Shellharbour City Basketball Association Inc

2027 Player Handbook

"All kids need is a little help, a little hope, and somebody who believes in them."
-Magic Johnson

"Basketball is more than just a game; it's community, a family. It's where we find support, inspiration, and belonging."
-Damien Lilliard

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2027 Shellharbour City Bulls Representative Basketball Program

Welcome to the Shellharbour City Basketball Association Inc (SCBA) 2027 Representative Basketball Program. This booklet contains information for players, referees, parents, and families. It outlines the roles, responsibilities and obligations that all coaching staff, players, and families expect as part of the Representative program. It is essential for **ALL players**, parents and families to **READ and UNDERSTAND** the requirements and expectations of entry into this program including the SCBA, BNSW policies and By-Laws Please only accept a team position if all expectations are **UNDERSTOOD and AGREED to**.

In the event that a specific situation is not covered in this handbook, the Executive Board or the 2027 Management Committee will address the situation.

Contacts:

Role	Name
Executive Board	
SCBA President / Chairman	Adam Woodward
SCBA Vice President	David Campbell
SCBA Secretary	Shen West
SCBA Treasurer	Justin McMahon
SCBA General Director	Andrew Pike
SCBA General Director	Michelle Duncan
SCBA General Director	Ben Andersen
Management Committee	
SCBA Coaching Mentor	Boris Stankovic / Kris Krajewski
SCBA Referee Co Ordinator	Emma Sim / Adam Woodward
SCBA Representative Delegate	Crystall Woll
SCBA Member Protection Officer	Lara Massey
SCBA Aussie Hoops / Assist All Hoops Co Ordinator	Adam Woodward/ Matthew West
SCBA Fundraising Co Ordinator	
SCBA Uniform Co Ordinator	Rachel Campbell
SCBA Digital Marketing Co Ordinator	
SCBA Club Administrators	Rebecca Goodman / Amy Woodward

Shellharbour City Basketball Core Values

- We will encourage our members to compete in the spirit of good sportsmanship and to treat ALL participants and officials with respect. This includes playing fair and accepting victory or defeat graciously.
- We will aim to develop our members as good citizens as well as good basketball players, coaches and officials who collaborate with teammates, communicate effectively and work towards a common goal.
- We will deal with our members with honesty and integrity, both on and off the court.
- We will recognise the importance of each individual, their personal growth, skill improvement and continuous learning to reach their full potential, whilst contributing to the overall success of Shellharbour City Basketball.
- We aim to have our teams consist of players that are true representatives of Shellharbour City

Basketball and will minimise recruitment from other Associations. Individual cases will be assessed on their merits.

PLEASE NOTE: The contents of this handbook are subject to change at the discretion of Shellharbour City Basketball Association Inc Executive Board. This may occur due to external factors beyond our control or when changes are deemed to be in the best interest of the program based on current circumstances.

PRESIDENT'S STATEMENT

It is with great pride and continued enthusiasm that I welcome all our players, coaches, parents, managers, and officials to the Shellharbour City Basketball Association for the 2027 representative season.

Following a landmark year in 2026, our association continues to go from strength to strength. One of our most significant achievements was entering teams into the Waratah League - Southern Junior League Competition for the first time, it was an important milestone that delivered fantastic outcomes for our players and program. This step forward not only elevated the level of competition but also strengthened our development pathways and reinforced our commitment to providing meaningful opportunities for our athletes.

Since becoming an affiliate of Basketball NSW, we have built a vibrant and passionate basketball community grounded in teamwork, resilience, and pride. The Shellharbour Bulls have continued to grow their identity, driven by the dedication of our players, the leadership of our coaches, and the unwavering support of our volunteers and families.

As we move into 2027, we do so with stronger foundations and a clear vision for the future. We remain focused on expanding participation, enhancing player development, and fostering a culture built on respect, inclusivity, and personal growth, both on and off the court.

To our returning families and those joining us for the first time, thank you for being part of this journey. To our volunteers, sponsors, and supporters, your ongoing commitment is the backbone of our success.

Together, we are building more than a basketball association, we are creating a lasting legacy for the Shellharbour community.

Here's to another exciting year of growth, opportunity, and Bulls pride. GO BULLS #bulls4life

BASKETBALL NSW

Basketball NSW www.Basketball NSW.com.au is the governing body for basketball in NSW and we Shellharbour City Basketball Association are proud members.

Basketball NSW is responsible for organising and overseeing the representative competitions that our teams participate in like Waratah Junior League, John Martin Country Tournament and other sanctioned events.

While Basketball NSW manages the competition framework, Shellharbour City Basketball is responsible for the day-to-day running of the representative program, including player selections, training, team management and parent/guardian communications.

Each association nominates a Rep Delegate, who serves as the official liaison between our association and Basketball NSW. This person attends league meetings and handles formal communications and administrative matters related to representative basketball.

IMPORTANT:
For all questions, concerns, or feedback about your child's representative experiences, including trials, training, team selections, scheduling, uniforms or fees, please see below.

Your first point of contact is your team manager, which will appointed once teams are selected.

If your team manager cannot answer your question, your second point of contact is:

- Name – Crystal Woll
- Email – rep@shellharbourbulls.com.au

We appreciate your cooperation in following this process, as it ensures efficient communication and allows us to support families effectively throughout the season.

CODE OF CONDUCT

SCBA are aligned and committed to the following codes of conduct promoted by BNSW:

- Code of Conduct for Players.
- Code of Conduct for Coaches.
- Code of Conduct for Spectators.
- Conditions of Entry.
- Zero-Tolerance Policy.

SCBA would like to highlight the following commitments:

Players will:

- Treat each other with respect.
- Use appropriate language at both practices and games.
- Treat coaches, parents, oppositions, and referees with respect.
- Play hard but play within the rules.
- Attend as many team functions (basketball or social) as possible.
- Always give full effort at practices and games.
- Exhibit good sportsmanship at all times.

Parents will:

- Support the team in a positive manner.
- Treat each other with respect.
- Use appropriate language at practices and games.
- Treat coaches, parents, oppositions, and referees with respect.
- Never criticise players or coaches for poor play or loss of a game.
- Encourage your child and all participants to play by the rules.
- Never ridicule or rebuke your child or other participants for making a mistake.
- Make sure players arrive at practice and games at the designated time.
- Make required payments in a timely manner.
- Attend as many team functions (basketball or social) as possible.
- Exhibit good sportsmanship at all times
- Always be ready to help with scoretable duty when rostered

Attendance:

- Attendance at practices, training and games is mandatory.
- Attendance at other team functions is strongly encouraged.
- If a parent cannot attend, allow the player to go with another family on the team.
- Players should never miss any commitment for transportation reasons.
- If a player cannot attend (illness, family, or school commitment, etc.):
    - Notify coach or team manager as soon as possible.
    - Playing time may be reduced, not to penalise, but to acknowledge that players who attend are physically and mentally prepared to play.

Respect for Referees:

- Players, coaches and parents must show respect for referees, during and after games.
- Players and parents will not talk to referees or comment on calls. The only person who should talk to the referee is the coach, and this must be done in a professional, respectful manner.

