



# KILSYTH COBRAS

P A R E N T   H A N D B O O K



# Kilsyth Cobras Season 2022-2023 Player / Parent / Coach Information Book

## Index

● Page 2.	Index
● Page 3.	Welcome to Kilsyth Cobras
● Page 3.	Kilsyth Cobras Mission Statement
● Page 3.	Kilsyth Cobras Vision
● Page 3.	Contacts
● Page 4.	Booklet Information
● Page 4.	Domestic Competition Responsibilities
● Page 4.	Organization
● Page 5.	Playing Philosophy of the Kilsyth Cobras
● Page 5.	Games
● Page 6.	Junior Grades and Seasons
● Page 6.	Court Time
● Page 6.	Practice Sessions
● Page 7.	Costs
● Page 7.	Registration Fee Payments
● Page 8.	Uniforms
● Page 9.	Tournaments
● Page 9.	Sports Injuries
● Page 10.	Qualification & Results
● Page 10.	Playing for Enjoyment
● Page 10.	Parent Involvement
● Page 10.	Problems or Worries
● Page 10.	Comments or Feedback
● Page 11.	Code of Conduct Parents & Spectators
● Page 12.	Code of Conduct Players & Core Values
● Page 13.	Code of Conduct Coaches & Social Media Sites
● Page 14.	Social Media Codes of Conduct
● Page 15.	The Fair Play Code
● Page 16.	The Fair Play Code
● Page 17.	Sport Parent Code of Conduct
● Page 18.	Kilsyth Cobras Pathways

## Welcome to the Kilsyth Cobras

This booklet is designed to provide the parents of players selected to play with the Kilsyth Cobras, the Representative Teams of the Kilsyth Basketball Association an overall view of the program.

The Melbourne United Victorian Junior Basketball League (VJBL) in which the Kilsyth Cobras play is not a domestic grade competition; it is an **elite** level of basketball featuring the best and / or promising players in the state. It should be noted those pathways to play in the national competition i.e. the NBL, WNBL, NBL1 and Victorian Youth Championship usually goes through a Representative Program such as that run by the Kilsyth Cobras.

The Kilsyth Cobras home courts are located at the Kilsyth Sports Centre. The Kilsyth Cobras currently fields around 35 junior teams. In addition, it fields Senior Men's and Women's teams in the National Basketball League 1 (NBL1) and in the Big V Victorian Youth Championship (VYC) & National Wheelchair Basketball League (NWBL, WNWBL).

## Kilsyth Cobras Mission Statement

"The purpose of the Kilsyth Cobras program is to enhance the basketball skills, ability & knowledge of its players & coaches through a safe & hard-working environment so every child can reach their full potential, develop their talents and increase their skills in the game of basketball and more importantly life. In addition promoting character-building, discipline, healthy lifestyles in a family oriented club.

Through routine team & individual practices, players & coaches can strive to be the best they can be. Though Cobras is a highly competitive basketball program, the focal point is development & education to optimize individual & team excellence. This achieved through a club system & style of play which leads to winning & championships."

## Kilsyth Cobras Vision

The Kilsyth Cobras will strive to be a basketball organization in which the best players, coaches and administrators all combine to make the Kilsyth Cobras:

- Successful in State and National competitions
- Popular and well supported by the local community
- Respected by peers in the basketball community

## Contacts

- |  |   |
|--|---|
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| ● <b>Cobras Administration Manager:</b>    | Shelley Taylor<br>(W) 9728 1033<br><a href="mailto:shelley.taylor@kilsythbasketball.com.au">shelley.taylor@kilsythbasketball.com.au</a>                         |
| ● <b>Locker Room Manager:</b>              | Shelley Taylor<br><a href="mailto:lockerroom@kilsythbasketball.com.au">lockerroom@kilsythbasketball.com.au</a>  |

## Selection Policy & Procedures

<http://www.kilsythbasketball.com.au/wp-content/uploads/2017/07/Selection-Policy-Procedures-2017.pdf>

### Booklet Information

This booklet details information regarding participation in Representative Basketball at Kilsyth, what it can do for your child and you and how you can assist in providing the best opportunities for your child. It covers areas such as:

- Organization
- Philosophy
- Matches
- Grades and Seasons
- Uniforms
- Results
- Costs

It also provides an outline of the things you may wish to know about Kilsyth Cobras Junior Representative Basketball but is by no means exhaustive.

