

Introduction:

Dear representative basketball player,

Basketball Manawatu welcomes you for this up & coming season. We hope that through sports we will create Better Athletes and Better People.

You will be representing yourself, Whanau, the local community, Basketball Manawatu, and the region. Be proud of who you are and where you come from.

As a member of Basketball Manawatu, you will create several “fond” memories through connections with your teammates, coaching staff, Basketball Manawatu, and whanau. You will experience a lot of “lows” and several “highs” throughout the season.

Enjoy every minute you are on the court.

Over the next 15 weeks or so you and your team will be preparing and striving to win a national or development title at your respective age group tournaments.

This booklet takes you on a journey better informs you as an athlete and the expectations as an athlete.

Player Well-being

Along with the physical demands of a tournament, you may experience an increased stress on their mental well-being.

This could be due to the increased mental pressure of having multiple games in one day, changes to normal routines, internal or external stresses, personal issues outside of the team environment or even the result of traffic congestion on the way to the tournament.

It is important to be aware of how you are feeling both physically and mentally. If you are feeling anxious take a few moments and speak with your manager, Assistant coach, or Head Coach. Talk to them about how you are feeling, how you slept, your food intake and if you are feeling ill. They are there to listen and ease any anxiety that you may be feeling.

We want you to the most out of the tournament as well as contribute positively to the team.

Expectations As a Player:

Honoring the Game: ROOTS

One important thing we will work on all season is about HONORING the GAME. We will talk about respecting ROOTS. Each letter in ROOTS stands for an important part of our sport that we must respect:

R stands for RULES: Rules keep the game fair. I want you to play by the rules, even when you think you won't get caught if you break them.

O stands for OPPONENTS: Without opponents, we could have no game. A good opponent pushes us to do our best, so we should be grateful for our opponents. I promise that I will show respect for the opposing coaches and teams, and I expect them to do the same.

O stands for OFFICIALS: Respecting officials can be the most difficult part of Honoring the Game. Officials have a very hard job, keeping the game safe and fair for both teams. Officials are not perfect (just like coaches, athletes, and parents) and sometimes they will make calls that are not in our favor, but I want you to show respect for the officials, and I promise I will too.

T stands for TEAMMATES: A big part of playing our sport is being part of a team. Later in life you will often be part of a team, and it is important to learn to work together. When you are on a team, in your words and actions – before, during and after practices and games – reflect not only on you, but also your teammates and coaches. So, treat them as you would want to be treated. I want you to encourage and support each other on and off the court.

S stands for SELF: Some people Honor the Game when their opponents do, but I want us to Honor the Game no matter what the other team or fans do. We set our standards and live up to them no matter what.

If you do these five things, you are Honoring the Game. You and your team will get the most out of your season, and you will help advance the great traditions of our sport.

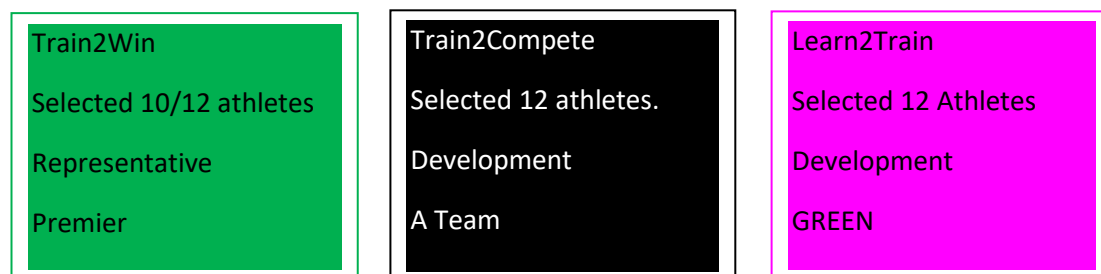
Selection Information

Once you have received your “congratulations” email you will be required to respond and sign-off the following documentation:

- The Player’s Code of Conduct MUST be signed and returned to Basketball Manawatu.
- Complete the Medical Form and MUST return to Basketball Manawatu or Team manager.
- Return a signed copy of the Terms & Conditions of the Representative program.
- All documentation will be available through the Basketball Manawatu website.

Basketball Manawatu Representative Selection Pathway

Basketball Manawatu offer three pathways:



Learn2Train Program: Premier Teams.

The Learn2Train program is a development program and an opportunity to implement skills learned in a game environment through tournament situations.

Train2Compete Program: A Teams.

