

**SOUTHERN**

**TIGERS**

**UNDER 14  
NATIONALS  
HANDBOOK**



---

## Table of Contents

Welcome .....	3
<b>BACKGROUND</b> .....	3
Southern Tigers Basketball Association Roles.....	4
<b>COACHES</b> .....	4
<b>ASSISTANT COACHES</b> .....	4
<b>TEAM MANAGERS</b> .....	4
<b>PLAYERS</b> .....	5
<b>PARENTS</b> .....	5
<b>UNIFORMS</b> .....	6
Parents Code of Conduct .....	6
Selection Process.....	7
<b>SELECTING THE TEAM</b> .....	7
<b>TEAM ANNOUNCEMENT</b> .....	7
<b>TRAININGS</b> .....	7
<b>INTERSTATE TOURNAMENTS</b> .....	7
<b>NATIONAL RESERVES - if utilised</b> .....	7
Financial Management .....	8
Finances.....	9
<b>ACCOMMODATION</b> .....	9
<b>TRANSPORT</b> .....	9
<b>FOOD AND BEVERAGE</b> .....	9
Health Tips .....	10
<b>MANAGING INJURY/ILLNESS</b> .....	10
<b>FLU IMMUNISATION</b> .....	10
<b>DRUGS IN SPORT</b> .....	10
<b>TIPS</b> .....	10
Policies.....	11
<b>ALCOHOL</b> .....	11
<b>SMOKING</b> .....	11
<b>VIDEO/PHOTOGRAPHY</b> .....	11
Miscellaneous.....	11
<b>INSURANCE</b> .....	11
<b>MEMBER PROTECTION</b> .....	11
<b>TRIBUNALS</b> .....	12
<b>NATIONAL TEAM PRESENTATION</b> .....	12
<b>MOBILE PHONES</b> .....	12
<b>PARENTS/FRIENDS/SUPPORTERS AT NATIONALS</b> .....	12

---

## Welcome

Southern Tigers Basketball Association welcomes you to the South Australian Metropolitan District Program.

The purpose of this handbook is to provide athletes and parents with a reference guide to clarify questions on policy and management issues relating to the Australian National team programs.

It is hoped that you will all become familiar with the contents of this handbook and keep it for a handy reference. If a particular issue is not addressed in this publication, please raise the issue with your Coach, Team Manager or contact the Vice President of the Junior Program.

## BACKGROUND

Each year, South Australia sends boys and girls representative club teams to compete in the Australian National Junior Basketball Championships - a National Basketball Tournament run by Basketball Australia.

- Under 14 Australian National Championship (Boys)
- Under 14 Australian National Championship (Girls)

South Australia sends 2 - 3 metropolitan club teams to the Under 14 Boys and Girls National Championships to provide a greater opportunity for players from across the state to compete in a national event.

Representing South Australia at the Australian National Junior Championships is an honour and privilege reserved for the best group of players on and off the court.

All coaches, players and parents involved with the STBA must adhere to the following Codes of Behaviours and represent STBA with the highest standard of professionalism always.

All parents & players must understand that all STBA coaches and managers are VOLUNTEERS and are committed to do their best for the kids involved in our representative program.

---

## Southern Tigers Basketball Association Roles

Prior to the commencement of the National Tournament STBA will:

- Select Head Coach, Assistant Coaches x 2, Team Manager and Assistant Team Manager Positions.
- Secure advanced bookings for all travel arrangements as required.
- Underwrite booking fees until final selections are announced.
- Book training facilities for all trainings

During the process, and until the completion of the National Championships, STBA will:

- Support all Coaches and Team Managers through the provision of administrative services
- Lodge relevant paperwork with Basketball Australia, as well as specific tournament organisers
- Subsidies the travel expenses, including but not limited to air flights and accommodation of the Head Coach, Assistant Coaches and Team Managers up to the value of two thousand dollars. This will be subject to budgetary restrictions.