Please read this booklet and discuss any concerns you may have with the Manager of Basketball Operations or the Cobras Administration Manager **before** registering your child with the Kilsyth Cobras. **Players can be moved from one team to another after Grading Phase is completed.**

### Domestic Competition Responsibilities

Your child must be playing in an After School or Domestic team within the Kilsyth Basketball Association for the period of both Summer & Winter seasons. If your child is not playing in an After School or Domestic competition, they are required to do so as soon as possible as it will affect their eligibility to play for the Kilsyth Cobras.

**Cobra Junior Players Under 12-18 are required to comply with Kilsyth Basketball Association by-law 10.4 which states:**

- 10.4.0 "junior players are required to play in the Kilsyth Basketball Association domestic season prior to attending tryouts for Junior Cobras and play enough games to qualify for finals. The exceptions being under 9 players in their first season of basketball who must be competing in a current Kilsyth Basketball Association domestic competition".
- 10.4.1 "Upon being selected, players are required to continue playing Kilsyth Basketball Association domestic competition".
- 10.4.2 "The Basketball Commission may consider any exemptions if written applications are made".

### Organization

The Manager of Basketball Operations and the Cobras Administration Manager are responsible for the day to day running of the Representative Teams Program on behalf of Kilsyth Basketball.

Of particular importance to you are: The Head Coach and Team Manager of your child's team. The Coach works with your child during practice sessions and games and will work diligently to develop your child's basketball. Any basketball concerns you may have can be politely discussed with the Manager of Basketball Operations as soon as they arise after first referencing the concerns with your child's Coach.

## Team Managers

Team Managers will be appointed to your child's team by the Cobras Administration Manager. Team Managers will be responsible for the team organization and relaying information to families such as special events, game and tournament information, rosters, senior game duty, game and training times etc. They will also provide a link between the Club, Coach, Players and Families.

## Playing Philosophy of the Kilsyth Cobras “The Kilsyth Way- “Tough, Smart, Together”

Kilsyth teams will be extremely difficult to play against – tough, have an understanding of how to play the game – smart and understand the importance of the total team concepts – together.

The keys to achieving these objectives are persistence and relentlessness & good organised preparation through design training plans.

Our teams will be taught a style of play with Basketball Australia concepts.

The base defence will be full court pressure man-to-man. Any zone press needs to be built around our man-to-man principles and used as an alternative disruptive defence.

Representative basketball is about **elite** and **peak** performance. It is expected that Kilsyth Cobras players will play to the limits of their ability and will constantly strive to learn and improve.

Every player should want to be the best he or she can possibly be. To achieve this, every player should put in extra practice at all facets of the game as well as attend basketball camps and academy opportunities.

Kilsyth Cobras Representative players must endeavour to improve at a rate expected of them by their Head Coach and Manager of Basketball Operations to hold their place in the team. Other levels of basketball (e.g. After School, Domestic etc.) emphasize participation and the social aspect rather than performance. If these values are more important to you, you should reconsider allowing your child to become involved in Representative Basketball.

## Games

Representative Teams play weekly according to fixtures arranged by the Victorian Junior Basketball League (VJBL), which is affiliated with Basketball Victoria. Home games are played at Kilsyth Sports Centre, away games are played at other venues throughout the total metropolitan area on Friday nights. Some away games can be played in such places as Geelong, Bendigo, Ballarat, Shepparton, Latrobe and other venues depending on which teams qualify for the competition.

Parents are provided with fixtures (by the team manager) and are required to have their child at the venue at least 30 minutes prior to the game time or by the Coach's required time to ensure they have a proper warm up and briefing session by the Coach. If you have difficulty getting to venues, make alternative arrangements for your child through your Team Manager.



## Junior Grades and Seasons

The Kilsyth Cobras fields both boys and girls teams in the Victorian Junior Championship League, Victorian Junior League and where appropriate the Eastern Qualifying divisions (regional). Teams play as “Kilsyth Cobras” in the Kilsyth colours.

The VJBL Competition is split into 3 seasons:

- “Spring Phase” – which runs from October to November and is used for team tryouts and practice games.
- “Grading Season” – which runs from November to February.
- “Championship Season”- which runs from March to September.

