

COACH'S GUIDE

Welcome and thank you for offering to coach a Heathmont Hornets team in the Winter 2011 season.

This guide is meant to explain to you the key aspects of your coaching role. If you have any queries please contact Gus Zuccon, our Coaching coordinator, on 0438 650 017 who will be more than willing to help

To assist you in your coaching duties, we are able to provide each coach with a basketball and sports bag on loan for the season. These sets are numbered and must be returned if you are not able to continue in the following season.

Also, to thank you for your commitment we are pleased to give you a Heathmont Hornets polo shirt and coaching manual.

Enclosed with this Guide is a Team Manager's pack. It is important that you recruit a parent to act as team manager for your team. You are not expected to perform both roles. It is an expectation of Heathmont Hornets that every team has a team manager to support the coach with the organization and administration on game day and at training.

Thank you again for volunteering and good luck for the season. If you have any queries, please contact the relevant person listed below.

Hornets Contacts:

President	Gus Zuccon	0438 650 017
Vice President	Gayle Babb	9870 0775
Treasurer	Kevin Watters	9729 8818
Registrar	Ray Babb	9870 0775
Secretary	Judy Zuccon	9720 4583
Coaching	Gus Zuccon	0438 650 017
Alternates	Cheryl Benedict	9720 4550
Uniforms	Joanne Ramage	9725 9703
Team Managers	Judy Zuccon	9720 4583

Age Group Coordinators:

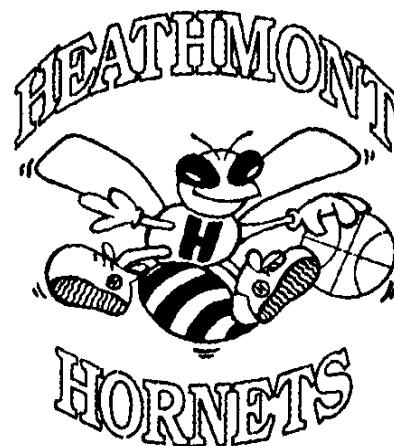
U/8 & U23 Girls	Gayle Babb	9870 0775
U10-U16 Girls	Julie Mc Connell	9876 8542
U/12 Boys	Ray Port	9879 9874
M10 & U/14 Boys	Lisa Shield	9726 5767
U/16 Boys	Bob Laidlaw	8802 0445
U/18 & 23 Boys	Stephen Shield	9733 2556
U/23 Boys	Gayle Babb	9870 0775

Other Contacts:

Maroondah Indoor Sports Stadium	9298 4488
Nunawading Basketball Stadium	9802 9097

Websites:

Heathmont Hornets	www.heathmonthornets.com
MEBA Inc.	www.meba.basketball.net.au
Ringwood Hawks	www.ringwood.basketball.net.au
Basketball Victoria	www.basketballvictoria.com.au
Big V Basketball	www.bigv.com.au
VBRA (Referees)	www.vbra.basketball.net.au
VBSA (Scoretable)	www.vicscoretable.org.au
Big V	www.bigv.com.au
Basketball Australia	www.basketball.net.au



COACH'S GUIDE

2011

IMPORTANT COACHING INFORMATION

Basketball is for Enjoyment: Always remember that basket-ballers play for fun and enjoyment and that winning is only part of their motivation. Everyone wins and loses at some time. Encourage your players to accept that their opponents are entitled to equal treatment and respect and proper courtesy. This means introducing themselves to their opponents on court, congratulating them whether they win or lose and accepting loss gracefully.



Always make sure that your players are made to feel welcome whenever they attend for training or a match. In scheduling training and playing times and days, be reasonable in your demands on players' time, energy and enthusiasm, taking into account their age, level of play and other commitments such as school and employment.

Court Time: It is the policy of Heathmont Hornets that all players be given fair and reasonable court time every week. Avoid over-playing the talented players. It is unfair to both them and those who are not so talented. Players cannot improve without the opportunity of a reasonable amount of match practice. Talented players can burn out. Having no or little time in court can cause players to suffer from morale problems and they can lose interest in the sport altogether.

This means that as a minimum all players must be on court for **at least 10 minutes each half**.

