

Players & Parents

Information



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Introduction

Camberwell Dragons is a Representative basketball program operated by Camberwell District Basketball Association. Many of our players come from our affiliated domestic clubs Koonung Comets, Balwyn Blazers, Whitehorse, and Ivanhoe Knights. However, players from any domestic club are welcome as are players from other Representative clubs who have the required clearance from their previous club. We do not require our players to play domestic basketball with one of our affiliated clubs.

Our Committee of Management consists of a dedicated group of volunteer parents, coaches and other interested people, whose sole purpose is to promote and support the development of junior and senior basketball.

The standard of play at representative level is generally higher than that found in domestic competitions. Camberwell Dragons enters teams in competitions run by the Victorian Junior Basketball League (VJBL). The competition caters for players from Under 12 to Under 20. The highest level of competition is Victorian Junior Championship League, known as "Championship" or "VC" and these teams travel around Melbourne and country Victoria. Next there is Victorian Junior Leagues 1 through 4. These leagues allow high skilled players the opportunity to play against others of a similar standard. Games for these leagues are played within the Melbourne metropolitan area. There are also two competitions operating under the auspices of the VJBL but managed separately, Eastern Qualifying known as "EQ" and the North West Conference known as "Northwest". Games for these competitions are played in regional metropolitan areas. Camberwell traditionally has teams playing in all these competitions. We also have a dynamic and rapidly growing Senior program with teams entered in the MMBL and Big V competitions.

Games are played on a Home and Away basis on Friday nights from 6:30pm. Generally the younger teams play earlier and the older team later. Home games are at Balwyn High School or Balwyn Leisure Centre, and away games at the home venue of the opposition, or at a neutral (centrally located) venue. Teams playing in the competition come from all over metropolitan Melbourne and therefore players must be prepared to travel to distant venues. Car pooling is common amongst team members.

In addition to the home and away season Camberwell Dragons players participate in a compulsory tournament over the Australia Day long weekend and an optional tournament later in the year. These tournaments offer opportunities for team building, consolidation of team plays and more competition time.

Playing Season

Unlike Domestic basketball which is played in two seasons a year, Rep basketball is played through most of the year in three phases. The first two phases are Grading, where teams are sorted into pools of similar level of ability, followed by the home & away competition itself. Grading Phase 1 starts in early November and concludes roughly in line with the end of Term 4 in mid December. Games resume in February for grading Phase 2. The "home and away" season starts early March and runs through to the end of August with finals taking place in September.

The VJBL playing calendar for the Season can be found by going to the VJBL website (www.vjbl.com.au)



Player and Family Commitments:

Representative basketball is an elite competition and is not the same as domestic basketball. It is only for players with a serious intention to achieve and to contribute to team performance even when this involves some sacrifices to the individual. Court time is not guaranteed, it needs to be earned and be at the discretion of the coach. Player attitude, commitment, team spirit, and willingness to learn are all factors that go into determine court time.

However, Camberwell Dragons pride themselves on developing the skills of all players not just the best. Consequently, provided the player is meeting their obligations, we expect that no player will receive less than 10 minutes on court per game. Occasionally, there may be some variance to this guideline. These include critical games where the teams playing future may be determined by the out come e.g. grading games and finals, or if a player is placed in a team where their skills are significantly less than the others in the team. In this case reasons for team selection and its consequences will be discussed with the player and parents prior to their accepting the place in the team.