Team grading is set for the Championship Season by performances during the “Grading Season”. Initial grading is nominated by the Manager of Basketball Operations / Program Coaches. Teams can either retain their grade or move to another grade depending upon their performances.

Age grading is determined by the player’s age as at the **31 December**. In any grade a range of ages may occur, but they are roughly cast as “Top Age” or “Bottom Age”. Players will usually spend two years at each age level, first as a bottom age player, then as a top age player. Each team **usually** consists of 10 players. U18s & U21s can have 11 players due to VCE commitments.

## Court Time

The amount of court time is based on our **Core Values Effort, Skill, Knowledge, Coachability, Attendance and Commitment**. Also taken into account is according to the team needs, individual performances, strategies, Player Code of Conduct & tactics employed by the Coach and the Manager of Basketball Operations. Due to the nature of Representative Basketball, players cannot be guaranteed equal court time. However, parents who are concerned with their child’s role on the team should arrange a suitable time to discuss the matter (**politely**) with their Coach. This is to be done at an arranged time before or after training & **NOT** straight after the game. Approaching a coach after a game will not be tolerated.

## Practice Sessions

**All** teams practice each Tuesday or Thursday or Sunday for approximately 1 to 2 hours as per the master practice plan at either Kilsyth Stadium or Lilydale High School. Players are to arrive 15 minutes before their scheduled practice time to stretch and be mentally prepared for rigorous and challenging practice sessions. They should be dressed in the Kilsyth Cobras reversible practice singlet and black shorts. Players **will not** be permitted to practice in any of the Friday night playing uniform (playing singlet and playing shorts).

**Players who do not train on the court at either session or show up late or leave early no matter the excuse (excludes Australian Basketball & Victorian Basketball team commitments) will not start the game on Friday. They cannot be subbed in until after the 5 minute mark of the 1<sup>st</sup> quarter. Coaches reserve the right to not play players at all who do not practice both sessions or consistently miss trainings no matter the excuse. Players who arrive late or leave trainings early on a consistent basis, the coach has the right to reduce their court time.**

**We do our best to arrange trainings that suit the COACH first and players second.**

**You are making a commitment to the club to play representative BASKETBALL and this comes with certain responsibilities to your Club & Team & Coach. We support players playing other sports.**

**Costs:** Player registration fees cover the cost of VJBL registration, Sunday and Tuesday/Thursday practice sessions, coaching and administration costs only. Player registration fees do not cover weekly stadium entry charges, weekly game playing charge (team sheet) or non-required tournaments. In addition to the player registration fees, you will need to purchase the full playing uniform kit and practice uniform.

### **2022 – 2023 Registration Fee Payments Under 12 – 18 Players (Born 2006 – 2014)**

Fees associated with playing Representative Basketball for Kilsyth Cobras in 2022 Grading, 2023 Championship Season for under 12 – 18 (2006 – 2014) players are: **\$625.00** inclusive of GST.

Championship Season for under 20 players are: **\$500.00** inclusive of GST.

Parents will be invoiced. Payments can be made by cash, credit card (Visa, MasterCard), EFTpos or direct deposit. Kilsyth Basketball does not accept personal or business cheques.

### **Fee Payment Options Under 12 – 18 (2006 – 2014)**

Full fee payment for the 2022 Grading & 2023 Championship Season is: **\$625.00**

Non-refundable deposit on 26th October 2022 **\$125.00**  
**(If this is not paid on the due date your child cannot play until it is paid)**

Final fee instalment by 5th February 2023 **\$500.00**  
**(If this is not paid on the due date your child cannot play until it is paid)**

New players will be required to order a compulsory Warm-Up top online which has the players last name on the back. See online for cost.

### **Fee Payment Under 20**

Full fee payment for the 2023 Championship Season is payable prior to start of season. **\$500.00**

### **Training Player Fee Payment Option**

#### **Option 1:**

Full fee payment for the 2022 & Grading 2023 Championship Season by 15<sup>th</sup> January 2023. **\$350.00**  
**(If this is not paid on the due date your child cannot train until it is paid)**

If you would like to go onto a Payment Plan to pay off your fees that can be arranged with our administration officer Shelley Taylor.

Note you will have to pay the \$125 deposit first before being allowed to go on a payment plan.

