



W H I T T L E S E A  
**PACERS**  
B A S K E T B A L L



2024  
HANDBOOK

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## Whittlesea Pacers Basketball Welcome

The purpose of this handbook is to provide athletes and parents with information on representing Whittlesea Pacers in the Victorian Junior Basketball League (VJBL). The Whittlesea Pacers program provides elite athletes a pathway to compete in the VJBL.

## WCBA Purpose Statement

Empowering people positively through basketball by providing a respectful, diverse environment that is inclusive of all abilities to promote participation and pathways.

## WCBA Value Statements

<b>Respect</b> – We will value all views and opinions and be accountable and responsible to each other.	<b>Excellence</b> – We will be leaders in governance, be innovative and always strive to be the best we can be.
<b>Integrity</b> – We will be loyal to our members, participants and the community with open and honest communication.	<b>Flexibility</b> – We will create a flexible and responsible environment and aim to improve performance across all aspects of our organisation.
<b>Inclusivity</b> – We will be welcoming and create a safe and supportive environment inclusive of all within our community.	<b>Sustainability</b> – We will work together to ensure the long term viability and continuity of basketball in Whittlesea.

## WCBA Child Safety Statement

Whittlesea Basketball Association is committed to creating a child safe and child friendly environment where children and young people are respected, valued and encouraged to reach their full potential, with zero tolerances to child abuse in any form.

## Whittlesea Pacers Contacts

### Representative President

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*Please note: All basketball and team-related questions which arise throughout the season must first be addressed with the Team Manager and/or Coach. Under no circumstances are any player, coach, team manager or parent to contact the VJBL directly.*

*All written communication received by the club will be responded to within 2 business days.*

# PATHS

**Positivity, Accountability, Togetherness, Hard work, and Selflessness**

## Guiding Principle

To accomplish our Mission both on and off the court, we must follow the five (5) guiding principles below:

**Fundamentals** – We will strive to play the game of basketball fundamentally. Great teams do all the little things well. We will dedicate ourselves each day to work hard at mastering the basics.

**Attitude** – Whittlesea Pacers coaches, players, team managers, spectators, committee and other interested parties will have a positive, pro-active, humble attitude. Our highest priority is Sportsmanship and fun within all our teammates whilst on and off the court. Our attitude will reflect the hard work we put in.

**Intensity** – In science, intensity measures the level of strength. Whittlesea Pacers will be powerful both physically, emotionally and mentally on the court.

**Teamwork** – Everyone must work together and trust in each other for Pacers to be successful. Individual's do not win games; it takes a team effort. We will strive to have unity with our teammates that will be unequalled anywhere.

**Hustle** – The difference between good and great teams comes up in "hustle" plays. Offensive rebounds, deflections, charges taken, and diving on the floor are just some of the plays that will make us great.

## Coaches

Whittlesea Pacers supports coaches so they may focus on their teams' preparation through training, conditioning, and team management. Coaches must abide by the Basketball Victoria Code of Conduct and requirements.

## Assistant Coaches

Assistant coaches are required to support the coach and team with all operations. Assistant coaches must also abide by the Basketball Victoria Code of Conduct and requirements.

## Team Managers

The Team Managers are responsible for managing players' off-court activities. They must also liaise between coaches, parents and players in relation to attending games, training, social functions and WCBA activities.

## Players

Whittlesea Pacers Players will demonstrate the utmost respect to Team Managers, Coaches and Club Officials. All players are expected to meet the Code of Conduct standards and must abide by Coaches and Managers directions specific to their team. Whittlesea Pacers take pride in showing the utmost respect to opposition teams, coaches, team managers, spectators and referees at all times.