Consequently, the following are expected of all players:

1. Attendance at **all** games and practices is compulsory except where illness or important family or school obligations necessitate otherwise. If the nature of the illness or injury permits it players are still expected to attend games and training as they can still learn by observation. Prior notification of inability to attend matches or training sessions **must** be given to the coach.
2. A dedication to training hard, learning new skills, and playing as a team member.
3. All members of Camberwell Dragons are required to sign an undertaking to abide by the relevant BV code of conduct.
4. All players must abide by the Camberwell Dragons uniform requirements - only approved uniforms are to be worn on court during pre game warm ups i.e. no street wear to be worn on court.
5. Players in teams competing at VC level must acknowledge the extra commitments such as travel times, longer game times, later games, additional training if required and agree to fulfil the obligations prior to accepting a position in the team.
6. Each player's family will be asked to score several times during the season as per the scoring roster issued by the club.
7. Each U12 – U20 team is expected to carry out 'Game Day' duties at a Big V home game according to the club roster. The primary duties are to collect admission fees, serve food for the players after game function, provide two court sweepers, and to DVD/Video the game.

It is important that the family understands the nature of the commitment required and supports the players in these undertakings.

Codes of Conduct

Basketball Victoria has Codes of Conduct to give participants guidance regarding its expectations of those participants. At Camberwell Dragons, we are committed to following these Codes and the Committee wishes to take this opportunity to draw your attention to them. They can be found on the Basketball Victoria website. By accepting a place in a Camberwell Dragons team players and their families agree to abide by these codes.

Team Selection

- Teams are chosen based on a number of factors including: team balance, ability, skill, physical capability, and commitment.
- Players must attend try outs as these are a critical opportunity for them to demonstrate their ability and interest in playing for Camberwell Dragons. If attendance is not possible at one of the try outs prior notice must be provided.
- The previous team or level a player has played in does not guarantee the team or level they will be selected for in the new season
- Team composition is very likely to change year to year as players develop and new players join
- Teams are selected by the Co-ordinators and Coaching staff

Teams will be posted on the Camberwell Dragons website. To accept their place in the team players **must** sign the registration form **and** pay the first fee payment on the first Sunday training for their team. If registration and payment is not received by this training session the position will be offered to another player.

It would be appreciated if players not intending to take up the place offered to them could notify the administration by email or phone as soon as possible.

Training

Two 1.5 hour training sessions are held each week on Sunday and mid week. Both sessions are compulsory for all players. Injured players are expected to attend training sessions unless they are excused from doing so by the coach. In the event of illness or an important school or family commitment prior notice of absence must be given to the coach. It is essential that all players arrive and are ready to start training at their allocated times.

Players must bring basketballs, drink bottles and wear appropriate basketball training attire.

Venues

Home games are played at Balwyn High School, Buchanan Ave Balwyn North or at Balwyn Leisure Centre 230 Balwyn Rd Balwyn North.

Training sessions take place at Balwyn High, Boroondara Sports Complex, Kew High and Canterbury Girls High

Dealing with Concerns and Other Issues

From time to time issues arise that may cause concern. It is important that these issues are raised and dealt with at the earliest possible opportunity as they can often be explained or dealt with before they blow out of proportion.

Parents or players should in the follow the following process:

- Raise the matter with your coach. However, be careful about timing – during a game is never appropriate, before the game is not ideal as the coach is preparing the team, and directly after a tense game might not be the best. It is advisable to arrange a suitable time possibly over the phone or arrange to meet before or after training.
- If the issue concerns the coach or you are uncomfortable about raising it with him/her go to the Boys or Girls Coordinator
- If still not resolved contact one of the Committee
- For financial matters please contact the Treasurer
- For Administration matters contact you team manager or the Secretary.

Uniforms

All players must be in uniform when representing Camberwell Dragons. No street apparel is permitted before during or after warm up time. Our compulsory uniform* consists of shorts and a singlet. Optional items are listed below. We encourage all players to purchase a Dragons Hoodie or Jacket.

Singlet	\$45
Shorts	\$45
Hoodies	\$40
Bags	\$40
Reversible Training Singlet	\$20
Polo Shirt	\$tba
Track Suits – Jacket	\$tba
- Pants	\$tba
Drink Bottles	\$10

Note: prices may alter for future orders

All uniform enquiries to Anne Fookes- phone 9890 8528, email afookes@clc.vic.edu.au

* Full track suit is compulsory for all VC players.

