

A large, stylized illustration of a knight in full plate armor, holding a sword and a shield. The knight is rendered in shades of blue and white, with a yellow basketball visible on the shield. The knight is the central focus of the page, with the text overlaid on it.

**PARENT & PLAYER  
INFORMATION  
HANDBOOK**





## 1. Welcome

This booklet is designed to provide the parents of players selected to play with the Casey Cavaliers an overview of the program, but is by no means exhaustive. The Casey Cavaliers are the representative teams of the Casey Basketball Association (CBA).

The Casey Cavaliers field both male and female teams that play in the MUVJBL (Melbourne United Victorian Junior Basketball League). This is the elite level of basketball in Victoria, featuring the best and / or promising players in the state of Victoria. The MUVJBL is the affiliated competition of Basketball Victoria.

It should be noted that pathways to play in the best competitions in the nation, i.e. the NBL, WNBL, SEABL or Big V usually go through a Representative Program such as the one operated by the Casey Cavaliers.

Our values are: **RESPECT, EXCELLENCE, PRIDE & PASSION**

Casey Cavaliers players will be given the opportunity to develop their skills and be the best they can be on the court, while developing personal, social and team values. Including.

- A) Commitment
- B) Perseverance
- C) Personal Responsibilities within the Group
- D) Team Work
  
- E) Respecting the Rules
- F) Respecting Others
- G) Learning to Compete
- H) Following Instructions
- I) Sportsmanship





## 2. About us

The Casey Cavaliers Junior Committee & CBA Management are currently responsible for the day to day running of the junior representative teams on behalf of the CBA. The Casey Cavaliers Junior committee has no responsibility for the organisation or running of the domestic competitions. This is the responsibility of the Domestic Council and CBA Management.

Our coach and coaching team will be responsible for your child's basketball development. Team Managers will be appointed to your child's team by the Casey Cavaliers committee in conjunction with the coach. Team Managers will be responsible for the team organisation and relaying information to families such as special events, game and tournament information, rosters, senior game duty, game and practise times, etc.

## 3. Commitment

All Casey Cavaliers representative players are required to play in our domestic competition for both seasons throughout the year. If a player is new to the Casey Cavaliers, it is expected they are to be registered and playing by the Winter season. Failure to do this, may affect their eligibility to play for the Casey Cavaliers.

All Teams/players are to practice each Sunday for approximately 2 hours, and a mid-week practise of 1 - 1 ½ hours.

If your child is selected to play with the Casey Cavaliers, gaining and then holding a place with a Casey Cavaliers team each year is always dependent upon their performance and their development as an elite basketballer. Players must endeavour to improve at the rate expected of them by their coach and Director of Coaching to hold their place in the program.





Players should put in extra practise at all facets of the game as well as attending the Casey Advantage program, and any relevant Basketball Victoria Camps or clinics.

Casey Cavalier teams participate in 2 compulsory tournaments, these include the Dandenong/Eltham Tournament on Australia Day weekend, and the Casey Tournament on Labour Day weekend in March.

All tournament entry and players costs are paid by the participating Cavaliers players.

#### **4. Playing Philosophy of the Casey Cavaliers**

The Casey Cavaliers playing philosophy is based upon teaching players, HOW TO PLAY THE GAME.

Defensively, all Cavaliers junior teams will be taught how to play Man to Man "PAC" defence, with some zone concepts being introduced at U16's as this is the accepted best practice around the world for teaching players how to play the game.

Offensively, the players will be taught our "Casey Offensive System" with sound principles being "layered in" over their possibly 10-year time with the Cavaliers. Beginning with 5 out concepts and graduating to 2 and 3 a side action. Casey Basketball have chosen this system to best align our athletes with Basketball Victoria and Basketball Australia High Performance & Pathways.





## How We Practice

Casey Cavaliers Representative program has set its goals high. We aim to have our teams playing in the highest possible division on a consistent basis.

In order to do this, we must be elite in everything that we do. Every team and its staff along with parents need to be held to the same standards in order to achieve our goal.

### Casey Basketball NON-NEGOTIABLES

#### Coaches

- Embrace and emphasize the Casey System of Play & Language
- Planned sessions
- Stay on task
- Elite communication
- Coaches eye
- Great body language

#### Athletes

- Practice elite practice standards
- Compete every possession
- Great body language and positivity
- Elite communication
- Listen with your eyes
- Put into action what the coach instructs
- Sprint in and out of drills & huddles
- Participate in every rep / if you are on the sideline you are coaching or cheering
- DO NOT INTERRUPT THE PRACTICE BEFORE OR AFTER YOURS. THIS INCLUDES BOUNCING OF BALLS AND EXCESSIVE NOISE.





