



Cockburn Basketball Association



WABL PLAYER AND PARENT EXPECTATION

POLICY 2019/20

WABL MISSION STATEMENT

To provide opportunity for Cougar athletes to fulfil their on and off court potential, by maximising their athletic, mental and emotional development.



COUGAR VALUES

Include. Enjoy. Excel.

WHAT DOES OUR COUGAR FAMILY LOOK LIKE?

They:

- Are authentic
- Listen proactively
- Have a sense of humour
- Ensure safety
- Work as a team
- Act respectfully
- Be inclusive
- Strive for excellence
- Are accountable



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WESTERN AUSTRALIA BASKETBALL LEAGUE (WABL)

WABL is Western Australia's elite junior basketball competition, administered by Basketball WA (BWA). It caters for players from as young as 7, through to 19 year old men and women. The age-groups are broken down into U12, U14, U16, U18 and U20's.

The WABL competition starts in January with trials, followed by a grading tournament in February. The purpose of this tournament is to sort each club's individual teams into the correct WABL division, in order to maximise the quality of game each season.

The official WABL season commences on the last Sunday of April, running until finals in September. Each week games are played at different venues, from as far north as Joondalup, east to Kalamunda and Mundaring, and south to Bunbury. The season contains 18 rounds of regular season games and three weeks of finals over term 2 and 3 of the school year. ***This includes school holidays.***

Each of the above age groups will have up to four divisions for both females and males (with the exception of U20's) and Cockburn have the ability to put in three (sometimes four) teams per age group.



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STATE CHAMPIONSHIPS

In late November/early December each year, the State Championship tournament are run by BWA. This tournament has all WABL Associations represented as well as other smaller metro Associations country Associations.

Our coaches are selected each year prior to the State Championships and continue through to the next WABL season. All teams are open to new and existing athletes in October for the State Championships.

Teams break over the Christmas and New Year period, with trials occurring in January ready for the WABL grading tournament in February. The selection process is highlighted in the CBA Player Selection Policy.

PLAYER EXPECTATIONS

Welcome to the Cockburn Cougar Family. We are excited to be a part of the basketball journey each athlete is about to undertake.

Basketball is an amazing sport, but it's important to make sure the life of an athlete is balanced. Academically, personally and on the court.

Cockburn Cougars are leaders in on and off court behaviour, so it is important that all athletes play hard, smart, decisive and fair. Cougars show respect and play with humility.

Cougars play for the Cougar Family before all else. Playing for the team comes next. Then finally, each individual. Some of the best players in the world make personal sacrifices; our family is no different.

At Cockburn we are a family; something we are all proud of. Something we should stay proud of.

As a Cougar athlete, communication is key. Any issues that arise, it is important to make an attempt to resolve them immediately. The process of conflict resolution is indicated further on in this document.

It is expected Cougar athletes:

- Conduct themselves in a manner reflective of the club's mission at all times. This includes embracing the Cougar Values and abiding by the Code of Conduct.
- Are financial with both their domestic and WABL team, in order to be available for selection. The CBA General Manager will consider financial issues on a case-by-case basis.
- Arrive at the designated venue in a timely manner as directed by each coach.
- Inform the coach directly, at the earliest possibility, if they cannot attend training or will be late. It is unacceptable to inform the coach on the day of unavailability, unless it is a case of sudden illness. This also applies for domestic games.



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- Inform the coach of any pre-existing injuries. In the case of an injury, attendance at training and games is still expected, provided the injury does not stop this.
- Do not attend training and games if illness can be passed onto others.
- Do not miss training to study, unless there is an examination the next day. If this is the case, it is important the coach is aware well in advance. If you need help with time management, consult the CBA General Manager.
- Respect all training and game venues, leaving them damage free, clean and tidy.
- Wear the Cockburn Cougars training singlet, CBA black shorts, bring a basketball and drink bottle to all training sessions.
- Respect all equipment.
- Follow the instruction of coaches at all times.
- Are leaders with their on court and bench behaviour at all times, supporting team mates on and off the court.

UNIFORMS

- All players are expected to wear a Cougar reversible training singlet and black shorts to all training sessions once selected in the team OR part of the Cougar Academy program.
- Players will purchase WABL playing shorts and a WABL warm-up top to be worn at all games during the regular season.
- Players are only allowed to warm up in WABL playing uniform, WABL warm-up tops and CBA hoodies. No other attire (including other Cougar merchandise) is to be worn during warm-up and games.
- Club merchandise can be purchased at times stipulated by the CBA.
- All players must wear mouth guards during training and games.

