

NORTH ADELAIDE

CLUB

BASKETBALL



**North Adelaide Basketball Club
Our Core Values**

The fundamentals for any sporting club are its underlying, or core values.

At North Adelaide, we have four: -

- We want to be welcoming to children and their families.
- It is essential that we provide a safe environment.
- Our goal is to allow and assist players to develop their basketball skills and life skills.
- Respect for each other is essential at NABC.

Welcoming

NABC has been known as a family-based basketball club, and we work hard to make both children and their parents welcome at our club. This booklet is part of that welcome.

We ask that our coaches engage with their players and parent group, so that a child will have regard for their coaches and managers.

Likewise, we want our parents to feel comfortable in talking with coaches about their child and any issue that may affect their basketball.

Safety

Children are innocent of many things in this world – both good and bad.

Our obligation to your child is that we provide a safe environment to grow in our sport.

To that end, we have protocols in place for coaches, so that they are transparent with how they engage with children.

One of those is that coaches cannot be alone with players, in change rooms say. They must have their manager with them in that scenario.

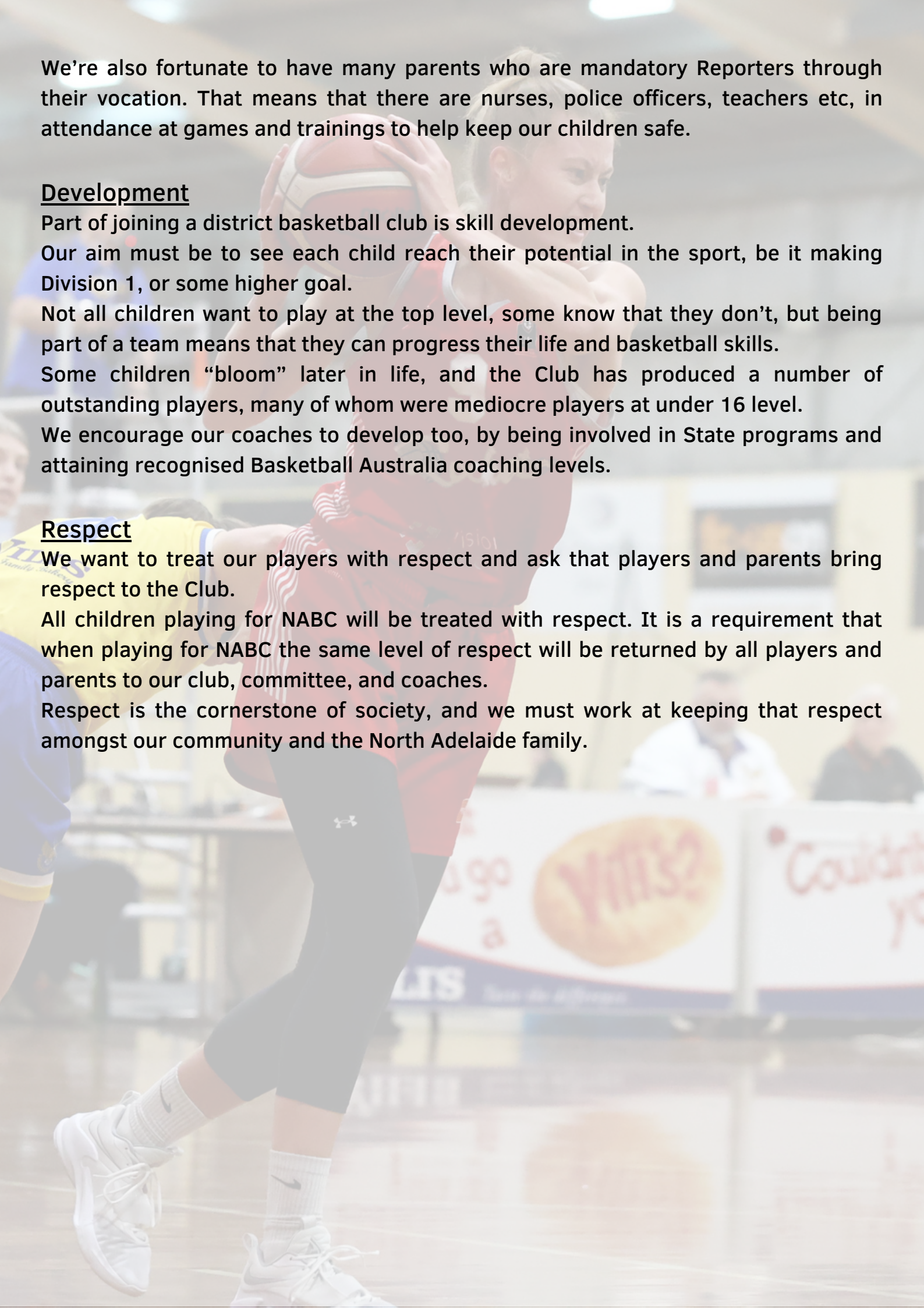
Often coaches will have pre-game/post-game chats out in the open, and we encourage this.