Parents

- Practice good supporter habits
- No coaching from the sideline (this hurts your child)
- No undermining of the coach on the ride home
- Controlling other children if they are in the venue. This is distracting to your child's development. (noise, basketballs and running up and down the sideline)

## 5. Competition

The competition is split into 3 Phases:

- A. Spring Phase - runs from October to November and is used for team tryouts and practice games.
- B. Grading Season - runs from November to March
- C. Championship Season - runs from March to September.

Players are placed in the various teams based upon their age, ability and the positional (i.e. Guard, Forward, Centre) needs of the team. Player placement will be determined by skill of the player in conjunction with their Age Group requirements, Coaches and the Coaching Panel will be responsible for determining their initial selection into the program and ongoing playing time.

Team Grading is set for the Championship season by performances during the grading season. Initial grading is nominated by the MUVJBL. Teams can either retain their grade or be moved to another grade depending upon their performances.

Age grading is determined by the player's age as at the 31st of December. Each team usually consists of 10 players.





## 6. Court Time

The amount of court time given to players varies according to the team needs, individual performances, strategies & tactics employed by the Coach or Coaching Panel. Due to the nature of Representative Basketball, players cannot be guaranteed equal court time. However, parents who are concerned with their child's role on the team should arrange a suitable time (not on game night) after Sunday morning practise to discuss the matter (politely) with their Coach and/or Age Group Head coach and/or Program Coordinator.

## 7. Practice Sessions

All Teams are to practice each Sunday for approximately 2 hours, and mid-week practise session of 1 - 1 ½ hours. There will also be some occasional elite practise sessions in terms 2 and 3. Costs are included in your registration fees.

Practises will take place at Casey Stadium, Timbarra P-9 College, Berwick Indoor Sports Centre, and other venues within the City of Casey when required. Players are to arrive 15 minutes before their scheduled practice time and be mentally prepared for rigorous and challenging practice sessions.

Players are required to wear their Cavaliers reversible practise singlet, Cavaliers practise shorts, and preferably Cav's socks. Failure to do so, could see your child having to sit out of practise. All players should ensure they have a Ball, appropriate footwear and enough water for the practise session.

Coaches reserve the right to NOT play players who do not practice, or do not put in sufficient effort during practice.





## 8. Additional Practice Sessions

Casey Intensive Training Program is a free school holiday clinic style program that is free for all Casey representative athletes.

Casey Select is a scholarship program where identified athletes (by the BDM) attend free additional practise sessions. Casey Select is based on the U14 and U16 age groups. All athletes are being evaluated via all of our programs such as Casey Advantage and Academy's.

## 9. Costs

### Player registration fees

Cost \$525.00- Includes the cost of MUVJBL registration, all practices including scheduled elite sessions during the school holidays and administration costs. This is payable in two instalments (include \$25 fundraising levy) and the whole amount is non-refundable. You will not be required to do fundraising for Casey Cavaliers, thus a fundraising levy is built into your fees.

A deposit of \$250.00 is required at registration. Once a player accepts a position and pays their deposit, they are liable for the full fees of \$525.00. The remainder \$275.00 is payable prior to the 2<sup>nd</sup> of December. If you require a payment plan please contact the Cavaliers treasurer at the time of registration. Payment plans will not be accepted after the 2<sup>nd</sup> December.

### Weekly playing fee

Player registration fees, do not cover weekly stadium entry charges (varies from \$3 -\$4 per person), weekly team sheet fees of \$10 per player, or tournament costs. These are in addition to the player registration fees.

### Uniform Package

It is compulsory for all new players to purchase the full uniform package at the cost of \$325.







### Photos

During the season, there will be a Photo day where team and individual photos will be taken, the purchase of these photos are optional.

### Annual Presentation Day

At the end of the season the Club will host a Presentation day. It is an expectation that all players attend this day. Although this day will be partly subsidised by the Club, there may be an additional small charge associated with this day.

### Tournaments

All tournament entry costs are to be funded by the participating Cavaliers team and its players.

