



2020

REPRESENTATIVE & DEVELOPMENT PROGRAM  
PARENT & ATHLETE HANDBOOK

*“Good is not good enough, if better is an option”*





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## INTRODUCTION

The Canterbury Basketball Rep Academy encapsulates the various facets of the junior development and representative program, which includes players from both Canterbury Basketball Association (Canterbury Metro) & North Canterbury Basketball Association (NCBA). The Canterbury Regional Basketball Foundation (CRBF) delivers the Canterbury Basketball Rep Academy on behalf of, and in conjunction with Canterbury Metro and NCBA to ensure that teams at National and Regional tournaments are the best prepared and coached to proudly represent a “Canterbury Combined” team at The National Championships, known as Waitaha.

The Canterbury Basketball Rep Academy is designed to give players the opportunity to become the best player they possibly can by providing them with the relevant skills, and technical and tactical knowledge to follow multiple pathways from club, junior national teams, college, NZNBL/WBC and international professional leagues.

The Canterbury Basketball Rep Academy understands the competing demands on an athlete and with this in mind, we work hard to integrate the school, club and representative program into a harmonised calendar so that decisions can be made that are in the best interest of the players. We apply a “player first” philosophy across all of the following levels of basketball.

## CANTERBURY BASKETBALL REP ACADEMY STAFF

The Canterbury Regional Basketball Foundation operates the Canterbury Basketball Rep Academy, Mainland Eagles Academy & Canterbury Rams. This allows for the players & coaches within the Canterbury Basketball Rep Academy to receive some of the best specialist coaching through the access offered by the Mainland Eagles Academy & Canterbury Rams.

<b>Caleb Harrison</b> General Manager	<a href="mailto:gm@crbf.org.nz">gm@crbf.org.nz</a> Canterbury Regional Basketball Foundation	021 029 51288 2014 – Present
<b>Mel Downer</b> Rep Manager	<a href="mailto:mel@crbf.org.nz">mel@crbf.org.nz</a> Canterbury Basketball Rep Academy	022 521 0018 2019 – Present
<b>Raewyn Britt</b> Administrator	<a href="mailto:admin@crbf.org.nz">admin@crbf.org.nz</a> Canterbury Basketball Rep Academy	027 325 5732 2019 – Present
<b>Faith Harrison</b> Finances	<a href="mailto:payments@crbf.org.nz">payments@crbf.org.nz</a> Canterbury Basketball Rep Academy	021 993 720 2017 - Present
<b>Mick Downer</b> Performance Programs Director	<a href="mailto:mick@canterburyrams.basketball">mick@canterburyrams.basketball</a> CRBF	021 919 039 2019 - Present
<b>Lori McDaniel</b> Development Program Manager	<a href="mailto:lori@crbf.org.nz">lori@crbf.org.nz</a> Canterbury Basketball Rep Academy	027 327 6043 2016 - Present
<b>Nakita Rue</b> Performance Program Administrator	<a href="mailto:nakita@crbf.org.nz">nakita@crbf.org.nz</a> Canterbury Basketball Rep Academy	+614 3019 2070 2019 – Present
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## CANTERBURY BASKETBALL REP ACADEMY FRAMEWORK

The first step for a player to begin their pathway is to be involved with the School and Club Competitions.

	INTRODUCTION TO ORGANISED SPORT		MULTI SPORT FOCUSED		PRIORITIZATION	SPECIALISATION	ELITE	PINNACLE
	7 – 9 years old	9 – 11 years old	11 – 13 years old	14 – 15 years old	16 – 17 years old	18 – 19 years old	19+ years old	OPEN AGE
	Exploration		Development		Performance		Excellence	Pinnacle
Elite				NZ U15 Junior National Team	NZ U17 Junior National Teams NZ U16 Junior National Team	US College NZ U19 Junior National Team NZ U18 Junior National Team	Europe / NBA / WNBA ANBL & WNBL Rams & Wildcats	Tall Blacks & Tall Ferns
Mastery		BBNZ U14 National Talent Program	BBNZ U15 National Championships Waitaha U15 Representative Teams Waitaha Performance Program	BBNZ U17 National Championships Waitaha U17 Representative Teams Waitaha Performance Program	BBNZ U19 National Championships Waitaha U19 Representative Teams Waitaha Performance Program	BBNZ U23 National Championships Tertiary National Championships		
Foundation		BBNZ U13 Regional Championships Metro & North Canterbury Teams Future Development Program BBNZ U13 Skills Days	South Island Premierships (Mainland) Metro & North Canterbury Teams Canterbury Regional Development Program	South Island Premierships (Mainland) Metro & North Canterbury Teams Canterbury Regional Development Program				
Entry	Kiwi Hoops Primary School Competition		School & Club Competitions			Senior Club Competitions		

## BASKETBALL NEW ZEALAND ATHLETE DEVELOPMENT FRAMEWORK

Waitaha representation at the BBNZ Aon National Championships is the starting point for selection into the BBNZ National Junior Program and finally the Tall Blacks & Tall Ferns.