We discourage social interaction, and coaches are prohibited from engaging directly with players on social media.

All coaches must have Working With Children Checks (WWCC) and have completed a course on behaviour and being involved with children.

Shortly, managers will need WWCC, which are provided free of charge and can be used in personal regimes.

We have a Member Protection Information Officer (MPIO) in place as well as a Child Protection Officer.



We're also fortunate to have many parents who are mandatory Reporters through their vocation. That means that there are nurses, police officers, teachers etc, in attendance at games and trainings to help keep our children safe.

Development

Part of joining a district basketball club is skill development.

Our aim must be to see each child reach their potential in the sport, be it making Division 1, or some higher goal.

Not all children want to play at the top level, some know that they don't, but being part of a team means that they can progress their life and basketball skills.

Some children "bloom" later in life, and the Club has produced a number of outstanding players, many of whom were mediocre players at under 16 level.

We encourage our coaches to develop too, by being involved in State programs and attaining recognised Basketball Australia coaching levels.

Respect

We want to treat our players with respect and ask that players and parents bring respect to the Club.

All children playing for NABC will be treated with respect. It is a requirement that when playing for NABC the same level of respect will be returned by all players and parents to our club, committee, and coaches.

Respect is the cornerstone of society, and we must work at keeping that respect amongst our community and the North Adelaide family.

HISTORY

The North Adelaide Basketball Club (Inc) was initially formed in 1939 as the Panthers Basketball Club. The Panthers changed their name to the North Adelaide Basketball Club in 1951.

Until 1971 the Club shared facilities at the old Bowden Stadium (since demolished). In 1972 we moved to the then brand new Hillcrest Stadium (also since demolished).

North Adelaide Rockets Basketball Club was founded when 7 close friends decided to create a single team and play this “new sport” as a way of keeping fit. They could never in their wildest dreams, have imagined the effect that decision was to have over the next 80+ years, or the number of people to be involved in the North Adelaide Basketball Club, in one way or another.

The name changed to “North Adelaide” when the state association went to a district model and clubs were aligned to local district football clubs. Since that time, North have produced a long and successful history as one of South Australia’s leading sporting clubs, with a reputation as a centre of excellence for young basketballers.

Red and white wearing juniors have, over the years, gone on to play for American Colleges, State and National League teams, with an elite few going on to represent Australia on the Olympic and International Stage.

The North Adelaide Rockets have been an integral part of the north eastern community for several generations and have touched the lives of many local families, with one time playing grandparents now enjoying their grandchildren’s participation.

The Club has a long and proud history of success. The Rockets are recognised as being one of the most successful clubs in South Australia and one of the top Clubs in Australia. In 1990 the North Adelaide team won the WNBL National Championship.

The Club has produced many champion players, including Olympians, and has provided 30% of all South Australian juniors who have gained full time AIS scholarships.

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COMMITMENT

Playing for the North Adelaide Rockets requires considerable commitment by both players and parents.

Players

All players are required to attend all training session organised by the coaches. Obviously, children and families will have other activities from time to time. All we ask is that the coach is informed, so that we know that the children are safe.

Parents

Parents are responsible for getting children to all trainings and games.

At the district level, games are held all over the Adelaide metro area from Morphett Vale to Gawler and as far as Mt Barker.

District Basketball also involves a financial outlay. You will be required to finance a uniform, stadium entrance fees, club fees plus costs associated with attendance at various carnival and State championships.

If your child's team is selected to play in a State Championship, Junior Classic or a National Championship you will be required to finance the trip. Note that most teams undertake some fund-raising for these activities.

If your child is selected to play in a state team you will also be required to finance the activity.

The Lights – Our Home

The Lights Stadium is owned by the Port Adelaide and Enfield Council and is leased from the Council by a variety of users, including North Adelaide and Basketball South Australia. The Club sub-leases the Bar and Club Office from the Council for a nominal rent.