After the conclusion of the National Championships STBA will conduct a debrief with the Head Coach, Assistant Coaches and Team Managers and have them produce a report within (4) weeks post tournament.

### COACHES

In compiling this handbook, the STBA Committee has sought to limit the responsibilities of the coaches as much as possible so that the greater part of his/her efforts be spent in training, conditioning and handling of the team. Policies are not, and may not, be set by coaches - only STBA can approve and set policies.

The coach will continually review all players selected for the Nationals Team, in conjunction with the Basketball Operations Committee (BOC).

### ASSISTANT COACHES

Assistant coaches are appointed to assist with all facets of the National program, at the direction of the coach.

### TEAM MANAGERS

The Team Managers are appointed by STBA and are responsible for a myriad of duties, but generally the health and well-being of the players. With communication with the Head coach, the Team Managers will have the responsibility of all off court activities associated with the team. The Team Managers will also act as a liaison between coaches, parents and players.

Other major responsibilities are but not limited to:

- Coordinate the ordering and distribution of uniforms
- Establish a good rapport with parents and participants
- Circulation of documentation
- Liaise closely with STBA, Treasurer and Vice President of the Junior Program
- Prepare & manage team budget
- Manage & coordinate all players meals when away
- Washing of team uniform only
- Seek medical support when required
- Driving of team bus/car
- Coordinate "off court" activities such as excursions
- Adhere to Code of Conduct
- Co-ordinate Fundraising activities if required
- Ensure all players Dietary requirements are met (Parents to provide Special Requirements to Team Manager)
- Issue and maintain a current Team Contact List

## PLAYERS

STBA staff, Coaches & Team Managers will all demonstrate the utmost respect to every player. In return, it is expected that all players respect the Code of Conduct, as well as rules that are specific to their program. Players are to abide by Coaches and Team Managers directions as these people have the best interests of not only the individual but the team in mind.

Players are expected to:

- Arrive for training at times specified by the coach
- Warm up in accordance with coach's instructions
- Bring Skipping Rope and other training items if required
- Be dressed in appropriate shoes, ankle braces if required, training uniform, etc prior to commencement of training
- Have your drink bottle filled and your ball fully inflated prior to training
- Attend all trainings, and games and if there's a conflict, advise the coach in advance
- Treat your team mates, coaches, team manager, other parents' game officials and opposition players with respect at all time.
- Be prepared to be challenged and step outside your 'comfort zone' in order to develop as a player
- Accept new tactics, team mates, training methods and try new playing positions with enthusiasm
- Adhere to the Players Code of Conduct

## PARENTS

We understand parents want to do everything they can to ensure their children enjoy a positive basketball experience. STBA requires assistance to ensure this can be achieved.

You can help support by:

- Be supportive by having your child to their commitments on time
- Helping them achieve good time management skills
- Prompt payment of fees in accordance with invoices
- Adhere to the parents Code of Conduct
- Encourage your child to take responsibility for their performance
- Using good nutrition principles to improve your child's diet
- Provide your Team Manager with your child's dietary requirements and medical action plans if needed
- Be a 'shining example' of verbal self-control. Use positive phrases and don't coach your child, or other players, from the sidelines

Parenting and coaching are both challenging responsibilities. Understanding the roles of each, and following the proper channels of communication, will enable parents and coaches to work effectively together.

In most circumstances, the Team Manager can address the concerns of a parent.

However, on occasion, issues or concerns may arise that need to be discussed with the coach.

These may include:

- Notification well in advance of any schedule conflicts
- Health issues concerning the athlete
- Any distractions that may be affecting your daughter's/son's athletic performance

There are times when it may be difficult to accept your daughters/sons court time or playing position on the team. It is important to understand that the coach will make a judgement decision based on what they believe to be best for all team members, team performance and the overall national program.

Issues those are *not* appropriate to discuss with a Coach:

- Playing time
- Team Strategy
- Other Players
- Players position on the team
- Any decision made by the coach relating to basketball performance

## UNIFORMS

For club representation at U14 National Championships the main team colour for the playing uniform will be gold singlets and gold shorts. Players are to take their regular black uniform (singlet and shorts) as the alternate top. Numbers are to be FIBA regulation numbers so may need to ensure this is rectified if necessary.