- Referee's styles vary from game to game and players need to adjust.
- Players and coaches cannot afford to be distracted by referees' calls.
- Coaches and parents set the example and tone for the players.

Players on the bench/sideline will:

- Stay next to the coach for instruction.
- Watch the game.
- Support teammates with positive comments.
- Mentally prepare to return to the game.
- Let the coach decide on substitutions.
- Must ask for substitutions through the score bench

Parents on the sideline will:

- Positively encourage players during the game and at home.
- Positively comment about the team or players to other spectators.
- Support the team no matter how the game is going.
- Be positive and supportive when things are going well, but more important when things are not going well.
- Let the coach focus on the game without interruption.
- Make only positive comments about any player.
- Have fun and enjoy the efforts of theirs and other children.

Parents can reduce stress on players by:

- Making sure the player arrives at games and practices on time.
- Allowing the coaches to solely give instruction before and during the game, and at training.
- Not talking to players on the court, on the sideline, i.e., no coaching the team or individual player.
- Letting the player relax and interact with other players between the games.
- Be a parent. Players need their parents and not a second coach or referee, no matter how qualified you may or may not be.

Communication:

- The SCBA encourages open communication.
- If a parent needs clarification on an issue, please contact the coach for clarification.
- If a parent has a concern, please wait 24 hours before discussing the issue.
- If not satisfied with concerns being addressed, concerns should be discussed with the 2027 Representative Delegate through the correct channels.

Consequences of violating Program policies:

- 1st Warning - Generally, informal discussion with player or parent.
- 2nd Warning - Formal discussion with player or parent.
- 3rd Warning - The matter will be brought before the SCBA Executive Committee.

The Shellharbour City Basketball Association is a non-profit, community-based organisation that has initiated a Basketball Program to support players and coaches that wish to pursue the sport of basketball at a level where each can test their physical and mental abilities to achieve their potential in the sport and grow their unique personal attributes so as to be the best version of themselves, they can be. Being a non-profit means that most of the activities that are required to deliver these opportunities are undertake by volunteers. SCBA expects every person that avails themselves of any of the opportunities promoted by SCBA to respect all of those involved.

REPRESENTATIVE COMPETITION STRUCTURE & SCHEDULE

Representative Basketball Programs (2027)

Barrengarry Conference – This is a **development competition** and a gateway into Southern Junior League Representative basketball. Games are played on four-five Sundays from February to July. Locations of games are across Milton, Moss Vale, Berkeley, Shellharbour, Batemans Bay, Goulburn, and Bomaderry. Dates to be confirmed. This tournament caters for Juniors through to Opens.

Southern Junior League - A representative competition that is part of the Waratah Junior League structure organised by BNSW. The competition consists of several leagues across country and metro NSW, and winners from each regional league progress to State Cup (Division 1 only). The SJL competition is divided into divisions (1, 2 & 3) and JPL is the premier division. Grading for divisions will be determined at the Pre Season Round. At this stage, SCBA is not entering teams into JPL.

Southern Junior League runs from February to June, with State Cup for Division 1 in August.

John Martin Country Junior Tournament – If selected representative players are expected to participate in the John Martin Country Tournament held on the June long weekend across various venues around the state. Players will be selected to represent SCBA, attendance at training, attitude, and coachability will all be considered when JMCT teams are selected. Development teams (Barrengarry Blue teams will not attend country unless all other teams in their age division have been allocated accredited coaches and referees, and there are surplus accredited coaches and referees) Locations will be announced early in 2027.

THE BULLS WAY

Who we are:
The Bulls Way is our shared set of standards for how we train, compete, and represent Shellharbour Bulls, on and off the court. It's about more than basketball: effort, respect, development, and connection, so every player can grow, compete, and belong.

How we play:

- Fast pace and purpose at both ends of the court
- Defence is ball-first: full ball pressure, full-court denial, forcing opponents to the sidelines, baselines, and into help
- On offence, smart decisions, calculated risks, and a team-first approach
- We communicate loudly, compete hard, and wear the jersey with pride

Our values and behaviours:

- Hard work: We outwork, out-hustle, and outlast our opponents, competing on every possession, including broken plays and transition defence.
- Respect: We respect the game, opponents, coaches, and referees. We stay composed and focus on the next play.
- Positive response to frustration: We reset quickly with positive body language.
- Train the way we play: Game intensity at every session.
- Listen: Full attention to coaches, at training and in games.
- Support: We encourage our teammates at all times.

Consistency:

Culture is built by what we do every day, not by speeches or yelling. Our values show up in every drill, game, meeting, and conversation. We arrive ready to train and focused on fundamentals, and coaches will address the small details to help everyone improve.

Player development:

- Training is the foundation of our program
- We develop players for the long term: skills, basketball IQ, and confidence
- We teach from the fundamentals up
- We aim to build great people as well as great players

Team success:

- The team comes first, and we hold each other accountable on and off the court
- We value individual development, but succeed as a unified team
- We trust our structure and don't change in games what we haven't practised
- We are all Shellharbour Bulls, whatever our domestic team

Growing our culture:

We celebrate effort and hustle over outcomes, and we recognise the behaviours we want repeated: unselfish play, communication, defence, and hard work.

Reflection:

We review training and games to see what worked and what to improve, learn from each other and from mistakes without being defined by them, and keep evolving while staying true to our core values.

COACHING TEAM

The Head Coach is responsible for the overall development and performance of the team. Their role includes planning and leading training sessions, teaching game strategies, managing team selections, and making decisions during games. They focus on helping each player improve their skills while building a strong, respectful, and united team culture.

The coach also sets expectations around effort, behaviour, and teamwork. While they aim to support every player's development, decisions about court time and roles within the team are based on performance, attitude, and the needs of the game. Parents and players are encouraged to trust the coach's process and maintain open, respectful communication throughout the season.

Requirements of the Head and Assistant Coaches:

- Hold a minimum Club Coach Accreditation (Level 1) or gain one before the start of the 2027 season.
- Currently a registered member of Basketball New South Wales (BNSW).
- Currently a registered member of Shellharbour City Basketball Association.
- Demonstrated experience in coaching junior or senior basketball athletes at the representative level
- Demonstrated ability to lead a coaching program, including managing support staff, and liaising with SCBA on administrative/organisational aspects of the program.
- Current Working with Children Check (WWCC).
- Adhere to the BNSW Coaches Code of Conduct and Safe Coaching policies and procedures.
- Adhere to the BNSW Code of Behaviour for Coaches, Officials and Support Staff.
- Adhere to the core values and principles of BNSW.
- Represent SCBA and BNSW with professionalism at all times, on and off the court.
- Responsible for the safety, security and wellbeing of the players.
- Ensure that the team is well prepared, organised and acknowledge that the Head Coach is a well-respected role model for our representative athletes.
- Maintain a commitment to the SCBA Representative program and a commitment to being involved in SCBA player development activities (ie. skills sessions).
- If a technical foul, or complaint is made by the competition organiser, BNSW official, Referee Co Ordinator or Court Controller, the coach will be answerable to the Coaching Coordinator and then the Executive Board, and disciplinary action may be enacted.

