

# VJBL 2023/2024

# Junior Representative Handbook Players and Parents





## **Table of Contents**

ACKNOWLEDGEMENT OF COUNTRY	3
WELCOME	3
CLUB CONTACTS & RESOURCES	3
OUR PROGRAM	4
VJBL – Victorian Junior Basketball League	4
WHAT IS YOUR COMMITMENT?	5
Training Commitment:	5
Family duties:	5
TRYOUTS	6
COACHES	6
TEAM MANAGERS	7
COURT TIME MANAGEMENT	7
COMMUNICATION	8
INJURIES	8
TOURNAMENTS	8
Compulsory Tournaments:	8
UNIFORM	9
Uniform Costs	9
FEE STRUCTURE	10
REGISTRATION	10
Registration Refund Policy:	10
Registration Fees After Team Selection (Late Entrants):	10
TEAM SHEET FEES	10
BEHAVIOURAL TECHNICAL FOUL	11
CODES OF CONDUCT	11
PARENTS CODE OF CONDUCT	11
PLAYERS CODE OF CONDUCT	13
CHILD CAECTY	15



#### **ACKNOWLEDGEMENT OF COUNTRY**

Blackburn Vikings Basketball Association would like to acknowledge the Wurundjeri Woi-wurrung people of the Kulin Nation as the Traditional Custodians of the land on which we gather and pay our respects to their Elders past and present.

Further to this, our community would like to extend a warm welcome to all people of different cultures and beliefs.

#### WELCOME

Blackburn Vikings' mission is to teach, develop, organise, manage and offer the opportunity to learn the fundamental skills of basketball while instilling life lessons and values such as character, teamwork, discipline, respect and sportsmanship.

Striving for continual improvements in our players, coaches and services, our Association will grow and prosper by providing a quality and competitive environment to develop players' individual skills to their full potential.

#### **CLUB CONTACTS & RESOURCES**

Registrar: Leanne Maguire registrar@blackburnvikings.com Uniform Coordinator: Marilyn Maclaren uniforms@blackburnvikings.com

Under no circumstances are Coaches, Assistant Coaches, Team Managers, parents, or players to contact the VJBL office. All communications with the VJBL MUST go through either the Registrar. This is a mandated rule put in place by VJBL.

#### **WEBSITES OF INTEREST**

Blackburn Vikings: www.blackburnvikings.com

VJBL: www.vjbl.com.au

Basketball Victoria: www.basketballvictoria.com.au

**SOCIAL MEDIA** 

Like us on Facebook: https://www.facebook.com/vikingsbasketball/Follow us on Instagram: https://www.instagram.com/blackburn\_vikes/



#### **OUR PROGRAM**

The aims of the Vikings Junior Championship Program are:

- To bring together talented players who have divergent backgrounds and develop them to their maximum level of ability whilst participating successfully at the highest level of basketball available within the Victorian Junior Basketball League. The competition is designed for those who are committed to succeed and who are dedicated and prepared to work hard. We will strive to ensure the teams we enter are competitive at this level.
- To encourage and facilitate our coaches to provide them with the knowledge, skills, and support to lead and develop their teams.
- To provide opportunities for administrators and referees to participate at the highest levels within the program and within the sport.
- To provide opportunities for skilled players to train with elite squads and prepare them for playing in prestigious senior competitions such as the Big V.
- The program is designed for those who are committed to achieve and are prepared to work hard and make sacrifices to stretch their ability.
- To install qualities in all those participating in our program that will be transferable to pursuits outside of basketball.

#### VJBL – Victorian Junior Basketball League

The VJBL is a state-wide competition which strives to provide the highest level of junior basketball in Victoria. Representative basketball provides the opportunity to play a higher level of competition than domestic basketball and as such, a higher level of commitment from individuals and their families is required.

A significant dedication of time for training each week, the potential for considerable travel (time and distance) to games as well as participation in at least two tournaments are all requirements of the Vikings Representative Program.

The VJBL season is an almost 12-month commitment with tryouts held in October and Grading Games starting in mid-November. A second Grading Phase commences in February and then the Championship season gets underway in March. Regular season games will finish up in August with finals being played through September. Players must be available for all team requirements for the whole season. (There are no games or training during school holidays).

Age Group	Year of Birth
Under 12	2013, 2014 & 2015
Under 14	2011 & 2012
Under 16	2009 & 2010
Under 18	2007 & 2008
Under 21	2005 & 2006

The tiers of competition in the Victorian Junior Basketball League (VJBL), under the auspice of Basketball Victoria are:

- Victorian Junior Championship League, VC (20 teams highest graded in the State)
- Victorian Junior League, VJL 1 12



Games are played on Friday nights and game times are generally 6:40pm, 7:40pm, 8:40pm and 9:40pm although some stadiums start their first games at 6:30pm. Players need to arrive 30 minutes prior to game time.