The playing numbers will be 4 to 15 in alphabetical order.

---

## Parents Code of Conduct

As a parent of an athlete involved with the STBA National Team Program I will participate and abide by the following code of conduct:

- Respect the rights, dignity and worth of fellow parents, athletes, coaches, officials and spectators
- Conduct myself in a dignified manner relating to emotions, language, attitude and punctuality
- Maintain a high personal behaviour and standard so as not to damage the reputation of STBA
- Accept decisions of all referees as being fair and called to the best of their ability
- Do not raise issues of disagreement publicly
- Co-operate with all coaches and staff involved in my child's development and support their decisions. In most cases they are volunteers and without them my child
- could not participate
- Ensure that my child is frank and honest with all coaches concerning any illness or injury and the effect this may have on their ability to practice fully within the program requirements
- Ensure that my child cares for and respects the equipment provided to them as part of their involvement in the program
- Encourage all children to always participate according to the rules
- Always encourage and support any and all children's efforts to play

---

## Selection Process

### SELECTING THE TEAM

Choosing members of the team is the responsibility of the Coaching staff for each gender and age group in consultation with the Basketball Operations Committee.

The selection task is not to select the 10 best players, but to select the **“team”** of 10 players that will best represent STBA at a National Championship. Talent identification principles require evaluation of sport specific skills, athletic ability, attitude and work ethics.

The selection criteria will include but is not limited to the following:

- Ability as displayed during team training, district games and Carnivals, as observed by the coaching staff
- Attitude, work rate and leadership skills to excel in a team environment will be considered paramount
- Willingness to accept and act upon feedback from coaches as well as the ability to play a role in the team will be considered.
- Ability to execute an individual training program outside of scheduled training sessions is mandatory

STBA will endeavour to ensure that these demands are not unreasonable

### TEAM ANNOUNCEMENT

There is no right or wrong way. How the team is announced is best left to each Head Coach who has a preferred method of naming his/her team

### TRAININGS

Until the teams' departure to the nationals, trainings can be expected to take place midweek and on both Saturday & Sunday (or as designated by the Head Coach) with each session being 1- 2 hours in duration.

If a player sustains any injury that leads to missing a practice or game the injury should be diagnosed by a professional and proper treatment/rehabilitation undertaken as quickly as possible. The player may be asked for a medical clearance from the players practitioner, before being allowed to recommence with the team.

### INTERSTATE TOURNAMENTS

As part of the team preparations for Nationals and the Coaches Planning Program it is strongly encouraged that the team compete in Interstate Tournament/s to broaden the player's experience.

There are various interstate tournaments held each year around Australia to select from, and it will be the Coaches and Basketball Operations Committee decision as to which tournament will best suit the Nationals Team and support their training regime.

It is **COMPULSORY** for the team to attend the National Classic Tournament held in Melbourne over the June long weekend if the team qualifies. Qualification for this tournament is based on the results of the SA Junior Championships.

### NATIONAL RESERVES - if utilised

The reserves contribute a large part to the teams' overall preparations, so it is expected that these players who are named as reserves will continue to train with the team until the team departs for Nationals. Doing so minimises any disruptions to the team's preparations in the event of any unforeseeable circumstances that may arise (e.g. an injury to a selected player which requires them to be replaced during training or for the tournament itself).

## Financial Management

The privilege of selection comes with a considerable financial investment. To help prepare you with saving towards this, STBA gives you a generalized cost which cannot be finalised until approximately 8 weeks out from the National Championships.