Fees

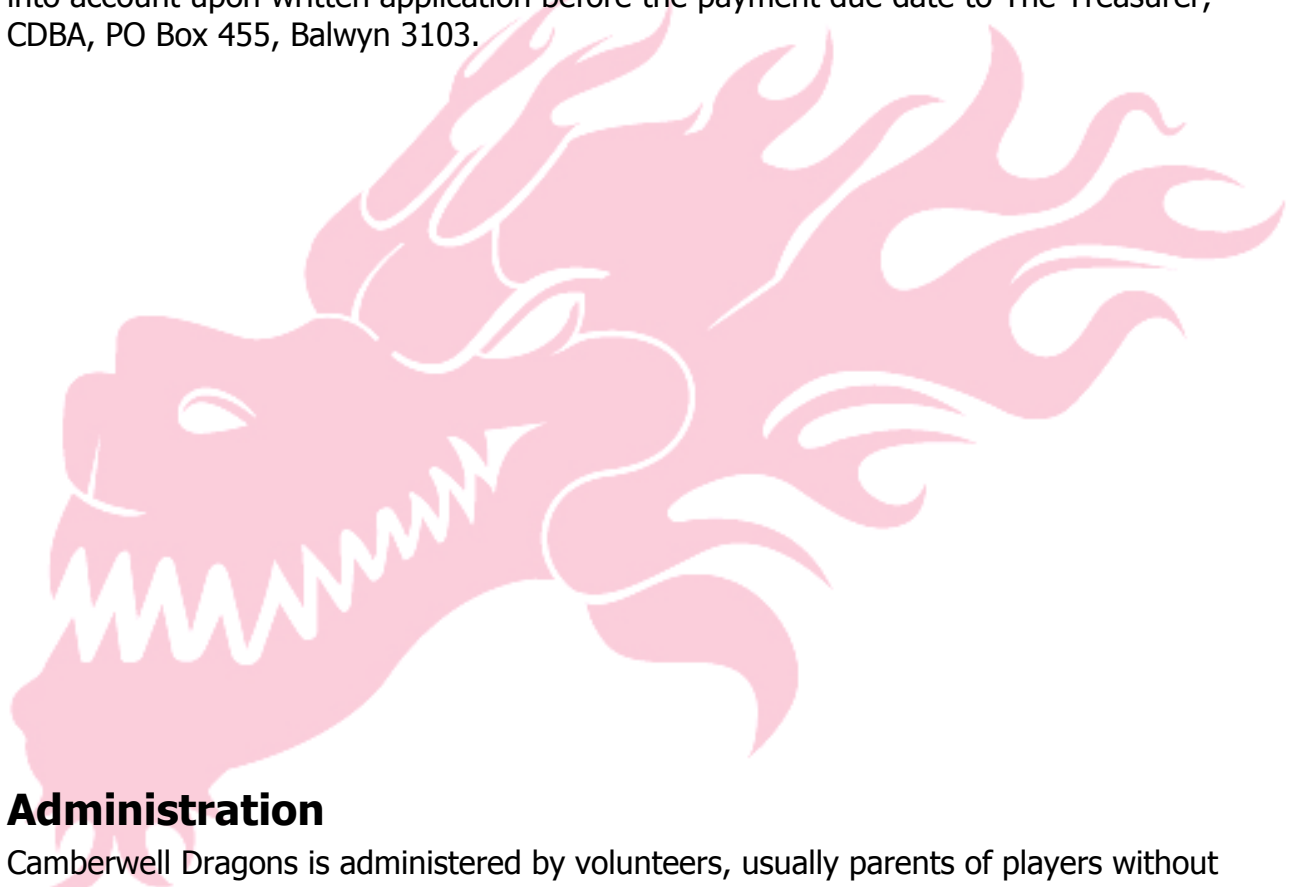
Fees are payable in two installments the first due upon acceptance of a place in a team at the first Sunday team training, and the second at the first Sunday training in February.