- Will be required to wear SCBA Coaching Polos and or other uniform as requested.
- Will be required to coach under the “Bulls Way” Protocol during training sessions and games.
- Awareness of and adheres to the Waratah League By-Laws.

https://www.bnsw.com.au/wp-content/uploads/2021/08/2021-Basketball-NSW-Spalding-Waratah-Junior-League-By-Laws.pdf

TEAM MANAGER

The team manager plays a key role in helping the team run smoothly throughout the representative season. They handle the behind-the-scenes tasks that allow coaches and players to focus on the game, for example, managing team communication, arranging uniforms, collecting paperwork, and assisting with logistics on game day. They are often the main point of contact between families, the Association, and coaching staff.

While they don't make decisions about who plays or how much court time each player gets, team managers are essential in keeping everything organised and supporting a positive team environment. They volunteer their time to help the team function as a group, and their efforts often go unnoticed but are critical to the team's success. Families are encouraged to work closely with the team manager and respect the role they play.

ROLES & RESPONSIBILITIES

- Currently a registered member of Basketball New South Wales.
- Currently a registered member of Shellharbour City Basketball Association.
- Current Working with Children Check (WWCC).
- Adhere to the BNSW Coaches Code of Conduct and Safe Coaching policies and procedures.
- Adhere to the BNSW Code of Behaviour for Coaches, Officials and Support Staff.
- Adhere to the core values and principles of BNSW.
- Represent SCBA, and BNSW with professionalism at all times, on and off the court.
- Responsible for the safety, security and wellbeing of the players.
- Provide leadership and management skills away from the basketball court.
- Act as the team conduit for communication among the various stakeholders which include athletes, parents, team officials, and SCBA Executive Board
- That the primary Duty of Care is for the safety, security and wellbeing of the players and the guardian of the athletes on behalf of the parents during the training and events.
- Represent SCBA and BNSW with professionalism at all times, on and off the court to ensure that the Team Managers are well respected role models for our elite athletes.
- Will be required to wear SCBA Coaching Polos and or other uniform as requested.
- Assists and report to the Head Coach on all facets of the team administration and preparation for tournaments.

- The central contact between SCBA Administration and the team. Managers are supported by the Representative Delegate throughout the season.

PLAYER SELECTION PROCESS

The Junior Representative season includes the following age groups-

- Under 12 Girls & U12 Boys **(born in 2016, 2017)**
- Under 14 Girls & U14 Boys **(born in 2014, 2015)**
- Under 16 Girls & Under 16 Boys **(born in 2012, 2013)**
- Under 18 Girls & Under 18 Boys **(born in 2010, 2011)**

SCBA will enter teams based on the strength of the players as a team and the availability of coaching staff (Head Coach, Assistant Coach and Team Manager). BNSW requires a nominated referee for every team entered.

Refer to BNSW Waratah Junior By-laws for additional information
JUNIOR:
https://www.bnsw.com.au/wp-content/uploads/2021/08/2021-Basketball-NSW-Spalding-Waratah-Junior-League-By-Laws.pdf

Player SELECTION ELIGIBILITY

- Each player must acknowledge that they are prepared to operate within SCBA policy & guidelines.
- Player & Parent/Guardian's acceptance and adherence to the following codes of conduct promoted by BNSW:
- Code of Conduct for Players.
- Code of Conduct for Spectators.
- Conditions of Entry.
- Zero-Tolerance Policy.

To be eligible for selection, players must;

- Register for the 2027 Representative Program – via Basketball Connect portal and pay the $25 non-refundable fee. Players seeking an exemption must also register via the Basketball Connect portal with payment.
- Complete the "Intent to trial" forms and be granted a release from another association (SJL only), if they played in a Waratah League competition in 2026 not for SCBA.
- Be registered with Basketball NSW & a registered member of SCBA.
- Currently playing in a SCBA domestic competition (players from other associations **must** be playing in their local domestic competition and **must** play in the next SCBA domestic competition).
- Athletes must attend ALL SCBA trial day/s.
- Trial in their correct age division – a player must be younger than the age limit of their nominated age group on 31st December of that year.

SELECTION CRITERIA

Representative Trials are conducted over 4 weeks with the coaching team and independent observers. Attendance is mandatory unless a request for exemption is submitted and approved. Trials will be conducted by coaching staff, under the direction of the SCBA Board and Senior Coaching Staff. Players must stand for selection in their own age division.

Decisions on the final make-up of teams will be made by The Coaching Director and the Selection Committee.

The number of players trialing may be reduced prior to the next trial session, depending on numbers. Players that have progressed to the next trial will be advised via email the week prior.

Criteria:

- **Basketball IQ -** Reads the game, makes good smart decisions, takes appropriate shots, understands spacing, uses the whole court heels on sidelines, recognises opportunities and plays the right way.
- **Competitiveness -** Plays with intent & urgency, competes on every possession with maximum effort regardless of the circumstances, sprints back, boxes out, pursues loose balls, shows resilience and consistency give maximum effort.
- **Physicality -** Plays through contact, holds position, rebounds in traffic, embraces physical contests, demonstrates strength and toughness remaining disciplined.
- **Team Offence -** Improves the team's offence by advancing the ball, moving without the ball, creating opportunities for teammates, maintaining offensive flow and playing within the team's system, making the right play.
- **Defence -** Contains ball, helps and recovers, communicates, pushes sideline/baseline/into help, reactive on help defence, understands defensive concepts & boxes out.
- **Finishing -** Converts scoring opportunities by finishing at the rim, making perimeter shots and scoring efficiently under game pressure.
- **Fitness -** Having the endurance, speed, strength & conditioning to perform at a high level not dropping quality in game.

In addition, the following matters will be taken into account:

- A player's history of commitment to the SCBA Representative Program and SCBA Domestic competition in past seasons, including training attendance and competition attendance.
- Player and parent adherence to Basketball NSW Zero Tolerance Policy

Note - Previous selection to a representative team does NOT guarantee future representative team selection

***Special circumstances may apply to make players eligible for selection**

Player Registration/Affiliation

All players must be registered with the Shellharbour City Basketball Association Inc. Players with other Association primary registration will be expected to affiliate with SCBA & then transfer their primary registration to SCBA once their existing registration has expired. It is the responsibility of the player &/or their parents to ensure their registration is current. Registration/affiliation is not covered under representative fees & is an additional cost to participants.

ANNOUNCEMENT of Successful players

- No announcements will be made on the day of trials.
- SCBA administration will notify the successful representative players within 1 week of the last trial via email invitation.
- Successful players are to confirm acceptance or decline within 24 hours of successful email notification. Parents are urged to check emails regularly including junk, SCBA will not be following up with any player if acceptance is not received.
- Upon notification that a player is successful, a non-refundable deposit of $100 will be required to secure the position. This will be due within 48 hours of notification of success.
- Once players are confirmed and deposits are secured, the official announcement will be via social media.