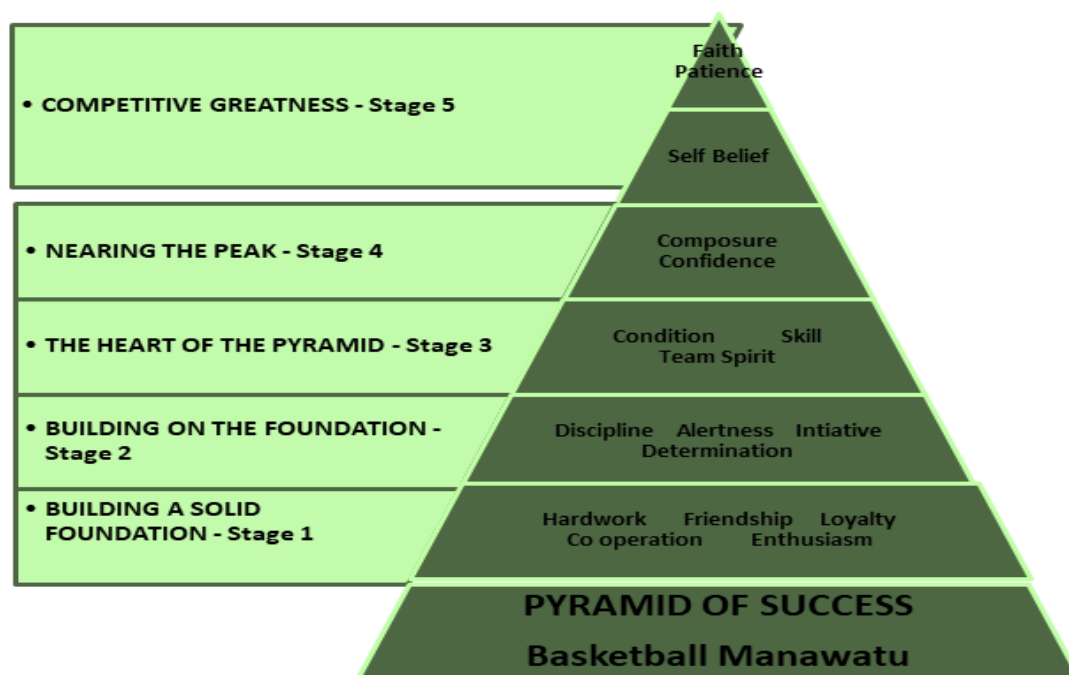
The Train2Compete program serves as the foundation for the Train2Win Premier team. This A Team Development program spans approximately 13 weeks, focusing on honing skills, fostering teamwork, and preparing athletes for higher levels of competition. The program season concludes with a Regional Development tournament.

Train2Win Program: GREEN Development Team/s.

The Train2Win Representative program runs for approximately 15–20 weeks, depending on the age group. This program is designed for athletes who have demonstrated exceptional skills and commitment. If the team qualifies at the qualification tournament, they will represent Basketball Manawatu at the Basketball New Zealand National Age Group tournament.

SUCCESS

Is a piece of mind that is a direct result of “self – satisfaction” in knowing that you did your “best” to become the “best” you can become.



Based on John Wooten's Pyramid of Success

Building on the Foundation

Discipline: Control of your organisation begins with control of yourself; Be disciplined

Alertness: Constantly be aware and observing. Always seek to improve yourself and the team.

Initiative: "Make a decision! Failure to act is often the biggest failure of all".

Determination: "Stay on course. When thwarted try again, harder, smarter.

Persevere relentlessly.



Heart of the Pyramid

Condition: "Ability may get you to the top, but character keeps you there – mental, morale and physical"

Determination: "Stay on course. When thwarted, try again, harder, and smarter. Persevere relentlessly."

Skill: "What a leader learns after to learnt it all, counts most of all.

Team Spirit: "The star of the team is team. The WE supersede the me".



Nearing the Peak

Poise: "Be yourself. Don't be thrown by events whether good or bad".

Confidence: "The stronger the steel is, well-founded, self - belief. It is earned, not given".



Competitiveness Greatness

*Perform at your "Best" when your "Best" is required.
Your "Best" is required each day".*

Basketball Manawatu Style of Play:

The style of play starts with you the athletes:

Basketball Manawatu players...

- Are great defenders.
- Are in great physical shape.
- Are assertive.
- Compete with relentless persistence.
- Are "WE" players.
- Can handle adversity; and
- Are flexible.