## Uniforms

Playing uniforms for both boys and girls are the same, i.e. a specially designed reversible black/white singlet and shorts. This is the only permitted uniform. All Cobra players **MUST** wear the correct playing uniform as required by the VJBL when representing the Cobras. In the event that the correct uniform is not worn, the team will be penalized points and will be fined by the VJBL for the breach of the VJBL uniform rules.

The new player uniform kit is purchased by families after team selections (the kit consists of playing uniform, t-shirt, black socks, reversible practice singlet and black practice shorts). New player uniform kit items are compulsory. Items can also be purchased separately. The purchased items will remain the property of the player. It is also the responsibility of the player to ensure that they bring their uniform to each game and that it is maintained in an excellent condition.

We have a policy that only Cobra gear is to be worn to games entering ALL stadiums and leaving ALL stadiums. The players can choose to warm up in their playing singlet, warm up top or Hoddie all depending on the weather. **If players are not in Club gear they maybe told by members of the Cobras staff they cannot play the game.**

Injured players are to sit on the bench in a Cobra Warm Up top or Hoodie & playing shorts.

The same rule applies at trainings except all players must be in Cobra reversible Singlet & Black Cobra training shorts with either a Cobra T Shirt or Hoodie. NBA or other clothing is NOT acceptable. **Players can be sent home or told they cannot play/train if they are not in uniform by a staff member.**

## Purchase of Uniform Items

All playing uniforms for 2022/23 will now be ordered through the online shop. New players will be required to purchase the compulsory new player uniform pack through the online shop. Returning players wishing to up size playing uniforms will be required to order through the online shop. T-shirts, socks, practice singlets, practice shorts, back packs and hoodies can be purchased through the Locker Room.

VJBL patches will be supplied to families when the uniforms are distributed and will be required to be sewn onto the playing shorts as per the instructions provided.

Drink bottles will be supplied to all players for the season. Replacement drink bottles are available to purchase through the Locker Room.

## Playing Uniform Numbers

Allocation of player uniform numbers is done by the Cobras Administration Manager, requests for specific playing numbers will not be granted. Once a player has been allocated a playing number this will be that players number for the time they play in the Kilsyth Cobras Representative Program (please note that in some age groups there maybe instances of number clashes that are unavoidable within teams, number clashes will be revised by the Cobras Administration Manager).

## Second Hand Playing Uniforms

The purchase of second hand playing uniforms is **not** permitted between families.

Enquiries regarding second hand uniform purchases can be made through the Cobras Locker Room and in some circumstances **may be** permitted if it has been organized through the "Cobras Locker Room" and approved by the Cobras Administration Manager. There are no guarantees that second hand uniforms will be permitted.



## 2022/2023 Uniform Prices

New Player Pack is compulsory for all new players

● Reversible Playing Singlet	(order through online shop)
● Playing Shorts	(order through online shop)
● T-Shirt	(order through online shop)
● Black Socks	(order through online shop)
● Reversible Practice Singlet	(purchase through Locker Room)
● Practice Shorts	(purchase through Locker Room)
● Playing Singlet & Shorts, Socks	(purchase through Locker Room)
● Warm-Up Top	(contact locker room )

Uniform prices are subject to change without notice.

## Tournaments

An integral and important part of the program at Kilsyth Cobras is participation in outside tournaments.

Championship teams who qualify for the VJBL National Classic Tournament over the Queen's Birthday Weekend are required to attend and participate. Entry fees for this tournament will be funded by the Cobras.

U14 teams can qualify for the U14 Club Championships in the October holidays if they finish in the top 2 at a certain cut-off date determined by the VJBL. That tournament can be held anywhere in Australia.

Teams are encouraged to attend other suitable tournaments as approved by the Manager of Basketball Operations (e.g. Eltham Dandenong Australia Day Tournament (compulsory), Southern Peninsula, Nunawading). Teams are allowed 1 tournament in grading season & 3 tournaments in Championship season. Country or interstate tournaments are not compulsory for families to attend due to cost on parents. **These tournaments are the choice of individual teams and are not funded by Kilsyth Cobras. All entry costs are to be funded by the participating Kilsyth Cobras Representative Teams.**

## Sports Injuries

Your Child will now be playing a minimum of two games per week (one Representative, one Domestic and/or After School) and participating for around three – four hours per week. This can place stress on young bodies and injuries can occur during practice sessions or games.