Approximately 50% of the games will be at our home courts, Slater Reserve or Donvale Indoor Sports Centre (DISC).

#### WHAT IS YOUR COMMITMENT?

Representative basketball is for players who wish to achieve and therefore they need to display a commitment to hard work, which will involve some sacrifices for the individual. The Program is not for players wishing to play with other players of their choice or a specific team or coach. The following expectations are mandatory for players and families:

- Represent Blackburn Vikings Basketball Association with pride and good sportsmanship.
- Commit to making Blackburn Vikings Basketball their priority sport during the season.
- Be available to play in all Friday night games and compulsory tournaments.
- Be committed to attendance at both training sessions each week, including when injured.
- Report all injuries to your coach/team manager before playing or training.
- Observation of club and league rules relating to the wearing of game uniform, warm-up gear and training gear
- Acknowledge that playing time may vary for each player and is at the discretion of the coach.
- Respect and support your coach and fellow teammates.
- Not comment publicly, including the use of social media, to criticise players, coaches or opposition
- Abide by Basketball Victoria's Parents' & Players' Code of Conduct

#### **Training Commitment:**

Attendance and participation at training sessions is important, both in developing the player's ability to their fullest and in fulfilling the inherent responsibility and obligation each player has to their coach and team.

Training is <u>compulsory for all players</u>, with all teams training twice a week - usually a Sunday session and a midweek evening training session. (Our U14 boys and U18 Girls do not train on Sundays). If a player is unable to attend a training session for any reason, advanced notice is to be given to the Team Manager who will then advise the Coach. Coaches may bench a player or make changes to the player's playing time if absent from training.

Blackburn Vikings expects players and families to have a strong commitment and prioritise attendance to all training sessions. This includes when injured. Injured players are required to attend training sessions and games as an observer although common sense should prevail. Immediate notification of any injuries to the coach is required, so that the coach can support rehabilitation programs. Families may also be required to provide medical certificates when injuries are long term.

#### Family duties:

Each family must provide a competent scorer at Friday night matches during the season on a rostered basis. There is an expectation that the family supports the player in these commitments. Assistance in learning to score can be provided on request.



#### **TRYOUTS**

Team selection is one of the most contentious issues faced by players, parents and coaches. Team sports like basketball involve subjective assessments and decisions are often made regarding team balance. Different Coaching Directors and coaches have varying ideas about what skills and abilities are needed to form a competitive team.

Opportunities are provided for players and coaches to ensure a comprehensive selection process. The selection process includes tryout sessions that will be assessed by a selection panel made up of coaches from the age group and an independent coach. This panel will attend all try-outs and intra-club practise matches for the particular age group they are assigned to.

Head coaches select the teams for competition in the VJBL. The Club reserves the right to alter selections and follows the VJBL ruling that players can be moved until Round One of Grading Phase Two. If a player wishes to query a selection, please contact the President of Blackburn Vikings at <a href="mailto:president@blackburnvikings.com">president@blackburnvikings.com</a>. The relevant selection panel will be made available for a meeting with player and parents as soon as is possible.

#### **COACHES**

The Vikings Coaching program is driven by our the VJBL Coaches Sub Committee who evaluate, select and manage coaching staff for each respective age group. They appoint the Age Group Head Coaches and Assistant Coaches based on their ability and willingness to impart their experience and expertise in the game of basketball. All our coaching staff are committed to provide the best environment for athletes to improve and develop on the court and as people within the Blackburn Vikings community.

#### **HEAD COACHES**

- Provide leadership and education to all stakeholders of Blackburn Vikings
- Provide guidance and support to the Blackburn Vikings VJBL competition.
- Provide guidance and support for the Development Programs
- Assist with introductory and pathways.
- Oversee both coaching and player development.
- Are responsible for the technical aspects of coaching and playing basketball.
- Develop a culture of success with shared values.
- Hold current Club (Level 1) Coaching accreditation at a minimum.

In addition to the require accreditation, we provide and encourage numerous development opportunities for coaches. We are always interested in identifying potential new coaches or assistant coaches.

All coaches are required to have a current WWCC (Volunteer), complete a witnessed Member Protection Form and sign all relevant compliance documentation, including our Child Safe Policy. Copies of all signed documents must be supplied prior to the commencement of the season. If the necessary paperwork is not submitted by the stipulated deadline, you will not be eligible to serve as a coach in the VJBL until all requirements are fulfilled.



#### **TEAM MANAGERS**

The Team Manager is appointed by the coach, in consultation with the administration team, once the composition of the team has been determined.

All Team Managers are required to have a current Working with Children Check (Volunteer), complete a Member Protection Statutory Declaration Form and sign off on our Child Safe Policy. If the necessary paperwork is not submitted by the stipulated deadline, you will not be eligible to serve as a team manager in the VJBL until all requirements are fulfilled.