### *Players are expected to:*

- Attend all trainings, and games. If you cannot make a session, you must advise the coach/team manager with as much notice as possible by text or phone.
- Arrive for training 10 minutes prior to your scheduled start time and be ready to train at the commencement of training.
- Respect your teammates, coaches, manager, parents, officials, opponents, and the game.
- Be a proud and positive ambassador for Whittlesea Pacers and the whole WCBA.
- Follow the coaches' instructions and challenges to develop your game and support the team.
- Accept new team strategies, teammates, training methods and try new playing positions with enthusiasm.
- Adhere to the Players Code of Conduct
- Play in the spirit of sportsmanship

## Player Development

Coaches will develop players throughout the season and parents must understand that players develop at different rates and stages. We will be evaluating all aspects of our players in relation to our Mission and Guiding Principles. We will also use this criteria to determine playing-time during the season. Coaches will also be evaluating the players' on-court performance during games and training. Some (not all) of the things below we will be looking for:

### Fundamental Guidelines

Shooting	Passing
<ul style="list-style-type: none"><li>• Technique<ul style="list-style-type: none"><li>➤ Footwork</li><li>➤ Posture</li><li>➤ Hand Positioning</li><li>➤ Elbows</li><li>➤ Follow Through</li><li>➤ Release time</li></ul></li><li>• Shot Selection</li><li>• Consistency</li><li>• Range</li><li>• Ability to catch and shoot</li><li>• Ability to create and shoot off the dribble</li></ul>	<ul style="list-style-type: none"><li>• Ability to complete all types of passes effectively with correct technique and footwork, including:<ul style="list-style-type: none"><li>➤ Chest</li><li>➤ Bounce</li><li>➤ Over-head</li><li>➤ Post-entry passes</li><li>➤ Baseball</li><li>➤ Hook</li></ul></li><li>• Ability to pass while stationary or off the dribble</li><li>• Ability to use fakes and pivot moves to create optimum passing angles and opportunities for teammates</li><li>• Ability to draw defenders to create passing opportunities</li></ul>

## Defense

- Willingness to work hard and compete at all times, including one-on-one and team defensive principles.
- Demonstrates defensive intelligence in individual and team defensive responsibilities.

### **Individual (One-on-One Defense)**

- Technique (Defensive stance and slides)
  - Footwork
  - Hand positioning
  - Posture
  - Quickness
- Ability to stop or reduce the impact of an opponent by denying them the ball and containing the dribble.
- Ability to quickly recognize an opponent's offensive strengths and weakness.
- Ability to force an opponent to their weaknesses.
- Understanding defensive angles and areas on the court that reduce offensive effectiveness.
- Ability to defend in the post.
- Ability to perform and execute WCBA and/or team one-on-one defensive techniques and principles.

### **Team Defense**

- Ability to recognize and perform Shell Drill team defensive principles and positioning including:
  - On-ball defense and where to force the ball handler
  - Denying the pass to an opponent
  - High help and deny
  - Split-line stance and positioning
  - Lane-line stance and positioning
- Ability to help teammates out of position.
- Ability to follow and execute team press principles.
- Ability to switch or show and recover on defense.
- Being vocal and continually talking and communicating with teammates to improve and increase defensive effectiveness.
- Ability to scramble when out of position, after a fast-break or trapping situation to quickly find an opponent or correct shell drill position.

## Dribbling

- Ability to dribble either hand with eyes up to see the whole court and passing opportunities.
- Ability to stop, start, change pace and direction under control and under pressure.
- Dribbling speed and control.
- Ability to use correct footwork, fakes, rip-throughs and pivot techniques to optimize scoring or passing opportunities or perform set team plays involving dribbling.
- Ability to perform dribbling moves and techniques with either hand including:
  - Cross-overs
  - Behind-the-back
  - Spin moves
  - Attack & retreat dribble
  - Post moves using dribbling moves
  - Combinations

## Rebounding

- Willingness and desire to hustle for every rebound/loose ball.
- Ability to box out using correct technique and secure rebounds.
- Ability to read the trajectory and angle of missed shots to gain rebounding positioning and advantage.
- Factors that will improve rebounding skills include:
  - Technique
  - Speed
  - Strength
  - Agility
  - Jumping ability