The Coaches and Manager of Basketball Operations are well aware of the potential for sports injuries and will place your child's welfare as a priority. If you have concerns regarding your child's health, discuss them with your Coach, Program Coach or the Manager of Basketball Operations.

The Kilsyth Cobras participate in the Basketball Victoria's Sports Injury Scheme. This scheme helps to reimburse your non Medicare expenses, providing you comply with certain conditions. Details are provided via the insurance form link on the Kilsyth Basketball website. For more details contact the Kilsyth Sports Centre Office.

Players who are injured or have an illness during the regular season will be required to supply a medical certificate for the injury / illness to the Cobras Administration Manager within ten (10) days of the diagnosis. **Medical certificates** may be accepted as evidence of injury / illness and can be used for exemption to game qualification criteria only if the medical certificate is submitted to Cobras Administration Manager within ten (10) day of the diagnosis.

Medical certificates will be accepted up to the last round of the competition. Medical certificates will not be accepted for grading and cross over games, injured players must play one (1) game in each round of grading to qualify to play in cross over games.

The Clubs preferred physio company is **Bounce Health Group** Nth Ringwood | Blackburn & Mt Waverley | Rowville.

## Qualifications

Player qualifications for finals: To be eligible to represent a team in finals a player must play a minimum of 40% of regular season games with that team. For the sole purpose of game qualification a player shall be considered to have played in that particular game when the player is in uniform and able to take the court and signs the back of the score sheet in a manner that permits identification in his / her own hand on the day of the match. \*See medical certificate information for exemption for games missed due to injury / illness.

## Results

Game results can be found on the Kilsyth basketball website [www.kilsythbasketball.com.au](http://www.kilsythbasketball.com.au) by clicking on the – fixtures tab – scroll down to the VJBL tab – then click on your team. Or on the Play HQ website <https://www.playhq.com/>

## Playing for Enjoyment

Being a member of a Kilsyth Cobras Representative team should be fun. Players enjoy the support and friendship of their Teammates, Parents, Team Manager and Coaches. They get a buzz out of Kilsyth Cobra activities, especially going away to tournaments and other club activities. Just how much fun your child gets out of Kilsyth Cobras is to some degree up to you. Participating in Kilsyth Cobra activities and playing Representative Basketball will be fun for your child.

## Parent Involvement

When your child is selected to play Representative Basketball for the Kilsyth Cobras, the parents and family are an integral part of the Kilsyth Cobras program and you will be required to:

- Help and encourage your child through hard practice sessions and competition.
- Help make Kilsyth Cobras real, by supporting **ALL** of its basketball activities from under 12 through to the senior levels.
- Help when rostered on as the “Duty Team” at NBL1 and Victorian Youth Championship games, approximately 2-3 times a year.
- Help your team (e.g. Team Manager, scoring when rostered, providing rides etc. when required).
- Help your team by providing enthusiastic and fair support at games (see code of behaviour).
- Help Kilsyth Cobras by supporting its special events.

Being involved will help your child become integrated into the Kilsyth Cobras. It is also good fun, with plenty of opportunities to meet other parents and enjoy social events.

## Problems or Worries

If you have any doubts, do not hesitate to speak to the Manager of Basketball Operations, Cobras Administration Manager or the Team Manager of your team.

## Comments or Feed Back

We are continually trying to improve communication in order for you to enjoy your basketball experience with the Kilsyth Cobras. It is intended that this information pack will give you all the relevant information needed in order for you to have a full understanding of the team effort required by all volunteers to run a successful Representative Basketball Program.

Feedback on the contents contained in this information pack would be greatly appreciated. Please submit your comments in writing to the Cobras Administration Manager: Shelley Taylor [cobras@kilsythbasketball.com.au](mailto:cobras@kilsythbasketball.com.au)

## Codes of Conduct

Coaches, Players, Parents, Spectators and Administrators are required to abide by the codes of conduct as set out by Basketball Victoria when participating with the Kilsyth Cobras. A requirement of the Kilsyth Basketball Association is that the following codes of conduct be adhered to. Failure to act in accordance with these codes of conduct may result in your removal from the Kilsyth Sports Centre and / or exclusion from competitions.

