



Central Stars  
Basketball Club

Player and Guardian  
Handbook

# Table of Contents

Welcome	3
Contact Details	4
Volunteering	6
Respecting The Game	7
Player Code of Conduct	8
Parent Responsibilities and Conduct	10
Function of the Coach	11
Function of the Team Manager	12
Game Days	13
Uniforms	14
Payments	14
Fundraising	15

## **Welcome**

Welcome to the 2021 Summer season of the Central Stars Basketball Club. This handbook is designed to provide our players and their guardians with information and guidelines for the upcoming season.

## **About Us**

Established in 2020, Central Stars is a not-for-profit basketball club that participates in the weekly Gold Coast Junior Basketball League. We offer teams from Under 9's mixed, U11 - U20 Boys, and U11 - Open Girls teams.

## **Our Mission**

We aim to promote and foster the love of basketball for players aged 5 - 19 years who live in the Gold Coast Region.

## **Our Vision**

- Give all members of the club the opportunity to develop their skills to the best of their abilities.
- Provide a safe space for our members to train and participate in basketball.
- Provide a level of competition that equals each members abilities, interests and desires.
- Provide basketball-related educational opportunities to all members of the club and our community at large.
- Foster a feeling of community and provide positive role models for our members and our community at large.

# Contact Details

## Who to Contact?

Your team manager is your first point of contact, alternatively, please email us at [info@centralstarsbasketball.com](mailto:info@centralstarsbasketball.com)

Please do not contact Gold Coast Basketball for Central Stars questions or queries. Gold Coast Basketball are the conveners of the League that the Central Stars compete in, they are not directly associated with the running of the Central Stars.

## Team Contact Details

Each Team Manager will receive a team list with players contact details. Please check that the contact details you provide are correct.

## Email

[info@centralstarsbasketball.com](mailto:info@centralstarsbasketball.com)

## Website

[www.centralstarsbasketball.com](http://www.centralstarsbasketball.com)

Our website is updated regularly and contains information about our club including team lists, game day fixtures and much more.

## Socials

Please show your support and follow us on social media at [@centralstarsbasketball](https://www.instagram.com/centralstarsbasketball) on Instagram and Facebook. Add us as a friend to stay up to date with club news [www.facebook.com/CentralStarsBasketball/](https://www.facebook.com/CentralStarsBasketball/)

## **Club President**

Shannon McDermid  
info@centralstarsbasketball.com  
0423 229 291

## **Head Coach**

Bridget Roberts  
info@centralstarsbasketball.com  
0435 874 590

## **Training Court Address**

Gold Coast Sports and Leisure Centre  
326 Nerang-Broadbeach Rd,  
Southport QLD 4211

# Volunteering

Central Stars is a not-for-profit organisation and our sustainability is due to the support of our volunteers. Volunteers can serve as the organisers and participants in special events as well as the helping in the general operation and administration of the club.

Central Stars consists entirely of volunteers who dedicate considerable time and effort into making the club run smoothly and ensuring all our players are receiving the best possible experience.

We request all players and guardians keep this in mind when interacting with any volunteer of the club.

Without our volunteers, the Central Stars would not exist.

We encourage all guardians to become involved in the activities of the club. If you are interested in volunteering, please contact the Club Director, or your team manager.

# Respecting The Game

The Central Stars are focused on providing a positive experience for all players, whether it be on the court or off.

We do this by:

- Infusing within our club a culture that everyone — players, guardians, coaches, directors, staff and referees treat each other with respect.
- The club expects it's guardians, players, coaches and spectators to enjoy the game, let the players play, the coaches coach and the referees apply the Laws of the Game to the best of their abilities.
- Our players are learning the game of basketball. Some will develop skills faster than others, and this is also true for the referees. The club asks you to remember that many of the referees are also in the process of perfecting their refereeing skills. The coaches are trained in how to question a decision made by the referee and we ask that you trust their judgement.
- We ask you to manage your expectations, and respect the game.