Stadium Entrance Fees

The Player fees are collected via the Basketball Connect phone app.

Spectator entrance fees do not exist at the District level.

The money collected by Basketball Connect pays for court hire and referee costs to run the competitions.

Affiliations

The Club is a Full Member of the Basketball South Australia (BSA) which is fully affiliated with Basketball Australia. Thus, some policies created within Basketball Australia filter through BSA to NABC and other clubs.

CLUB STRUCTURE

Management Committee

The Management Committee is elected at the AGM by the Club Members. Committee Members are elected for a two year term with half of the Committee being elected each year.

The Management Committee is responsible for the overall management of the Club.
Sub Committees:

1. Junior Operations Group

The Junior Operations Group is responsible to the Management Committee for the overall operations of the NABC Junior Program. The Group is convened by the Vice President – Basketball. Members of the Group include coaches and senior basketball people appointed by the Management Committee.

2. Special Events/Fundraising

The Special Events Committee is responsible to the Management Committee for conducting of any large events that the Club may run. This could include things like Quiz Nights and basketball carnivals.

This group is also responsible for fund raising.

3. Sponsorship

The Sponsorship Committee is responsible for the coordination of all of the sponsorship activities within the Club.

4. Other Committees

From time-to-time other sub-committees are formed for specific tasks such as the design and implementation of new uniforms.

Communications

In a Club the size of the Rockets it is vital to have excellent lines of communications. The Club uses a number of avenues to communicate.

We have a new website - nabc-rockets.club with as much detail as we can provide.

We also have a Facebook and Instagram pages - North Adelaide Rockets Basketball Club, to provide information about the activities of the Club, training rosters and news.

Club Membership

Club Membership is available to any person over the age of eighteen. Club Members have the right to vote at the AGM and to stand for Management Committee positions.

To become a Club Member an Application for Membership form (available online), has to be filled out and submitted to the Secretary along with payment of the Membership fee.

Only financial Members have the right to vote at the AGM and the right to stand for Committee positions.

All financial senior players over the age of 18 are automatically Club Members.

All coaches over the age of 18 are also automatically Members.

Club Subscriptions

The Club levies a playing subscription on all players for each season.

These fees provide some of the money required to run the Club. Our biggest single cost is training, and two training sessions per team are provided each week at various venues.

Players will receive an invoice for subscriptions early in each season and are required to pay them by the due date.

Any player who is un-financial will not be allowed to play until they become financial.

In the case of financial hardship, a graduated payment scheme is available. Please contact the administration office to organise a graduated payment scheme.

If you plan to pay by credit card please note that a surcharge may be levied on credit card payments to cover the cost of the credit facility.

Uniforms

All players are required to have full and correct uniform.

This consists of a playing singlet, playing shorts, and reversable training top.

Playing numbers are allocated by one person only, the Club Administrator – admin@nabc-rockets.club. Players will have those numbers for their lifetime with us.

All items are available from Sports Centre (Port Road).

We are expanding the range of clothing available to include winter tops, track pants training shorts and an array of supporter clothing.

All NABC players are required to enter the stadium in which they are playing in Club uniform.

In summer this is playing uniform and warmup top. In winter it is playing uniform and track pants and warm top garment (windcheater or hoodie).

Note that Team Tops organised for carnivals etc are not considered to be official Club uniform and shall not be worn as an alternative to the official Club uniform. The Club requires that ALL NABC players be dressed uniformly.

Rockets uniforms can only be worn in official BSA sanctioned competitions. All of the Rockets uniforms, logos and other clothing are copyright and must only be obtained from our authorised suppliers.

Coaches are expected to be wearing NABC tops, shorts and/or track pants at games.

It is important for us to look like North Adelaide.

Second Hand Uniforms

The Club has established a Facebook page as a second hand uniform “shop”. That page can be found at “NABC Buy and Sell” within Facebook.

Supporters Apparel

A range of quality supporters’ apparel is available, via Sport Centre, and includes warm winter clothing.

Details of all of our apparel can be found on the NABC website - nabc-rockets.club - under the ‘Store’ – “NABC uniform” tab.

Clearances

Any player requiring a clearance to play for another Club must be debt free to the North Adelaide Basketball Club and pay an administration fee for the clearance to be processed.

Any player who wishes to play for the Rockets and has previously played for another Club in the BSA competition or in any other competition sanctioned by Basketball Australia (other than social grades) must receive a clearance from their previous Club before they can play for North Adelaide.