INTRODUCTION TO ORGANISED SPORT		MULTI SPORT FOCUSED		PRIORITIZATION	SPECIALISATION	ELITE	PINNACLE
7 – 9 years old	9 – 11 years old	11 – 13 years old	13 – 15 years old	15 – 17 years old	17 – 19 years old	19+ years old	OPEN AGE
Exploration		Development		Performance		Excellence	Pinnacle

*NOTE: this diagram is relevant only for athletes wanting to participate in New Zealand Junior National Teams and/or pursue basketball at an elite level and does not depict community sport options.*

## LOAD MANAGEMENT

In today's society, demands on athletes are higher than ever. In light of this, load management is critical to ensure optimal performance, create robust athletes and decrease risk of injury and illness. Load management works to establish a floor and ceiling load, or a minimum and maximum weekly load, with which an athlete should train within. Anything outside of this range is either unloading (below the floor) or over loading (above the ceiling load). It is these peaks and troughs that lead to decreased performance, and significantly increases the risk of injury and illness.

Assuming a player is in their High School team, we recommend they only play for one club team regardless of involvement in a Representative Program.

Further to this point, the club grade a player plays in, should be the most beneficial for their development.

During the Representative Window when all programs are underway, a normal week (not including rep camps) could look like this:

**School / Club** – 2 x 30 minutes court time (1 hour) | 2 x 2 hour team practices (4 hours total)

**Representative** – 1 x skills session (1.5 hours)

**Individual Skill Training** – 2 hours

**Weights / Fitness** – 2 hours

**Total** = 12 hours (i.e. 3 hours extra that could be utilised).

Load will increase significantly during weeks where there are Rep Camps. To counter this increase in load and stay within a safe load range, load must be decreased during the week to negate the risk of injury and illness.

Basketball New Zealand recommends a limit of 15 hours a week of sport related practices and games for school aged players. It is also vitally important that athletes have at least one day of complete rest from ALL sport per week.



INTRODUCTION TO ORGANISED SPORT		MULTI SPORT FOCUSED		PRIORITIZATION	SPECIALISATION	ELITE	PINNACLE
7 – 9 years old	9 – 11 years old	11 – 13 years old	13 – 15 years old	15 – 17 years old	17 – 19 years old	19+ years old	OPEN AGE
Exploration		Development		Performance		Excellence	Pinnacle
Engaged in a broad range of activities Multiple sports played				Basketball is primary sport Other sports played schedule permitting		Specialize in basketball	
1 on court session a week	1 – 2 on court sessions a week	2 – 3 on court sessions a week	3 on court sessions a week	4 – 5 on court sessions a week	5 – 6 on court sessions a week		
30min – 45min session	45min – 1 hour each session	45min – 1 hour each session	Plus off court sessions	Plus off court sessions Plus 1 recovery day per week	Plus off court sessions Plus 1 recovery day per week		
Up to 1 hour per week	Up to 3 hours per week	Up to 5 hours per week	Up to 10 hours per week	Up to 15 hours per week	18 – 20 hours per week		

### TRAINING LOAD GUIDELINES

ON COURT SESSIONS includes team trainings, individual sessions and games (this is not applicable during tournaments)

OFF COURT SESSIONS includes strength & conditioning, cross training, speed, agility, power, prehab

HOURS PER WEEK recommended total number of both on court and off court sessions

RECOVERY DAY no intense physical activity, stretching, trigger ball, foam roller, active recovery options i.e. swimming, bike riding, walking, Pilates or yoga etc

## ANNUAL CALENDAR

The calendar is broken into four windows based on the relevant priority for that part of the year. The windows help narrow the focus of the player, and allows associations, clubs, schools and coaches to work in collaboration with, and in consideration of each other. The windows also allow us to better manage an athletes load.

The four windows are below:

1. **Skill Development Window** – Waitaha Performance Program (WPP) & Canterbury Regional Development Program (CRDP)
2. **Representative Window** – Representative Camps including National Qualifying Games, Mainland Tournaments & National Championships
3. **School window** – Year 9 & 10 South Island Tournament, Secondary School South Island and National School Tournaments
4. **Camp Window** – Rams & Wildcats Camps

## TRAINING WINDOWS

Throughout the different windows there will be varying training demands. We are particularly mindful of heavy academic periods and purposefully decrease basketball load during those times.

**Camp Window** – This is the best window for each player to have a 4 week active rest. With the Rams & Wildcats camp in January, players can focus on playing other sports and general fitness away from basketball.

**Skill Development Window** – While the players are under the age of 16, it is encouraged that they play multiple sports in the best interest of both physical and social development. The skill development window places an emphasis on summer sport. Basketball that is offered in this window is focused on player development through the delivery of the Summer Development League. While players are highly encouraged to be involved with the SDL, summer sports commitments take precedence in this window.

**Representative Window** – During this window the focus is on representative camps and games.

During the Representative Window, players may need to discuss with their rep, school & clubs coaches which practices and games take priority. As players are involved with multiple teams it is important for the player to lead the discussion with each of their respective coaches on training priorities.

Here are some youth training load guidelines the NBA have recently published to help with these conversations. <https://youthguidelines.nba.com/>

**School Window** – The focus shifts to performing for the players respective school teams. School practices & games become the emphasis. During this window we suggest players doing 2-4 school/club practices and 1-2 school/club games per week.

## REPRESENTATIVE ANNUAL CALENDAR

Due to COVID 19, the 2020 Representative Calendar has been severely compromised. Below are the remaining dates for the 2020 Representative Season as at 6 July 2020.