# **Player Code of Conduct**

Every Central Stars players is expected to conduct themselves, on and off the court, with the appropriate distinction and behaviour that is consistent with the values of the club.

The Central Stars Director give their full support to the coaches in the managing of discipline and sanctioning of players who are not upholding the values of the club. The Central Stars Director will review disciplinary matters at the request of the club member or guardian.

## **Player conduct at Training Sessions and Games**

Below are the standards established by the Central Stars to govern the behaviour of the players before, during and after games and training sessions:

- Arrive on time for all training sessions and games in the proper attire, and with all necessary equipment and water. No Jewellery.
- Full game uniform must be worn for all games.
- Players with longer hair need to ensure that it is tied back in the appropriate manner. No hair styles are permitted that may have a whip-like effect (for example; multiple braids). This is mandated by the Gold Coast Junior Basketball League.
- Notify the team manager as soon as you know you will be missing a game or practice session.
- Show good sportsmanship at all times.
- Do not retaliate when fouled.



- Do not address remarks to opposing players, coaches, spectators, or referees except when the remarks convey genuine friendship and respect or are in response to questions by the referee.
- Displays of temper will not be tolerated, on or off the court.
- Hate speech, verbal abuse or derogatory remarks will not be tolerated at all. Verbal abuse of any kind will see players membership from the club revoked.
- Remember, you're playing against the opposing team, not the referee. If you disagree with a referees call, tell your coach and let them question the call on your behalf.
- Treat everyone with respect. Your teammates, your coaches and managers, the opposing team and the support staff. Everyone is there to help you, as a player, better your skills.
- Win or lose, at the end of every match, the entire team will acknowledge the efforts of the other team and the referee. Weather this be a hand shake, a fist pump or simply a nod, the Central Stars always show good sportsmanship.
- If you have any problems, you can always talk to your coach, your manager or the president.

Players who persistently violate these standards of conduct will jeopardise their standing as a player with the Central Stars and may result in expulsion from the club.

## **Parent Responsibilities and Conduct**

To have a successful club, there must be understanding and cooperation among the guardians, players, team managers and coaches. The players progress and success depends upon this relationship.

The coaches job is to motivate, teach, and constructively critique each players performance.

When guardians express opinions as to how a player should play, what position they should play and how much playing time they receive, etc., it causes considerable confusion for the players. We ask that you respect the process that the coaches have, and trust that they know what they are doing. There are lines of communication open between the coaches and the guardians, and if a guardian has concerns, they are welcome to voice them in private with the coaches or the managers.

Above all, we ask that guardians avoid coaching players during the game. Being told what to do from both coaches and guardians from the sidelines can be very confusing and also be very detrimental to their development as players.

We have found that positive support is the best way to help your player succeed. A supportive network at home, practice and on the court sees players perform with confidence and ultimately, the goal is to produce confident players.

As part of our agreement to participate in the Gold Coast Junior Basketball League, each team must supply a person to man the score bench for each game. At the Stars, we run a roster system during the season. This is done to ensure the duty are spread equally between all out players families. Your team manager will assign the roster at the beginning of the season.



## **Function of the Coach**

Before each season begins, a coach will be assigned to each team who will be the primary trainer and head coach on game days. The coach is responsible for all decision making relating to the basketball development of the players and the roster of the team.

The Head Coach of the club will oversee all coaching staff, and will ensure the highest level of coaching is being delivered.

## **Duties and Responsibilities of the Coaches**

- Know and understand the Laws of the Games.
- Develop the players appreciation of the game.
- Ensure players have fun and receive positive feedback.
- Conduct practice sessions in the spirit of enjoyment and learning.
- Be sensitive to each players developmental needs.
- Educate the players to the technical, tactical, physical and psychological demands of the game for their level of play.
- Be a positive role model.
- Maintain professional conduct at all times.
- Encourage and educate players in good sportsmanship and fair play.
- Arrive at scheduled practices and games early enough to conduct any required setup before the official start time of the session.
- Develop a team season plan with overall objectives.
- Be available (within reason) to guardians and players to discuss progress of players and provided feedback.

