

## Introduction:

Dear basketball player and whanau,

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 2 months or so you and your team will be preparing and striving to win a national or development title at your respective age group tournament.

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

## Basketball Manawatu Key Contacts

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## Objectives:

With this age group there are 5 primary objectives:

- Help your child to develop the necessary skills to be successful at this level and to prepare your child for the next step.
- To have FUN and have kids develop a “love” for the game.
- Learn about the importance of teamwork and sportsmanship.
- Give positive reinforcement based on effort rather than results.
- Provide a safe and healthy environment for all kids on 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.

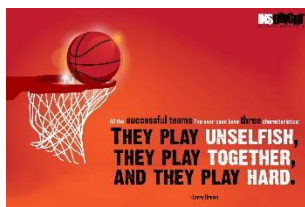
O stands for OPPONENTS: Without opponents, we could have no game. A good opponent pushes us to do our best, so we should be grateful for our opponents. Respect your opponents.

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.

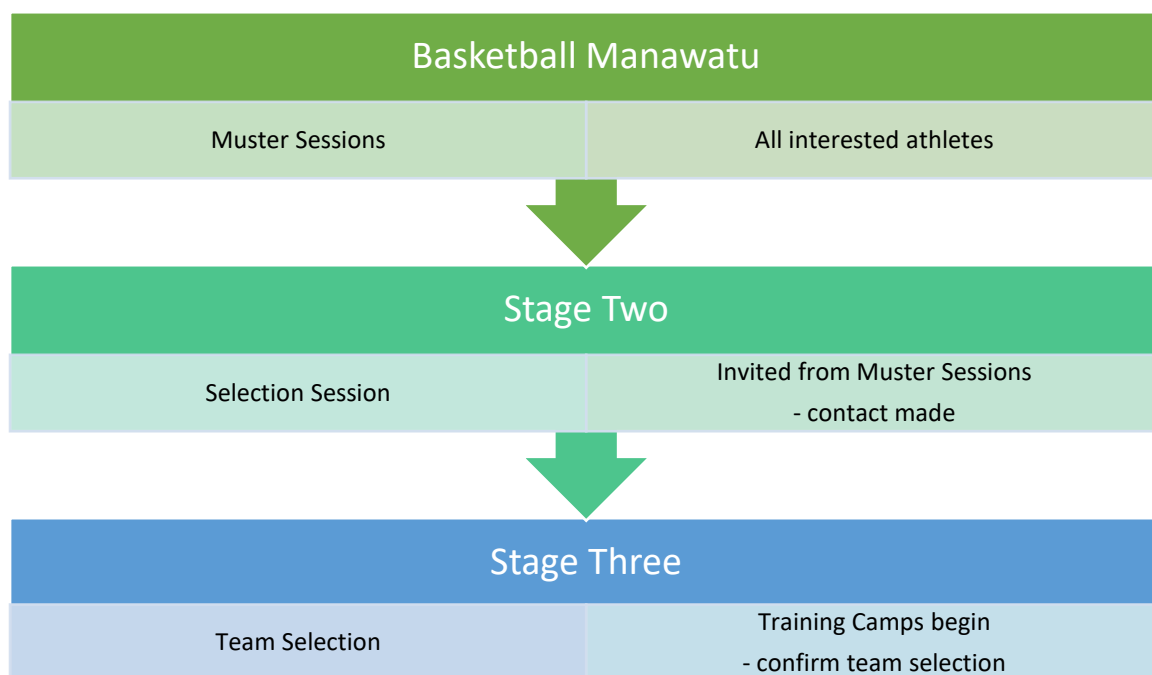
T stands for TEAMMATES: Playing our sport is being part of a team. It is important to learn to work together. When you are on a team, in your words and actions – before, during and after practices and games – reflect not only on you, but also your teammates and coaches. So, treat them as you would want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

S stands for SELF: 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.*



## The Process



## Player Selection Criteria

When evaluating players for our Basketball Manawatu teams, the following is used as a guide to help us determine the worthiness of a selection. A player can show exceptional ability in any one area, and that may be enough to have him/her on the Basketball Manawatu radar. Obviously, the more attributes a player displays, the more likely he/she is to be successful and develop into a future Tall Black or Tall Fern.