- Each player is charged a team fee and uniform costs
  - The team fee is worked from a budget submitted to STBA by the Team Managers and Club Treasurer
  - The costs of our volunteer Coaches and Team Managers are also incorporated into the overall team budget
  - The total budget expense can then be reduced by team fundraising efforts. This team fee is explained in more detail upon invoicing which occurs as soon as the team has qualified and is announced
  - At the completion of the Nationals each team's budget is reconciled and any monies leftover is refunded back to the players
- Players will **not** be permitted to travel & compete until all monies have been paid in advance

Team sponsors and individual sponsors are welcome, but approval must be gained from the Club Treasurer. Sponsors Logos can be utilized for Merchandise

Some players may be eligible for Grants (i.e. Indigenous Sporting Grant) and Local Councils may have money set aside in their budgets for assistance of a local sports person representing the state.

UNIFORM REQUIREMENTS	
Items Supplied by Club	Costs to the Individual
1 x Playing Singlet	1 x Jacket
1 x Playing Shorts	1 x Warm Up Top
	1 x Polo
	1 x Casual Shorts
	1 x Tracksuit Pants
	1 x Back Pack
	2 x Pairs Club Socks
	1 x Towel

---

## Finances

### ACCOMMODATION

STBA will apply the following principles pertaining to accommodation:

- Wherever possible accommodation such as motels, self-contained
- apartments/ cabin caravan parks will have cooking facilities so that Managers can, when time permits, prepare meals to minimize cost
- \*Each athlete will have their own bed - no sharing (membership protection policy)
- STBA respectfully request that parents consider staying at alternative accommodation as the team. This is to promote team cohesion and to assist in focusing each player solely on the team and the competition
- Athletes and coaches will be allocated separate rooms.

### TRANSPORT

- All athletes are expected to travel together as a team always
- Air travel will be booked for the teams prior to travel by STBA
- Players will be transported at Nationals in a mini-bus and/or suitable transportation driven by the Team Managers & Coaches

### FOOD AND BEVERAGE

Dining out for the team should be at discretion of the team manager, depending on time and budgetary constraints. Managers are supplied with guidelines for preferred diet such as bistro/pasta/salad type venues and are responsible for shopping and organising cooking/cleanup. The diet will be wholesome aligned with elite athlete guidelines. Healthy snacks should be readily available and junk food will not be permitted during competition. Parents will be asked to provide a food like and dislike and allergy list to the Team Manager prior to departure to help them best prepare and organise meals.

---

## Health Tips

### MANAGING INJURY/ILLNESS

It is the Team Managers and coach's responsibility to ensure that the athlete's injury is managed in accordance with first aid procedures.

At no time should athletes share drink bottles with other athletes, due to the risk of infection.

Coaches and managers may recommend medical treatment or make medical appointments for athletes, informing parents when time permits. In the event of a minor injury or ailment, the Team Manager or coach may be responsible for managing the injury.

You will be required to fill out a medical information form.

Team Managers will hold a current Senior First Aid Certificate (STBA will cover the cost of this course).

### FLU IMMUNISATION

If training through the winter months you may look to flu immunisation to help maintain your health and that of the team. The flu immunisation is best had in the autumn months before the onset of the influenza season.

This is not a set STBA policy and each player and parent must make their own informed choice.

### DRUGS IN SPORT

For Players Selected for National Championships:

Health supplements and medications should be taken with caution during your preparation because of the possible drug testing at National Championships.

If you are taking any form of medication, or intend on taking a type of medication, please inform the Team Manager. He/she can check if the medication you are taking contains any prohibited substances.

Useful websites to check are: [www.asda.gov.au](http://www.asda.gov.au) or [www.WADA-ama.org](http://www.WADA-ama.org). A full copy of "Anti-Doping Rules" can be assessed on the Basketball Australia website [www.basketball.net.au](http://www.basketball.net.au).

### TIPS

- Don't trust anything given to you by anyone else - knowing what you are eating, drinking or taking is your responsibility
- When out and about, don't leave your drinks unattended
- Always tell your doctor that you are an athlete in a National Competition Team, and therefore you can be tested at any time. They can then prescribe appropriate medication that isn't on the banned substance list
- Anything you have taken can show up in a test even if you have taken it a few months before. Is it worth the risk?

