



PARENT-PLAYER

3X3 HANDBOOK



## 1. WELCOME

Welcome to the Casey Cavaliers Junior Representative program. This booklet is designed to provide parents of players selected to play with the Casey Cavaliers (Cavaliers) an overview of the program. The Cavaliers are the representative teams of the Casey Basketball Association (CBA).

The Cavaliers field both male and female teams that play in the Victorian Junior Basketball League (VJBL) who have extended the 3x3 landscape. The 3x3 tour is the affiliated competition of Basketball Victoria (BV).

We are thrilled to have you join the fast-paced, high-energy world of 3x3 basketball with Casey Cavaliers Basketball. This format of the game is thrilling, action-packed variation of traditional basketball focuses on skill, speed, and teamwork.

Our values are: **Professionalism, Respect, Integrity, Diversity, Engagement**

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:

- commitment & perseverance
- personal responsibilities within the group
- teamwork & sportsmanship
- respecting the rules & others
- learning to compete
- following instructions

## 2. COMMITMENT

Representative basketball requires a large commitment from both players and parents to the program to ensure the appropriate level of professionalism and development occurs each season.

Cavaliers program requires the following commitment:

- All teams/players must be at all trainings and tournaments.
- All teams/players will compete on Sundays. Ran from 3<sup>rd</sup> May to 2<sup>nd</sup> August, which we will be entering in 8 stops. Tournaments are played throughout Victoria and fixtured by BV.
- Players must continue to work on their game outside of official trainings.

## 3. PLAYING PHILOSOPHY OF THE CASEY CAVALIERS

The Cavalier's playing philosophy is based upon teaching players, HOW TO PLAY THE GAME.

Defensively, in 3x3 format, where every possession counts, we are committed to playing tough, disciplined, and aggressive 1-on-1 defence.

Offensively, players will be taught our "Casey offensive system".

### Tech Fouls

If a player receives a behavioural Tech foul in a 3x3 game, they will automatically be suspended for the next 3x3 game. Once CBA are advised by 3x3 of the behavioural tech foul, our BDO will contact players and parents. Players are expected to attend trainings and games even though they are suspended.



## How We Practice

The Cavaliers representative program has set high expectations. We aim to have our teams playing in the highest possible division on a consistent basis. To do this, we must be elite in everything we do. Every team and its staff, along with parents, need to be held to the same standards to achieve our goal.

### **Cavaliers' NON-NEGOTIABLES**

#### Athletes

- Execute 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

#### Parents

- Practice good supporter habits
- No coaching from the sideline (this hurts your child)
- 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)

## **4. COMPETITION**

Tournament dates are run from 3<sup>rd</sup> May to 2<sup>nd</sup> August. Casey Cavalier teams will play in 8 of the tournament dates which will be played on Sundays.

#### Team make-up

- Team Officials -Team Manager
- U13-U17: 4 players per team.

## **5. PRACTICE SESSIONS**

All team practices details are listed below;

- Thursday 16<sup>th</sup> April (2hr School Holiday Camp). 9-11am for U13s, 11.30am-1.30pm for U15/17s
- Monday 20<sup>th</sup> April, 5.15-6.45pm for all age groups
- Sunday 26<sup>th</sup> April, 1-2pm for U17s, 2-3pm for U13s & 3-4pm for U15s

Players are to arrive 15 minutes before their scheduled practice time and be mentally prepared for a rigorous and challenging practice session.

Players are required to wear only **Cavaliers branded** gear:

- Reversible practice singlet
- Navy-blue Cavaliers' shorts
- Hoodie (in colder weather)
- Track pants (in colder weather)

Failure to do so, could see your child having to sit out of practice.

All players should always bring to practice:

- Basketball appropriate footwear
- Water for the entire session
- Basketball



## 6. COSTS

### Player Registration Fees

Player Registrations Fees include but are not limited to:

- Tournament fees (6 stops)
- Court hire
- Dedicated coach
- Administration

A deposit of \$130.00 is required at registration via the link provided to confirm your acceptance within the program. Once a player accepts a position and pays their deposit, they are liable for the full fees. Payment schedule:

1. Deposit of \$130 - upon registration (last registration date - 25<sup>th</sup> March)
2. Payment of \$100 due by 30<sup>th</sup> April 2026
3. Payment of \$100 due by 30<sup>th</sup> May 2026

**Total Cost: \$330 (inc GST)**

Once the deposit is made, you will be invoiced for the remainder.

Payments can be made via

- by Credit Card via the phone during business hours
- direct transfer to CBA's bank account. (detailed on your invoice)

Please read our refund policy before committing as no refunds are available for change of mind (See Refund Policy, available at [www.caseybasketball.com.au](http://www.caseybasketball.com.au)).

## 7. SPORTS INJURIES

Your child will now be playing in 3x3 tournament on most Sundays, a minimum of two matches per week (one representative & one domestic) and practice for around three to four hours per week. This can place stress on young bodies, and injuries can occur during practice 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 the games and practice sessions to support their team. 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 that you provide a medical certificate outlining your child's injury and how long they will be unable to play/practice for.