SPECIAL JUNIOR RULES & REQUIREMENTS

Local Competition Rules:

- All junior representative players are required to play in a SCBA local domestic competition by participating in 50% of games. If there is a legitimate reason a player cannot fulfil this commitment, they will need to apply in writing to the SCBA Executive Board.
- All 2026 female rep players must play Girls Comp from Semester 2 2026 if they wish to trial for a 2027 team, they can still play in the Saturday comp however, this would be in addition to playing girls comp on Wednesdays.
- All 2026 male rep players must play in their correct age division from Semester 2 2026, if they wish to trial for a 2027 team, they can still play "up" a division if they are top age of their current division however, this would be in addition to playing in their correct age group
- Penalties for non-compliance may include player suspension from the representative team

As a competitive representative program is only built from healthy local competition, players are contributing to the development of the association with their involvement.

FIELD OF PLAY

KNOW WHAT YOU CAN AND CAN'T DO

As a parent at a basketball game, your role is to be a supportive spectator. Once the game starts, the basketball court becomes what's known as the "Field of Play." This area is for players, coaches, referees, and game officials only. Parents and other spectators are not allowed to enter the court during a game unless they are specifically asked to do so by a game official or venue staff.

This rule is in place for safety and fairness. It helps the game run smoothly and keeps distractions to a minimum for everyone involved. If your child is injured or needs assistance, officials will notify you if your help is required. Until then, the best way to support your child and their team is from the stands, cheering respectfully and letting the game unfold under the supervision of trained staff.

SPECTATOR ITEMS – BANNED AND PERMITTED

From the 2026 Representative Season onwards, the following items will be banned at all representative basketball games across New South Wales:

- Thundersticks / Inflatable noise-makers (e.g. pool noodles)
- Vuvuzela horns
- Cheerleading pom poms (as they easily separate and can create a trip hazard)
- Cowbells, drums, pots and pans and similar high-volume instruments

These items are prohibited for the following reasons:

- Safety: We have experienced multiple incidents where pool noodles and similar items have rolled onto the court, interrupting play and creating hazards for players and officials. In some cases, these items have inadvertently hit other spectators.

- Proximity of seating to courts: Many venues used for representative basketball have limited buffer zones between the court and spectators, increasing the risk of interference.

- Inclusion and accessibility: We are proud to support a diverse basketball community. A number of our participants and spectators live with Hidden Disabilities, including visual or auditory impairments, sensory sensitivities, and other conditions. Excessive noise and unexpected stimuli from banned items can negatively impact their experience.

This rule is not intended to limit the passion and excitement of our basketball community. Cheering and team spirit are encouraged!

The following items are permitted and welcome:

- Foam fingers
- Hand-made or printed signs/posters
- Rally towels and team-coloured flags (non-noise making)
- Clapping, singing, and cheering

We thank you for your understanding and support in creating a safe, inclusive, and respectful environment for all involved in representative basketball.

TRAINING & SCHEDULE

- At least 1 training session per week per team for Barrengarry teams, 2 training sessions per week per team for SJL teams. These session/s are covered in the representative levy fees and is part of the official program.
- Some coaches may request additional sessions per week, and this will be an additional cost.
- These training sessions may be weeknights or Saturday/Sunday depending on the availability of the coach and training venues.
- **All training sessions are compulsory**, an injury or non-contagious illness or playing in another association's competition are not an acceptable excuse. All injured players must attend all training sessions to listen and observe and support the team.
- It should be noted that absence from training **WILL** affect a player's court time (special exemption requests will be reviewed by the Representative Delegate).
- Court time is not guaranteed and is determined by the coach based on positive attitude, training attendance, game strategy, player effort and commitment to the Bulls Way. At the end of the day, it is the coach's choice on who gets to play.
- The only exception to this is in U12 competitions, all players are to take the court in each half of the game.
- Players are expected to show commitment, maintain fitness, and contribute positively to the team culture
- The coach may provide players with a training timetable to assist with organising other commitments, including study and casual work.

Players must:

- Arrive at training venues no more than 15 minutes prior to the start time and in a training singlet and shorts – unless private arrangements and payment have been made to the venue as a social booking. If players arrive after this, they will be deemed to be late.
- Bring a water bottle and your own ball (every player is expected to bring a ball to training).
- Wear SCBA training apparel, do not wear another associations apparel or you will be asked to remove it.

- Contact the coaching team advising if running late, unable to attend training or games due to sickness and injury.
- Attend training when injured as you are expected to watch, observe and learn (unless receiving treatment for an injury at that time).
- Inform the coaching team directly if there is an injury that will affect performance in either a game or training session.
- If requested, provide medical clearance if games/training have been missed due to any injury before resuming training/playing.

Parents also play a big part in setting the right tone. This means helping your child be on time, ensuring they're properly equipped, and encouraging them to meet their team commitments. On game day, we ask parents to stay positive from the sidelines, support all players, and let the coaches do the coaching. Your example helps shape the team environment and teaches young athletes how to be respectful and responsible team members.

REPRESENTATIVE PLAYING COURT TIME

Representative basketball is a highly competitive program and playing time is never guaranteed. Some players will play more than others and coaches will have different philosophies on rotating their players. With the exception of Under 12s, where all players must play in both halves, players have no guaranteed court time.

Court time will be allocated at the coach's discretion. Players will improve their chances of gaining additional court time by adhering to expectations set by SCBA with regard to attendance, punctuality, behaviour, appearance and attitude towards their coaches, teammates, referees and extended members of the basketball community. Increases in court time can also be found by demonstrating improved playing ability.

Players will not argue with referees during a game. For any problems, players are to inform the coach so that they may approach the referees if necessary. Players are expected to be teammates at all times both on the court and on the bench. Negativity toward team members will not be tolerated.

UNIFORMS

Uniforms

Only official apparel to be worn by the coaching/support staff and players. No other team colours, brands, logos, or non-SCBA merchandise will be accepted.

Undergarments, must be compression wear, and may be worn however they must be **black**, no other colour is permitted, as per BNSW guidelines.

Shellharbour City Bulls uniform should be worn when in stadiums as a representative player. The SCBA hoodie and/or jacket are optional items but if owned, it is expected that this will be worn as rather than tournament jumpers.

Representative jerseys, shorts, warm up shirts and reversible training singlets are not to be worn unless for an official representative round or representative training. Under no circumstances are representative uniforms to be worn in a social comp setting or events not endorsed by SCBA or BNSW.

SCBA Uniform costs - Costs may be subject to change but are currently as follows:

- SCBA Team reversible singlet – (compulsory purchase) - $51
- SCBA Team reversible short – (compulsory purchase) - $50
- SCBA warm-up shirt (compulsory purchase) - $40 - $45
- SCBA socks (compulsory purchase) - $15.00
- SCBA Hoodie (optional purchase) - $65 - $80
- SCBA Trackpants (optional purchase) - $75
- SCBA Reversible Training Singlet (compulsory purchase) - $45
- SCBA Training Shorts (optional purchase) - $35 - $40
- SCBA Cotton T Shirt (optional purchase) - $35 -$40

Apparel can be purchased from iAthletic via this link - https://iathletic.com.au/collections/shellharbour-city-bulls
Rep Packs are available, compulsory pack, pro pack and elite pack.