PLAYING TIME

- Cougar athletes are entitled to a MINIMUM number of 'playing opportunities' per game, per age group. A playing opportunity is defined as the athlete starting a quarter or being substituted into the game.
- U12 athletes will be guaranteed a MINIMUM of 3 playing opportunities, U14 athletes will be two, U16 athletes will be two and U18 athletes will be one.
- The length of opportunity is at the discretion of the head coach, and subject to their individual assessment. Coaches are instructed to be explicit with their instructions to athletes, so it is clear what is expected of them. This process is not designed to punish simple skill errors, but to hold athlete's accountable to instructions from their coach. It also ensures athletes aren't sat off the court for an entire game.

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- NOTE: Athletes who play more than 15% of total game time are deemed to have used their total minimum playing opportunities, and their remaining playing time is at the sole discretion of the head coach.
- The above is also dependent on meeting the club and team expectations throughout the season, this includes:
 - Attendance and punctuality
 - Behaviour and appearance
 - Attitude towards their team, teammates, coaches, officials and opposition



WABL PLAYERS DOMESTIC BASKETBALL RESPONSIBILITIES

The Domestic Competition is an important element of the Cockburn Basketball Association. It is the lifeblood of the Cougar Family.

The objective of the competition is to involve athletes in a competition that players want to be a part of, and can develop in, without the cost and travel associated with WABL.

Games are currently spread throughout the week depending on age group and it is an expectation that all WABL athletes are involved in the Cockburn Domestic Competition in all terms of the school year.



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To be eligible for WABL team selection WABL players must:

- Be registered and active participants in a CBA domestic team
- Be fully financial with their domestic club by the due date specified by the domestic club. **Athletes with financial issues must make their situation known to the junior domestic club who may contact the CBA General Manager.**
- Athletes who are not involved in a Cockburn domestic program or WABL team may be allowed to train with a team if granted by the CBA General Manager.

WABL players who regularly do not turn up to domestic games without notification to their domestic team coach/manager will not, unless a reasonable excuse can be given, be able to play in the next WABL game if deemed appropriate by the CBA General Manager

The above also applies to State Championships. Only active and financial players will be selected to compete in these Championships.

Players with a **long-term injury** must notify their domestic club and the CBA General Manager to give updates on their situation.

Players wishing to be excluded from playing in the junior CBA competition must apply for an exception via the CBA General Manager, who will approve or deny the request.

Reasonable exemptions include:

- Holding a CBA SBL Contract for the current calendar year
- State Level Commitments in basketball or similar sport that would be directly impacted by the domestic competition. This may include a direct clash or workload that is deemed excessive.
- An inability to safely travel to and from games as a minor
- Other exemptions MAY be considered on a case-by-case basis.

All players wishing to transfer from another WABL Association must register and actively participate in our domestic competition once selected into a Cockburn Cougars WABL team. The step-by-step process for these athletes can be found in the CBA WABL Player Selection Policy.

These athletes may train and play with a WABL / State Championships team if the CBA General Manager is satisfied an adequate commitment to the CBA is being made.



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FEES

For WABL season 2019, the following fees will apply:

- WABL try-outs: \$35 (Paid Online in December/January)
- WABL Grading Tournament: Cost Price (actual cost TBA early 2020)
- WABL Pre-season Game versus Rockingham: \$10 player entry, \$3 spectator entry (early April)
- WABL Season Fee: \$400 (invoiced mid-March)
- WABL Weekly Game Fee: \$10 players, \$3 (approximately) spectators. Dependent on venue (April-September)
- State Championships Registration & Tournament (2019): \$60 registration fee, \$60 tournament fee (\$120 total).

Payment plans are available upon request, however, these will not be granted if a request is not made in a reasonable timeframe. The CBA will continue to provide support to families with two or more athletes participating in the WABL competition. A discount of 10% on fees will be applied to all subsequent family members after the first athlete.

We want to maximise the opportunity of all athletes, so please contact the CBA General Manager if you have any concerns around making your financial obligations. The association is committed to finding a solution for all families.

Athletes who suffer a season ending long-term injury after playing less than five games of the WABL season will be refunded their fees, minus administrative charges. If an athlete suffers a season ending long-term injury having played 5-9 games (inclusive), they will be charged half the total fee cost. Any more than 10 games played (inclusive) will be charged the full season fee.



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PARENTS AND SUPPORTERS

We are thankful to be able to work with all athletes through our WABL program and appreciate the sacrifices made to enable each child to be involved in this worthwhile opportunity.

Our club's success would not be possible without this support.

Cougar coaches make sacrifices that often go unnoticed. The personal and financial sacrifices they make are balanced by the rewards of success, friendships and the opportunity to work with great young athletes.

Please be supportive of them. They make decisions everyday affecting the welfare of the club, team and players. This is not easy and we appreciate not everyone will always agree. Effective communication is required between parents and coaches.

