



The Family Club



**PLAYERS
AND
PARENTS
INFORMATION**

Contact Details: -

All administrative questions should be directed to Sharon Thoonen (Administrator)

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Gary Nichol

Vice President

Nathan Vogt

Treasurer

Sharon Thoonen (sharon@keysboroughcougars.com.au)

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Junior Representative Committee

Sharon Thoonen (VJBL Delegate & Big V Delegate)

Nathan Vogt

Gary Nichol

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Ben Morwood

Cameron Andre

Domestic Committee

Sharon Thoonen
Ron Thoonen

Steve Matthews

Mark Sampson

Fundraising

Social Media

Sponsorship

Coaching Director

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WELCOME

The Keysborough Cougars Basketball Association would like to welcome you into our community.

Over the last 12 months, we have undertaken a restructure of our Junior Representative Program, focusing on building a stronger and more efficient administration foundation.

At the Keysborough Cougars Basketball Association, we strongly believe that above all else (coaches, managers, committee, parents etc.) that our players come first and foremost. Sometimes the Committee may make decisions that may not always be to the liking of a Coach or the Parents, but we will always make the decisions in the best interest of our players.

This information pack will help explain and guide you through the wonderful world of Representative Basketball for our new families, and it will reinforce the message to those who have been with us for a while.

Information for Players and Parents

Playing Representative Level Basketball

Junior Representative Basketball is an elite based competition. It is for players who are committed to improvement and serious competition so they can reach their full potential.

Keysborough Cougars provide individuals and teams the opportunity to maximise their potential by competing at the highest level possible, given their own ability. The aim of the Keysborough Cougars Junior Representative program is to promote the game of basketball within our community and to develop players to compete at the highest level. All players in a team at this elite level have an important role to play despite how much court time each player may or may not receive and as such, coaches will want all players to develop steadily, not just the best players on the team.

Playing Elite Basketball is a very different environment to Domestic Competition. **Court time is NOT guaranteed, it needs to be earned.** Attitude to your teammates, your coach, and your willingness to listen and improve along with your level of skill are all factors that will determine the number of minutes played, as will your attendance record to training sessions. **We want all parents to understand that, and that they encourage team performance as well as the individual.**

Keysborough Cougars Junior Representative teams play against other Representative teams in competitions across Melbourne. Teams play at three levels: -

Victorian Junior Championships (VC)

Known as 'VC' and is the highest level at which junior teams can play anywhere in Victoria.

Victorian Junior League (VJL)

This is divided into four tiers. Each tier has 10 teams that compete over an 18-week home and away season.

Regional – Eastern Qualifying

Eastern Qualifying is a competition designed for teams that may not achieve a VJL or VC grading. The Eastern Qualifying competition of the VJBL is a regional based competition and more often than not, teams find themselves playing against more local based teams.

All Representative teams play on Friday nights. **Be aware from the outset that this involves a lot of travel to various basketball venues around the Melbourne Metropolitan area and, in some cases, to some country venues.** This does require a high level of commitment from parents and players as all players are expected to attend all games. As a Representative Player you have

access to highly skilled coaches who assist you to improve and develop your technical skills, game skills, sportsmanship, team play and self-discipline. Hopefully you will also have some fun!

Playing Times and Venues Games are played on Friday nights ranging from a 6.40pm start for the younger age groups to 9.40pm start for the older age groups. Venue locations will vary from week to week, however home games are at Rowville and will typically occur every second week. Players are expected to arrive 20 – 30 minutes before tip-off. For parents with multiple children car-pooling has proven a successful option in the past to lighten the load.

Each week you will be required to pay \$20 to your Team Manager
This will cover the team sheet fee and entry into each Venue and Keysborough Cougars associated expenses.

Training

Players will be notified of training times and **REGULAR ATTENDANCE** is required. Players who miss training for no valid reason may not be considered for selection in the next subsequent game or as advised by the coach.

Training is COMPULSORY Even if the player is injured, they are required to attend training sessions.

Sunday Training is COMPULSORY Even if the player is injured, they are required to attend training sessions.

All teams will train mid-week (usually for an hour and a half) and the venue and times will vary depending on venue availability.

All players should arrive at training, ready to start at their allocated time. This means if training is at 10am then you start at 10am, not arriving at 10am and then sitting to put on your shoes etc, and not arrive at 10.10am.

YES, training is COMPULSORY!! Players cannot develop individually or understand the team structure if they do not attend training sessions. **Even if the player is injured, they are required to attend training sessions.** It is very hard for a Coach to work out his training program of only 3 or 4 turn up. All players need to attend to achieve an optimal training experience.