For further details regarding fees please contact the Treasurer.

No Pay - No Play Policy

In fairness to all players Camberwell Dragons has a strict "No pay – No play" policy.

However, the committee recognizes family circumstances and consideration may be taken into account upon written application before the payment due date to The Treasurer, CDBA, PO Box 455, Balwyn 3103.



Administration

Camberwell Dragons is administered by volunteers, usually parents of players without whose tireless efforts the Association would be unable to function.

Parents who would like to volunteer to help at any administrative level are encouraged to contact the committee.

Team Managers

Team Managers are required for all teams and are essential to the smooth running of the team. Responsibilities are not onerous and parents often volunteer for the role. However, if no one volunteers a team manager will be appointed. Parents are required to undertake or assist with this role if asked to do so.

Full and ongoing administrative support is provided to Team Managers.

Useful Contact Information

Association Personnel

President:	John Carey	john.carey@minterellison.com
Treasurer:	Douglas Helms	dshelms@bigpond.net.au
Secretary:		camberwelldragns@hotmail.com
Boys Coordinator	Julian Fields	julsa34@hotmail.com
Girls Coordinator	John White	whitey_84@hotmail.com
Coaches Coordinator	Frank Nigro	frnigr@optusnet.com.au

Camberwell Dragons Postal Address

CBDA PO Box 455 Balwyn 3103

Useful Websites

VJBL www.vjbl.com.au

Fixtures, venue locations, Playing Calendars, Rules of Operation, timing rules, score sheets and a host of information is available at this website. Both the Eastern Qualifying Basketball Competition and the North West Basketball Competition websites can be accessed through the VJBL site.

Basketball Victoria www.basketballvictoria.com.au

Codes of conducts and insurance details, along with other useful information can be found on this site

Basketball Australia www.basketball.net.au



Attachment 1 Basketball Victoria Player Code of Conduct

Basketball is intended to be a recreational activity for enjoyment and health. This code of conduct has 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!!

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.