### U15 & U17 Waitaha Camps

Rep Camp #1: 11 – 12 July FULL CAMP

Rep Camp #2: 1 – 2 August HALF CAMP (Girls Saturday, Boys Sunday)

Rep Camp #3: 22 – 23 August FULL CAMP

Rep Camp #4: 5 – 6 September HALF CAMP (Girls Saturday, Boys Sunday)

Rep Camp #5: 17 – 18 October FULL CAMP

### U13 Future Development Program

#### *Trials*

Sunday 26 July

Sunday 2 August

Sunday 9 August

#### *Training Sessions – Girls*

August 15, 22, 29

September 5, 12, 19, 26

October 3

#### *Training Sessions - Boys*

August 16, 23, 30

September 6, 13, 20, 27

October 4

## 2020 KEY DATES & LOCATIONS

National Qualifying Games

Cancelled due to COVID 19

BBNZ U19 National Championship

Cancelled due to COVID 19

BBNZ U17 National Championship

24 – 26 October @ Christchurch

BBNZ U15 National Championship

24 – 26 October @ Auckland

U17 Mainland Tournament

Cancelled due to COVID 19

U15 Mainland Tournament

Cancelled due to COVID 19

U13 3x3 Festival

5 October @ Christchurch

U13 BBNZ Southern Regional Championship

7 – 10 October @ Ashburton

## COSTS

The Canterbury Basketball Rep Academy endeavours to provide opportunities at an affordable cost. As such, there have been no increase in costs for the program since 2014 while the real cost has increased due to increased resourcing & development opportunities for the athletes.

### Development Programs

Canterbury Regional Development Program	\$120 per term (Term 1 & 2)
South Island Premierships	\$500
Future Development Program	\$120 per term (Term 2 & 3)
U13 Southern Regional Tournament	\$425
U13 3x3 Festival	\$100

### Representative Programs

Waitaha Performance Program	\$120 per term (Term 4 & 1)
WPP Tournaments	TBC
Qualifying Tournament	\$50
National Championships:	
• If held on the Nth Island	\$1000
• If held on the Sth Island	\$750

## FINANCIAL ASSISTANCE

There is a Sporting Chance Fund that players with financial hardships can apply for assistance. This year any player applying for a Sporting Chance grant will be required to do a component of refereeing or coaching.

For all Sporting Chance Fund questions or for more information, contact:

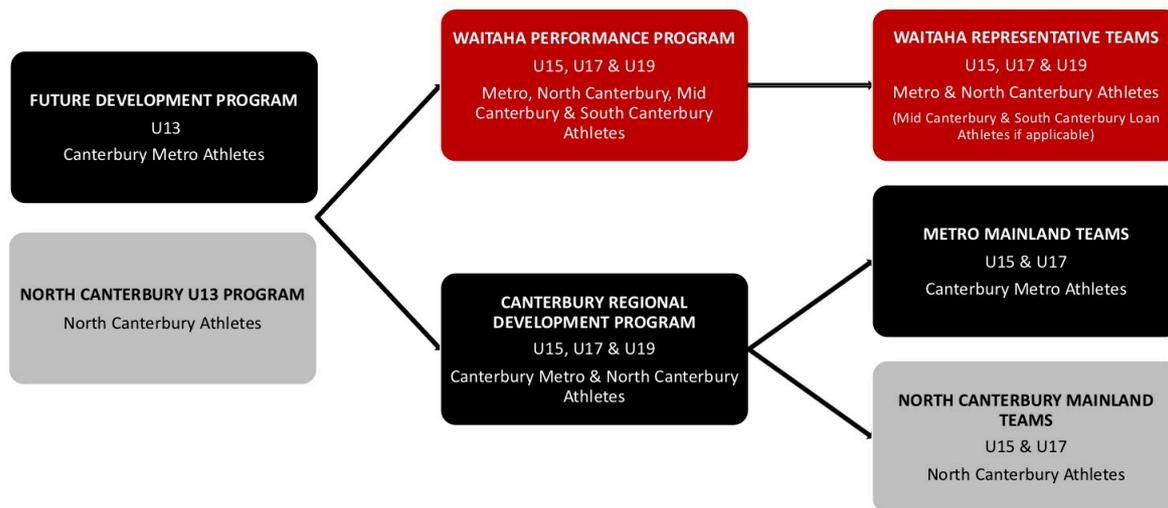
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CEO Canterbury basketball  
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## CANTERBURY BASKETBALL REP ACADEMY PROGRAM OUTLINE

### Canterbury Basketball Rep Academy

The Canterbury Basketball Rep Academy delivers programs that cater to all athletes to provide a complete athlete pathway from grassroots development through to high performance representation.

Any players not selected in the Academy are recommended to Club Development Programs/Hoops Academy.



### Waitaha Performance Program (WPP)

The WPP is a Canterbury Basketball Rep Academy representative player and coach development strategy involving the systematic and progressive identification, selection and development of players in the Under 15 to Under 19 age groups.

The primary aim of the WPP is to guide the development of identified potential representative players and coaches by improving their individual skills, understanding and training standards.

Identified players work on technical, tactical, physical, and team concepts in a dedicated age specific high-performance training environment, designed to improve both understanding and performance of each player and coach at the National level.