## Basketball IQ

- Understanding the game of basketball and making the right decision/play, at the right time
- Understand, recognize and apply “Time & Score” principles and the appropriate decision-making and actions needed during crucial situations.
- Recognize opponent’s strengths and weakness.
- Recognize opponent team offenses and anticipating set plays to increase defensive effectiveness, steals and deflections.
- Recognise the opponent’s team defensive concepts and strategies to create more opportunities to effectively score or get great shots.
- Ability to execute individual and team strategies and plays on both offense and defense
- Understanding and adjusting to the pace, tempo and style of the game

## Attitude

- Putting 100% into all aspects of the game with a great attitude to continually improve skills and knowledge is the key to success.
- Treating teammates, coaches and team managers with respect, building positive relationships with all team members
- Celebrate the success of teammates even when not having a good or great game individually.
- Being able to communicate with teammates and/or coaches constructively during difficult or challenging situations including the use of:
  - Words
  - Tone
  - Body Language
- Other factors include, but not limited to:
  - Coachability
  - Listening skills
  - Willingness to learn and adapt
  - Sportsmanship
  - Positivity
  - Encouragement of teammates
  - Desire
  - Competitive fire
  - Dedication
  - Poise
  - Being responsible & accountable

## Intensity & Hustle

- Demonstrate intensity in each and every drill/activity at training, carrying this intensity into game action on both ends of the floor
- Factors to improve a player's intensity include:
  - Focus, willingness to work hard and never give up
  - Strength, speed and agility
  - Conditioning (desire to condition)
  - Jumping ability
- Deflections and steals
- Rebounding (desire, motor)
- Taking charges
- Hustle plays (diving on the floor for loose balls)

## Teamwork

- Building positive relationships with all team members
- Willingness to sacrifice individual accolades and success for the greater good of the team.
- Ability to follow team concepts on offense and defense and contribute to team success.
- Ability to use a strong audible voice to communicate with teammates, especially at the defensive end.
- Encouraging and motivating teammates in training and games
- Celebrate the success of teammates even when not having a good or great game individually.
- Knowing and embracing your role whether you are in the starting 5 or coming off the bench.



## Playing Time

Coaches will be constantly evaluating athletes on the teams to determine playing time. Pacers Coaching Staff job is to ensure that our decisions and evaluations of players are based on:

1. What is best for the whole program.
2. What is best for the individual team.
3. What is best for the individual player.

Playing time decisions are always difficult for coaches. We will be open to discuss, with both the athlete and their parents, the decisions that are made in regards to playing time. If the player or their parents would like to talk to the coach about playing time, we will provide an opportunity to have those conversations. Please see below for Parent/Coach Meeting Rules and Expectations.

## Team Rules and Expectations

Players must be mindful that playing for the Whittlesea Pacers Basketball Program is a privilege, not a right. Each player represents themselves as well as their family, teammates, coaches, team managers and the program at all times. As such, there are expectations that each-athlete must adhere to as a Whittlesea Pacer and we hope that all players will be respectful and meet the program's expectations and Player Code of Conduct.

If a player/s does not adhere to club and/or team expectations, the coach will enforce consequences to best deal with the issue or behavior.

- 1. Be good representatives of Whittlesea Pacers at all times**
  - a. Players will be respectful to all fellow players at Whittlesea Pacers.
  - b. Players will be respectful of others property.
- 2. Attend, and be on time as expected by the coach to all trainings and games.**
  - a. Players are expected to contact coaches ahead of time if they will be late or cannot attend a training or game as expected.
  - b. Being on time means 10 minutes prior to scheduled start time for training and 30 minutes prior to scheduled start time for games, unless otherwise advised by the coach.
- 3. Players will be good sports on the playing floor**
  - a. Whittlesea Pacers will be expected to show all players (teammates and opposing), managers, referees, coaches and spectators the upmost respect.
  - b. Technical fouls are not acceptable by any player.

## **Team Rules and Expectations cont....**

### **4. Communication is important to the success of the team**

- a. Whittlesea Pacers will communicate on and off the floor in a respectful way to all coaches, players, parents, teachers, referees, score table and other parties involved.
- b. We will work to communicate on the floor at all times in order to make our teammates better.
- c. As a Whittlesea Pacers player, we will refrain from using any stereotypical derogatory terminology.