The deadline for Uniform Orders and payment is early November 2026. **Payment will be made direct to our supplier. Apparel orders will be delivered directly to the player. Playing kits will be ordered in bulk and delivered to the association for distribution.**

SCORETABLE / BENCH DUTY

- The Team Manager will organise the score bench roster for competition events. The Manager and nominated referee are exempt from undertaking score bench duties.
- Two people are required to undertake score bench duties per game, and it is the responsibility of the player's parent/guardian. ALL players / parents must cover score table duty throughout the season. If this is not fulfilled, the player will not take the court until the duty has been completed.
- Training in the score bench will be held in early 2027 for those who are unfamiliar with their duties or require a refresher. SCBA Domestic competitions are a great opportunity to learn prior to rep games.
- BNSW are implementing a policy that all parents undertaking score table duty for Waratah League (SJL) must hold a Level 1 score table accreditation. When accepting your child's position on the team you acknowledge that you will complete this. There may be a small cost. (More information will be released when SCBA has been advised)
- The Team Manager can forward any BSNW score bench courses onto parents/guardians.
- BNSW have a free scoretable course available here – all parents should complete this short 15 min online course – Basics of Community Scoreboard - https://www.bnsw.com.au/officials/become-a-scoretable-official/

REFEREES

Referees play a critical role in our representative basketball program, and each team is required to have a nominated referee to participate in Basketball NSW competitions. Referees are not just officials, they're developing athletes in their own right. They go through formal training and education, complete fitness assessments, and participate in ongoing development sessions throughout the season.

Many of our referees are under the age of 18 and are learning just like the players. They deserve the same level of respect and encouragement that we expect for our own children.

We remind all parents and spectators to be mindful when interacting with referees. In NSW, verbal abuse, especially when directed at minors, can be classified as child abuse if it causes psychological harm. This includes comments that lower a child's confidence or make them feel unsafe. Even a single comment shouted in frustration can have lasting

effects.

Basketball NSW has a Zero Tolerance Policy towards referee abuse. Any incidents will be reported to Basketball NSW, and in serious cases, referred to NSW Police.

Your support helps create a safe, respectful environment where everyone involved can grow and enjoy the game.

- SCBA are required to supply one referee for each team nominated per event.
- All junior representative players must have, or acquire during the season, a community or Level 0 referee certificate and be available to referee the domestic competition if suited to the task. The Referee coordinator will provide yearly dates for players to attend.
- Any qualified referee who is also a player will be asked to perform both duties during the Barrengarry tournament where available.
- If junior players are unable to obtain a referee level 0 certificate they must undertake volunteer duties.

RESPECT THE GAME

www.respectthegame.com.au

Respect The Game is a new awareness program from Basketball NSW designed to protect and support the people who help our kids enjoy the game, especially towards our referees and coaches. The aim is to reduce abuse and poor behaviour from the sidelines by reminding everyone that basketball is about more than just winning, it's about respect, effort, and community.

This is a statewide initiative built on consistent messaging across all Associations. Each Association will receive an education toolkit and resources to help spread the message. Referees and coaches will also be given extra training and support so they can continue doing their jobs confidently and safely.

Parents and spectators play a big part in this. Your role is simple: be positive and cheer from the sidelines. No shouting at referees or coaches, just encouragement for the players.

Basketball NSW is backing this with a Zero Tolerance Policy on abusive behaviour, and during the representative season, monthly reports will be published online to hold everyone accountable. It's about keeping the game safe, respectful, and fun for everyone involved.

COMMITMENT

Player Commitment

Players must be prepared to work hard to gain positive results and be willing to accept responsibility for their own performance. Don't blame other people and don't make excuses. Great players know they are responsible for their own destiny. Respect the people willing to help you reach your goals. Listen and learn from your coaches, give them your undivided attention, and remember they are there primarily for your benefit, not theirs.

Basketball will develop you as an athlete, but it also presents you the chance to develop as a person.

Commitment – Being a part of a team demands that you can carry out your commitment to others. This will mean that you will need to give up some personal wishes and make sacrifices for the group.

Perseverance – When things aren't going your way you must never give up when you are part of a team. Your team will need your total effort even when it is not your day.

Teamwork – It is crucial that in sport and life you are able to work in a team situation. Sometimes this means learning your role and doing what is best for everyone and not just yourself.

Learning to Compete – This does not mean winning at all costs but rather always competing to the best of your ability. Competition is present in all aspects of life, and it teaches us to value our victories and to be gracious in our defeats.

Respecting Others – In life we must learn to respect everybody regardless of their roles and differences. In basketball, we expect respect to be given to opponents, teammates, coaches, referees, spectators and administrators. This includes no negative talk to teammates, opposition, officials and coaches including swearing either whilst on the bench, or on the court during warm up and games.

Disciplinary Action

All incidents will be reported to the Representative Delegates and/or Senior Coaching Staff.

Poor Sportsmanship - The coach has the option to sub the player off the court. If there is a second offence they will be left off for the rest of the game.

Technical Foul - Any player's technical foul, the player should be subbed off the court. The coach will decide whether this player will take any further part in this game depending on the severity of the incident. As a minimum the player will sit off for 10 mins. The coach will decide whether this player will return to the court in that game, start on the bench for the next game or not play the next game.

Training - Failure to be punctual or to appear at training sessions may result in the coach deciding to limit a player's court time (without valid/approved excuses). Failure to adhere to player expectations during a training environment may also lead to a player receiving court time affected sanctions from their coach, non selection for the John Martin Country Tournament or removal from the team.

Off Court Incidents - If a player is found to be behaving in a manner negatively affecting the reputation of SCBA, their coach will be informed, and it may result in limited playing time, non selection for the John Martin Country Tournament or removal from the team.

Disrespectful behaviour: Any players who engage in behaviour deemed disrespectful to members of SCBA, referees or opposition will be subbed off the court. A second offence will lead to said player being left off for the rest of the game, an official warning and any other disciplinary action deemed necessary.

Refer to:
https://www.bnsw.com.au/wp-content/uploads/2021/08/2020-BNSW-Disciplinary-Tribunal-By-Laws.pdf

Player Communication - The cornerstone of successful basketball is communication. Any issues with a teammate or opposition player should be communicated with the Coach or Team Manager. No arguing or negative communication with referees during games. Any problems will be communicated with the Coach or Manager. The Manager should then find the referee co ordinator or court controller of the venue. Use positive communication and encouragement toward teammates.

FINANCIAL RESPONSIBILITIES

REPRESENTATIVE LEVY

The levied costs for playing Junior representative basketball are based on the competitions that teams participate in as selected by the Coach. This means that the representative levies for the season may vary between each team.

These competitions may include the Barrengarry Conference, Waratah League – Southern Junior League and John Martin Country Tournament.

Upon notification that a player is successful, a deposit of $100 will be required to secure the position. This will be due within 48 hours of receiving the notification of the selection email. This deposit is NON-REFUNDABLE.

Players will only be able to take the court for the first round of competition if instalment one has been made with regard to representative levies, and all domestic term fees and all registrations have been paid in full.

The Rep levies are NON-REFUNDABLE, as the expense of entering a team will have been set based on a player's commitment to play. This commitment by a player is to play for the entire season.

SCBA does not aim to make financial gains from running representative basketball. All fees payable to play in a representative team cover the costs of the operations.

