



# COACHES, PLAYERS AND PARENTS MANUAL

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**Oblate Basketball Club aims to foster a positive learning environment where individuals feel safe and valued.**

# **COACHING COMMITMENT**

Oblate Basketball coaches will abide by the following rules:-

1. We will treat you with respect at all times.
2. We will be honest, truthful and up-front about your basketball skills and development.
3. Coaches should take care of players under their supervision with the aim of ensuring their safety and welfare insofar as is reasonably practicable.
4. We will give you the best coaching and instruction to improve your basketball skills.
5. Be examples of good sportsmanship and character.
6. Recognise performance is more important than winning or losing.
7. We believe that your perception of our performance is always the reality. For that reason, and others, your feedback is essential to our continuing a successful programme.
8. Listen to any complaints parents or players may have and respond fairly with respect and consideration.

## **PHILOSOPHY**

Oblate Basketball Club is dedicated to creating basketball players and providing them with the opportunity to work hard with disciplined instruction. We focus on basic fundamental drills and progress into high intensity game-like drills. We strive to prepare our players for the next level of competition. Oblate Basketball Club is dedicated to training the committed athlete so that they are achieving their highest level of skill possible. This takes great discipline and consistency from the athlete. The Oblate Basketball Club Programme provides a place for players to receive complete basketball instruction.

# PLAYERS COMMITMENT

As a member of Oblate Basketball Club, I will abide by the following rules:-

1. I will treat the coaching staff respectfully at all times both on and off the court.
2. I will treat my teammates, officials and other members with respect at all times both on and off the court.
3. I will be respectful in public and display good character as a member of Oblate Basketball Club.
4. I will actively participate in all training sessions to the best of my ability. (Court time is reflected on effort put in at training sessions).
5. I will show up to all training and games at the scheduled times. (Possible penalties may be imposed by individual coaches for unexcused absences).
6. Work hard to develop good habits by training with good technique and appropriate effort. The habits we develop in training are the habits that will determine how we play in the game.
7. I will listen to the advice, training and drills suggested to improve my basketball skills.
8. Go to the Coach first if I have a problem related to the team.
9. I will keep my financial obligations paid, as agreed with Oblate Basketball Club.

# PARENTAL GUIDELINES

The Oblate Basketball Club programme strives to promote a positive environment for the players. We want our players to develop positive character traits including sportsmanship, co-operation and self-discipline. We believe that parents are a reflection of the programme. We want the programme to be respected by the opposing players, coaches and parents, as well as referees and anyone else that comes into contact with our programme. With this in mind, we ask the parents to abide by the following guidelines:-

1. If you receive a text message from the coach please confirm in time whether your child is available/unavailable.
2. Text coach in advance of training/game to inform them of your child's absence.
3. Refrain from talking to your son or daughter once practice, training or game has started. We want their full attention and focus for the duration of the activity.
4. Never speak in a negative way about opposing teams, coaches, parents or officials.
5. Cooperate in helping with the Clubs Fund Raising ventures throughout the season. To keep expenses as low as possible we ask parents for their help with lifts to away games (cars must not be overloaded and seat belts must be worn).
6. Discuss with the coach any questions or concerns at appropriate times. (If the Complaint is not resolved you can go to the Executive Committee for arbitration).

We will not tolerate any negative words or actions by a player or a player's parents.

We will ask a player to leave the club due to inappropriate actions committed by his/her parents or an inappropriate action committed by the player himself/herself.

Oblate Basketball Club reserves the right to refuse service to anyone. However, we will not discriminate on the basis of race, gender or religion.