Each coach will meet with all the members of their team to help determine other rules/expectations and the consequences for them on their own teams that are not outlined above. At any time, if the coaching staff feels that the actions by players are blatantly disrespectful, they can escalate it to the Director of Coaching to find a resolution.

Clear communication channels must always be open between coaches, players and parents or guardian of our Whittlesea Pacers players.

## **Parents/Guardians**

Can support players by:

- Getting your child to training prepared and on time
- Paying fees promptly upon online registration
- Ensuring playing kit/uniforms are clean and presentable
- Encouraging your child to accept responsibility for their performance
- Providing good nutrition in your child's diet
- Respecting opposition players, parents, officials, and coaches
- Refraining to communicate or give direction to players during training or games.
- Being positive and adhering to the parents Code of Conduct

Parenting and coaching are both challenging responsibilities. Understanding the roles of each, and following the proper channels of communication, will enable parents and coaches and team managers to work effectively together.

The Director of Coaching will only become involved if coach and parent have not come to a solution.

If you have an issue or concern, please follow the appropriate chain of command:

1. Head Coach
2. Coaching Co-Ordinator, if applicable
3. Director of Coaching
4. Representative Chairperson

## Video / Photography

For information refer to Basketball Victoria website:

<https://www.basketballvictoria.com.au/resources/association-resources/policies>

## Mobile Phones and Social Media

Mobile phones must be turned off at training sessions and games and must not be checked during breaks or time outs. Mobile phones and use of social media can be very distracting in the team environment and may not allow players to become integrated within the team. Use of mobile phones throughout the season will be limited at the discretion of the coaches and team manager.

Social Media is a large part of today's way of life. Unfortunately, this can sometimes be used in a negative way. Whilst we appreciate and acknowledge our players, parents and members right to contribute content on social networking sites, we also know that inappropriate behavior on such sites has the potential to tarnish the reputation of our Association and players etc.

With this in mind, Whittlesea Pacers is in full compliance with the VJBL rules and regulations concerning Social Media.

*"All members must refrain from posting, sending, forwarding, or using in any way, any inappropriate material that may cause insult, offence, intimidation or humiliation to any of our players, parents, members or associates within the basketball community. This includes the encouragement of inappropriate material such as liking, re-tweeting, re-posting and general promotion of unacceptable behavior, photos or comments.*

Posting on all blogs or forums is also included within this policy."

All members of Whittlesea Pacers are expected to comply with this policy at all times. Any breach of this policy will be treated as a serious matter and will result in disciplinary action which could result in the suspension or termination of membership.



# 2024 HANDBOOK

## Termination:

*This agreement may be terminated for any breach of the above terms and conditions as well as conduct detrimental to the W.C.B.A.*

## Agreement:

*I have read and understood the terms and conditions of this agreement:*

*Signed:* \_\_\_\_\_ *Date:* \_\_\_\_/\_\_\_\_/\_\_\_\_

*Player Name (Please Print):* \_\_\_\_\_

*Mobile No:* \_\_\_\_\_

*Parent or Guardian Name (Please Print):* \_\_\_\_\_

*Relationship:* \_\_\_\_\_

*Signed:* \_\_\_\_\_ *Date:* \_\_\_\_/\_\_\_\_/\_\_\_\_

*Email:* \_\_\_\_\_

## OFFICE USE ONLY:

*For and on behalf of the WCBA:*

*Signed:* \_\_\_\_\_ *Date:* \_\_\_\_/\_\_\_\_/\_\_\_\_

*Name (Please Print)* \_\_\_\_\_

*Witness:* \_\_\_\_\_ *Date:* \_\_\_\_/\_\_\_\_/\_\_\_\_

*Witness Name (Please Print)* \_\_\_\_\_

\*Agreements must be signed and returned to your Team Manager prior to the start of the VJBL season.