The role of Team Manager is integral to the success of the team. They are responsible for ensuring that all communication from the club, the coaches or other sources is sent on to each player and that all families are kept abreast of all information. They are also the manager of team funds, scoring rosters, uniforms etc. It is a requirement for all Team Mangers to sit on the bench during games.

The first point of contact for any information to do with your team or the club is your Team Manager. Your Team Manager is there to assist in any way possible to free the Head Coach up to able to do what they do best – COACH.

The Team Manager is a voluntary role and one of the most important conduits for information to be distributed to players and families. It is the expectation of the Club that the Team Manager is afforded the appropriate respect and co-operation.

If you wish to discuss an issue with your Coach, please approach your TM and request a time to speak with the coach at a non-stressful time. THIS IS NOT DIRECTLY BEFORE OR AFTER A GAME. Where a coach is U18, the Team Manager should be present for all discussions between coach and parents.

#### **COURT TIME MANAGEMENT**

The Blackburn Vikings Representative program does not guarantee playing time for any player across any age group. Each player's court time is at the discretion of the coach according to:

- The level of competition
- Team needs during that game.
- The role of the player
- The importance of the game
- Commitment to training and development

It is important to note that there will not be equal court time for all players. The coach will rotate players according to the circumstance of the game and team balance whilst endeavouring to achieve the best outcome for the team.

Parents concerned with their child's role on the team can arrange a suitable time to discuss their concerns with the team's Head Coach. **NOTE – No parent is to approach a Head Coach or Assistant Coach regarding court time matters after any game.** 



Coaches will make themselves available to discuss any queries regarding court time, player treatment, discipline or other issues at an appropriate time. As mentioned, an appropriate time is not prior to, during or immediately after a game when emotions of all parties involved are high. Please be aware that coaches are only human and, like that of a player, mistakes will be made. Constructive criticism in an appropriate forum is accepted and appreciated, noting that coaching is also a voluntary role.

The Coaching Sub-committee are appointed to support the Program and assist in any issues which may arise which cannot be reconciled with the coach.

#### COMMUNICATION

Club communication is via Facebook, Instagram, emails from Team Managers, club administrators, coaches, or our club website www.blackburnvikings.com.

#### **INJURIES**

Athletes must advise the Team Manager of any injury prior to training and games as soon as they are aware that they are unable to participate.

All players are encouraged to wear a mouth guard at training and games.

Basketball Victoria provides a level of insurance to all registered members of Affiliated Associations. Registered players are covered for expenses associated with injuries incurred at training, games, and tournaments. Medical certificates are required for long-term injuries.

Basketball Victoria's insurance provider is V-Insurance Group and details regarding the level of coverage can be found via their website - http://www.vinsurancegroup.com/basketball.

#### **TOURNAMENTS**

Our program requires that teams must enter two compulsory tournaments for the year.

#### Compulsory Tournaments:

- Eltham/Dandenong Tournament January (Australia Day long weekend) \*
- One other tournament

\*Note: this tournament is played on the Australia Day Weekend. Holidays and/or any other representative sporting commitments will <u>NOT</u> be accepted as a valid reason for non-attendance at the tournament.

#### Other tournaments include:

- Nunawading Spectres Tournament June (King's Birthday long weekend).
- Easter Classic Tournament Easter (Adelaide).
- Easter Canberra Invitational Tournament Easter (Canberra).
- Geelong Junior Representative November to be completed prior to the season.
- Southern Peninsula Tournament November to be completed prior to the season.

The second tournament for each team, will be at the discretion of the individual team's coach.



#### UNIFORM

Players must take the court in the official Blackburn Vikings uniform only.

The only exception to this relates to new players who do not have a uniform but have placed an order or are about to place an order for a uniform. In these circumstances (mainly during Spring Phase) a Vikings domestic uniform can be used, or the club will arrange a temporary uniform.

Players must warm up in club attire. This includes the club's official warm up top, hoodie, or polo shirt. Players are not permitted to warm up in anything other than Vikings gear. THIS IS A VJBL BY-LAW.

Players must train in the official Blackburn Vikings training singlet and basketball shorts. Note: do not wear your VJBL Playing Singlet or Shorts to training.

Compression clothing must be BLACK. THIS IS A VJBL RULING.

#### **Uniform Costs**

ITEM	COST	COMPULSORY
Playing Jersey	\$80.00	Yes
Playing Shorts	\$50.00	Yes
Warm Up Top	\$50.00	Yes
Reversible Training Singlet	\$0.00 *	Yes
Hoodie	\$55.00	Optional
Pro Hoodie	\$75.00	Optional
Track Suit Pants	\$45.00	Optional
Bag	\$55.00	Optional

<sup>\*</sup>Each player will receive a reversible training singlet

All uniform orders must be paid for up front. This includes all uniform requirements and merchandise.

