St Bede’s Senior A

Basketball

 

# **2017 Player Handbook**

**Name:**

**ST BEDE’S SENIOR A BASKETBALL**

Welcome to SBC Senior A Squad for 2017. We are looking forward to a great season. Welcome to all new members of the squad and to their families. We look forward to meeting you as the season progresses. We have noted down some key points that you need to be aware of as we start the season.

**BASKETBALL CLUB**

I am pleased to say we have formed a SBC Basketball Club and we will be setting up a mailing list and Facebook page for the club in the near future.

Committee members are:

Chair: Ali Hughes

Treasurer: Pip Harris Conyers

Secretary: Yvonne Teague

Co-captains (Seniors) Joma Mabazza/Tom Hughes

Head Coach: Grant Ven

Director of Sport: Clare Kissick

Committee members: Alastair Penney, Mervina Mepana, Rejhon Lugtu, Graeme Earl, Caleb Conyers, Mike Barnett

**COMMUNICATIONS**

We run an SBC Seniors Basketball group on Facebook - SBC Senior A Basketball 2017 ([https://www.facebook.com/groups/731990116831989/)](https://www.facebook.com/groups/731990116831989/%29) and encourage boys and parents to subscribe to this. It is a closed site just between us, so is a safe environment and a good place to share information quickly. Please request access and I will sign you up. Most communications will come through Facebook.

**TRAINING**

Senior trainings will be held on Mondays and Thursdays after school. It is likely we will add a shooting training on Thursday mornings as well as soon as the new shooting machine arrives.

**GAMES**

Games are Tuesdays and Saturdays. Tuesday evening is the Thompson Trophy tournament, which is for high schools in the Christchurch area, which includes Lincoln, Ashburton and Rangiora.

On Saturday St Bede’s enters a Checkers-St Bede’s U20 team in the Canterbury Basketball U20 competition. Boys who play in the Senior Team (and who are Year 11+ ) are also expected to play for the Checker-U20 team on Saturdays as well.

Draws are made available through: <http://websites.sportstg.com/assoc_page.cgi?client=0-3995-0-0-0>

**FEES**

02-0816-0253094-000

**UNIFORMS (CANTERBURY BASKETBALL ASSOCIATION MATCH RULES 2016)**

● For 2017 the Senior boys have decided they would like to have a new uniform which has their names on the back of their singlets. We are still getting quotes, but a new strip will cost each boy approx. $150. We will be doing a bacon fundraiser very soon and this is a really good way of making money. Senior boys can put what they raise towards their new uniform.

● CBA do not allow any visible undershirts to be worn under the strip

● Compression arm sleeves may be worn, but should be same colour as the strip

● Full length leg compressions stockings may be worn this season but would complement the strip

● We will be putting in an order for warm-up tops and hoodies again-further details to follow.

**BENCH DUTY**

● There is an expectation from the CBA that each team will provide FOUR players to bench for the game either before or after their own game

● These players MUST know how to undertake bench duties-this includes using the ipad for digital scoring for Glory League games.

● There must be no eating, drinking or cell phone use during bench duties

● At least one of the players on bench duty may be asked to referee a game

● Stats are taken for each game. We will be running a manual score sheet and digital scoring during our games and bench players will need to assist with scoring for Bede’s. This will give players good practice for bench duties.

● Bede’s is organising referee training for all Senior and U17 boys

**MOUTHGUARDS**

● This season mouth guards must be worn in all games due to new Health & Safety regulations. All players will be given a 2-week grace period at the start of the season to ensure compliance with this. If, after the third week a mouth guard is not worn then the player will not be allowed to take the court.

● The Canterbury Basketball Association is able to supply “V-Shock” mouth-guards in bulk and St Bede’s will have a supply on sale for $20 each –this is a $5 saving on Rebel Sports price. These guards can be worn with braces.

● I will keep a couple of spare mouth-guards in the gear bag for emergencies as well.

● If you are buying your own mouth-guards remember to get the ones for basketball as the rugby ones are too heavy and dense for bball.

● Rob Cortier of Duchenne Dental (http://www.duchenne.co.nz/) offers a mouth guard fitting service for basketballers. This provides an appropriate fitted mouth guard that works with or without braces. Cost are approx $120 and they need a week after the fitting to make up the mouth guard. Their phone number is 03 375 4444. Please mention St Bede’s College basketball if you use this service.

● If there is a medical reason why a mouth guard cannot be worn then you will need to get a medical certificate from doctor/dentist and carry this letter to each game.

**INJURIES**

Please be sure to advise Mr Ven or myself of any injuries, so these can be managed appropriately, at training and during games, as well as at home.

If there is a pre-existing injury or weak area, preventative strapping should be used for all physical activity. During games, tape is available for unexpected injuries. You need to supply your own tape for preventative strapping.

**LOLLIES**

Could all members please bring along a couple of bags of lollies to be used for games, before the season commences. Countdown has Kiwi mixed lollies for $2.

**PARENT HELP**

Due to the new Vulnerable Children’s Act all parents who help with any school activity (managers, coaches, tournament week helpers etc.) will need to complete a form, provide proof of ID and may be subject to police vetting. This is a huge job for schools to undertake and Bede’s are looking at the easiest way to make this happen.

**FUNDRAISING**

We will be fundraising during the year to assist with purchasing basketball equipment, caps, uniforms etc. Please support these events.