Payment of levies will be required in monthly instalments. Instalment dates will be advised at the time of selection.

Representative players will take part in Barrengarry Conference, Waratah League, and/or John Martin Country Tournament, depending on their selection.

Please note fees can be changed at any time, these are correct as at 17th September 2026

2027 Representative Player Levy Barrengarry Player = $600.88

2027 Representative Player Levy Waratah League (SJL) = $1027.10

2027 Representative Player Levy John Martin Country Tournament (JMCT) = $154.10

2027 Basketball NSW Registration (valid for 12 months) - Ages 8-11 = $27.69 or Ages 12-17 = $36.12

2027 Shellharbour City Basketball Fee (valid for 12 months) – Ages 8-11 = $47.31 or Ages 12-17 = $47.88

REP Levy inclusions

- All nomination, game fees and referee fees for the competitions being, Barrengarry, Waratah League and John Martin Country Tournament
- Court hire and training. If additional training is required by the coach, this will be an extra cost
- Administration levy
- Contribution towards referee and coach accommodation if required

REP Levy exclusions (NOT included)

- Accommodation - overnight stays as required. Accommodation may be booked by the Team Manager, but payments to be made by the player's family.
- Meals - No meals are included in the Levy.
- Travel - Private vehicle to all venues.
- Compulsory uniforms consisting of Shellharbour City Bulls jersey, shorts, warm up top and socks are required.
- State Championships or State Cup Game Fees.
- Pre-Season tournament nomination fees or game fees.
- Representative Presentation Event and Team Photos.
- Finals - if teams qualify for the Barrengarry or SJL Finals, there may be an additional game fee at that time.

Non-payment

- The assumption is that all fees will be paid by the allotted time. A 'no pay – no play' policy will apply should payment not be received by the specified date.
- SCBA will email advising when payments are due to the nominated email address of the individual.
- If payment is not received by the due date, the player will be deemed 'unfinancial' and will not be able to take the court. Full payment includes all representative levies, domestic term fees and registration.
- Commitment by a player is for the ENTIRE season irrespective of later motivation. While fee reduction may be considered on a case by case basis in the event of serious injury, relocation, etc. full fees are assessed upon application.
- Requests for a refund are to be made to the Rep Delegate. Where there is a genuine, uncontrollable reason that an individual player will miss a substantial part of the season, the Executive Board will determine whether a refund is to be issued. If the Board determines that the situation was either predictable or controllable (eg school camp, or an individual choosing not to play anymore) then the refund request will be denied. Refunds will not be given unless under exceptional circumstances and by special approval only.

Hardship

The cost of the Representative Basketball Program should not be a key factor in participation. Requests for payment arrangements should be directed to the SCBA board via info@shellharbourbulls.com.au. Any requests for assistance will be dealt with in confidence and on a case-by-case basis.

FUNDRAISING/SPONSORSHIP

- All sponsorship will be spread evenly across all teams.
- Fundraising is welcome, but approval must be gained from the SCBA Board prior to the planned fundraising event taking place to ensure that there is the legitimacy of actions and there is no conflict of interests.
- All rep teams are expected to assist at fundraising events, including the BBQs run at rep rounds. A roster will be circulated prior to events, showing the team allocations.
- Fundraising towards team costs can significantly reduce the amount families are asked to pay towards the Junior Representative Basketball Program.
- Sponsorship information is available from the SCBA website – https://www.shellharbourcitybasketballassoc.com.au/sponsors/partner-with-us

TRAVEL

Representing SCBA

- As players, supporters and officials, you represent the Shellharbour City Basketball Association Inc and thus, our Code of Conduct must be upheld at all times.
- Disruptive behaviour will not be tolerated at any stage, both on and off the court.
- SCBA officials (Coaches and Managers) are instructed to be firm but fair to all members of the touring party & report any problems back to Shellharbour City Basketball Association and/or parents (minors).
- SCBA officials will decide on the course of action if any disruptive behaviour occurs.
- The Team Coaches are responsible for all basketball decisions involving the group or teams at each competition or training venue.
- Where possible, we encourage group support for each of our competing teams.

Accommodation

- Families must be permitted to book their own accommodation; coaches may request for the team to all stay at the same hotel however this is simply a request and cannot be enforced.

- All team members must make their own bookings at hotels and anyone who chooses to block book an amount of rooms does so at their own risk.
- Accommodation is not included in the Representative levy.

Transport

- Transport is arranged by the players or parent/guardian to/from SCBA tournaments and training activities.

PARENT/GUARDIAN RESPONSIBILITIES

As a parent or guardian of a representative player, you play a critical role in supporting your child and contributing to a positive team and association environment. By accepting your child's place in the representative program, you acknowledge and agree to uphold the same standards, rules and expectations as all participants.

Your responsibilities include:

- Modelling respectful behaviour at all times towards officials, coaches, players, team staff and other parents.
- Fulfilling volunteer duties, such as score bench responsibilities and volunteering on the BBQ, as required by the team or association.
- Maintaining open and constructive communication with the association, coaching staff and other team members.

Note: Parents/guardians are considered and recognised as participants in the representative program and, as such, are bound by the same Basketball NSW Codes of Conduct, policies, and by-laws that apply to players, coaches and officials.

Parent/Guardian Pledge

SCBA has implemented codes of conduct for all its stakeholders. Please make yourself familiar with the code as it applies to you as a parent:

- I won't pressure my child in any way - I know that this is their game not mine!
- I will not use bad language, nor will I harass players, coaches, officials or other spectators.
- I will encourage my child to play within the rules and respect officials and coach's decisions - no matter what.
- I will teach my child to respect the efforts of their opponents.
- I will remember that children learn best by example so I will applaud good plays or performances by both my child's team and their opponents.
- I will give positive comments that motivate and encourage continued effort.
- I will focus on my child's and their team's efforts and performance - not the score.
- I will thank the coaches, officials and other volunteers who give their time to conduct the event for my child.
- I will volunteer my services and help when asked by a coach or official.
- I won't criticise or ridicule my child's performance or any other team members. I realise that good fun and enjoyment is more important than a good win.
- I will not arrive at the venue intoxicated or under the influence of illicit drugs, or drink alcohol or consume illicit drugs at junior matches.
- I will respect the rights, dignity and worth of all the people involved in the game, regardless of their gender, ability, or cultural background.

The LAW

Players or guests under the age of 18 are not to consume alcohol or illicit drugs. No players or guests are to supply alcohol to minors under any circumstances. Taking or supplying illegal substances is not permitted under any circumstances.

Alcohol consumption is restricted to licensed or designated areas and is prohibited during junior basketball activities. Further information can be found here - https://www.bnsw.com.au/conditions-of-entry/

Laws around children under 16 accessing social media have recently changed. SCBA has a comprehensive social media policy that can be found here - https://www.shellharbourbulls.com.au/more/policy-info-downloads please read these prior to accepting a position on a SCBA representative team.