Conduct towards Referees: Officials have a very difficult task to perform and that without them games could not be played. They are there to enforce the rules of play but they cannot always be right. At all times you must ensure that both you and your players' behaviour is respectful to all officials. Teach your players to accept bad calls graciously. Abuse of referees is unacceptable behaviour that will not be tolerated.



Coaching and Parents: You are the appointed Heathmont Hornets coach and it is expected that all players (and parents) follow your coaching directions. It is often difficult for parents not to call out and give helpful hints to their child in a match situation but as the appointed coach you have the right and responsibility to run your team as you see fit (obviously within reason). Players must listen to your instructions during the game, at timeouts and at half time.

Zone Defence: To assist players in developing their basketball skills and to ensure competitive matches, a zone defence **cannot** be played in the first half for U/12 and younger age groups. The only exception is when a team has no substitutions for the game.

Insurance: Players are covered by Sports Insurance for training and games. Players injured during a game are to write details of injury on back of score sheet. Claim forms for teams registered with RBA are available from Maroondah Stadium. Claims/injury reports are to be lodged with the insurance company within 30 days.

Game rules for Normal rounds

- 50 minute schedule,
- 2 timeouts per half – clock does not stop.
- No timeouts 1st 2 minutes of 1st half.
- Clock stops every whistle in last 2 minutes of 2nd half.



'Sin Bin' Policy

The GEBC Saturday competition operates a 'sin bin' policy.

Any player receiving a **TECHNICAL FOUL** or **UNSPORTSMAN LIKE FOUL** will result in the player being sent to the bench 'sin binned'. This will cause the player to be out of the game for the next 5 **minutes**. The player may sit on the team bench during this time. The time the infringement occurred will be recorded against the player on the score sheet by the referee.

The player may return at the next available substitution opportunity after the 5 minutes has elapsed.

- A sin-binned player may be replaced by a substitute if one exists.
- A second similar offence by the same player will result in the player being disqualified from the game.
- If a player is sin-binned in the last minute of the 1st half the time carries over into the 2nd half.
- If a player is sin-binned with 4 minutes left in the last half they are out for the remainder of the game.
- If the player refuses to leave the game then normal rules will be applied and the player will be disqualified and possibly reported.
- If a team only has 5 players then they will only have 4 for the time the player is off.
- If you have any further questions, please ask your referees/ref. supervisor before the game.



Referees are encouraged to warn players in a courteous manner of any behaviour or language which may lead to Technical or Unsportsmanlike fouls.

SOME IMPORTANT GAME DAY FACTS



- The team manager relieves the coach of the administrative functions involved in getting a team onto court and allows our coaches to give the maximum effort to coaching and training the team.
- Late penalties apply with one point forfeited for every minute that the game start is delayed. Ten minutes delay results in a walkover (\$80 fee being paid by the **team**)
- The Electronic score board is loaded with the names provided by the Team Registration Form.
- Scorers must select the players that are present at the start of the game. A player may be added to the sheet up till half time. At half time the Referee will check then sign off the score sheet.
- If a player's name is missing, it means that the player is not registered within the GEBC system. Their name and date of birth must now be added on the score sheet in order to avoid forfeiting the next game and in order to be registered and included on the score sheet for the subsequent games.
- A player can be added to the score sheet throughout the season. Add their name, date of birth and "permanent" or "fill in" to avoid forfeiting the game. The player will then be registered and included on the score sheet for the next round.
- It is important that the score sheets are correct because players must play a minimum number of matches to qualify for finals. Exemptions are not granted for omissions on the score sheet.



WINTER 2011 DATES (to be confirmed)

April	-	-	-	30
May	7	14	21	28
June	4	-	-	-
July	2	16	23	30
August	6	13	20	27
September	3			
Sep 10 th Elimination Finals	&		Sep 17 th Grand Finals	



TRAINING VENUES

Training for the Winter 2011 season commences on **Wednesday, 27th April**. All coaches, players and parents are notified by mail of the training times and venues. Training is held between 4.30 pm and 9 pm Monday through to Thursday at different venues including:

Maroondah Indoor Sports Centre (MISC)
362 Canterbury Road, Ringwood (Melways 63 E1)

Heathmont Secondary College (HSC)
Waters Grove, Heathmont (Melways 63 H3)