Tournaments

The Keysborough Cougars Junior Representative Program use tournaments as part of their development plan. The Southern Peninsula Tournament runs during November and is a great team bonding experience. The Eltham/Dandenong Tournament (Australia Day weekend in January) is a compulsory tournament and is used to get teams prepared for the upcoming season.

Eltham/Dandenong have decided to charge \$50 per player to register and allowing additional supporters in for FREE.

Other tournaments that coaches may elect to participate in include (upon agreement with players and parents) are:

The Classic (By Invitation Only) – Queens Birthday Weekend

Nunawading Tournament – Queens Birthday Weekend

Melbourne Tigers Tournament – June/July School holidays

The Try Out Process

The first of the try out sessions will involve identifying player's strengths and limitations, possibly running some scrimmages and scratch games to simulate game conditions. The final try out will involve fine tuning team selections. The teams will be listed on our website shortly after. Teams may still change over the first few weeks of training and after the first grading phase games.

Training will commence early November and will continue up until just before Christmas when everyone will have a 4-5-week break. Training will resume around Sunday **22nd January 2023** ready for the Australia Day Tournament January 2023.

Parents Please Note: Parents are not to approach any coach or member of the Independent Selection Panel during the try outs with a view to influencing the player selection. If any parent approaches coaches or the Independent Selection Panel seeking to influence placement of their child/children in a team, or the placement of other parent's children they will jeopardize their own child's selection to a team.

Players are required to attend all try-out sessions to be considered for a position in one of Keysborough Cougars teams.

Uniforms

All new Junior Representative Players are required to purchase a new uniform pack for the 2019-2020 season. These can be ordered at our Registration Day.

Cougars Shorts & Singlet	\$100 (Compulsory)
Cougars Shorts	\$50
Cougars Playing Singlet	\$50
Reversible Training Singlet	\$55 (Compulsory)
Long Sleeve Grey	\$40 (Compulsory)
Cougars Hoodie	\$50
Game Backpack	\$60 (Compulsory)
Cap	\$5
Beanie	\$20

We expect a level of professionalism from all our Junior Representative Players and Coaches. Coaches and Team Managers must be in Club issued polo top, and all players must be in correct club uniform and apparel. **Non-Keysborough Cougars branded clothing is NOT to be worn during warmups.**

Fundraising

Fundraising is an important part of any sporting club, and we are no different. As an organization we try to keep costs minimal to allow as many participants as possible. Fundraising is conducted throughout the year and parent participation is compulsory. In the past we have held Bunning's BBQ's Trivia Nights and Family Days. If you or your family has any contacts or suggestions for fundraising ideas, please pass these on to your Team Manager.

BIG V home game duty

ALL Teams are required to assist with Youth League and Big V home games once or twice a season. At each game we are required to supply a minimum of 2 Floor wipers. A team roster will be made up and forwarded to your Team Manager. Even if your team is not rostered on for duty, we would love to see you at our Big V senior home games for Club support. Fines will apply if your team does not attend their duty.

Scoring

It is compulsory for all parents to help with scoring. Comprehensive instructions on how to score are available to parents via score bench tuition. Your Team Manager will prepare a roster so that you have plenty of notice on when you will be scoring. If you are unsure let your Team Manager know, and they can arrange another parent to sit with you.

Registration Fees and Related Information

Should your child be successful during the try-out selection process, there are costs involved for joining the program. This includes the PlayHq annual registration fee and a Keysborough Cougars registration. Firstly, ALL Basketball Players must be registered in PlayHq. There is a yearly fee for this. There are also registration fees for VJBL that also covers player insurance, training sessions, end of season Presentation and awards, and additional Keysborough and VJBL costs. There is also a fitness and conditioning program built into Sunday training sessions. **Please note if your child withdraws at any time during the season, all fees are still due and payable.**

The Registration fee is **\$660** and must be paid in full by 1st March 2023.

Fees are non-refundable.

NOTE: Players who are unfinancial by the 1st of March 2023 will not be able to participate in games until the final payment is made.

If your child sustains an injury, fees will not be refunded.

If you choose to leave the Club for any reason fees are still payable in FULL.

Fees are payable via:

Cash

EFTPOS – Processing fee of 1.19% will apply

Cheque – Payable to: Keysborough Basketball Association

Bank Transfer: Bendigo Bank BSB: 633 000 / Account Number: 127 200 368

Financial Hardship

Should your current circumstances not allow for the prescribed fee payment as outlined above, please speak to Sharon Thoonen (0425 702 286) in confidence to discuss an alternative payment plan.