## **10. Sports Injuries**

Your child will now be playing a minimum of two matches per week (one Representative, one Domestic) and practise for around three—four hours per week. This can place stress on young bodies, and injuries can occur during practise or matches. The Coaches and Coaching Panel are well aware of the potential for sports injuries and will place your child's welfare as a priority. If you have concerns regarding your child's health, please discuss them with your coach or team manager.

If your child does sustain an injury and is unable to play and/or train for a period of time, they are still expected to attend games to support their team and practise sessions. Although your child will not be practising, by attending, they will be exposed to the drills and game plays taught. It is also highly recommended you provide a medical certificate outlining your child's injury and how long they will be unable to play/practise for.

If you are in need of a Physiotherapist, Casey Cavaliers highly recommend visiting the team at Physioworks Health Group.

They have clinics available in Cranbourne, Berwick, Pakenham and more.

Head to [www.physioworkshealthgroup.com.au](http://www.physioworkshealthgroup.com.au) for more information.





In some situations, player recovery is highly recommended. This can involve icing the body or even massage. For these purposes, Casey Cavaliers highly recommend visiting the team as P3 Sports Recovery.

Head to [www.p3sports.com.au](http://www.p3sports.com.au)

## 11. Results

Game results can be found on the Casey Cavaliers website [www.caseybasketball.com.au](http://www.caseybasketball.com.au) and simply click on the MUVJBL link. This website will also have all required news throughout the season, including Club and team news and features.

## 12. Uniforms

### Playing Uniform

Casey Cavaliers playing uniform is the same throughout our entire Club, Junior and Senior. This is the only allowed uniform. The alternative side of the playing singlet will be used should there be a colour clash with the opposing team. All Cavaliers players MUST wear the correct playing uniform as required by the MUVJBL when representing the Cavaliers. In the event that the correct uniform is not worn, the player will not be able to play.

Correct playing uniform means- Warm up top, Cavaliers playing jersey and shorts, Cavaliers socks, Cavaliers hoodies should be worn to and from games when cold. If a player chooses to wear compression pants, tops or knee pads, they are to be black in colour with no visible logo.

### Practise Uniform

Casey Cavaliers practise uniform is compulsory for all practise sessions. This is the only uniform allowed. In the event that the correct uniform is not worn, the player will not be able to train.

Correct practise uniform means- Cavaliers branded practise singlet, navy blue practise shorts, Cavaliers hoodie, and it is suggested that players wear Cavaliers socks.





The uniform package consists of all the required items for playing and practise. Playing uniform (Shorts and Reversible top), warm up top, practise top (reversible) and shorts, backpack, socks and hoodie.

The uniform package is compulsory. These purchased items will remain the property of the player. It is also the responsibility of the player to ensure that they bring their uniform to each game and that it is maintained in an excellent condition. Uniform items can be purchased at Casey Stadium during competition times. Please note: Allocation of player uniform numbers is done by Casey Basketball, and requests for numbers will not be taken. You cannot purchase a second-hand uniform unless it has been approved by the Junior Cavaliers administrator.

### 13. Parent Involvement

When your child is selected to play Representative Basketball for the Casey Cavaliers, the parents & family are an integral part of the Cavaliers program and you will be required to:

- All parents will be required to score at Friday night game on a roster system. Child protection laws will require each parent to obtain a Working with Children's card. This is must be applied for online [www.workingwithchildren.vic.gov.au](http://www.workingwithchildren.vic.gov.au).
- Help and encourage your child through hard practise and competition
- Help make Casey Cavaliers a strong Club by supporting all of its basketball activities from under 12 to senior levels.
- Help your team (e.g. Team Manager, scoring when rostered, providing carpooling etc. when required)
- Help your team by providing enthusiastic and fair support at games (see Codes of Conduct)
- Help support the Casey Cavaliers by supporting its special events.

Being involved will help your child become integrated into the Casey Cavalier's. It is also good fun, with plenty of opportunities to meet other parents and enjoy social events.





## 14. Issues and Concerns

If you have any concerns, do not hesitate to speak to your Team Manager/Coach, who will be able to guide you to the person you need to contact.

For any coaching issues, please organise a time to meet with your coach after practise on a Sunday. Please do not approach the coach with any issues on Friday night.