Ringwood Secondary College (RSC)
Bedford Road, Ringwood (Melways 49 K8)

Aquinas College (AQ)
Great Ryrie St, Ringwood (Melways 49 J11)

MATCH DAY VENUES

Nunawading Stadium
Burwood Hwy East Burwood (Melways 62 C7)
Phone: 9802 6711

Ringwood (Maroondah) Stadium
Canterbury Road, Ringwood (Melways 63 E1)
Phone: 9298 4487

Oakleigh Recreational Centre
Park Rd Oakleigh (Melways 69 H6)
Phone: 9568 1922

Forest Hills Sec College
Mahoneys Rd East Burwood (Melways 62 C5)

Blackburn Lake Primary School
Florence St. Blackburne (Melways 48 C11)

Vermont Primary School
Nurlendi Rd., Vermont, (Melways 62 K3)
Car park below the roadabout

Donvale Christian College
Tindals Rd., Donvale (Melways 34 K9)

Brentwood Secondary College
Cnr Watsons Rd (Melways 71 D7)

Admission: \$ 2 (all venues) **Score Sheets:** \$32 (all venues) An inter-venue pass operates.

BASKETBALL VICTORIA: 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!!

COACHES CODE OF CONDUCT

1. Remember that basketball is for enjoyment.
2. Be reasonable in your demands
3. Teach understanding and respect for the rules
4. Give all players a reasonable amount of court time.
5. Develop team respect for the ability of opponents including their coaches.
6. Instil in your players respect for officials and an acceptance of their judgement.
7. Guide your players in their interaction with the media, parents and spectators.
8. Group players according to age, height, skills and physical maturity, whenever possible.
9. Ensure that equipment/facilities meet safety standards and are appropriate to the age/ability of the players.
10. Be prepared to lose sometimes.
11. Act responsibly when players are ill or injured.
12. As well as imparting knowledge and skills, promote desirable personal and social behaviours.
13. Keep your knowledge current.
14. Ensure that any physical contact with a player is appropriate.
15. Avoid personal relationships with players.
16. Respect the rights, dignity and worth of every person.
17. Always respect the use of facilities and equipment provided.



PLAYERS CODE OF CONDUCT

1. Understand and play by the rules.
2. Respect referees and other officials.
3. Control your temper.
4. Work equally hard for yourself and for your team.
5. Be a good sport.
6. Treat all players as you would like to be treated.
7. Play for the "enjoyment of it" and not just to please parents and coaches.
8. Respect the rights, dignity and worth of every person.
9. Be prepared to lose sometimes.
10. Listen to the advice of your coach and try to apply it at practice and in games.
11. Always respect the use of facilities and equipment provided.

PARENTS CODE OF CONDUCT

1. Encourage your children to participate for their own interest and enjoyment, not yours.
2. Encourage children to always play by the rules.
3. Teach children that an honest effort is always as important as a victory.
4. Focus on developing skills and playing the game. Reduce the emphasis on winning.
5. A child learns best by example. Applaud good play by all teams.
6. Do not criticise any child in front of others.
7. Accept decisions of all referees as being fair and called to the best of their ability.
8. Set a good example by your conduct and behaviour.
9. Support all efforts to remove verbal and physical abuse from sporting activities.
10. Respect the rights, dignity and worth of everyone.
11. Show appreciation for all coaches and officials.
12. Keep children in your care under control.
13. Always respect facilities and equipment.

Web site:

Please visit our website www.heathmonthornets.com for important club and game day information. We would like you to help us make our web site even better and even more dynamic. Please send comments, questions, game reviews, suggestions, player profiles, photos, etc to webmaster@heathmonthornets.net

Fixtures:

Fixtures are not issued. You must check the game time weekly either via the Hornets website or the GEBC website (www.meba.basketball.net.au). For Grading Games (Rounds 1-5) details of fixtures will be issued after 4pm on Tuesday each week.

Privacy Statement:

Heathmont Hornets Basketball Club Inc. will only disclose the relevant information that is related to the primary purpose of communicating with parents and players. This information may be given to coaches, team managers, GEBC grade secretaries and RBA registrar. At no time should a team manager distribute a player's details without permission from the player's parents/guardians.