Weekly Playing Expenses

Each week you will be required to pay your team manager \$20 each week. This will cover the team sheet cost to cover the cost of the venue and the referees. Your Team Manager will collect this from you each week, either at training prior to game night or before the game commences. You can make lump sum payments to your team manager if you prefer.

Conflict Resolution

Basketball is no different to any aspect of life, and there will be conflict from time to time. **We ask that you do not discuss any concerns with the coach on game night as emotions can run high and things can be said in the heat of the moment.** Instead, we ask that you speak to your Team Manager first at the next training session to discuss any concerns. Your Team Manager is your

first port of call for any issues. They in turn will speak to the Coach or Club officials in relation to the matter. If you are not happy with the outcome from this, you can request a meeting with the Coach or Club Officials for further clarification.

Parents are not permitted to contact the VJBL directly. All matters relating to the VJBL must come through The Keysborough Cougars Basketball Association.

Referees

The referees are part of the game, and while we may not like their decisions at times, verbal or other abuse of referees is unacceptable behaviour and sets a bad example to the children.

Coaching

Guidance and assistance with running our program is provided by our Director of Coaching Sean Zimmerman. This high level of support will instil the principals and fundamental techniques which will ensure quality coaching for all our junior representative players. All team coaches are volunteers, with some of them being parents of players and are essential to ensure teams can take the court.

Team/Player Photos

Keysborough Cougars will conduct a player and team photo session, and all players, Coaches and Team Managers will be required to attend. These photos are done by a professional photographer and as such, all teams must be in attendance and in full uniform. Details of this photo session will be released at a later date, with the date, times and costs involved for ordering of photos.

How to get involved

There are various ways players and parents can further help the club. Volunteers are required for the following important functions at the club: -

- * Scorers (weekly game nights) Scoring sessions will be held, times to be advised
- * Team Manager
- * Assistant Coaches
- * Youth League & Big V Floor Wipers (There will be a roster set up for this, and it is only required for Big V home games)
- * Find a Sponsor: - Perhaps your company can help by providing sponsorship
Contact Sharon Thoonen on 0425 702 286 for more details
- * Fundraising

Junior Pathway

Playing Junior Representative basketball is all about the pathway of basketball, from playing in an under 12 team right up to playing Big V. At Keysborough Cougars Basketball, our pathway can take players to the highest levels of elite senior basketball. Through our junior representative program, players are developed with a skill set that will last a lifetime. This skill set will assist each player to be the best they can be and for those players that work really hard, can find themselves playing at the elite level of basketball as they get older – Big V Basketball.

Big V Basketball is one of the largest semi-professional basketball leagues in the world and the 3rd highest level of elite senior basketball in Australia. Keysborough Cougars currently have a Division 2 Men's Youth League Team, and a Division 1 Men's team. We are also hoping in the near future to reintroduce Women into the Big V competition by having a Youth League Women's team.

Our Big V coaches look to our junior representative program for potential recruits. At times our Big V coaches will take great interest in younger junior players and watch their development and progress over the years and once a coach thinks they are ready, they will be invited to join our Big V program.

Additional Junior Development

We also offer additional training sessions with various skills coaches.

Cost and session times available on request.

Areas of improvement will cover agility & footwork, advanced ball handling, shooting form and breakdown, defensive slides, and footwork.

Contact Sharon for further information or bookings.

Codes of Conduct

Basketball is intended to be a recreational activity for enjoyment and health. These codes of conduct have been developed by Basketball Victoria to give participants some guide to the expectations it has on these 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 with their involvement in basketball. Keysborough Cougars Basketball Association abides by Basketball Victoria's Code of Conduct for players, parents, and spectators.

Additionally, Keysborough Cougars believes that correct behaviour extends to comments made on social media outlets such as Facebook. Any negative or derogatory comments made about Keysborough Cougars, any players, coaches, referees, or officials or even

opposition teams will NOT be tolerated, and Keysborough Cougars will deal with such infringements seriously. It is now a reportable offence and players and parents who breach any codes of conduct via a social media outlet are referred to the Basketball Victoria Tribunal. The full version of these expectations is located on the Basketball Victoria website. Any breaches of these codes of conduct by any player, parent or spectator will be reviewed by the Junior Representative Committee. Where applicable, punishment can include suspension from attendance at all Domestic and Junior Representative Games.

