Wear anything you can play basketball in comfortably. This could be track pants, shorts, skins and a t-shirt or any other appropriate sports top.

Club training tops are available to purchase if you want one please ask your head coach (\$20).

To Club Events (Like Run & Gun or Club Competitions): Bibs or Uniforms will be provided please wear black shorts.

Can my family and friends participate???

Yes! We welcome family and friends of all ages to come down to the club. They can join in, volunteer to help run sessions or just come along to watch.

Note: no other accessories are permitted on a basketball court – no watches, no jewellery, no long fingernails or anything else that might accidentally scratch or injure someone. Please do not bring devices to club nights as would not like for them to go missing.

What do we do during Club Nights?

Every club is different and every night is different also. We aim to provide a skills development programme that is appropriate for the different age and ability levels of the participants that attend every night.

You can expect to learn all the basic fundamentals of the game and we will progress your skills through to advanced levels of performance as and when you are ready.

A typical night will start with a scrimmage until everyone has arrived followed by a 1 hour skills session and ending with fun games and/or competitive games.

Frequently Asked Questions (Continued)

Why do we have club nights?

- Firstly, to develop the necessary skills to create a basketball team that can compete in tournaments and events.
- Secondly, to provide activity in your local community that enables you to meet other people from your neighbourhood and to build long lasting friendships and relationships.
- Lastly, to grow and develop young leaders in the community who can inspire and lead others to succeed in sport and in life

Do we get to play?

Yes, we have three opportunities for club members to play basketball outside of club nights as follows:

Run & Gun (Tournaments) - Every Year (four times a year during the first weekend of the school holidays) clubs participate in the ABSL Run & Gun Tournament. Clubs make up teams to enter U9s/U11s/U13s and U15s grades. All games are played at ASB Stadium, Kohimarama. The cost to participate is \$10 per person.

SAS Tribes (League) - Club Leagues will commence in 2018 and will involve playing against teams from other local basketball clubs. At the end of the competition, teams will also be able to play in the Greater Auckland Club Tournament where clubs will have the opportunity to play for a championship title against teams from all over Auckland. Games are played on Saturdays.

Phoenix (Leagues) – For our more experienced athletes (U15-U19s) we can also enter teams into Phoenix League in Term 1 and Term 4 every year. Phoenix League now welcomes all clubs to enter a team in our U15s/U17s and U19s grades. Games are played on Saturdays.

What happens if I can't make a game or a training session?

You must let your head coach know beforehand as soon as you know that you have a clash coming up. Talk to your head coach as soon as possible to see what the best course of action may be.

Frequently Asked Questions (Continued)

Can I offer any assistance?

Yes, absolutely! We welcome all voluntary assistance. All you need to do is ask. You might also like to register to the [ABSL Volunteers Network](#).

Can I attend courses or become a qualified coach or referee?

Yes, ABSL offer coaching courses, referee and officials courses and many other opportunities for upskilling. Check out the ABSL website for more information www.absl.co.nz/Resources

Want to know more?

If you or anyone you know is willing to volunteer your time to support the growth and development of the club and the wider community, please contact:

ABSL Basketball Development Manager (Clubs)

Lindsay Tait

Lindsay@absl.co.nz

(021) 851224

ABSL Basketball Development Manager (Coach Development)

Aik Ho

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(021) 555504

ABSL Referees and Officials Manager

Jilly Harris

jilly@absl.co.nz

(021) 0440612

You can also download resources and register to participate in any of our courses online: <http://absl.co.nz/Resources/Coaches>

Club Volunteers – Youth Leadership Pledge

Being a Club Volunteer is a privilege. You have accepted a youth leadership role that comes with responsibility not only to your club but to the community. By becoming a volunteer, you are the role model for many young people in your community and they will look to you for support and encouragement.

These are some of the things that you will need to do before, during and at the end of the season:

- You are a leader in your club and so you must act like one. Your club members will look to you on and off court. Make sure you lead by example! Use your initiative, if your head coach asks you to do something for them be the first one to do it and do it with a smile.
- You should liaise with your head coach to prepare for club nights and events. Ask your head coach for session plans and help the head coach to prepare and manage the delivery of each session.
- You will be required to write a one or two page report about your role in the club and the progress of basketball at the end of the season.

Name: _____

Signature: _____

Date: _____

Club Volunteers – Adult Leadership Pledge

Being a Club Volunteer is a privilege. You have accepted an Adult leadership role that comes with responsibility not only to your club but to the community. By becoming a volunteer, you are the role model for many children and young people in your community and they will look to you for support and encouragement.

These are some of the things that you will need to do before, during and at the end of the season:

- You are a leader in your club and so you must act like one. Your club members will look to you on and off court. Make sure you lead by example! Use your initiative, if your head coach asks you to do something for them be the first one to do it and do it with a smile.
- You should liaise with your head coach to prepare for club nights and events. Ask your head coach for session plans and help the head coach to prepare and manage the delivery of each session.
- You will be required to write a one or two page report about your role in the club and the progress of basketball at the end of the season.

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Signature: _____

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