The WPP runs across both Term 4 and Term 1, with trials held at the start of Term 4 only.

The WPP consists of two sessions a week; one skills session and one team concepts based session with a heavy focus on individual skill development and introduction and reinforcement of core team concepts consistent with the Canterbury Basketball Rep Academy.

## **Waitaha Representative Teams**

The WPP underpins our Waitaha Representative Teams, with players within the WPP forming part of the selection pool of players from which to choose the Waitaha Representative Teams; as well as any identified players that are not in WPP (e.g. summer sport athletes, athletes moving to Canterbury etc.).

### *U15 & U17 Teams*

After the end of both Term 4 & Term 1 WPP, WPP Tournaments will be held in order for WPP athletes to showcase their improved skills and conceptual understanding, as well as trial for the U15 and U17 Waitaha Representative teams. U15 and U17 Waitaha Representative teams and reserves will be selected after the Term 1 WPP Tournament.

Waitaha Representative Teams will prepare via team camps throughout Term 2 and will attempt to qualify for the BBNZ National Championships in the July school holidays via the National Qualifying Tournament held over the Easter Weekend.

The Canterbury Metro Development Program and Canterbury Metro and North Canterbury Mainland Teams are further options for players who miss selection in the WPP and/or the Waitaha Representative Teams but wish to further develop and continue playing competitively.

### *U19 Teams*

In Term 1, an U19 Selection Camp will be held, after which final U19 Waitaha Representative teams and reserves will be identified.

Waitaha Representative Teams will prepare via team camps throughout the remainder of Term 1 and also Term 2 in preparation for the U19 National Championships in June.

## **Canterbury Regional Development Program (CRDP)**

The Canterbury Regional Development Program (CRDP) focuses on the skill and concept development of athletes aged 14 - 17 years old, and on the development and support of identified aspiring representative coaches.

The CRDP serves to develop athletes who are not in Waitaha teams that wish to improve and grow their basketball skill set and IQ. The Canterbury Basketball Rep Academy is committed to providing a program that engages and extends this level of athlete, in turn strengthening the North Canterbury and Metro Mainland teams and improving the overall standard of athlete in our club and school system.

The CRDP is available across both Term 1 and Term 2 and consists of one session a week. The CRDP runs at various venues around the region, with athletes able to choose the session that suits their schedule best, allowing for maximum engagement and attendance.

The CRDP is led by Development Programs Manager – Lori McDaniel under the direction of the Canterbury Basketball Rep Academy Performance Pathways Manager - Mel Downer

**Future Development Program (FDP)**

The U13 age group sits firmly within the development space of the Canterbury Basketball Rep Academy, known as the Future Development Program. The Future Development Program focuses on the talent development of athletes aged 11 - 13 years old, and on the development and support of aspiring coaches.

The Future Development Program recognises that athletes develop at different rates and as such is committed to talent development, as opposed to talent identification, in line with Sport NZ guidelines for athletes in this age group.

The Future Development Program aims to expose coaches and players to the training habits, individual skill development, and age appropriate team offensive and defensive concepts that underpin athlete development. The Future Development Program seeks to improve athlete understanding around the 'why' of offensive and defensive decision making and is committed to providing dedicated skill development that will allow for the successful execution of those decisions.

The FDP is available across Term 2 and Term 3 and consists of one session skills session a week. The FDP runs at various venues around the region, with athletes able to choose the session that suits their schedule best, allowing for maximum engagement and attendance.

Athletes within FDP form part of the selection pool of players from which to choose the U13 Canterbury Metro Development Teams; as well as any identified players that are not in FDP.

The FDP is led by Development Programs Manager – Lori McDaniel under the direction of the Canterbury Basketball Rep Academy Performance Pathways Manager - Mel Downer

***NOTE – due to COVID 19, the Future Development Program will not run in 2020. Instead, there will be trials for the 2020 U13 Canterbury Metro and North Canterbury Development Teams***

**South Island Premierships (Mainland Teams)**

The South Island Premierships are used to send approx. 2-3 teams from Canterbury Metro and 1-2 team from North Canterbury. The tournament is used for development, with the teams competing against other associations from throughout the South Island.

**BBNZ Aon Age Group National Championships**

Each year we endeavour to qualify 2 teams in each age group for the National Championships. The National Championships is for the best players in the country and is used to evaluate players for Junior National team selection. If we qualify 2 teams for the National Championships, we may seek to loan the best players from Mid & South Canterbury to join the teams attending National Championships.

## **ROLES & RESPONSIBILITIES**

### **Canterbury Basketball Rep Academy Role**

- Advertise all coaching and team manager positions
- Announce appointment of Head Coaches and Assistant Coaches
- Secure advanced bookings for travel and accommodation as required
- Manage and conduct all trials
- Administer all facets of the program including trials, preparation and tournaments
- Book training facilities for all team trainings and camps
- Support all coaches and managers through the provision of administrative services
- Lodge relevant paperwork, as well as specific tournament organisers
- Provide ongoing support to the coaches for each program
- Conduct reviews with all Head Coaches at the conclusion of all major events

### **Head Coaches Role**

Canterbury Basketball Rep Academy has sought to limit the responsibilities of the coaches as much as possible so that the greater part of their efforts is spent in team training, conditioning and handling of the team.