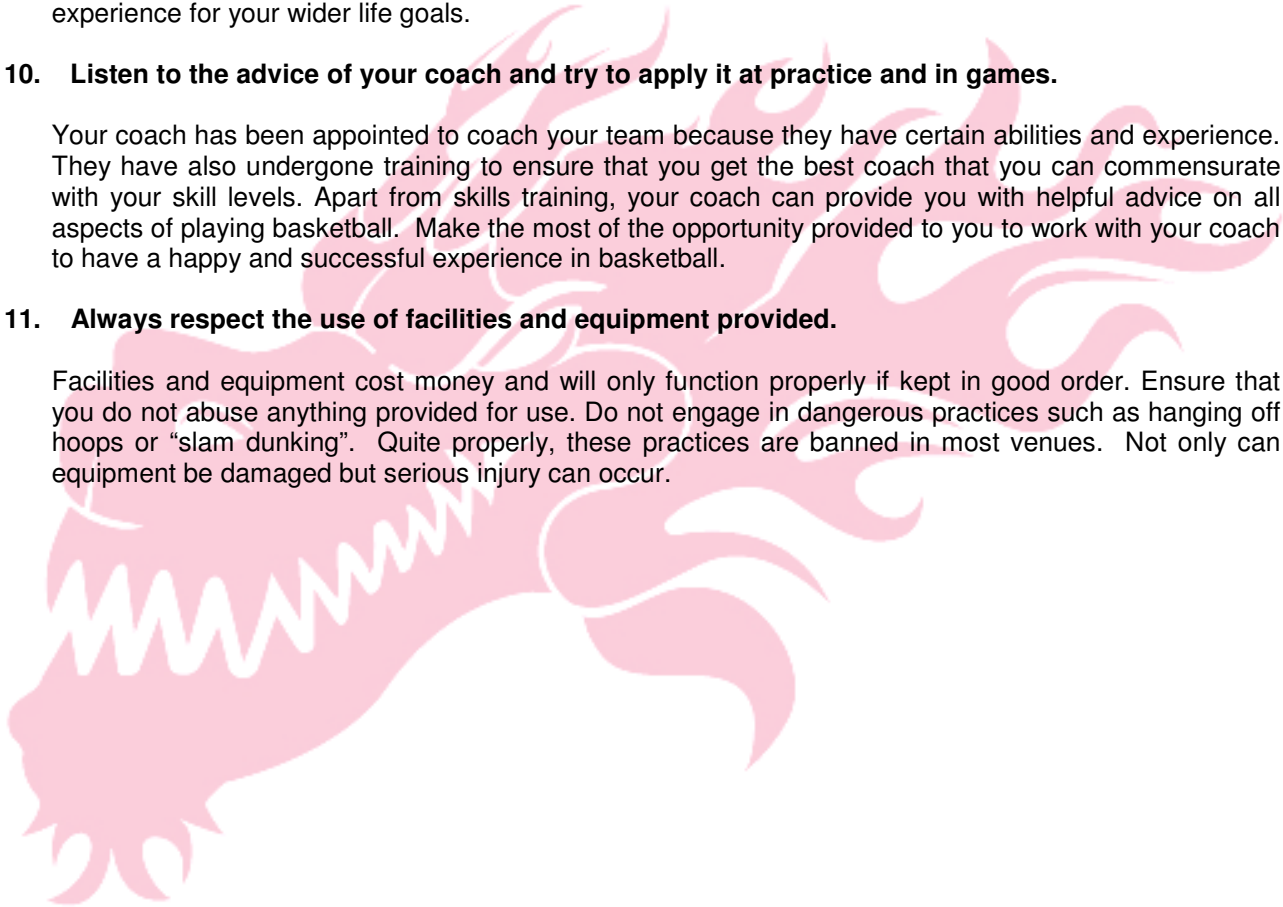
Everyone wins and loses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognise that even in defeat, the loser has achieved something, just 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.



Attachment 2 Basketball Victoria Spectators Code of Conduct

Basketball is intended to be a recreational activity for enjoyment and health. This code of conduct has 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!!

1. Remember that most people play sport for enjoyment.

People are not playing basketball for the entertainment of spectators nor are many of them professionals. You should be watching basketball for your own enjoyment and to show support for those playing. Help the players to enjoy their game. Applaud good performances from each team. Congratulate all players regardless of the outcome.

2. 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. You would not have a game to enjoy 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. Spectators who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, accept it graciously – you cannot change it.

3. Always be positive in your support for players.

Never ridicule or shout at a player, particularly a young player for making a mistake during competition. Positive support for players will offer encouragement to them and most likely spur them to better things on the court.

4. Condemn the use of violence in any form.

Never encourage players to engage in violence or engage in it yourself. Violence has no place in basketball and strong action should be taken to discourage it.

5. Respect your team's opponents, officials and spectators.

Without your team's opponents, there would be no game. Their supporters are there to enjoy the game as much as you are. Light-hearted banter with an opposing spectator can add a further element of fun to a game. Conversely, nasty or inappropriate behaviour or remarks will seriously detract from it.

6. Encourage players to obey the rules and to accept decisions of officials.

Often players can get carried away when spectators become enthusiastic or heated over an issue. This can be a positive but it can also be negative when it involves such behaviour as disputing decisions. Always encourage players to obey the rules and do not dispute referees' decisions.

7. Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches or officials.

Anti social behaviour such as foul or abusive language has no place in basketball. If others engage in it, just ignore them – they will soon tire of it if they get no reaction. Alternatively, ask them politely to desist. If it continues and it is serious, bring it to the attention of an official.

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. 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.

10. 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 encourage players to 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 also serious injury can occur.

Attachment 3 Basketball Victoria Parents code of Conduct

Basketball is intended to be a recreational activity for enjoyment and health. This code of conduct has 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!!

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.