It is the player’s responsibility to organise any clearances.

All debt to the club will need to be paid before a clearance is granted.

Current (May 2023) BSA competition rules do not allow mid-year clearances.

Coaches

Other than our NBL1 coaches, no North coach receives any financial remuneration.

All of the coaching is done by volunteers.

Most of the Division 1 coaches have formal coaching qualifications and all of them are highly experienced. Division 1 coaches are required to take an interest in all the teams in their age group.

Division 2 coaches are usually a little less experienced and are attached to the Division 1 coach to give them the guidance they may require.

Many North coaches participate at the advanced coaching levels including State programs.

All North coaches are encouraged to seek formal qualifications from the Club or BSA accreditation Scheme. The Club subsidises any coach who undertakes this training.

The Club requires approximately 60 coaches to run its full program. Without these dedicated volunteers, there would be no North Adelaide Basketball Club Team Managers

Team Managers are an extremely important part of each team, and every team requires one.

They provide the link between Management and the Teams. If you have any questions about the Club please approach your team manager, they may have the answer.

Team managers do a marvellous job in removing the day to day administrative duties and organisation of the team from the coach, thus allowing the coaches to devote all their time to coaching.

The Club provides a team managers polo shirt, and we ask that managers wear these to games, just as we ask coaches too.

The tops make NABC look professional and add to the red and white within stadiums.

COMPETITIONS

Junior

The Club nominates teams to play in the BSA Junior competitions. These competitions, boys and girls aged from under 10 to Youth League, are played in stadia around metropolitan Adelaide and at Mt Barker.

The competition is year round, divided into two seasons – grading and championship.

Depending on the number and skill levels of the players, the Club may also nominate teams in other leagues, like our development group – Future Stars.

Players in Division 1 and 2 teams are not guaranteed court-time.

The objective in all other grades is to win games but provide equal court time to each player wherever possible.

Effort, ability, attendance at trainings, and attitude will all influence playing time.

Senior

The Club nominates teams to play in the BSA Senior competitions. These competitions, both men and women, are played around metropolitan Adelaide.

In the main, Senior players are drawn from players who have graduated from the NABC junior program.

The Club tries very hard to provide a competition for any former Rocket junior who still wants to play in the Red and White of the NABC.

Depending on the number and skill levels of the players, the Club may also nominate teams in other non-BSA competitions.

Social Basketball

Currently the Club has an introduction/social competition, called Future Stars.

It is aimed at introducing players to our game, and in many cases, provides scope for NABC players to play an extra game on Saturday.

District Team Selection

Junior Age Groupings for the year are determined by the age that the player will be on the 31st of December.

Team trials are held in late July/early August for the next grading and championship seasons. These trials assist the Coaches in determining which players will be placed in which teams of the various age groups. Trials are conducted under the control of the Junior Operations Group.

Team members are picked on several criteria.

Player ability, endeavour, attendance at training and attitude are all taken into consideration.

Team requirements and balance are also major a consideration - it is no good having a team of brilliant guards and no height, or, a team of exceptionally tall players with no speed or skill.

Movement Between Teams

Individual player evaluations are ongoing.

If a player in a lower grade shows greater skills, better attitude etc then that player can be promoted.

If a player does not develop at the same rate as the other players in a team or develops a poor attitude, or habits, then that player can be relegated. There are several examples of high players moving through the ranks at North Adelaide.

Decisions on player movements must be done in consultation with the Division 1 coach, and advised to JOG, and subsequently through our administrator BEFORE they occur.

Player movements should involve the player, his/her coach, the Division 1 coach and a parent.

Training

All teams are rostered to train on Sundays and have a second training during the week. We strive to give teams a 1 ½ hour training slot wherever, and whenever possible.

For our division 3 and below teams, the Sunday training will consist of two elements – a strength and conditioning element (1/2 hour) and a skills based session conducted by our high level coaching staff (1 hour).

Advanced Training

Any junior player who shows above average potential is invited to attend the various talent identification activities run by BSA.

Identified players have the opportunity to train at an advanced level under State coaches.

The invitations to attend these advanced programmes are only extended after consultation with the Club's senior coaches.

Attitude and endeavour are two areas of the junior player that are looked at very closely before an invitation is extended.

State Age group teams - U16, U18 and U20, boys and girls, are selected from these groups.

Individual Training

Any junior player can access individual training programs run by our most senior coaches who specialise in small groups.