Injured players must attend all games if physically able. When attending games whilst injured, players must:

- sit on the team bench as per normal
- wear casual Cavaliers attire (e.g. Cavaliers branded hoodies, tracksuit pants or t-shirts).
- must not wear hats, beanies, thongs or slides etc.

If you need a physiotherapist, Casey Cavaliers highly recommend visiting the team at Physioworks Health Group. They have clinics available in Cranbourne, Pakenham and more.

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



## 8. CAVALIERS INFORMATION

All Cavaliers information can be found on the Casey Basketball website [www.caseybasketball.com.au](http://www.caseybasketball.com.au) by simply clicking on the Junior Cavaliers section in the menu, you will be able to find all:

- Fixtures & results
- Required forms and calendars
- Cavalier development programs
- Cavalier holiday clinics

## 9. UNIFORMS

### Playing Uniforms

Cavaliers playing uniform is the same throughout our entire junior program. This is the only uniform allowed. 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 when representing the Cavaliers. If the correct uniform is not worn, the player will not be able to play.

Correct playing uniform means:

- Cavaliers playing singlet + shorts
- Cavaliers socks
- Cavaliers hoodie
- Cavaliers warmup top
- relevant compression gear (must be black with no visible logos)

### Practice Uniform

Cavaliers practice uniform is compulsory for all practice sessions. This is the only uniform allowed.

**If players are out of uniform, they may be asked to sit out of practice.**

Correct practice uniform means:

- Cavaliers practice singlet
- Cavaliers navy practice shorts

## 10. PARENT INVOLVEMENT

When your child is selected to play representative basketball for the Cavaliers, parents & families are an integral part of the Cavaliers program, and you will be required to:

- help and encourage your child through hard practice and competition.
- help make 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.).
- help your team by providing enthusiastic and fair support at games (see Codes of Conduct).
- help support the Cavaliers by supporting its special events.
- help support the Team manager in his/her endeavour to create the best rep environment possible

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



## 11. ISSUES AND CONCERNS

If you have any concerns, do not hesitate to speak to your team manager.

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

1. 3x3 Co-ordinator
2. Email [cavaliers@caseybasketball.com.au](mailto:cavaliers@caseybasketball.com.au)
3. BDM

If you have concerns regarding player welfare in the program (not related to basketball, court time, development etc).

Please contact our welfare officer:

- [welfare@caseybasketball.com.au](mailto:welfare@caseybasketball.com.au)

For any other concerns, such as:

- scores/results
- fixturing
- anything else associated with VJBL

Please email [cavaliers@caseybasketball.com.au](mailto:cavaliers@caseybasketball.com.au)

Parents are not to contact BV regarding team/fixturing issues. They will ask you to go back to your club.

## 12. COMMUNICATIONS

All communications about upcoming events and programs will be communicated via email from the BDO.

Team managers will communicate through text message to their relative teams.

## 13. GENERAL

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

Cavaliers expects that all parents, players and spectators, respect the role of all game officials (scorers, coaches and referees). Under NO circumstances are you permitted to approach a game official before, during or after any 3x3 game. Any breach of the above will result in disciplinary action as sanctioned by BV and/or Cavaliers.

Cavaliers strive to provide the best available coaching and facilities for the development of your child. The development and 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.



# 14. SOCIAL MEDIA POLICY

## Basketball Victoria - 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, officials, 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 your 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 proceedings 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?

**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.

## 15. 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 players 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 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.
14. Don't coach your child from the sidelines. Encouragement NOT instruction

## **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.



# CASEY BASKETBALL ASSOCIATION

## REFUND POLICY

By legislation, customers will be entitled to a refund when a service fails to meet one of the consumer guarantees provisions.

The relative consumer guarantees are:

- a. Services will be provided with due care and skill.
- b. Services will be fit for purpose.
- c. Services will be provided within a reasonable time (when no time set).

However, just because one of the above guarantees is not met, doesn't give rise to an automatic right to refund.

Whether a refund is available for breach of one of the above consumer guarantees will depend on the nature of the problem and whether that problem is a 'major problem' or a 'minor problem' as defined by law.

(In relation to registrations fees, the problem must be deemed a 'major problem')

### Major Problem

A service will have a major problem if it:

- Has a problem that would have stopped someone from purchasing the service if they had known about it.
- Is substantially unfit for its normal purpose and can't easily be fixed within a reasonable time.
- The consumer informed the supplier that they required the service for a particular purpose, but the service and any resulting product did not achieve that purpose and cannot be easily made fit in a reasonable time; or
- The supply of service creates an unsafe situation.

### Minor Problem

If the problem is not a major problem, it is a minor problem (can be fixed) and Casey Basketball is not required to provide a refund and Casey Basketball can choose how to fix the problem.

### Partial refunds

If there is a major problem in Casey Basketball providing basketball administration services to a customer, the customer has the right to cancel the contract for such services and will have a right to a refund of their registration fee, up to the value of any part of the service not consumed.

### Refund for change of mind

Customers are not entitled to a refund if they simply change their mind.