**RAMS GAME**

We are thinking of taking the boys (and parents if they want) to one of the Canterbury Rams home games to give them a taste of professional NBL basketball. More details to follow.

If you have any questions please feel free to contact me. Thanks.

Ali Hughes, Manager Grant Ven, Coach

howard.ali@xtra.co.nz gven@stbedes.school.nz

021 764 553 022 685 8025

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| **SBC SENIOR A TEAM** |
| Joma Mabazza (co-captain) | Ryan Botica |
| Tom Hughes (co-captain) | Evii Tong |
| Caleb Conyers | Rchi Lugtu |
| Tai Herewini | Connor Martin |
| Liam McIvor | Will Holley |
| Dean Seckold | Walter Brown |

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| --- | --- | --- | --- |
| Competition | Start date | End date | Breaks |
| Thompson Trophy | Tues 9 May | Tues 29 August (FINALS) | No games 6 June, 11-25 July |
| Under 20 | Sat 29 April | Sat 23 Sept (FINALS) | 13 May, 3 June, 15 July, 9 September |
| Secondary School Tournament. | From 6 September | 9 September | Dunedin |

Contract for Senior A Basketball 2017

Congratulations on being selected for the Senior A Basketball team. It is a privilege to represent the school and there are certain expectations that need to be upheld throughout the season.

Please read these carefully and sign if you are willing to respect and uphold each of them for the duration of the year.

1) Behaviour and attendance in the day school. Players are expected to maintain a suitable weekly note average in the day school and complete assessments on time. They must also meet the required attendance policy laid out by the day school. Failure to do will result in loss of game time.

2) Attendance to trainings: Trainings will be every Monday and Thursday after school at 3:00pm, along with Thursday mornings at 7:00am. The trainings after school will run for approximately two hours, with Thursday morning’s shoot arounds lasting an hour.

This includes showing up to trainings on time, in the correct gear. Failure to do so, without a valid excuse, will result in loss of game time. Practice is to take priority over social and out of school work commitments. If you have academic commitments or you are unable to attend training, you need to notify me by text message as soon as possible.

3) Full participation in training. Players are expected to give their full efforts throughout the entire training, during each drill. Failure to do so will result in punishment drills and loss of game time.

4) Showing up to games on time. If a player does not turn up to the game on time, he will not be starting. He is expected to be at the game 30 minutes prior for stretching and appropriate warm ups.

5) Participation from the bench. Players are expected to encourage teammates throughout the game. Players who are discouraged about playing time or fail to involve themselves in team huddles, will lose further game time.

6) Respect for teammates. Players are to support each other throughout trainings and within games. There is zero tolerance for put downs or bullying on or off the court. Failure to respect others will result in loss of game time.

7) Respect the coaching staff. Players are to listen to instructions and respect the authority of the coaches and managers throughout trainings and games. Failure to do so will result in loss of game time.

I have read and understand each these conditions listed above. By signing my name I pledge to uphold them throughout the entire season.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reflection Sheet for start of year 2017

**What were some of your highlights from last year’s season? Why were they important to you?**

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**What are some of the expectations of belonging to a 1st team at St. Bede’s College? Why is it special to be a part of it?**

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**What are your individual goals coming into this season? Why?**

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**How do you plan on achieving these goals?**

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**What are your goals for the team this season? Why?**

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**How can we achieve these goals?**

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We will be monitoring both your individual and team goals week by week, and reflecting on the positives and negatives you have experienced trying to achieve them.On training days, our captains will always begin by asking these questions of the team.

***What were three things that stood out for you throughout the game that went well?***

***What were three things that didn’t go so well?***

***What can we do to become a better team this week?***

St Bede’s College Sport CODE OF CONDUCT

St Bede’s College Code of Conduct is based on the following:

**REPRESENT ST BEDE’S COLLEGE WITH PRIDE AT ALL TIMES**

In particular

1. Commit to training and compete for the entire game. Never Give Up!
2. Concentrate on being the best you can be all the time.
3. Be proud of the team and be the best team player you can be by being a ‘giver’ and giving your best.
4. Be confident in yourself and team and inspire your team with your competitive spirit and positive attitude.

The rules of St Bede’s College are to be followed at all times.

You are required to:

* Comply to all instructions given by the Director of Sport, Coaches, Managers, Parents in charge and host families
* Inform coaches of any health or Injury problems.
* Respect and care for all equipment, returning uniforms that have been issued to you.
* Respect others and their property – verbal, physical abuse or stealing will not be tolerated and may lead to dismissal from your team, tournament or trip.
* Respect your opposition and their supporters when you are either a player or a spectator – instances of verbal or physical abuse and any disciplinary action by a governing body could lead to withdrawal from a team in the case of an individual and from the competition in the case of a team.
* Players must abide by the rules of the Absence and Activity policy
* Be correctly equipped at all times
* Wear the St Bede’s College uniform correctly and with pride (respect the crest – do youR best)
* Ensure you are at the right place at the right time.
* Keep your environment clean and tidy – includes modes of transport, changing and meeting rooms
* Respect yourself and your training programme – drugs, alcohol or cigarettes are NOT PERMITTED
* Abide by all College and societal rules and laws
* Any serious breach of this Code of Conduct will result in you being sent home / withdrawn from the team, tournament, or trip at your own expense.
*
* I (print your name clearly) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and will abide by the above Code of Conduct.
*
* Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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St Bede’s Senior A

Basketball

 

# **2017 Playbook**