Positive feedback is always encouraged; please provide this at any time.

If there are any issues that need to be resolved, please follow this process:

1. Hold off at least 24 hours post-game or training before speaking to the coach. Coaches are instructed by CBA management to not engage in negative feedback immediately following a game.
2. If after talking to the coach, the issue has not been resolved, speak to the appropriate age group's lead coach.
3. Beyond this, please discuss directly with the CBA General Manager.

It is an expectation that the above process is followed. Coaches, officials and team managers are instructed not to engage in conversations that do not follow the above procedure.

During games and training, please support the whole team. Coaching from the sidelines, no matter the knowledge base, is not appropriate. The coaches are the sole suppliers of technical feedback and instructions.

We encourage parents to be passionate and vocal by giving encouragement to all Cockburn players and praise good play by our opponents. Refrain from negative feedback to referees as they too are developing and without them, we have no game.

We require assistance from parents in the form of team manager duties, scoring and fundraising. Please be supportive of every athlete, the wider team and the club in helping out when you can.



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Finally, the club, its management and coaches make decisions for the benefit of the Cockburn Basketball Association and Cockburn Cougars. Whilst not everyone always agrees, please accept and educate each athlete on how to handle success as well as difficulties or hurdles they may come across. Please take both on board with equal acceptance and educate athletes on how success is important, but negative hurdles are an important learning opportunity.

Dealing with success AND failure is an important skill we can instil in our Cougar athletes and it starts with parents. It makes athletes more resilient and capable to overcome future challenges.

SOCIAL MEDIA

Please remember that anything published on social media can have an impact on others. Any posts related to the club, team, players, parents, officials, supporters or opposition should only be positive in nature.

What others post online can impact club culture, team harmony and individual's feelings. Any issues brought to the attention of the CBA on social media regarding the club, coach, players, parents, officials, supports or opposition will be swiftly dealt with by the CBA General Manager.





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BASKETBALL WA CODES OF CONDUCT

Players Code of Conduct

1. Understand and play by the rules.

Understanding and playing by the rules is your responsibility. The rules exist for the safety, proper order and enjoyment of all people involved in basketball. The lessons to be learned in this respect in basketball are lessons that can and should be carried over into all aspects of your lives. Do not ignore or deliberately break any rules. Even if you think that a deliberate foul may give your team an advantage, you should not commit the deliberate foul in the interests of fair play. If you do consistently commit deliberate fouls or break the rules you must accept that there will be consequences for you and your team. Do not let yourself or your team down.

2. Respect referees and other officials.

Referees and officials have a difficult task to perform and you could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, have your coach, captain or manager approach the referee during a break or after the game, in an appropriate manner.

3. Control your temper.

Verbal abuse of officials is a serious offence against the rules of basketball. Verbally abusing other players or deliberately distracting or provoking an opponent are also not acceptable or permitted in basketball. Loss of temper is not only unpleasant for other participants in the game, it can also distract you and have an adverse effect on your concentration and effectiveness on the court.

4. Work equally hard for yourself and for your team.

You owe it to yourself and others involved in your team to train and play to the best of your abilities. Your team's performance will benefit - so will you. If you are half-hearted about your involvement in the sport you will become dissatisfied and lose out on the much of the enjoyment and satisfaction you can derive from giving it your best.

5. Be a good sport.

Acknowledge all good plays whether they be by your team or the other team. Good manners and respect can be infectious. Everyone likes to be praised when they do something well. If you acknowledge the



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achievements of your opponents it is likely they will follow suit. Part of participation in sport is respect for all participants in the game. Your opponents are entitled to proper courtesy. Always introduce yourself to your opponents on court, congratulate them whether you win or lose and accept a loss gracefully. Remember that the opposition coach is there trying to do the best for their team and is also entitled to respect.

6. Treat all players as you would like to be treated.

Do not interfere with, bully or take unfair advantage of another player. Just because one of your team cannot perform as well as you do does not mean that they are not trying. Everyone makes mistakes. Do not abuse or ridicule another player when a mistake is made. Constructive guidance and encouragement when a player does well will assist a player to improve their game.

7. Play for the “enjoyment of it” and not just to please parents and coaches.

Playing sport, including basketball, should be fun. This doesn't mean that you shouldn't take it seriously, just that at the same time you should enjoy it. If you enjoy an activity you will perform much better and derive far more benefit from it than if it is an unpleasant experience. You may experience pressure from your coach and parents and others to perform outside of your capability or desires. Whilst this can be a positive and their way of showing you support in your activities, you should resist it where it no longer is enjoyable.