Policies in relation to teams are not set by coaches - only the Canterbury Basketball Rep Academy can set policies.

The Head coach, upon their selection, shall operate under the direction of the Canterbury Basketball Rep Academy. Coaches will assist the Rep Manager and selection panel with the selection of the squads and subsequent teams.

The Head Coach will confer with the team manager to commence a close liaison particularly in areas of joint responsibilities.

### **Assistant Coaches Role**

Assistant coaches are appointed to assist with all facets of the rep program, at the direction of the Head coach.

### **Team Managers**

Team Managers are appointed by Canterbury Basketball Rep Academy and are responsible for a myriad of duties, but generally the health and well-being of the players. In collaboration with the Head coach, the Team Manager will have the responsibility of all off-court activities associated with the team. The Team Manager will also act as liaison between coaches, parents and players. Other major responsibilities are:

- Coordinate the distribution of uniforms
- Establish a good rapport with parents and participants
- Circulation of documentation
- Liaise closely with Canterbury Basketball Rep Academy
- Manage & coordinate player's meals when away
- Washing of team uniform only
- Seek medical support when required
- Driving of team bus/car and
- Coordinate "off court" activities such as excursions

### **Players Roles**

Canterbury Basketball Rep Academy staff, Team Managers and Coaches will all demonstrate the utmost respect to every player. In return, it is expected that all players respect the Code of Conduct, as well as rules that are specific to their program. Players are to abide by Coaches and Managers directions as these people have the best interests of not only the individual, but the team in mind.

Players should:

- Arrive for training at times specified by the Head coach
- Warm up in accordance with coach's instructions
- Be dressed in shoes, ankle guards, training uniform, etc. prior to commencement of training
- Have your drink bottle filled and your ball fully inflated prior to training
- Attend all trainings, and games and if there is a conflict, advise the coach in advance
- Treat your team mates, coaches' manager other parents game officials and opposition players with respect
- Be prepared to be challenged and step outside your "comfort zone" in order to develop as a player
- Accept new tactics, team mates, training methods and try new playing positions with enthusiasm; and
- Adhere to the Players Code of Conduct

### **Role of Parents & Player Entourage**

We understand that parents want to do everything they can to ensure their children enjoy a positive basketball experience. The Canterbury Basketball Rep Academy requires your assistance to ensure this can be achieved.

You can help by:

- Being a positive supporter of the program
- Having your child to their commitments on time
- Helping your child build good time management skills
- Ensuring prompt payment of fees in accordance with invoices
- Adhering to the Player Entourage Code of Conduct
- Encouraging your child to take responsibility for their performance
- Using good nutrition principles to improve your child's diet
- Being a shining example of verbal self-control. Use positive phrases and don't coach your child, or other players, from the side line
- Giving notification well in advance of any schedule conflicts
- Giving notification of any health issues/injuries concerning the player in a timely manner
- Giving notification of any outside distractions that may be affecting your child's athletic performance

There are times when it may be difficult to accept your child's court time or playing position on the team. In light of this, it is important to understand that there is a time and place to approach a coach regarding playing time, performance, in game decisions etc.

The Canterbury Basketball Rep Academy subscribes to the 24 Hour Rule, whereby parents and/or supporters are not allowed to approach a coach for at least 24 hours after the conclusion of a game or training session to discuss any issues surrounding playing time, position on team, in game decisions etc. The 24 Hour Rule applies to all forms of communication such as but not limited to in person, phone calls, messages, email and social media.

For situations that arise during tournaments, the first point of contact is the Rep Academy Manager or the nominated Mentor Coach.

## **TOURNAMENT EXPECTATIONS**

- Team Management consists of the Head Coach and Manager who have the final say on all decisions.
- All players will be the responsibility of Team Management for the duration of the tournament, commencing from departure from Christchurch until arrival back in Christchurch at the conclusion of the tournament.
- Players will remain with the team at all times, unless arrangements have been made and agreed upon with the Manager and Head Coach prior to the start of the tournament.
- Players must be available for the entire tournament.
- Visits to the team accommodation must be cleared with Team Management first. Visitors that arrive at the Team Accommodation without prior approval may be asked to leave by Team Management.
- Phones will be collected by Team Management at lights out and will be returned to the players the next morning. Any communication during this time must go through Team Management.
- Vandalism of any type at players accommodation will not be tolerated and should it occur, then player/s responsible will be required to cover the any associated costs.
- Accommodation and ground transport is to be maintained in a neat, tidy and clean condition at all times
- Players and parents agree to abide by any rules set in place by Team Management.
- Players that do not abide by the rules or breach the Player Code of Conduct may result in the player being sent home at their parent's expense.
- If it is deemed that a member of the player entourage has breached the Player Entourage Code of Conduct then a player may be sent home at their parent's expense.

## **COMMUNICATION GUIDELINES**

### **Point of Contact**

The Canterbury Basketball Rep Manager should be your first point of contact for anything relating to the Rep Program.

If, for some reason you are not comfortable speaking with the appointed coach, team manager or the Rep Manager, you can contact CRBF General Manager, Caleb Harrison.

### **During the Camp & Skill Development Window**

Enquiries regarding trials, selections and trainings should be directed to the Rep Manager.