**It is for the safety of your child or children that they must be accompanied & adequately supervised by a parent or legal guardian at all times whilst on any premises under the control of Kilsyth Basketball.**

**The stadium administrators reserve the right to request the offending person(s) to leave any stadium if in their opinion there has been a breach of a code of conduct.**

### **Parents, Team Managers & Spectators Code of Conduct & CLUB RESPECT.**

- Encourage children to participate if they are interested. If they are not, don't force them.
- Focus on playing the game, skill development and good sportsmanship, reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- Do not criticize children in front of others. Reserve constructive criticism for more private moments, never ridicule or yell at your child.
- Remember children are involved in sport for their enjoyment, not yours.
- Remember a child learns best by example. Applaud good play by all teams.
- Accept & respect decisions of all referees as being fair and called to the best of their ability.
- Do not raise issues of disagreement publicly.
- Do not put out any surveys or questionnaires or petitions to the team.
- Do not undermine the coach behind the scenes. Talking negatively about the coaches or Kilsyth staff is not acceptable behaviour & will be dealt with harshly.
- Do not criticize opposing team members or supporters by word or gesture.
- Set a good example by your own conduct, behaviour and appearance.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- **Avoid use of derogatory language based on gender, race or impairment.**
- What is said in the car on the way home can be damaging to the team/coach dynamics.
- They are not playing for the entertainment of spectators. They are not miniature professionals.
- Never ridicule or scold a child for making a mistake during competition. Be positive.
- **Condemn the use of violence in any form, be it by spectators, coaches or players.**
- Show respect for your team's opponents, without them, there would be no game.
- Encourage players to obey the rules and decisions of officials.
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.
- Coaching your child from the sideline during the game is not accepted at our club.
- **Do not approach the coaches after a game complaining about issues. Call or text them the following day to make a time at trainings to discuss your concerns.**
- **Do not approach referees at any time. Not before, during or after games.**  
**The referee/supervisor has the power to eject any spectator from the stadium at their discretion. Failure to leave can be a reportable offence & the game forfeited by your team.**

\*The breach of the points in red can lead to a reportable offence and can be dealt with by the Associations tribunal very harshly.

***Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great team mate, resilient, committed and tries their best IS a direct reflection of your parenting.***

## Players Code of Conduct & CLUB RESPECT

- Never argue with an official. If you disagree, have your captain, coach or manager approach the referee during a break or after the game in an appropriate manner.
- Control your temper. Verbal abuse of officials is not acceptable or permitted in basketball.
- Work equally hard for yourself and for your team. Your team's performance will benefit and so will you.
- Play by the rules & be a good sport & acknowledge all good players whether that are members or your team or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Play for the "fun of it": and not just to please parents and coaches.
- Avoid use of derogatory language based on gender, race or impairment.
- Everyone wins and losses at some time. Be a fair winner and a good loser.
- Players will be asked to sign a Standard of Behaviour form.
- Players who receive 3 tech fouls will be suspended for 1 game by the VJBL
- Players who receive 2 tech fouls will be suspended for 1 game by the club
- No mobile phones are to be used at trainings & games.

## Coaches Code of Conduct & CLUB RESPECT

- Remember that basketball is for enjoyment.
- Be reasonable in your demands.
- Teach understand and respect for the rules.
- Develop team respect for the ability of opponents including their coaches.
- Instil in your players respect for officials and an acceptance of their judgement.
- Guide your players in their interaction with parents and spectators.
- Group players according to age, height, skill and physical maturity whenever possible.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- Be prepared to lose sometimes.
- It is not win at all costs.
- You are help develop the skills of the players.
- Act responsibly when players are ill or injured.
- As well as imparting knowledge & skills, promote desirable personal & social behaviours.
- Keep your knowledge current.
- Ensure that any physical contact with a player is appropriate.
- Avoid personal relationships with players.
- Respect the rights, dignity and worth of every person.
- Always respect the use of facilities and equipment provided.
- No written contract or agreements are to be given to players/parents without consent by the Director of Coaching.
- Sign the Basketball Victoria "Code of Conduct" form & adhere to it rules & regulations.
- Sign the Basketball Victoria "Member Protection Declaration" form.
- Coaches who receive 3 tech fouls will be suspended for 1 game by the VJBL

The Six words a parent should say after each game.