TEAM OFFENCE

The focus of the Basketball Manawatu's offensive style is playing with awareness and purpose in all phases of the team's possession.

1. We want to show immediate pressure on the defence as soon as we gain possession. By sustained running and attacking in transition, we want to create high percentage scoring opportunities in the first 6-8 seconds of the shot clock. This is done by sprinting lanes for lay-ups, running to create an advantage at the 3-point line or showing an early post catch.
2. We then look to create scoring opportunities through purposeful ball and player movement and engaging the defence to consistently defend action such as cutting, screening, post play and penetration.
3. We want to showcase the unselfish nature of Manawatu players and have them work collectively and for each other to create high percentage, predictable shots.

4. Maintaining pressure on the rim through penetration of the key is crucial in the final seconds of the possession. When a player creates a “split” of the defence, all players have an understanding of creating space and providing options in the late clock situation. Penetration under control and with purpose limits turnovers, creates good shots and allows us to rebound and transition to defence efficiently.

TEAM DEFENCE

Defensively, our focus is on disruption and ensuring the offensive team is not able to operate in a rhythm or with any level of comfort. Being disruptive is not always about full court pressing or trapping, it is more a philosophy of taking the offence away from what they are most comfortable doing.

The principles of ‘pack’ positioning in the half court provide a foundation for achieving this, with the positioning of all defenders providing the base on which we build our defensive schemes and systems of play. However, the principles of ‘pressuring’ also allow us to focus on disruption and ensuring the offensive team is not able to operate in a rhythm or with any level of comfort.

Nutrition

You need to fuel up before training and recover well after training.



What should I be eating?
How much should I be eating?
When should I be eating?

Before

Fuel up & Drink Up

Last meal should be not more than 2 hours before.
If “yes” you should have a light snack containing
1 – 2 servings of carbohydrates
(1 serving = 15g carbohydrates)

During

TRAINING / COMPETITION

After

RECOVER and REPLENISH

30 – 60 minutes After

Priority will be given to having some carbohydrates and protein for recovery. It is ideal if you can have a proper meal with 20g high-quality protein (1 serving) adequate carbohydrates. If you are unable to consume a full meal within 30 – 60 minutes, you should consume a light snack with at least serving of carbohydrates and ½ - 1 serving of protein.



REST

When an acute injury occurs, there are 5 distinct signs and symptoms to look out for:

Signs & symptoms
Warm to touch
Redness
Swelling
Pain
Loss of Function

If a serious injury (i.e., fracture dislocation, severe pain and/or swelling) is suspected emergency first aid should be sought.

P.O.L.I.C.E

What should you do if you are injured?

During the initial swelling period which lasts 48 hours, you can do the following to reduce swelling, pain, and eventual time to full recovery.

DO	WHY	HOW
P	PROTECTION helps to prevent further injuries	Tools like crutches, slings, and splints. Gentle range of movement of injured areas
OL	OPTIMAL LOADING aims to promote early recovery	Stay as active as physically possible. Within pain free limits
I	ICE reduces swelling and pain	Apply ICE every 15 – 20 minutes. Every 2 – 4 hours. Minimum 3 cycles
C	COMPRESSION reduces swelling	Apply pressure bandage
E	ELEVATION reduces swelling	Elevate the injured area

Injury Prevention

You cannot avoid injuries completely; however, we can help you identify the risk factors of sports injuries and implement strategies to lower these risks and therefore the occurrence of injuries (see back page)

QUANTITY

Teen (14 – 17 years)

Recommended: 8 – 10 hours

Young Adult (17 – 25 years)

Recommended: 7 – 9 hours



QUALITY

Consistent Schedules

Fixed bedtime

Regular activities before bed

Limited use of technology

Night mode 60 minutes
before bed

Positive sleep environment

Quiet

Dark

Well ventilated



How can mum or dad help?

Discuss sleep schedule with them!

Good method to reduce daytime mental and physical fatigue

15 – 20 minutes

In early afternoon

Not too close to training/competition time

Freshen up after napping



NAPPING

Some Helpful Time Management Tips

Prioritize Practices

Making practice is crucial to your success.

If you don't put in the work in at practice, you won't see the results!

Schedule all your basketball practices and other sporting commitments.

Having a set training schedule will help you stay on top with your academic studies.



Planner or Calendar

Using a planner or calendar is an easy way to view all your commitments and deadlines in one space.