Absence, illness and injury should be communicated by the athlete and directed to the Rep Manager.

### **During the Rep Window**

Enquiries regarding trials, selections, trainings, team travel and logistics should be directed to the Rep Manager.

Absence, illness and injury should be communicated by the athlete and directed to the relevant Head Coach of the program.

### **Forms of Communication**

It is important that professional boundaries are maintained, therefore all communication should preferably be via the OwnUrGoal app. In circumstances when the app is not appropriate then email, direct text message, or phone call is preferred.

Social media channels (i.e. Facebook messenger, Snapchat etc) are not acceptable forms of communication.

## **OWNURGOAL APP**

Basketball New Zealand utilises the OwnUrGoal app within both of their Senior and Junior High Performance Programs.

In line with this, it is a requirement for all athletes within the Rep Program to have access to the OwnUrGoal app. The App is free to download from the Apple App Store or Google Play for Android but does require data or a WIFI connection to be used. OwnUrGoal can be used on either a smartphone or tablet.

The OwnUrGoal app will be utilised for communication, scheduling and calendars, wellness and load management, feedback and testing and for taking attendance at all sessions. Coaches are also able to utilise the App to distribute and store session plans, playbooks and videos.

Athletes are required to enter in Wellness and Activity information daily. Activities include anything that requires using energy i.e. going to the gym, training or games for other sports, PE class etc. If no activity has been done for the day then a Rest Day needs to be logged.

## **HEALTH**

### **Managing Injury**

Injuries are going to happen, it's the nature of our sport! If you are injured, it is expected you seek the advice of a physio or doctor for diagnosis and rehab protocols and make these known to the Rep Manager and/or Head Coach, depending on the training window. Athletes that are injured will be asked to provide a letter of clearance from a Physio or medical doctor before returning to training.

It is also expected that an athletes first foray back into basketball is in a controlled, training environment, where we can monitor and adjust load, not a game where unpredictability is high.

If you get injured at any stage outside of the Rep Program, please notify the Rep Manager ASAP via the app, please do not wait until the next to training session to communicate that you are injured.

Also related to injuries is the expectations of injured athletes at training sessions. All injured (not sick) athletes are required at all training sessions. As such, they are expected to be involved in the session to the best of their ability. This means wearing basketball/athletic shoes so they can be passers etc in drills, taking notes on what we are doing, keeping score, completing any rehab or exercises they have been given, completing anything that they are physically able to do – i.e. stationary ball handling, stationary shooting etc. It is expected that injured athletes have an understanding of the content that they have missed so there is minimal disruption when they return from injury.

### **Managing Sickness**

If you are unwell, please do not come to training, even to watch, until you have fully recovered and no longer infectious. This is respectful of your team mates and also ensures you recover quickly.

At no time should athletes share drink bottles with other athletes, due to the risk of infection.

### **Ankle Braces**

To minimise the risk of injuries and disruption to a National Championship's preparation, ankle bracing/strapping will be compulsory. This is to be done at the players own expense. After much research, both bracing and strapping are recommended equally and it will come down to a personal preference as to which you choose.

### **BBNZ Mouthguard Policy**

It is compulsory for all players participating in all age grade (under 19's and below) competitions, leagues and tournaments run by BBNZ and its members to wear a protective mouthguard when they are on court and the game is in play.

- The No Mouthguard, No Play Policy is firmly enforced.
- Players are not permitted to share mouthguards.
- Mouthguards of any colour may be worn (except in FIBA events where they must be non-coloured/transparent).

## **PLAYER CODE OF CONDUCT**

The following code of conduct and rules have been put in place for the protection of both the players and team management. It is important that parents discuss these with their child prior to signing. Understand and follow the code of behaviour at all times.

As a player involved in the Canterbury Basketball Rep Academy, I agree to participate and abide by the following code of conduct:

- Respect the rights, dignity and worth of fellow athletes, coaches, officials and spectators
- Conduct myself in a dignified manner relating to emotions, language, attitude and punctuality
- Maintain high personal behaviour and standards at all times so as not to damage the reputation of Canterbury Basketball Rep Academy
- Care, respect and wear with pride the uniform and the equipment provided to me as part of my involvement in the program
- Co-operate with all coaches and staff involved in my development
- Be frank and honest with all coaches concerning illness or injury and my ability to practice fully within the program requirements
- Work equally hard for myself and my team
- Understand that participation in any particular game will be at the discretion of the coach
- Always play by the rules
- Drugs, alcohol and smoking are strictly prohibited.
- Refrain from using any social media or item on a digital device in any way that could likely endanger the emotional safety of players or detrimentally affect the learning environment.

