



**MILL PARK REBELZ
BASKETBALL CLUB**

COACHES CODE OF CONDUCT

(As taken and adapted from www.basketballvictoria.com.au)

1. Remember that basketball is for enjoyment

Remember that basketballers play for fun and enjoyment, and that winning is only part of their motivation. Always make sure that participants are made to feel welcome whenever they attend training or for a match.

Ensure that activities are carefully planned, well structured and varied to provide opportunities for individual and team development. Be willing to depart from the plan to take advantage of an unexpectedly high interest in a particular activity.

Never ridicule players for making mistakes or losing a competition. See errors or losses as an opportunity to learn in a constructive way. Comment in a way that is positive and designed to create an interest, involvement and development.

2. Be reasonable in your demands

In scheduling training and playing times and days, be reasonable in your demands on players' time, energy and enthusiasm, taking into account their age level of play and other commitments such as school or employment.

Young children are likely to have more time but short attention spans. They may have plenty of energy but are likely to need more guidance on how best to look after their bodies. The differences in physical and mental maturity can be quite marked in younger children of the same age group. All these factors need to be considered in coaching young children.

Older children have greater demands on their studies and many of them need to work to assist their schooling. They also have many social demands. Try to assist them in achieving a good balance between the various demands on them.

3. Teach understanding and respect for the rules

Teach your players that understanding and playing by the rules is their own responsibility and that the rules exist for safety, proper order and enjoyment of all people involved in basketball. The lessons to be learned in this respect in basketball are lessons that can and should be carried over into all aspects of their lives. Do not encourage players to ignore or deliberately break any rules.

4. Give all players a reasonable amount of court time

All players need and deserve reasonable court time. Avoid over-playing the talented players. It is unfair both to them and those who are not so talented. Players cannot improve without the opportunity of a reasonable amount of match practice. Talented players can burn out. Having no or little court time can cause players to suffer from morale problems and they can lose interest in the sport altogether.

5. Develop team respect for the ability of opponents including their coaches.

Part of participation in sport is respect for all participants in the game. Encourage your players to accept that their opponents are entitled to proper courtesy. This means introducing themselves to their opponents on the court, congratulating them whether they win or lose, and accepting loss gracefully. Teach them that the opposition coach is there trying to do the best for their team and is also entitled to respect.

6. Instill in your players respect for officials, and an acceptance of their judgement.

Players should be taught to understand that officials have a very difficult task to perform, and that without them the games could not be played. They are there to enforce the rules of play but they cannot always be right.

Teach your players to accept bad calls graciously. Abuse of referees is unacceptable behaviour that should not be tolerated. Players who consistently dispute decisions or do not accept bad decisions should be singled out for counselling and guidance.

7. Guide your players in their interaction with parents and spectators.

It is sometimes very difficult for players to concentrate on the game when there is the distraction of the presence of friends or relatives as spectators. Coaches have a difficult role to play in teaching players respect for their parents and other spectators, but also teaching them to maintain concentration on the team plan if spectators become over enthusiastic.

Parents sometimes make demands on their children's time which interferes in their basketball activities. Respect this and try to structure your coaching and their training and playing times and obligations to take those demands into account. There are many other factors which need to be balanced, including venue availability and requirements of the administrators.

8. Group players according to age, height, skills and physical maturity whenever possible

Uneven competition can lead to a loss of enthusiasm. Coaches should always try and group players of reasonably equal ability. In coaching children it is important to remember the different maturity rates for children of the same age. A player in their early teenage years may be tallest in their team and yet because they have matured early, be one of the shortest players in only a brief time. Coaches must be ever vigilant to ensure the changes in height and other physical characteristics are noticed and acted upon.

9. Be prepared to lose sometimes

Everyone wins and loses at sometime. Be a fair winner and a good loser, Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognise that even in defeat the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for their wider life goals. Guide your players to accept a loss in this spirit.

10. Act responsibly when players are injured or ill

Show concern and take responsibility for players who are sick or injured whilst under your care. Follow the advice of a doctor when determining when and injured or ill player is ready to resume playing. If a player is injured on court, make sure that there is no danger of further aggravation of the injury by prompt removal of the player if this is appropriate. Ensure your player receives first aid as appropriate.

11. As well as imparting knowledge and skills, promote desirable personal and social behaviours

Be aware of the role of the coach as an educator. Particularly with young people, the way they perform in their lives is influenced by many factors. An important influence is the person they see as a role model. Coaches often take on the part of role model for many young people. It is therefore important to ensure that the influence from coaches is seen in a positive light. What you say and how you act can be most important in modelling the behaviour of players.

12. Keep your knowledge current

Seek to keep abreast of the changes in basketball. Ensure that the information used is up-to-date, appropriate to the needs of players, and takes into account the principles of growth and development of children. Players cannot learn from you if your skills and knowledge are inadequate.

13. Ensure that any physical contact with a player is appropriate

Physical contact between a coach and player except that which would be considered usual social contact such as shaking hands or a 'high five' should be rare. Gestures, which can be well meaning or considered by some to be acceptable, may be unacceptable to others.

Sometimes physical contact can be misinterpreted as sexual harassment or molestation. Particular care needs to be taken in coaching children. Ensure that if there is physical contact with a player that it is appropriate to the situation and necessary for the player's skill development.

14. Avoid personal relationships with players

Personal relationships with players can often be misinterpreted as something sinister. Friendship with players is essential to building trust between a coach and players. However, the power imbalance in a coaching situation can make it unwise for a relationship to develop beyond friendship. Particular care must be taken when coaching children.

15. Respect the rights, dignity and worth of every player

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with basketball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to himself or herself with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution.

16. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money. Ensure that you and your players do not abuse anything provided for use. Discourage players from hanging off hoops or 'slam dunking'. These practices are banned in most venues, as not only can equipment be damaged but serious injury can occur. Please ensure that all players are wearing appropriate footwear when training or playing a match.

17. Fair and equal time for all players

It is an expectation that all players within the Mill Park Rebelz Basketball Club, on game day, receive an equal amount of court time. This is not negotiable.

Mill Park Rebelz Basketball Club encourages all players, coaches and parents to read the Codes of Conduct, and strongly advise all participants to abide by them at all times.