**It is the Players/Parents/Carers responsibility  
to ensure they are not taking any banned substance.**

---

## Policies

### ALCOHOL

Basketball SA and STBA has a long-standing policy forbidding the consumption of alcohol by Players, Coaches and Team Managers, whether of legal age or not, whilst attending Junior National Championships. This starts with the arrival of the first competing team/official and ends at the departure of the last competing team/official.

All players from South Australia are expected to adhere to the BA and STBA policy and coaches and Team Managers will be informed to enforce this policy.

### SMOKING

Smoking is not allowed at any site associated with a National Junior Championship.

All such site and venues shall be “Smoke Free Zones” and shall be posted. This policy will apply for the duration of the Championship which starts with the arrival of the first competing team or official and ends at the departure of the last competing team or official.

### VIDEO/PHOTOGRAPHY

Family and/or friends of participants at the Championships, who have registered with Basketball Australia for the purposes of taking video and/or photographs and have signed a video/photo permission form acknowledging they will comply with Basketball Australia’s policy in regard to the use of photos. All videoing will only be allowed in designated areas of the stadium.

**BA has an official photographer and as such SLR cameras are not permitted.**

The video cameras are to be battery operated and hand held only (no tripods).  
An authorised pass will be issued to each individual who will be videoing or taking photos.

This pass must be worn at all times. If no pass visibly is worn and you are not in the designated area for videoing, then you will not be allowed to continue. Passes are not transferable. A pass will be made available to you at the championship venue. These can be applied for through the respective Team Manager prior to the Championships.

---

## Miscellaneous

### INSURANCE

All team members are covered by the Basketball SA insurance policy.

For additional information you can obtain a copy of the policy from Basketball SA website:

[www.basketballsa.com.au](http://www.basketballsa.com.au) > Administration > Insurance

### MEMBER PROTECTION

All team members are covered by the Southern Tigers Basketball Association and Basketball SA Member Protection Policy.

This policy ensures that all players are protected from inappropriate actions and behaviours' from any staff member, coach or manager.

All Coaching and Managerial personnel are required to sign a prohibited person's declaration, as well as undertake a national police screen.

## TRIBUNALS

In the event that a team member or coach is to appear before a tribunal at a National Tournament, parents will only be advised of the outcome when time permits.

## NATIONAL TEAM PRESENTATION

Prior to the departure for the Nationals, STBA will organise for the club's National Team to be presented at an Premier League game day which all players (including reserves), parents and family are invited to. At this presentation, players will be presented with their uniform.

The Team Manager will advise the venue, date, and time of the presentation.

## MOBILE PHONES

Mobile phones at trainings leading into the nationals are to be switched OFF at all time. It is considered that mobile phones at National tournaments erode the essence of the team building which coaches have sought to build leading into the National Championships. (As such, parents and players are forewarned that these will not be allowed during Nationals. Each Head Coach will apply this as a team rule and all may have a slightly different approach).

More information on this will be given prior to leaving for Nationals.

## PARENTS/FRIENDS/SUPPORTERS AT NATIONALS

Players will only have limited contact with parents, friends and supporters at the National Championships. This time is limited to after games if time permits and is usually only for short periods of duration.

- Use this time to be supportive, but not critical
- Do not attempt to give coaching advice as it possibly conflicts with team rules and what the Head Coach is asking of your child
- Be respectful of all other team members when conversing with your child

A team that bonds well and plays for one another will achieve far more than a team of individuals not following team rules. As parents you have not been exposed to the team rules. Expressing your views about team performance or player performance is not helpful to the team harmony.

When at a National Championship, parents and supporter behaviour in the grand stand reflects on the overall impression of our state, club and players. Please adhere to all codes of conduct and good sportsmanship.

STBA supports a zero-tolerance policy of bad behaviour towards referees and officials. At a National Championship, referees are regularly evaluated. Leave it to the Referee Evaluator to speak to the referees.