COMPLAINT PROCEDURE

- Do not approach the Coach or Team Manager in front of other players, parents or supporters. Please request a meeting at a suitable time to discuss issues with both Coach and Team Manager.
- If a parent, please ensure you do not discuss complaints or issues in front of your child(ren).
- If a solution cannot be reached at the meeting then the matter should be referred to the SCBA Representative Delegate. Should a suitable outcome not be reached, the issues will be heard by the SCBA Disciplinary Committee.
- If a complaint is of a more serious nature, it should always be directed to the MPO via the website complaint form - https://www.shellharbourcitybasketballassoc.com.au/more/complaints

CHILD PROTECTION

Shellharbour City Basketball Association Inc adheres to Basketball Australia's Member Protection By-Law as adopted in June 2018. A copy of this policy can be downloaded from the BNSW website.

Working with Childrens (WWCC)

- **ALL** coaches, team managers, referees, and committee members, are required to have a verified NSW Working with Children Check, https://www.kidsguardian.nsw.gov.au

- **ALL** coaches must maintain appropriate supervision ratios

- **ALL** coaches are to ensure that children are never left alone or unsupervised

SCBA Member Protection Officer: L a r a M a s s e y – mpo@shellharbourcitybasketballclub.com.au

They can be contacted in regard to concerns that you may have about the safety of your child.

WWCC is free for volunteers and requires attendance at a Services NSW shopfront with a completed form available from https://www.service.nsw.gov.au/transaction/apply-for-a-working-with-children-check

In addition to this, SCBA encourages the following actions:

Make sure your child is aware of personal safety

- Talk to your child about keeping safe. Encourage them to tell you straight away if they feel uncomfortable or have worries about an adult's behaviour, whether during sport or recreation activities or any other situation.
- Tell your child that he or she always has the right to say 'no' if an adult is trying to persuade them to do something they feel is wrong, or which makes them feel frightened or uncomfortable and that you will support them through this.
- Make sure your child understands about their rights to privacy and respect of their body in order to recognise what is acceptable touching by an adult and what is not.
- Develop an emergency plan for your child to follow in situations where they may be at risk of harm, for example when going on overnight or away trips.
- Monitor your child's online presence - Young athletes are still developing judgment and resilience, and online interactions, whether group chats, comments, or posts, can influence team culture and personal wellbeing.

Be aware of possible danger signs

You should be wary of an Association where staff and volunteers behave in the following ways:

- coaches that run private closed practices on a regular basis and operate independently of the Association;
- a coach that increases the amount of time they spend with your child beyond the training session and shows favouritism;
- parents are discouraged from watching or becoming involved in training or other activities;
- rough play, sexual innuendo or humiliating punishments are part of Association practices;
- inappropriate physical contact, inappropriate discipline and language is the norm
- adults in your Association invite children to spend time alone with them outside of scheduled sport or recreation activities;
- poor communication with parents and parental involvement is discouraged; or
- if one or more children suddenly drop out of sport or recreation activities for no apparent reason

You should consider reporting your concerns to:

Local: SCBA Member Protection Officer, Representative Delegate, Executive Board

State: BNSW Member Protection Officer, Child Protection Helpline, Anti-Discrimination Board of NSW

PRIVATE TRAINING AND ADDITIONAL DEVELOPMENT OPPORTUNTIES

We understand that many parents are eager to support their child's basketball development through additional training outside of regular representative sessions. While there are many private providers offering skills sessions, we encourage all families to do their research and ensure that any coach or program aligns with the values, safety standards, and developmental needs of their child.

It's important to be cautious of promises or guarantees, such as selection in a State Team, as no coach can guarantee outcomes based on private training alone. Basketball development is a long-term journey influenced by consistent effort, team play, and many factors beyond individual sessions.

SCBA Representative coaches are not permitted to offer private one-on-one sessions or charge fees to parents of representative players for additional training outside of the representative program. This ensures fairness, transparency, and avoids any conflict of interest within the team environment.

We recommend that parents first explore any additional development opportunities offered by your association, such as group training programs, clinics, or holiday camps, which are designed to complement representative training.

If you are considering external training or are unsure about a coach's offer, please speak with your association representative before making any commitments.

SEASON LAUNCH AND REP PRESENTATION

At the beginning of each representative season, we hold a Season Launch to bring all teams, coaches, players and parents together to introduce our coaching staff, each team, the members of the board. We take official team photos and share vital information about the upcoming season.

At the end of each representative season, we hold an End of Season Function to bring players, families, and team staff together to celebrate the journey. It's a great opportunity to reflect on the highs and lows of the season, acknowledge the hard work of players and coaches, and thank the volunteers and families who helped along the way.

We strongly encourage all players to attend both the season launch and the rep presentation; it's a special way to finish the season with their teammates.

Please note that the cost to attend these events may be separate from the representative fees already paid, as it covers venue, catering, and event-related expenses. More details will be shared closer to the date, including how to RSVP and pay.

ACKNOWLEDGEMENT AND AGREEMENT

By accepting your child's place in our representative program, you confirm that:

- You have read and understood the expectations outlined in this handbook.
- You agree to comply with all association and Basketball NSW policies, codes of conduct, and terms of participation.
- You understood that continued involvement in the program is dependent on meeting these standards.

Your support, behaviour, and partnership are essential to creating a safe, respectful, and successful representative experience for all involved.

BNSW WEBSITE LINKS

BY-LAWS | SPALDING WARATAH JUNIOR LEAGUES
https://www.bnsw.com.au/wp-content/uploads/2022/02/2022-Basketball-NSW-Spalding-Waratah-Junior-League-By-Laws.pdf

BNSW CODE OF BEHAVIOUR COACHES, OFFICIALS AND SUPPORT STAFF
https://www.bnsw.com.au/wp-content/uploads/2021/08/BNSW-Coaches-Officials-and-Support-Staff-Code-of-Conduct.pdf

BNSW Member Protection Policy
https://www.bnsw.com.au/wp-content/uploads/2021/08/Member-Protection-By-Law-18-June-2018.pdf

BNSW Working with Children MEMO: (April 2021)
https://www.bnsw.com.au/wp-content/uploads/2021/08/2021-Working-with-Children-Memo.pdf

BNSW Member Protection MEMO: (April 2021)
https://www.bnsw.com.au/wp-content/uploads/2021/08/2021-Member-Protection-Memo.pdf

BNSW Code of Behaviour MEMO
https://www.bnsw.com.au/wp-content/uploads/2021/08/BNSW-Players-Code-of-Behaviour-1.pdf

Offences And Penalties
https://www.bnsw.com.au/wp-content/uploads/2021/08/BNSW-Tribunal-Offences-and-Penalties.pdf

NSW Basketball Association Disciplinary Tribunals By-Law.
https://www.bnsw.com.au/wp-content/uploads/2021/08/2020-BNSW-Disciplinary-Tribunal-By-Laws.pdf

BNSW CODES of Conduct for Behaviour flyer
https://www.bnsw.com.au/wp-content/uploads/2021/08/2021-BNSW-Code-of-Conduct-Flyer.pdf

BNSW -Zero Tolerance & Sports Rage policy
https://www.bnsw.com.au/wp-content/uploads/2021/08/BNSW-Zero-Tolerance-and-Sports-Rage-policy.pdf

BNSW Concussion Policy summary
https://www.bnsw.com.au/wp-content/uploads/2021/08/2020-BNSW-Concussion-Policy-Summary.pdf