"I Love to Watch You Play"

# Core Values of a Kilsyth Cobra Player/Coach

- Learn & understand the system quickly.
- Be a good person & Handle Adversity.
- Team Guy – WE play for each other.
- Everyone is a leader. Leaders are Aggressive & Assertive.
- Committed to work hard at home on skills & schoolwork – Work Ethic & Effort.
- Sacrifice & give up your free time to achieve excellence.
- Wear the Cobra colours & uniform with Pride & adhere to dress codes
- Be in Great Physical shape.
- Be on time & organised at trainings/games & at home – Professional.
- Polite & well behaved – Manors.
- Communicate – Injuries & absent from sessions.
- Warm Up & Stay Together.
- Accept positive & constructive feedback – Seek advice/feedback from coaches.
- Be Flexible on & off the court.
- Willingness to be relentless & persistence.
- Coachable & Discipline – Great Players Want To Be Coached.
- Pays attention in Video Sessions & Scouting reports (be a student of the game).
- Everyone contributes to be Tough Defensively. The game honours toughness.
- Cobras are Trustworthy to adhere to our core values.
- Motivate the coaches to coach you by working hard & Listening.
- Take full responsibility for your decisions and actions.
- Strive for excellence & maximize your performance.
- Respect my coaches, Cobra staff, referees, parents & stadium equipment at all times.

## Social Media Sites

Basketball Victoria is concerned at the increasing number of complaints being made about the use of Face Book, Twitter, You Tube and other social networking sites by people involved in Basketball, for unacceptable content. This also applies to texting on mobile phones.

We have seen examples where the sites have been used to bully other Basketballers, to criticize referees and to make racist or sexist remarks about other participants. This sort of behaviour is totally unacceptable in Basketball and will not be tolerated. Many of the remarks are being made with posters believing that because those remarks can only be seen by people that have accepted as friends on their pages, they will not be made public. However, fortunately, there are enough decent people around who bring this behaviour to the attention of Basketball Clubs or Associations or Basketball Victoria. This occurs even when posts are made by friends because those people recognize the harm and distress this sort of behaviour can generate.

Under Basketball Victoria's tribunal By-Laws and Member Protection By-Laws, behaviour which is unacceptable can be brought to the tribunal, even if it didn't occur on the basketball court. As long as the incident is basketball related, the tribunal can deal with it. A number of Face Book issues have already been dealt with by the tribunal and other hearings are pending.

Basketball Victoria will have no hesitation in reporting to the tribunal, people who misuse such sites if it relates to basketball. Please be mindful of other basketball participants and don't place yourself at risk of finding yourself reported to the tribunal, as has happened to several people already.

**Please Note:** Parents, Players and Coaching Staff should clearly understand that technology based communication including mobile phone texting, internet messages, social networking sites etc. that are used in an inappropriate manner will not be tolerated by Kilsyth Basketball. Any breaches will be dealt with, with disciplinary action.

## Social Media Codes of Conduct

- Social media can be fun, helpful and dangerous. Comments, notes and photographs posted on social media sites such as Facebook, Twitter, Instagram and on-line forums are usually constructive and positive. But negative comments and images, bullying, criticism and sexist remarks can be dangerous and harmful to people's wellbeing and reputation and the image for the sport.
- Do not use social media to be critical of teammates, coaches, officials, administrators, volunteers or spectators. Any comments you make on social media sites has the potential to be seen by millions of people. That is great if comments are positive, but can be extremely negative and harmful if critical of people. Before you post a comment on social media ask yourself: Would I want millions of people to read something negative about me?
- Always assume the person you are talking/writing about will see what has been said/written. Just because online chat is between two people does not mean it remains private and nobody else can see it. Social media is accessible to everyone. Even if the person you are discussing does not see it, somebody else may. The result is you rather than the person you are ridiculing will be seen in a negative light.
- Use social media as a positive outlet to promote players, teammates, teams, clubs and others involved in basketball. Posting results and acknowledging individual and team performance on social media makes many people aware of team and individual achievements. This can have a positive effect for many people and should be used, encouraged and embraced wherever and whenever possible.
- Remember to show respect when using social media, show the same respect and regard for people that you would show and are expected to show when playing, officiating or attending a basketball game.
- When in doubt leave it out, if you are unsure that what you are positing on social media is appropriate then it is best not to post it.
- Do not tolerate or condone poor social media behaviour or actions. If you are aware of or observe poor social media behaviour or actions, do not accept it, there is no place for it in basketball and it will not be condoned. You should remind people of their responsibilities when using social media and warn that action can be taken against them. In the instance of minors breaching the code of conduct, alert their parents to the situation. If you believe the breach is serious, report it to team, club or association officials.
- Be aware that your actions on social media may have serious consequences. Negative comments and images, bullying, criticism and sexist remarks do not only impact negatively on the people they are about. If you are found to have acted improperly on social media regarding a basketball related matter, you are liable to disciplinary proceedings and may be required to face a tribunal hearing to explain your actions. A suspension from basketball could be imposed.
- Coaches are not to have any Cobras player under the age of 18 as a friend on any social media website. They must not private message any under aged player for any reason. Team group chats are acceptable and only team events are to be discussed as a way of communication.



