



## Stadium

244 - 270 East Parkway  
Lightsview SA 5085

## Office

PO Box 204  
Greenacres SA 5086

## Contact

admin@nabc-rockets.club  
secretary@nabc-rockets.club

## Parents and Spectators

### *Parental coaching from sidelines:*

- We need to eliminate parents coaching their child from the sidelines.
- Whilst we understand parents are trying to be helpful, the evidence is in fact that parents coaching from the sidelines is often unhelpful to your child's development. For example, we want to develop independent decision making within our players. Instructing your child to "Shoot" or "Drive to the basket" takes this autonomy away from your child and essentially creates an environment where your child relies on others to solve their own problems.
- In addition, calling out advice from the sideline creates more stress in the player, who has already have so many things to think about – where the ball is, where their player is.
- Adding another thing for them to focus on (e.g., what Mum and Dad is yelling at them) significantly affects their performance. It also distracts your child from focusing in on what should be their main source of basketball guidance – their coach. We ask that you please keep your comments to encouraging positive behaviour or cheering on good play after the fact. If we see parents coaching from the sidelines in games or practices, we will come over and ask you to stop.
- Club attire is to be worn by all coaches and players at every training and game. Only North NABC uniform, jumper and t-shirt are to be worn on gameday, no event or carnival attire is permitted.

### *Respect:*

- We all deserve respect.
- Players, coaches, parents and spectators should show respect for one another at trainings and games. We'll be encouraging positive body language and respectful interactions with each other as well as to referees and opponents.
- Members refraining from comments and criticism about other members – whether that be players, coaches or parents. Those conversations aren't helpful, and they aren't showing respect to fellow NABC community members. If there is an issue that is frustrating you, be respectful and go and have an honest conversation directly with the other party. If it's a conversation you need someone to help facilitate, your Div 1 coach or follow the grievance policy steps outlined below.



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We as a club also abide by the Basketball South Australia Behaviour Management Framework which can be found here: <https://basketballsa.com.au/wp-content/uploads/2022/10/BSA023-Behaviour-Management-Framework.v430.pdf>