These sessions are generally run after school, and initial enquiries can be made through administration – admin@nabc-rockets.club

Carnivals and State Championships

The Club actively encourages teams to play in Carnivals and Tournaments outside of the normal BSA District Competition.

The BSA State Junior Championships are held every year in May and all NABC junior Division 1 and Division 2 teams are required to play in these championships.

In June many of the Club's junior teams play in the various Victorian Carnivals held on the long weekend. Division 1 teams who qualify are required to play at the Classics - which are considered to be the Junior Club Age Group Championships of Australia.

Other carnivals are held at Mildura, Ballarat, and Nunawading.

During the year Carnivals are also held at Easter, late January, July school holidays and teams are encouraged to enter.

Codes of Behaviour

The North Adelaide Basketball Club will not tolerate any untoward behaviour by any person associated with the Club — be they Coach, Player or Spectator.

We adhere to the polices provided by BSA and any person who transgresses the accepted codes of behaviour will be called before the Committee.

Transgressions may result in suspensions or bans.

Players

- Play by the rules.
- Never argue with an official. If you disagree, have your coach approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they be by your team or the opposition.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Co-operate with your coach, team mates and opponents. Without them there would be no competition.
- Play for the fun of it, and not just to please parents and coaches.

Coaches

- Remember that children participate for pleasure and that winning is only part of the fun.
- Never ridicule or yell at a child for making a mistake or losing.
- Be reasonable in your demands on young players' time, energy and enthusiasm
- Teach your players to follow the rules
- Whenever possible group players to ensure that everyone has a reasonable chance of success.
- Avoid over playing the talented players. The just-average need and deserve reasonable time.
- Ensure equipment and facilities meet safety standards and are appropriate to the age and abilities of the players.
- Ensure that all training and fitness drills are appropriate for the age and development of the players
- Develop team respect for the ability of opponent and for the judgment of officials and opposing coaches.

- Follow the advice of the professionals when determining an injured player is ready to recommence training or competition.
- Keep up to date with the latest coaching practices and the principles of growth and development of children.
- Stay within the accepted guidelines with the relationship between you and your players and their parents
- Stay with in the accepted guidelines when disciplining a player

Spectators

- Remember that children play sport for their enjoyment, not yours.
- Applaud good performance and efforts from each team. Congratulate all participants upon their performance regardless of the game's outcome.
- Respect officials' decisions and teach children to do likewise.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Show respect for your team's opposition. Without them there would be no game.
- Encourage players to follow the rules and officials' decisions.
- Do not use foul language or harass players, coaches, officials or other spectators.

Grievances

In all Clubs, regardless of how well run, there are always differences of opinion.

If you have a problem with the coach of your child's team then please discuss that problem, in the first instance with the coach concerned. The best time to do this will be by an appointment before, or after, training – not after games.

The second level in our procedures, it to take the matter up with JOG using an email to jog@nabc-rockets.club

We have found over many years that most of the problems can be solved by this level.

The final level to talk to is the Vice President – Basketball.

Senior players should raise the issue with their coach, firstly, and then forward an email to admin@nabc-rockets.club for action by senior club personnel. Constructive criticism is always welcome.

Volunteers

The Club runs on volunteers.

Without the efforts of our volunteers the Club would not exist.

Some years ago, it was estimated that over \$500,000 in volunteer labour is donated to the Club each year.

By volunteering to help you will meet some terrific people and you will really enjoy it. Please help the Club when the call for volunteers is made.

Sponsors and Sponsorship

Sponsors supply much needed financial assistance to the Club. We ask that everybody associated with the Club use our sponsors services when ever possible. Without sponsors all playing fees would at least double.

If you are in a position to offer sponsorship to the Club please contact any of the Committee.

Equally, if you are in need of a service provided by a sponsor, please contact the sponsor.

Fund Raising

There are two types of fundraising undertaken by the Club.

1. Club Fund Raising - These funds are raised across the whole of the Club and are used to benefit all Club Members. The types of activities include social evenings such as Quiz Nights, large raffles and chocolate drives.
2. Team Fund Raising - These funds are raised by the individual teams to offset their expenses when travelling to interstate carnivals etc. These activities must be authorised by the Convener-SpecialEvents to ensure that the activities are within the Club's guidelines and that there is no clash of activities between individual teams.

All fundraising activities must be approved by the committee.

Venues

Refer to the BSA website for all venues in use.

Contacts

General Enquiries - admin@nabc-rockets.club

NABC Secretary - secretary@nabc-rockets.club

Web site - nabc-rockets.club