If you don't feel you have received a satisfactory answer your escalation path is-

1. Age group Head coach
2. Relative Director of Coaching
3. Basketball Development Manager

For any issues other than coaching-

1. Contact Program Co-ordinator. This must be done in writing to [cavaliers@caseybasketball.com.au](mailto:cavaliers@caseybasketball.com.au).

If you have any concerns with scores, fixturing or anything associated with MUVJBL, please direct these concerns to the Casey Cavaliers Delegate via email [cavaliers@caseybasketball.com.au](mailto:cavaliers@caseybasketball.com.au).

MUVJBL do not want to be contacted by anyone but the club delegate. Fines are directed to the club, should they be contacted by anyone other than the Club Delegate. These fines will be forwarded to the relative person.





## 15. BIG V

During the BIG V season, each team will be required to do duty at a BIG V game at least once, however your team may be required on other occasions. Duties will include floor sweeping during the game, high fiving the Casey players onto the court at the beginning of the game, and other small jobs the committee may delegate to them to help ensure the event runs smoothly. This is an exciting experience for our junior players as they get the opportunity to be part of the BIG V game day.

Players and Team Managers that are involved in the floor sweeping are free to enter, however please be aware all other parents and spectators will be required to pay a \$4 entry fee (1/2 price).

## 16. General

We are continually trying to improve operations and communication in order for you to enjoy your basketball experience. It is intended that this information booklet will give you all the relevant information needed in order for you to have a full understanding of the team effort required by all volunteers to run a successful representative basketball program.

Casey Cavaliers expects that all parents, players and spectators, respect the role of all game officials (Scorers, Coaches and referee's). Under NO circumstances are you permitted to approach a game official before, during or after any MUVJBL sanctioned game. Any breach of the above will result in disciplinary action as sanctioned by MUVJBL and/or Casey Cavaliers.

Casey Cavaliers strive to provide the best available coaching, and facilities for the development of your child. This development and the opportunities provided, can give your child the chance to play at the highest levels, firstly as a junior and later as a senior player. To do this we need to work together on and off the court as a team.





## 17. Social Media Policy

### Basketball Victoria Country - Code of Conduct

#### **Social Media can be fun, helpful and dangerous.**

Comments, notes and photos posted on social media sites such as Facebook, Twitter and on-line forums are usually constructive and positive. Negative comments and images, bullying, criticism and sexist remarks can be dangerous and harmful to people's wellbeing and the reputation and image of the sport.

#### **Do not use social media to be critical of teammates, coaches, official's, administrators, volunteers or spectators.**

Any comment you make on social media sites has the potential to be seen by millions of people. That is great if comments are positive, but it can be extremely negative and harmful if critical of people. Before you post a comment on social media ask yourself this: Would I want millions of people to read something negative about me?

#### **Always assume the person you are talking/writing about will see what has been said/written.**

Just because an online chat is between two people does not mean it remains private and nobody else can see it. Social media is accessible to everyone. Even if the person you are discussing does not see it, somebody else may.

#### **Use social media as a positive outlet to promote players, teammates, teams, clubs and others involved in basketball.**

Posting results and acknowledging individual and team performances on social media makes many people aware of team and individual achievements. That can have a positive effect for many people and should be used, encouraged and embraced wherever and whenever possible.





### **Remember to show respect.**

When using social media, show the same respect and regard for people that you would show and are expected to show when playing, officiating or attending a basketball game.

### **When in doubt, leave it out.**

If you are unsure if what you are posting on social media is appropriate then it is best not to post it, when in doubt, leave it out.

### **Do not tolerate or condone poor social media behaviour or actions.**

If you are aware of or observe poor social media behaviour or action, do not accept it. There is no place for it in basketball and it will not be condoned. You should remind people of their responsibilities when using social media and warn that action can be taken against them. In the instance on minors breaching the code of conduct, alert their parents to the situation. If you believe the breach is serious, report it to you team, club or association officials.

### **Be aware that your actions on social media can have serious consequences.**

Negative comments and images, bullying, criticism and sexist remarks do not only impact negatively on the people they are about. If you are found to have acted improperly on social media regarding a basketball related matter, you are liable to disciplinary proceeding and may be required to face a tribunal hearing to explain your actions. A suspension from basketball could be imposed.

### **Consider social media to be your personal brand.**

Your internet presence fuels any perception of your personal brand - whether you like it or not. Does your social media identity match your real identity? Be mindful of the content of photos, status updates and Tweets. Are they truly reflective of who you are and how you want people to see you?