### CHARACTER ATTRIBUTES

- Work Ethic – disciplined, committed to getting better.
- Coachability – learning capacity, growth mindset, receptive to feedback.
- Competitiveness – tenacity, passion, always competes.
- Good Teammate – ability to work with others.
- Positive attitude

### PHYSICAL ATTRIBUTES

- Fundamental movement patterns – stop/start, jumping/landing technique, footwork.
- Athleticism – explosiveness, speed, jump.
- Height/Wingspan

### GAME SENSE

- Understanding the BM Style of Play
- Ability to play without the ball.
- Basketball IQ
- Instincts

### BASKETBALL SPECIFIC SKILL (some of these concepts develop as they move through age groups)

- Shooting: Technique and Shot Selection
- Interior finishing: Finishing with contact, variety of finishes.
- Individual Offense: Creating penetration and force defensive rotation.
- Individual Defense – Ability to stay in front, defend without fouling.  
(Stay down, chest2chest, hands ready, chest blow, pop back, playing without fouls)
- Team Defense concepts
- Decision making – playing with advantages.

### Selection Information

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

- Player’s Code of Conduct MUST be signed by parent or caregiver and returned to Basketball Manawatu.
- Parents or nominated caregiver sign and return the Code of Conduct forms.
- Complete the Medical Form and MUST be returned to Basketball Manawatu.
- Parent or nominated caregiver sign and return the Players Agreement outlining the terms and conditions.
- Parent or nominated caregiver sign and return the Financial Commitment outlining an estimated budget and strategies.

### Competition/FUN Continuum

Basketball by nature is a competitive game. The level of competition falls on a continuum from having FUN through participation to winning medals at the highest level.

At this stage of development, it is recognized that FUN and participation should be the highest priority.

### Playing Time and Positions

For this age group there is a drastic difference in skill level among kids. We want the opportunity for the kids to play “freely. However, during training sessions get them to understand the concepts of “motion “basketball. This concept will give them the basis of understanding movement.

As a coach “playing time “is a very important aspect at this age. Reinforcing the importance of teamwork and sportsmanship and remaining focused on effort and attitude will ensure all players get good playing time.

### Team Rules and Discipline

Team rules will be created by the team. What is acceptable and not acceptable training rules will be their responsibility. They will also apply the consequences if the rules are challenged or broken.

### Good Sportsmanship

Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game or practice session. Learn alongside them.

Cheering is great and that support can be “positive” no matter whose child it is. Providing instructions will cause conflict with the child, their coach, and the team – be a positive supporter 😊

Remember it’s about their opportunity to enjoy playing a game.

## Good Sports Philosophy:

Our athlete's experiences can be clustered into two patterns:

Climate of Performance (Attitudes & Behaviours) & Climate of Development (Attitudes and Behaviours)

Basketball Manawatu encourages the holistic development of our athletes during their journey. We want our athletes to be Active for Life in their later years, but also give them the best possible opportunities to compete for their Nation.



## Nutrition

You need to fuel up before training and recover well after training. Same for competition!



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 no more than 2 hours before.  
If “yes” you should have a light snack containing  
1 – 2 servings of 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

## Injury Prevention

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

### Educate your Child about:

#### 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.

## Sleep

Teen (14 – 17 years)

Recommended: 8 – 10 hours

### QUANTITY



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

### QUALITY



How can mum or dad help?

Monitor their sleep patterns

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

Parents, please get your child to practice on time. If you going to be late contact the Manager or Coach.

### 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, 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.



### Volunteers are Important.

Coaches, and managers are all our volunteers. If you assist in any way, please let the manager or Coach know – transporting kids to an event, fundraising, cooking etc.

All parents will get training on the score bench duties.

### Involvement

Get involved in playing basketball with your child. You can assist at training or play in the park. This is important because we only get one organized training session, and repetition is crucial for skill development. They still need to work on skills at home.

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!