## **PLAYER ENTOURAGE CODE OF CONDUCT**

As a parent or supporter of a player involved in the Canterbury Basketball Rep Academy I will participate and abide by the following code of conduct:

- Respect the rights, dignity and worth of fellow parents, players, coaches, officials and spectators
- Conduct myself in a dignified manner relating to emotions, language, attitude and punctuality
- Maintain a high standard of behaviour so as not to damage the reputation of the Canterbury Basketball Rep Academy
- Accept all decisions of referees as being fair and called to the best of their ability
- Co-operate with all coaches and staff involved in my child's development and support their decisions.
- Accept all coaching decisions as being in the best interests of the team and refrain from coaching from the sidelines and/or undermining coaching decisions outside of the team environment.
- Refrain from the use of bad language and the harassment of players, coaches and officials which includes yelling out from the stands during a game.
- Always encourage positive play and support any and all children's efforts to play
- Ensure that my child is frank and honest with all coaches concerning any illness or injury and the effect this may have on their ability to practice fully within the requirements of the program. Also ensure that my child communicates any illness or injury in a timely manner with as much notice as possible.
- Ensure that my child cares for and respects the equipment provided to them as part of their involvement in the program
- Understand that subjectivity is an unavoidable element of selection, and avoid reacting in a negative manner
- Do not raise issues of disagreement publicly and adhere to the 24 Hour Rule when it comes to addressing concerns arising from games and/or selections with the Head Coach

## **PLAYER ELIGIBILITY CRITERIA**

Players meet the Player Eligibility Criteria set out in the Player Selection Policy. Players must comply with all of the following to be eligible for selection:

- Players must be registered members of an Association.
- Players must register for trials as determined by Canterbury Basketball Rep Academy within the prescribed timeframe to be considered for selection.
- Players must attend selection trials as determined by the Canterbury Basketball Rep Academy to be considered for selection
- Exemptions from attending selection trials may be granted at the discretion of the Rep Academy Manager after receiving an exemption request in writing from the player concerned, and the player complies with all other selection criteria.
- The player is financial (i.e. has no outstanding debts) with Canterbury Basketball Rep Academy and/or affiliated Associations.
- The player is not under any suspensions for breaches of Player or Player Entourage Codes of Conduct.

## PLAYER SELECTION CRITERIA

Please note that subjectivity is an unavoidable element of selection although we work to the following criteria:

- **Player Eligibility**
  - Player meets all Player Eligibility Criteria
  
- **Character Attributes “Character over Talent”**
  - Next Play Mentality: Ability to handle adversity, positive body language, ability to overcome mistakes
  - Work Ethic: disciplined, committed to getting better
  - Competitiveness: tenacity, passion, always competes
  - Coachability: receptive to feedback, learning capacity
  - Leadership Qualities: ability to lead others, helps team mates be better
  - Good Team Mate: ability to work with others, has team first mentality
  
- **Physical Attributes**
  - Height
  - Wingspan
  - Athleticism: explosiveness, speed, jumping ability, timing, agility, lateral movement
  - Stamina: conditioning, ability to string together multiple efforts for extended periods of time
  - Positional Strength
  
- **Game Sense**
  - Canterbury Basketball Rep Academy Style of Play understanding
  - Ability to play without the ball
  - Court vision
  - Instincts
  - Basketball IQ
  
- **Basketball Specific Skills**
  - Five point skill package:
    - Dribbling: both hands, under pressure, at pace
    - Passing: both hands, under pressure, at pace
    - Shooting: from range, finishing package, technique
    - Defending Your Position: off and on ball, foul discipline
    - Body Movement Fundamentals: pivots, footwork, stops, stance, running technique, jumping & landing technique

## **PLAYER SELECTION PROCESS**

- Players from Canterbury Metro and NCBA wishing to be considered for selection must register to trial as determined by Canterbury Basketball Rep Academy within the prescribed timeframe to be considered for selection.
- The player's parent or guardian must also acknowledge that they have a responsibility to pay for the debts incurred as a result of their child's selection. The estimated cost of selection will be detailed in the trial registration form.
- Canterbury Basketball Rep Academy will appoint a Head Coach for each Waitaha Representative Team and Mainland Team via a comprehensive selection process.
- A Selection Panel consisting of the Rep Academy Manager as chair of the panel, Canterbury Basketball Association Representative or their nominated replacement, North Canterbury Basketball Association Representative or their nominated replacement will assess the ability of the players to meet the demands of the Rep Academy Program and to compete at the required level trialling for.
- The Selection Panel will make selections in consultation with the respective Head Coach of each team.
- The Rep Academy Manager has the power to overrule selection decisions if it is felt that a selection is not appropriate.
- All recommendations from the Selection Panel must be approved by the Canterbury Regional Basketball Foundation, General Manager, prior to notifying the players.
- Candidate players must be provided with the selection criteria as part of the Canterbury Basketball Rep Academy Handbook prior to every selection session. All players have the responsibility of reading the selection criteria prior to the Selection Trials.
- A player is entitled to and can request feedback on their performance during and/or after the selection process.
- Trials for the Waitaha Performance Program will be held, after which Waitaha Representative Teams will be chosen.
- Waitaha Representative Teams will compete in a series of qualifying, seeding and invitational tournaments, culminating in the final Waitaha Representative Teams that advance to The National Championships, should they advance past the qualification phase.
- The final Waitaha Representative Teams, plus reserves, will be announced subsequent to the completion of the relevant National Qualifying Tournament.