## Recent correspondence from Basketball Victoria

### Social Networking Sites

Basketball Victoria is concerned at the increasing number of complaints being made about the use of Facebook, Twitter, YouTube and other social networking sites by people involved in basketball, for unacceptable content.

We have seen examples where the sites have been used to bully other basketballers, to criticise referees and to make racist or sexist remarks about other participants. This sort of behaviour is totally unacceptable in basketball and will not be tolerated.

Many of the remarks are being made with the posters believing that because those remarks can only be seen by people they have accepted as friends on their pages, they will not be made public. However, fortunately, there are enough decent people around who bring this behaviour to the attention of Basketball Clubs or Associations or Basketball Victoria. This occurs even when the posts are made by friends because those people recognise the harm and distress this sort of behaviour can generate.

Under Basketball Victoria's Tribunal By-laws and Member Protection By-laws, behaviour which is unacceptable can be brought to the Tribunal, even if it didn't occur on the basketball court. As long as the incident is basketball related, the Tribunal can deal with it. A number of Facebook issues have already been dealt with by the Tribunal and other hearings are pending.

Basketball Victoria will have no hesitation in reporting to the Tribunal participants who misuse such sites if it relates to basketball. Please be mindful of other basketball participants and don't place yourself at risk of finding yourself reported to the Tribunal, as has happened to several people already.

Yours sincerely

**Gerry Glennen**

Governance and Operations Manager

Solicitor







## 18. CODES OF CONDUCT

Coaches, Players, Spectators and Administrators are required to abide by the codes of conduct as set out by Basketball Victoria. A full version can be viewed on the website [www.caseybasketball.com.au](http://www.caseybasketball.com.au). Please ensure that you read these and explain the player's code of conduct to your child. A requirement of the CBA for entry into any stadium under the control of the Association is that the following codes of conduct be adhered to. Failure to act in accordance with these codes of conduct may result in your removal from the Stadium and/or exclusion from competitions.

It is for the safety of your child or children that they must be accompanied & adequately supervised by a parent or legal guardian at all times whilst on any premises under the control of the CBA or Casey Cavaliers.





*Basketball is intended to be a recreational activity for enjoyment and health. This code of conduct has been developed by Basketball Victoria to give participants some guide to the expectations it has on those participants. It is intended to assist everyone to obtain the maximum benefit and enjoyment from their involvement in basketball. As a result, the quality of participation will be improved so people are more likely to start and continue their involvement in basketball. Enjoy!!*





## PARENTS' CODE OF CONDUCT

1. Encourage your children to participate for their own interest and enjoyment, not yours.
2. Encourage children to always play by the rules.
3. Teach children that an honest effort is always as important as a victory.
4. Focus on developing skills and playing the game. Reduce the emphasis on winning.
5. A child learns best by example. Applaud good play by all teams.
6. Do not criticise your or others' children in front of others.
7. Accept decisions of all referees as being fair and called to the best of their ability.
8. Set a good example by your own conduct, behaviour and appearance.
9. Support all efforts to remove verbal and physical abuse from sporting activities.
10. Respect the rights, dignity and worth of every person.
11. Show appreciation for volunteer coaches, officials and administrators.
12. Keep children in your care under control.
13. Always respect the use of facilities and equipment provided.



## PLAYERS' CODE OF CONDUCT

1. Understand and play by the rules.
2. Respect referees and other officials.
3. Control your temper.
4. Work equally hard for yourself and for your team.
5. Be a good sport.
6. Treat all players as you would like to be treated.
7. Play for the "enjoyment of it" and not just to please parents and coaches.
8. Respect the rights, dignity and worth of every person.
9. Be prepared to lose sometimes.
10. Listen to the advice of your coach and try to apply it at practice and in games.
11. Always respect the use of facilities and equipment provided.



## **SPECTATORS' CODE OF CONDUCT**

- 1. Remember that most people play sport for enjoyment.**
- 2. Accept decisions of all referees as being fair and called to the best of their ability.**
- 3. Always be positive in your support for players.**
- 4. Condemn the use of violence in any form.**
- 5. Respect your team's opponents, officials and spectators.**
- 6. Encourage players to obey the rules and to accept decisions of officials.**
- 7. Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches or officials.**
- 8. Respect the rights, dignity and worth of every person.**
- 9. Keep children in your care under control.**
- 10. Always respect the use of facilities and equipment provided.**