BASKETBALL NEW SOUTH WALES PLAYER PATHWAY
Basketball NSW
AUSTRALIAN TEAM SELECTION
BOOMERS, OPALS, ROLLERS, GLIDERS, U25 MEN & WOMEN WHEELCHAIRS, U19 (EMUS/CEMS), U17 (CROS/SAPPHIRES), BOOMERANGS, PEARLS, UNIVERSITY MEN & WOMEN
NATIONAL LEAGUES
NBL, WNBL, NWBL
STATE LEAGUE
WARATAH 1, WARATAH 2, YOUTH LEAGUE
NSW COUNTRY
NATIONAL PERFORMANCE PROGRAM (NPP)
STATE PERFORMANCE PROGRAM (SPP) U16-U18
AUSTRALIAN COUNTRY JUNIOR BASKETBALL CUP (ACJBC) U14-U18
SOUTHERN CROSS CHALLENGE (SCC) U14-U15
TALENTED ATHLETE PROGRAM (TAP) U13-U14
REGIONAL ACADEMIES OF SPORT (RASI) U14-U16
COUNTRY DEVELOPMENT TOURNAMENT (CDT) U13-U16
COUNTRY DEVELOPMENT PROGRAM (CDP) U13-U17
U12 SKILLS DAY & JAMBOREE
CENTRE OF EXCELLENCE (COE)
STATE TEAM
U16, U18, U20
IVOR BURGE, KEVIN COOMBS CUP
HIGH PERFORMANCE PROGRAMS
SPP, DAP/RASI
DEVELOPMENT TOURS
(CDT,ECC,ACJBC,SCC)
NSW JUNIOR WARATAH LEAGUE
METRO - (MJL)
COUNTRY - (EJL, NJL, SJL, WJL)
INTO CCL
U12-U18
DOMESTIC COMPETITION
U8 - OPEN'S
AUSSIE HOOPS
5 - 10 YEAR OLDS
NSW METRO
NATIONAL PERFORMANCE PROGRAM (NPP)
STATE PERFORMANCE PROGRAM (SPP) U16-U18
EAST COAST CHALLENGE (ECC) U16-U18
SOUTHERN CROSS CHALLENGE (SCC) U14-U15
TALENTED ATHLETE PROGRAM (TAP) U13-U14
DEVELOPING ATHLETE PROGRAM (DAP) U14-U17
COUNTRY DEVELOPMENT TOURNAMENT (CDT) U13-U16
SPECIALIST CAMPS
U13-U17
U12 HOT SHOTS

SHELLHARBOUR CITY BASKETBALL

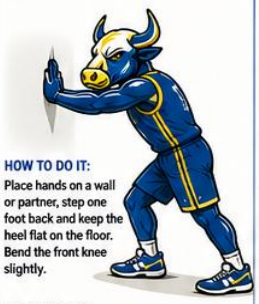
BULLS

BUCKETS THE BULL'S STRETCHING GUIDE

STAY LOOSE.
STAY STRONG.
PLAY YOUR BEST!

8–12 MINUTES TOTAL | HOLD EACH STRETCH 20–30 SECONDS | REPEAT ON BOTH SIDES WHERE APPLICABLE

1 CALF STRETCH (STANDING)



HOW TO DO IT:
Place hands on a wall or partner, step one foot back and keep the heel flat on the floor. Bend the front knee slightly.

WHY WE DO IT:
Calves are heavily used for running, stopping, jumping, and quick changes of direction.

Stretching helps reduce tightness and lowers the risk of calf, Achilles, and shin injuries.

2 HAMSTRING STRETCH (STANDING)

HOW TO DO IT:
Place one foot slightly in front, keep the back flat, and hinge forward from the hips.

WHY WE DO IT:
Hamstrings are used when sprinting, slowing down, and landing from jumps. Tight hamstrings can increase injury risk and affect speed and posture.

3 QUADRICEPS STRETCH (STANDING)

HOW TO DO IT:
Pull one heel toward the glutes, keeping knees together and body tall.

WHY WE DO IT:
Quadriceps work hard during jumping, shooting, rebounding, and defence. Stretching supports knee health and recovery after training.

4 HIP FLEXOR STRETCH (HALF-KNEELING LUNGE)

HOW TO DO IT:
Kneel on one knee, step the other foot forward, and gently push hips forward.

WHY WE DO IT:
Hip flexors tighten from sprinting and defensive distance. Tight hip flexors can cause lower-back discomfort and affect running mechanics.

5 GLUTE STRETCH (SEATED FIGURE-4)

HOW TO DO IT:
Sit tall, place one ankle over the opposite knee, and lean forward slightly.

WHY WE DO IT:
Glutes help with power, balance, and change of direction. Stretching supports hip and knee control, especially on defence.

CORRECTIONS – DO IT RIGHT!
- ✓ Sit tall with a straight back.
- ✓ Keep both feet flexed.
- ✓ Lean forward gently from the hips.
- ✗ Don't round your back.
- ✗ Don't pull the knee upward.

6 GROIN STRETCH (BUTTERFLY)

HOW TO DO IT:
Sit with soles of feet together and gently allow knees to drop toward the floor.

WHY WE DO IT:
Groin muscles are used for lateral movement and defensive slides. Stretching helps prevent groin strains and improves side-to-side movement.

7 LOWER BACK STRETCH (KNEES-TO-CHEST)

HOW TO DO IT:
Lie on your back and gently pull knees toward the chest.

WHY WE DO IT:
The lower back supports running, jumping, and landing. Stretching helps release tension built up during training.

CORRECTIONS – DO IT RIGHT!
- ✓ Pull knees in gently with both hands.
- ✓ Keep your lower back flat on the floor. Breathe slowly and relax.
- ✗ Don't lift your head or shoulders.
- ✗ Don't pull too hard.
- ✗ Don't let your lower back arch.

8 SHOULDER STRETCH (CROSS-BODY)

HOW TO DO IT:
Pull one arm across the body and hold with the opposite arm.

WHY WE DO IT:
Shoulders are used constantly for shooting, passing, and rebounding. Stretching helps maintain mobility and reduce overuse tightness.

9 TRICEPS STRETCH (OVERHEAD)

HOW TO DO IT:
Raise one arm overhead, bend at the elbow, and gently press the elbow down.

WHY WE DO IT:
Triceps assist with shooting follow-through and passing. Stretching supports arm support and shooting mechanics.

10 NECK STRETCH (OPTIONAL – GENTLE ONLY)

HOW TO DO IT:
Slowly tilt head side to side or turn left and right.

WHY WE DO IT:
Neck muscles can tighten from contact, looking up for rebounds, and fatigue. Gentle stretching helps release tension. No rolling or forcing movements.

★ COACH'S TIPS

- ✓ Stretch after training or games when muscles are warm.
- ✓ Focus on good form, not how far you can stretch.
- ✓ Breathe deeply and relax into each stretch.
- ✓ Consistency = better mobility, performance & fewer injuries!

ONE TEAM.
ONE GOAL.
BULLS BASKETBALL.

STRETCH SMART. PLAY HARD. RECOVER BETTER. BE YOUR BEST.