- Work with the team manager to establish clear and timely communication of essential team information.

## **Function of the Team Manager**

The team manager is critical to the success of any Central Stars team and to the overall experience of our players. The team manager is the hub of communication among the guardians, players, the teams coach and the Club. Each team manager has a preferred method of communication with the team. This may be a group text chat, and Facebook group or other method. Your manager will inform you of their preferred method of communication by the first week of practice before the season.

## **Duties and Responsibilities of the Team Manager**

- Work with the coach to keep all players and guardians associated with their team informed of important information relating to practices and games.
- Keep players and guardians associated with their team, up to date with information relating to the Central Stars as a whole.
- Keep a record of all players present at practices and games.
- Inform the Director if a player is absent from practices without prior notice.
- Be available (within reason) to guardians and players to discuss progress of players, in a non-coaching role.

# Game Days

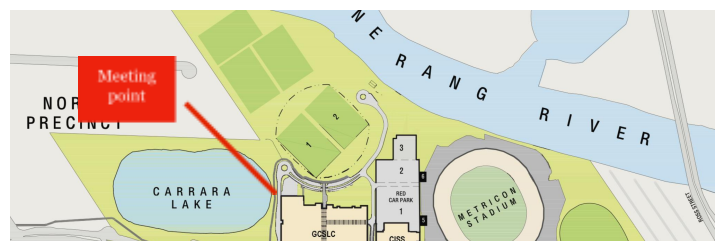
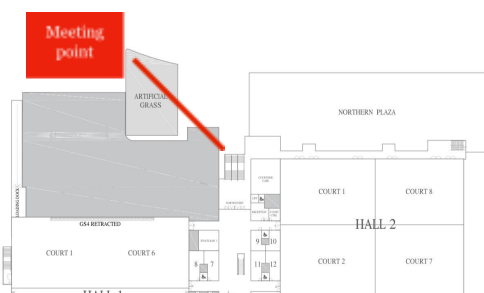
Most games for this season are held at the Gold Coast Sports and Leisure Centre, situated at 296 Nerang Broadbeach Rd, Carrara, On occasion, game will be held at different venues across the Gold Coast. Please check the TeamApp regularly for change of game time, date or venue.

The entrance to the complex is situated at the back of the building, opposite the AFL training ground. Please see map below, for reference.

All players are to arrive twenty (20) minutes before the scheduled start of their game. The team will move as a whole to their assigned court when instructed by the court Marshalls.

The meeting point for all teams is situated at the bottom of the entrance stairs, on the right hand side. Please see map below, for reference.

Players must arrive in full uniform, ready to play. We understand that players may like to change into their court shoes just before the game. Please be aware that there is a very short turn around time between teams arriving on court and the start of the game. We ask that you take this into account when making this decision.



## **Uniforms**

Full game uniform is to be worn at all games. Players will not be permitted to play if they are not suitably attired.

Full Uniforms (singlet and shorts) can be purchased through the club.

The club also offers a variety of merchandise, which changes due to season and competition type. Merchandise will be available for purchase at certain practices sessions and also directly from the Director.

Players may wear non-uniform apparel at training session. Apparel must be appropriate for training, not only in function but also in content. Apparel with profanity or vulgar imagery will not be tolerated. Players will be excluded from practice until they are dress appropriately.

## **Payments**

All fees need to be paid before the season starts, unless an agreement is made with Director. Registration for all players must be done online.

The Central Stars believe that everyone should have access to outside of school sporting opportunities, and as such, the club aims to reduce any barriers that exist that prevent players from partaking. If financial constraints are preventing players from participating, please contact the Director to discuss options.

In general, fee are non-refundable. In the case of a player or guardian requesting a refund, each case will be assessed by the Director with their decision being final.

# **Fundraising**

During the season Central Stars will be running various fundraising events to provide our Club with much needed resources. If you can assist the Club in anyway please contact us.