## **The Fair Play Code – Sport & Recreation Victoria (Players/Coaches/Spectator/Official/Administrator/Parent/Volunteer/Club Member)**

### **Integrity**

- being honest, fair, respectful, trustworthy, reliable, open and transparent in dealings with others
- avoiding any real or perceived conflicts of interest
- striving to earn and sustain a high level of community trust and goodwill
- not engaging in or advocating the possession and use of banned performance enhancing substances or methods, or illicit drugs
- not participating in, or encouraging action that may jeopardise the integrity of sport and recreation including match-fixing, illegal sports betting and other corruption.

### **Respect**

- treating everyone involved in sport and recreation in a considerate, objective and courteous manner with proper regard for their rights, dignity and worth
- refraining from any form of discrimination, harassment, bullying, abuse, child abuse, intimidation, victimisation or vilification of others, including on the basis of age, race, sex, disability, sexuality, gender identity or religion
- recognising and valuing the contribution of all to sport and recreation, including volunteer coaches, officials and administrators who give up their valuable time to make sport and recreation happen.

### **Responsibility**

- considering and accepting the consequences of one's actions and decisions
- being a positive role model by displaying self-control, respect, care and diligence towards all involved with sport and recreation
- complying with specified child safe standards of conduct expected of adults when dealing and interacting with persons under 18 years of age
- understanding the possible consequences of breaching the Fair Play Code and immediately reporting any potential breaches to appropriate authorities.

## **Fairness**

- understanding and playing by the rules and spirit of sport and recreation
- being informed, consistent, impartial, just and reasonable in dealings with others
- being a 'good sport' by encouraging and praising fair play over winning at all costs
- providing a 'fair go' to people of all abilities to be involved in sport and recreation and reach their full potential.

## **Safety**

- providing a safe, welcoming and inclusive environment that places the health, welfare and well-being of participants above all else
- taking all reasonable steps to ensure equipment, facilities and programs meet health and safety standards and are appropriate to the age and ability of participants
- being aware of and supporting policies and practices in relation to injury management, return to play, adverse weather and child safe standards
- showing concern and caution towards others who may be sick or injured and immediately reporting any safety issues to appropriate authorities.

## **Please Remember**

The Kilsyth Cobras are there to provide the best in coaching and facilities for the development of your child. This development and the opportunities provided can give your child the chance to play at the highest levels firstly as a junior and later as a senior player. To do this we need to work together on and off the court as a TEAM, enjoy everyone's company and create a true social atmosphere. Remember our coaches are volunteers & without them we cannot put a team on the floor. Finally, welcome and we trust you will enjoy your involvement at Kilsyth.

Shelley Taylor  
Cobras Administration Manager

Mark Watkins  
Manager of Basketball Operations

**“Losers assemble in small groups & complain about the coaches and other players.  
Winners assemble as a TEAM & find a way to play & work together & win.”**

# Sport Parents Code of Conduct

## Parents Agreement

- 1) Remember that children are involved in sport for their enjoyment not yours 
- 2) Respect all decisions made by coaches, referees and officials
- 3) Be a role model by supporting your child 
- 4) Do not coach your child in games or training 
- 5) Respect the rights of all players
- 6) Applaud effort and hard work, as well as success 
- 7) Avoid criticising any player on the pitch or at training 
- 8) Encourage children to play according to the rules 
- 9) Do not force your child to participate in sport 
- 10) Do not shout or criticise players if they make a mistake 
- 11) Do not be rude towards players, other parents, coaches and officials 
- 12) Applaud the opposition as well as your own team 





# DEVELOPMENT PATHWAYS