Compare your planner or calendar to the representative season.

You will be able to see where events may clash.



Balancing Act

Being involved in extracurricular activities, including school training, jobs, clubs is great but balancing them with training and competition can be difficult.

Try to get a feel of your training and competition schedule to be sure you are not biting off more than you can chew.



Training and Competition Timings

Once you know your training and competition schedules work with your parents to get you to training and competitions at the allocated time expressed by your coach/manager.

If you are going to be late ensure that the manager is informed.



Job

Once you know your training and competition schedule talk to your employer and discuss your working hours and training and competition schedule.

If you communicate earlier rather than later, you may be surprised, and the employer will ensure the rostering is changed to assist with your time schedule.



Tips to Handle Pressure

Dealing with

PRESSURE

1. Understand what is CONTROLLABLE and what is not.

CONTROLLABLES	UNCONTROLLABLES
Training, fitness, Attitude	Officials, competitors, crowd

2. Practice pressure situations during training
3. Use relaxation exercises to keep you calm and focused.
4. Share how you feel with others!
5. Strive for excellence, not perfection.
6. Identify skills/techniques that suffer most when you are under pressure – practice them.
7. Let go of things you cannot control.

Pre-Game Mental Preparations

Three things I can do to prepare mentally for competitions.

Goals

What are the things I must do to achieve the best possible result in this competition?

Examples:

Have breakfast/hydrate.
Use imagery.
Focus on self not others.
Focus on specific techniques/tactics.

Review goals and see what ones you achieved and which ones you need to work on.

Imagery

See and feel yourself performing optimally.

Tips:

Find a quiet place.

Close your eyes.

Take 3 deep breaths and exhale slowly.

Count to 4 as you inhale, hold for 7

counts, and count to 8 as you exhale.

Imagine how you want performance to go.

Feel the sensations, hear the noise.

Slowly open your eyes after imagery

**! Practice the night before
and before competitions**

Create a simple Pre-Competition Routine

	What do you need MENTALLY	What do you need PHYSICALLY
On the way to the competition		
Before the competition		
During the competition		

The Mental Toolkit

Can be a small container comprising of various items that help representative athletes like yourself with the resources to better prepare psychologically for training and/or competition. We encourage you bring along your mental toolkit to trainings and competitions to aid you when necessary. Bringing your toolkit to training sessions can help you familiarize you to the items in the toolkit and help you use them better during competitions.

Your Mental Toolkit could look like this.

#1 Stress Ball

Can be used to facilitate relaxation

TIP: Use it anywhere and at any time – before/after training or competition

#2 Flash Cards

Contain bite sized pieces of information on mental skills and how you can use them

#3 Eye Mask & Eye Plugs

Help shut out external environment to focus.

TIP: Use imagery to prepare for upcoming performances or reflect on past ones

#4 Marker & Tape

Write down motivational or instructional phrases.

Tip: Use tape to stick these phrases up in an easily noticeable spot.



Sports Injury Prevention

Risk Factors have two categories:

Extrinsic (Environment)	Intrinsic (Athlete)
Training Errors <ul style="list-style-type: none"> - Excessive volume - Excessive intensity - Rapid increase - Inadequate recovery - Faulty technique - Lack of proper warm up and warm down Surfaces <ul style="list-style-type: none"> - Too hard - Too soft Equipment <ul style="list-style-type: none"> - Inappropriate - Wrong sizes - Worn out condition. Environmental Conditions <ul style="list-style-type: none"> - Hot - Cold - Humid 	Age Gender Muscle imbalance Muscle weakness Poor balance and agility History of previous injury Lack of flexibility <ul style="list-style-type: none"> - Generalized muscle tightness - Restricted joint range of movement

Injury Prevention Strategies

Risk Factor	Strategy
Muscle imbalance, muscle weakness, lack of flexibility, lack of required balance and agility	Stretching & soft tissue release Strength & Conditioning
Lack of proper warm up	Sports specific warm up
Equipment & shoes	Ensure you “break” in your brand-new shoes or new equipment
Environment	Ensure any potential hazards are removed. Run-off at the end of the courts

Sports Specific Warm Up

- Increase the body/muscle temperature to prepare the body for physical demands.

Stretching

- This is an important part of recovery.

Strength & Conditioning

- This is to equip you with the required physical strength, power, and agility to perform well.

Basketball Manawatu wishes you all the best. You represent yourself, your whanau, your team, your school, and your community. Be proud of who you are!