- Final Waitaha Representative Teams that will participate in the National Championships will be selected as follows:
  - The A team will consist of the best 10 players for their age group irrespective of whether they are top age or bottom age.
  - Where we have 2 teams qualify for the National Championships, the B team will consist of predominately bottom age players where possible.
  - Players who are in the bottom of the 10 players for the A team may be considered to play for the B team if the selection panel deem that it is in the players best interests to play in the B team for their development
  - Conversely, a bottom age player may be promoted to the A team for the National Championships to expediate their development for future Waitaha Representative teams
- As per BBNZ loan rules, a player from another association within the Canterbury region may be loaned to a Waitaha Representative team if their home association team does not qualify for The National Championships.
- The Mainland Team selections will include players that the program would like to continue to develop and have potential to play for future Waitaha (Canterbury Metro & NC) National teams.

## **PLAYER ENTOURAGE POLICY**

A player is deemed to be responsible for the behaviour and conduct of their entourage who attend trainings and events in which they are participating. The expression “entourage” includes parents, family members, coaches, trainers, friends and any other person directly associated with the player.

Any member of a player’s entourage, who is alleged to have breached the Player Entourage Code of Conduct will be subject to the Canterbury Basketball Rep Academy Complaints process. It is possible that a player may have sanctions imposed on them for breaches of the Code by members of their entourage.

## **SPECIAL CONDITIONS**

Conditions that players must comply with if they wish to be selected are as follows:

1. Players must make themselves available for all training sessions, events, practice games, tournaments etc that the program requires.
2. Players in exceptional circumstances who are unavailable to train or play in scheduled selection events must contact the Rep Academy Manager or Head Coach as soon as practical to discuss the issue.
3. A medical certificate from a doctor or physiotherapist should be supplied if players are unable to attend a session for medical reasons.
4. Situations of other sport commitments will not be considered as exceptional except as outlined below. Commitment to the Waitaha Representative Team should be a first priority to maintain a position within the team.
  - a. New Zealand National Team representation in other sports will take precedence over Waitaha Representative Team commitments, as long as this commitment is not deemed too onerous to be detrimental to the team and/or player preparation.
5. Canterbury Basketball Rep Academy may choose to provide the Selection Panel with a list of approved players who have gained exemption from all of the Selection Criteria, but who will still be considered for selection. Selection will then be undertaken on the basis of the merits of all the eligible players to the best of the selectors' ability and knowledge. It is not intended that being on this list will either enhance or prejudice players' chances of selection nor is it intended that not being on the list will enhance or prejudice the chances of the players in attendance at trials.
6. Any player who believes that they have a legitimate reason for being unable to comply with any part of the Eligibility Criteria, Selection Criteria and/or Selection Process may appeal to Canterbury Basketball Rep Academy by lodging the appeal in writing to the Rep Academy Manager for consideration. Canterbury Basketball Rep Academy reserves the right to consider each case on its merits with the decision of Canterbury Basketball Rep Academy being final. Legitimate reasons could include such situations as:
  - a. Being unable to trial because of injury (medical evidence must be provided about the extent of the injury and the prognosis so that the selection panel can determine if the player will be available for the team if selected).
  - b. Inability to gain release where the player is under a written, paid contract to an elite basketball team (such as NZNBL, WBC, ANBL or AWNBL teams). Written evidence must be provided.
7. Under 19 players who have written, paid contracts with an elite basketball team as outlined in Clause 6 must meet their contract obligations to that team as a first priority when their team commitments clash with the Canterbury Basketball Rep Academy Program.

8. Order of commitment for athletes within the Rep Academy is as follows:
  - a. Basketball New Zealand national team commitments
  - b. Elite basketball team commitments – paid athletes
  - c. Mainland Eagles Academy commitments
  - d. Age group Waitaha representative team commitments
  - e. Elite basketball team commitments – amateur athletes
  - f. Club and/or school basketball team commitments
  
9. Release from Waitaha Representative Team training for amateur players who are involved in the NZNBL or WBC competition, will be at the discretion of the Rep Academy Manager in conjunction with the Waitaha Representative Team Head Coach.

## COMPLAINTS PROCEDURE

Complaints made against individuals for violating the Code of Conduct will be investigated by the Disciplinary Committee.

1. This committee will consist of the Rep Academy Manager, the CBA Development Coach or their nominated replacement, and the NCBA Development Coach or their nominated replacement.
2. The committee will gather evidence, collect statements, and hold a hearing if deemed necessary.
3. The Rep Academy Manager will liaise with the CRBF General Manager throughout the process.
4. Individuals are not required to attend a hearing, but if they elect to attend may bring a support person with them.
5. The committee may only act on the evidence before it.
6. The disciplinary committee has the power to impose sanctions based on the CBA Match Rules and/or Constitution.

## RIGHT TO APPEAL

Players coaches, spectators and referees have the right of appeal against any disciplinary decision made by a disciplinary committee. Appeals must be lodged in writing within 7 days of the committee's original decision.

Appeals will be heard by a committee consisting of the CRBF General Manager, CBA General Manager and NCBA General Manager.

Appeals must be based upon one or more of the following 4 criteria:

1. An Appeal based on an incorrect process, that is the Disciplinary Committee did not follow the process as described above
2. An appeal based on the evidence before the committee. That is if the decision of the committee was based on evidence that is believed to be incorrect or untrue
3. An appeal based on new evidence. That is, new evidence can be provided that was not considered in the original decision of the committee
4. An appeal based on precedent. That is a precedent has been set in a similar situation with a different outcome, or it is believed that that the outcome is inconsistent with the nature of the original act/omission.