Players Code of Conduct

- * Understand and play by the rules
- * Respect Referees and other Officials
- * Control your temper
- * Work equally hard for yourself and for your team
- * Be a good sport
- * Treat all players as you would like to be treated
- * Respect the rights, dignity and worth of every person
- * Be prepared to lose sometimes
- * Listen to the advice of your coach and try to apply it in practise and games
- * Always respect the use of facilities and equipment provided
- * Never disrespect your club, teammates, or opposition on a social media outlet
- * Be proud to wear the Keysborough Cougars Uniform

Parents Code of Conduct

- * Encourage children to always play by the rules
- * Teach children that an honest effort is always as important as a victory
- * Focus on developing skills and playing the game and less on winning
- * A child learns best by example. Applaud good play by all teams
- * Do not criticise your child or other children in front of others
- * Accept decisions of all Referees as being fair and called to the best of their ability
- * Set a good example by your own conduct, behaviour and appearance
- * Support all efforts to remove verbal and physical abuse from sporting activities
- * Show appreciation for volunteer coaches, officials, and administrators
- * Keep children in your care under control
- * Always respect the use of facilities and equipment provided
- * Never disrespect any members of your club or any other club on a social media outlet

Spectators Code of Conduct

- * Remember that most people play sport for enjoyment
- * Accept decisions of all referees as being fair and called to the best of their ability
- * Always be positive in your support for players
- * Condemn the use of violence in any form
- * Respect your team's opponents, officials, and spectators
- * Encourage players to obey the rules and to accept decisions of officials
- * Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches or officials
- * Respect the rights, dignity and worth of every person
- * Keep children in your care under control
- * Always respect the use of facilities and equipment provided

Team Manager Duties

Each Team Manager should take to each game the following:

List of players details – name, playing number, date of birth, parents name.

This will be supplied by Keysborough Cougars:

Fixture

Scoring Roster

List of Venues

Put all notices received in Team Managers Folder as they may be handy to refer to during the season. It is important to support the coach 100% and that if any problems with parents or players within the team come about, these are discussed with the coach as soon as possible.

Be aware that if there is a colour clash the HOME team or, if at a neutral venue the first named team must change colour. Western Port are the only colour clash that we will have. Unless of course you play another Keysborough Team.

Each team must provide a competent scorer. All parents are to take a turn and a roster is to be provided by the Team Manager. Any parent not confident to score should be given assistance by another parent in the team. It is a good idea for the first couple of weeks that there are two parents scoring to help each other out.

Draw up a roster so that scoring is shared, and parents know when it will be their turn in advance.

The Team Manager pays the team sheet fee at the door. The Team Manager is responsible for making sure the payment has been marked off by the door person. It is advised that Team Managers get parents to pay in advance (this can be at training), this saves time for you on game night and you are not chasing players for money for team sheet.

Front Door Sign in Sheet

All Stadiums are now on Stadium Scoring. Unless there are computer issues.

Please remind your Coach and Assistant Coaches to sign in at front door - VJBL fines apply to your team if you do not.

All players must meet a minimum number of games to play in the finals. To be eligible to represent a team in finals, a player must play a minimum of 40% of games with that team. This does not include grading games.

Penalties and fines apply to incomplete score sheets. The VJBL fines the team \$10 per infringement of incomplete or incorrect details. These fines are payable by the team NOT Keysborough Cougars Basketball Association.

Communication is the key to ensuring a smooth-running season. Constant communication with our Committee Members will ensure potential problems can be taken care of in a fast and confidential manner.

Useful Websites:

Keysborough Cougars Basketball Association: www.keysboroughcougars.com.au

Basketball Victoria: www.basketballvictoria.com.au

VJBL: www.vjbl.com.au

Our Venue Locations:

Name	Address
Rowville Secondary College	Eastern Campus, 9 Humphreys Way, Rowville
Hampton Park Secondary College	58-96 Fordholm Road, Hampton Park
Fountain Gate Primary	Prospect Hill Road, Narre Warren, Entry Via Gate 2
Fountain Gate Secondary	45 Josephine Ave, Narre Warren
P12 Secondary College	Cnr Ormond Rd & Amberley Park Road, Narre Warren South

SPONSORS

Ball360



Spending the best part of their lifetimes around basketball and watching it evolve over the years, Stephen, and Kristy-Ann Haddrell along with Johnny and Tanya Constance are excited to introduce to everyone a new basketball and recovery facility opening up Spring 2022 in Cranbourne West. With the latest technology and equipment, Ball360 will provide basketball players the opportunity to enter the one facility and have at their disposal, easily accessible technology, and resources to advance their game. They hope to reach out to all ages and all abilities and provide everyone the opportunity to focus on the most important asset everyone has, their own body and their level of motivation. Train Insane Or Remain The Same. At Ball 360, you will find a full circle basketball facility to develop your skills where you can train smarter, play harder, recover quicker, and elevate your game to the next level. It's a competitive world, how are you going to get ahead? Ball 360 Check out their socials and follow them to stay up to date.

ball360au

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<http://www.tigerprint.net.au/>