8. Respect the rights, dignity and worth of every person.

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with basketball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution.

9. Be prepared to lose sometimes.

Everyone wins and loses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognise that even in defeat, the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for your wider life goals.

10. Listen to the advice of your coach and try to apply it at practice and in games.

Your coach has been appointed to coach your team because they have certain abilities and experience. They have also undergone training to ensure that you get the best coach that you can commensurate with your skill levels. Apart from skills training, your coach can provide you with helpful advice on all aspects of playing



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basketball. Make the most of the opportunity provided to you to work with your coach to have a happy and successful experience in basketball.

11. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use. Do not engage in dangerous practices such as hanging off hoops or “slam dunking”. Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.

Parents Code of Conduct

1. Encourage children to participate for their own interest and enjoyment, not yours.

Support your children in their participation in basketball but do not force them to play if they don't want to. Sport is played by children for enjoyment and fitness. It is good for their bodies but should also be good for their minds. If they feel too much pressure from you it may make them rebellious or even depressed. It is very tempting for parents who are involved in a sport, or who have children with abilities they wish they had themselves to try and force the children to participate or to participate at a level to which they do not aspire. Resist the temptation.

2. Encourage children to always play by the rules.

Just as responsible parents teach their children to obey the law of the land, so should those same parents encourage their children to play sport by the rules. If your children show no respect for the rules of the game of basketball, they can also come to believe that breaking the law is acceptable too. If you see your children constantly breaching rules you should be prepared to speak to them at an appropriate time.

3. Teach children that an honest effort is always as important as a victory.

Your children will suffer many disappointments in their lives. You should teach them from an early age that whilst a win in basketball will bring them much pleasure, it is not the most important thing. Participating to the best of their abilities is far more important than winning. You can help them learn this, so that the result of each game is accepted without undue disappointment.

4. Focus on developing skills and playing the game. Reduce the emphasis on winning.

If children see that effort is rewarded by an increase in skills, they will derive considerable pleasure and see the importance of striving to improve over the necessity to win every game. Primary responsibility for skills training rests with the children and their coaches but you can assist with their enthusiasm by attending games, encouraging them to practise away from formal training and games and even joining in with this practice.



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5. A child learns best by example. Applaud good play by all teams.

Acknowledge all good plays whether they be by your children's team or the other team. Good manners and respect can be infectious. If you acknowledge the achievements of your children's opponents it is likely your children will follow suit. This can assist to create a positive and supportive climate for all children involved in the game.

6. Do not criticise your or others' children in front of others.

Reserve constructive criticism of your own children for more private moments. Children can be very sensitive and feel strong humiliation if they are criticised in front of their peers. When you do feel the necessity to speak to your child about something that displeases you, make the effort to explain what the problem is and why you are concerned about it. If you can see some way of avoiding the problem in the future, also explain this to the children. Give your children an opportunity to offer you an explanation. You are not communicating with your children effectively if all the communication is one way.

7. Accept decisions of all referees as being fair and called to the best of their ability.

Referees and officials have a difficult task to perform and your children could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, discuss it with your children in a constructive manner.

8. Set a good example by your own conduct, behaviour and appearance.

Children often learn by example. You are the prime role models for them. Make your parenting rewarding and beyond criticism by leading by example. Do not criticise opposing team members or supporters by word or gesture. Accept loss graciously and applaud the efforts of all playing the game. Do not be one of the "ugly" parents occasionally seen at sporting events.

9. Support all efforts to remove verbal and physical abuse from sporting activities.

Parents have considerable influence in how sports are conducted. Often they are called on to perform volunteer work to help organise their and others' children's activities. Use this rewarding experience, not just to assist in getting the necessary work performed, but also to influence the atmosphere in which your children play the sport. Children not as fortunate as yours whose parents are not willing or able to be involved may need some guidance on what is or isn't acceptable behaviour.



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10. Respect the rights, dignity and worth of every person.

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with basketball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution. Your children will most likely follow your lead in matters of discrimination and vilification.

11. Show appreciation for volunteer coaches, officials and administrators.

Volunteers are necessary for the functioning of sporting activities. Without them, your child could not participate. Whilst many are parents of people involved in the sport, many are also people dedicated to the sport and its development. Show them the respect and appreciation that they deserve.

12. Keep children in your care under control.

Basketball encourages you to bring your children to games. However, there can be dangers to them in a basketball stadium. They can also constitute a danger to players. You should ensure that children with you at a basketball game are well behaved and do not wander onto or too near to courts. They can easily be knocked down by a player or a player can trip over a child when concentrating on the play and not expecting a small child to be in the way.

13. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use. Discourage your children from engaging in dangerous practices such as hanging off hoops or "slam dunking". Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.