Go to: <a href="https://blackburn-vikings-basketball.square.site/s/shop">https://blackburn-vikings-basketball.square.site/s/shop</a> for all your merchandise needs.



#### **FEE STRUCTURE**

The fee structure for the 2023-2024 season is as follows:

PLAYER	FEE
Registered Player	\$700

Note: Registration and payment is to be made online via the PlayHQ system.

Registration fees include the following services:

- Registration for the VJBL season
- Team entry to Spring Phase practice games
- Team entry to Grading Phase 1 and 2 games.
- Team entry to Championship phase
- Training court hire for team training sessions
- Coach's costs and all equipment / resources including education and development.

Registration fees are payable by Friday 27<sup>th</sup> October 2023. Without this payment, your child will not be financial and therefore cannot participate.

Payment plans are available on request to <a href="mailto:admin@blackburnvikings.com">admin@blackburnvikings.com</a>

#### REGISTRATION

On acceptance of team placement, players will be sent a registration link. Should you require any assistance with your online registration, please email: <a href="mailto:registrat@blackburnvikings.com">registrat@blackburnvikings.com</a>

#### Registration Refund Policy:

Refunds will only be considered where a player suffers a season ending injury/illness. A medical required and should state the player is unable to participate in basketball for the remainder of the season.

#### Registration Fees After Team Selection (Late Entrants):

- 100% payment required if a player joins a team after official selection up to the conclusion of grading.
- 60% payment required if a player joins after the commencement of the Championship Season.

#### **TEAM SHEET FEES**

In addition to the season registration fees, you will be required to pay a weekly team sheet fee. Blackburn teams use Teampay for these payments. For the 2023/24 season, the weekly team sheet fee for *VC teams will be \$160 and \$125 For VJL1 and below*. These weekly fees will be split equally between all team members each week.



#### BEHAVIOURAL TECHNICAL FOUL

Coaches, assistant coaches, bench staff and players who receive two or more behavioural technical fouls during the VJBL playing calendar year, commencing in Grading Phase One will have the following penalty applied:

Two Tech Fouls: Automatic 1 Game Suspension
 Three Tech Fouls: Automatic 2 Game Suspension
 Four Tech Fouls: Automatic 4 Game Suspension
 Five Tech Fouls: Automatic 6 Game Suspension

Suspensions resulting from the final game of the season will be served at the beginning of the following season.

#### CODES OF CONDUCT

Basketball is intended to be a recreational activity for enjoyment and health. These codes of conduct have been developed by Basketball Victoria to give participants some guide to the expectations it has on those participants. It is intended to assist everyone to obtain the maximum benefit and enjoyment from their involvement in basketball. As a result, the quality of participation will be improved so people are more likely to start and continue their involvement in basketball. Enjoy!!

#### PARENTS CODE OF CONDUCT

Upon registering your child or children you agree to adhere to the following:

#### 1. Encourage your 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.

#### 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.

#### 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.

#### PLAYERS CODE OF CONDUCT

Upon accepting your position within a Blackburn Vikings VJBL team, you agree to adhere to the following:

#### 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 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 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.



#### **CHILD SAFETY**

#### BVBA's Statement of Commitment to Child Safety:

Our Club is committed to child safety.

We want children to be safe, happy and empowered. We support and respect all children, as well as our staff and volunteers.

We are committed to the safety, participation and empowerment of children, ensuring they know their rights in relation to participation and safety, and hearing directly from them in relation to club related matters.

We have zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously, consistently and confidentially with our robust policies and procedures.

We have legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously.

Our Club is committed to providing safe physical and virtual environments.

Our Club is committed to preventing child abuse by identifying risks early, and removing and reducing these risks.

Our Club has robust human resource and recruitment practices for all staff and volunteers.

Our Club is committed to regularly training and educating our staff and volunteers on child abuse risks.

We support inclusion and participation of all children. We respect and value the cultural rights of Aboriginal and Torres Strait Islander children and children from culturally and/or linguistically diverse backgrounds, children with a disability and children who identify with the LGBTIQ community.

We have specific policies, procedures and training in place that support our leadership team, staff and volunteers to achieve these commitments.

#### Our Child Safe Policy can be found here:

https://www.blackburnvikings.com/child-safety



### **ACKNOWLEDGEMENT**

On acceptance of a place on a Blackburn Vikings team, p Manager.	lease return this acknowledgement to your Team
I,understand the Blackburn Vikings Junior Representative relevant policies and procedures.	(player) acknowledge that I have read and e Handbook – Players and Parents, including all
Player signature	Date:
2023/24 Team:	
Parent signature	Date: