

# CRUSADERS COACH INFORMATION HANDBOOK 2021



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## Who are we?

Central Coast Rebels (Formally Gosford City Rebels) and Central Coast Crusaders are the representative teams of Central Coast Basketball (CCB). These teams compete in sanctioned Basketball NSW competitions and events. Our athletes and coaches compete against the best associations across NSW, and as such, our representative program is for those who are willing to work for the greater good of the club, with a daily mindset of trying to do things better than they have been done before.

## Culture / Values

### Vision

Our vision is to create an athlete-centered approach for successful long-term athlete development.

### Mission

We challenge today to inspire tomorrow

### Culture

Honesty, accountability, open communication, positive relationships and hard work. Central Coast Basketball requires individuals who are willing to work for the greater good of the club, with a daily mindset of trying to do things better than they have been done before.

### Values - Joy, Competition, Care, Team

Everything and anything we do must reflect our core values:

*Joy* - allows you to focus on the journey rather than just the end result. It fuels the fire of perseverance in the hard times. Joy enables you to play with more freedom and liveliness, which will drive you to play more creatively and with tenacity.

*Competition* – is not about beating your opponent, but rather about doing your best. It is the process of striving to reach a potential and the relentless pursuit to possess a competitive edge in all that you do.

*Care* – being in positive relationships with people is what it's all about. We need to have genuine care and responsibility for each another in order to stay invested in the people and the process.

*Team* – this is a sense of belonging and ownership. There is nothing better than the phrase 'team mate'. It is about the team first, which encompasses looking out for one another, building and maintaining trust, togetherness and pride in representing Central Coast Basketball.

## Goals

- To develop better people and better players
- To provide athletes with an enjoyable and rewarding experience, where they receive clear, constructive feedback that drives a desire to improve
- To establish an athlete-centred approach for successful long-term athlete development
- To be lifelong learners, engaging in professional development experiences for the growth of each individual and the club
- To seek continual improvement in all that we do.

## Why Coach for Central Coast Basketball?

Our Central Coast Basketball coaches are identified as key influences in providing a positive club culture. Our coaches greatly influence club culture and also have a significant impact on the lives of individuals within the club, especially the players.

As coaches you have the privilege to inspire and impact young athletes, with the opportunity to compete and lead our teams against the best competition Basketball New South Wales has to offer.

CCB provides extensive coach education opportunities that are made available throughout the year, facilitated by the Basketball Operations High Performance Manager. Our coach and athlete pathways are strongly aligned with BNSW and Basketball Australia and when utilised, help to strengthen the skills of the individual, which in turn aims to contribute to the greater good of the club.

## Coaches Position Description

CCB is seeking quality coaches who not only want to develop their players but wish to improve and challenge themselves in the process. They will provide athletes with rewarding experiences, where they receive clear, constructive feedback that drives a desire to improve.

The role of our coaches is pivotal in our club's environment to support and oversee the growth and development of our athletes and hence enhance the overall effectiveness of the association. Therefore, Central Coast Basketball coaches must:

- Be accredited through Basketball Australia's National Coaching Accreditation Scheme (NCAS)
- Possess a Current Working With Children Check (WWCC)

As a coach you are a teacher, role model and leader. As such, you can exert enormous influence not only on court, but also in other areas of a player's life. Through coaching you will help them build life-long relationships with each other and often with you, as you impart productive behaviours and strong values. Many young people will continue to carry the lessons they learn as adolescents through their adulthood.

Coaches assist athletes in developing to their full potential. Our CCB Coaches are responsible for:

- Developing our athletes both on and off the court
- Teaching the CCB Style of Play, ensuring that the association's 'Common Language' is used
- Providing athletes with an enjoyable and rewarding experience, where they receive clear, constructive feedback that drives a desire to improve
- Establishing an athlete-centred approach for successful long-term athlete development
- Preparing and executing a detailed season plan. This includes regular preparation and delivery of training plans (per session), which complies with the requirements set down by the Basketball Operation High Performance Manager
- Serve as mentors.

CCB Coaches competitive nature and leadership skills make them natural mentors to athletes. Leading by example, coaches teach players a work ethic, discipline, and valuable lessons about life.

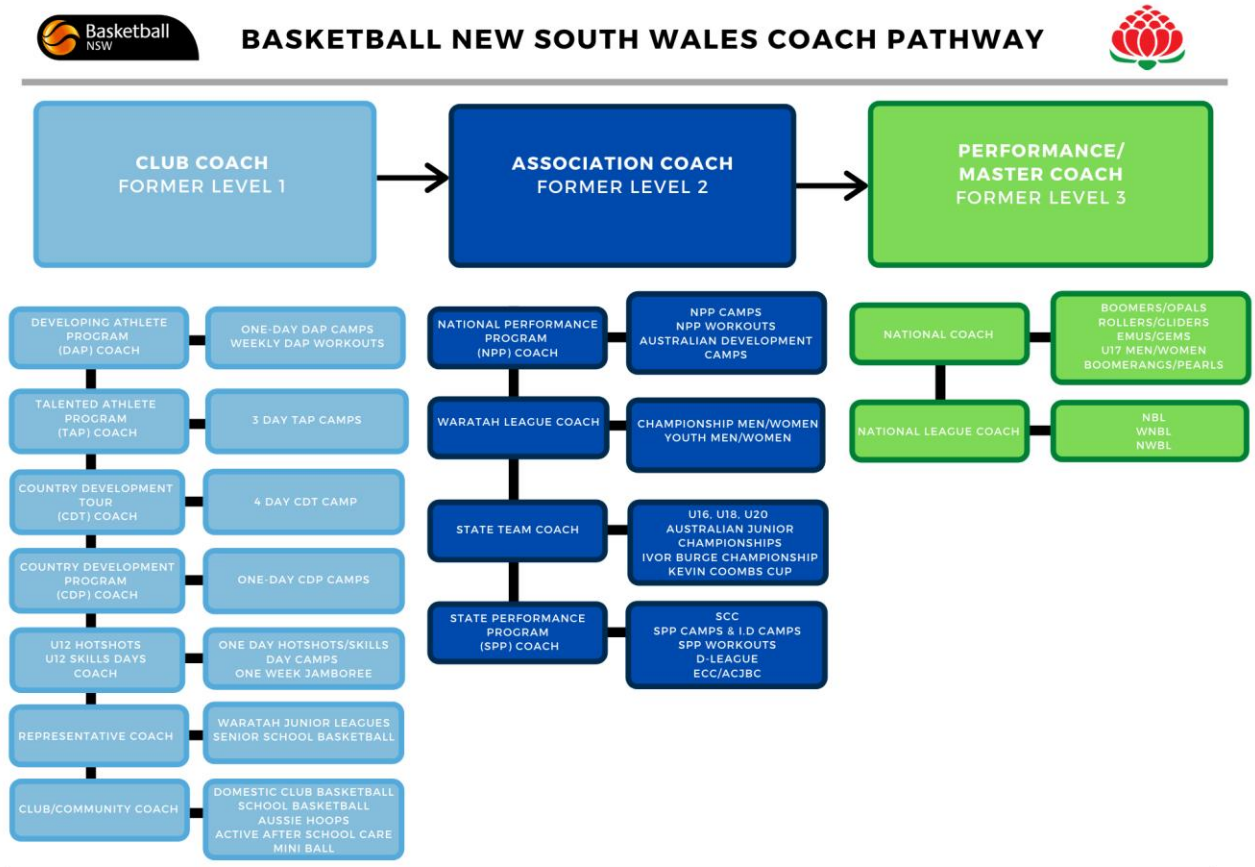
## Coaches Selection Process

CCB will host an information zoom session on October 19<sup>th</sup> at 6pm, we encourage those who have any questions to attend.

Coaching Expression of Interest opens on October 19<sup>th</sup> and closes on the 30<sup>th</sup> October. If required, coach interviews will take place via Zoom on November 3<sup>rd</sup> and 4<sup>th</sup>.

All CCB coaches must be approved by BNSW prior to announcement scheduled for November 5<sup>th</sup>.

## Coaching Pathway



## Communication

Central Coast Basketball are committed to streamlining our communication throughout the season and as such we will be introducing a Crusaders App in January 2021. The app will be the primary communication channel for all Crusaders events, news, information, updates and team communication.

It will be mandatory for all coaches, managers and players to download the app. We encourage that all teams utilise the team chat function within the app to ensure that all details relating to the Crusaders season is located in one application.

## Key Dates

Coaches must be available for the following key dates:

November 14<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup> – Crusaders Trials

From December 1st – Crusaders Squad Trainings Commence

January 9<sup>th</sup> & 10<sup>th</sup> – Newcastle University Performance Camp

January 11<sup>th</sup> – Crusaders Squad Trainings Recommence

January 23<sup>rd</sup>-25<sup>th</sup> – ACT Australia Day Classic

January 30<sup>th</sup> – Team Challenge Australia Event

March 6th – Crusaders Season Launch

Mid-March – Basketball New South Wales Season Commence

Mid-August – Basketball New South Wales Season Concludes

August 28<sup>th</sup> – Presentation Night

## Games Times and Locations

Games will vary week to week and are played Saturdays and/or Sundays across various locations across NSW. All teams will play home and away games throughout the season. Home games are played at Breakers Indoor Sport Stadium. It is important to note that Coaches are expected to arrive 60 minutes before tip-off.

## Training Schedule

Waratah One Men and Women Coaches must be available to attend two training sessions per week.

Waratah One/Two Youth Men and Women and Waratah Two Men's Coaches must be available to attend one training session per week.

## Commitment

If the coach is unavailable on game days or trainings sufficient notice must be provided to the association to arrange an alternate coach to lead your team.

## Code of Behaviour

CCB Code of Behaviour is aligned with Basketball New South Wales to give participants a guide to the expectations of CCB and BNSW for their behaviour and conduct.

The Code of Behaviour is intended to assist players, coaches, administrators, parents and spectators to obtain the maximum benefit and enjoyment from their involvement in basketball.

The Code of Behaviour can be located here [www.bistadium.com.au/policies](http://www.bistadium.com.au/policies)



## Athlete Selection Criteria

### Selection Background

- It is an expectation that all athletes attend all trials if aiming for selection
- In the event of injury, illness or absence preventing an athlete from attending a trial, the athlete must complete 'Special Consideration' form prior to the scheduled trial.
- Following trials (and on the advice of selectors), teams or squads (if necessary) will be chosen to represent our 'Central Coast Crusaders' for the 2021 season
- If a squad is selected, teams will be finalised by Central Coast Basketball Coaches and selectors following a designated number of trainings.

### Selectors Guidelines

- Selectors will act with integrity and objectivity in all aspects of the selection process
- Selectors will reserve all judgement of a player until after an observation period
- Selectors will handle all coaching and team issues in a calm, mature and non-emotive manner to allow for positive resolutions
- Selectors will complete an individual assessment of each athlete prior to panel discussion.

### Selection Votes

- Head Coach - Two Votes
- Assistant Coach or Independent Selector 1 - One Vote
- Independent Selector 2 - One Vote
- Basketball Operations High Performance Manager (if required) - One Vote

### Selection Criteria

- Exceptional Athlete – Speed, length, leap, coordination, agility, power
- Great shooter under pressure
- Intrinsically driven to be great
- Competes – has toughness
- Amorphous – adapt to any situation
- Feel for the game – makes the right reads and consistently good decisions
- Helps their teammate to be better – their team wins
- Composition and balance of teams

With all that being said, there are five traits that are valued above all else when describing Central Coast athletes. Our very best Central Coast athletes, those that represent the Crusaders, NSW and Australia, possess all five of these:

1. **Competitiveness** – they are ruthless in their desire to not only win, but individual improvement - you cannot have one without the other
2. **Shooting Ability** – it is the master skill, and our best athletes are elite shooters
3. **1 v 1 Offensive Ability** – high-performing athletes have the skillset and decision-making ability to make plays in a 1v1 situation
4. **1 v 1 Defensive Ability** – our best athletes require no help. They keep the ball in front of them and do not get screened
5. **Decision Making** – on both the offensive and defensive ends, these athletes continuously make the correct decision. And they get there by being coachable.

## Coach Agreement

A Coach will agree to:

- Comply with all provisions of BNSW By Laws and conduct themselves in accordance with the Coaches Code of Conduct.
- Uphold all that avoids bringing the game of basketball, the interest of CCB and BNSW into disrepute.
- Uphold and impart the program values and standards laid out by CCB.
- Prepare and execute a detailed season plan and plans for each training session, that comply with the requirements set down by the Basketball Operation High Performance Manager.
- Provide athletes with an enjoyable and rewarding experience, where they receive clear, constructive feedback that drives a desire to improve.
- Be reasonable in their demands of players, understanding that there must be a balance between family, school, sport, and fun.
- Act in a positive and exemplary manner in all dealings with team members, opponents and officials.
- Adopt a responsible attitude when dealing with injured or ill players.
- Ensure that all safety standards within their control are adhered to and that their training and playing expectations match the abilities of the players.
- Take steps to be a lifelong learner, engaging in professional development experiences for the growth of each individual and the club.

- Recognise and respect the rights, dignity and worth of every player, parent, volunteer, assistant and manager in the CCB program.
- Present themselves in a manner that meets dress standards appropriate for training and for games (understanding that CCB will provide me with a top to be worn at all times). A coach will only wear CCB attire when coaching or involved in CBB events. No hats or open shoes or thongs at any time.
- Address all players, parents and officials at all times in a way that is neither derogatory or demeaning, nor likely to be interpreted as offensive.
- Attend meetings with the Basketball Operation High Performance Manager as required and provide written reports regarding tournaments, games or players as requested.
- Abide by any and all CCB policies.
- Understand that Central Coast Basketball's vision is to create an athlete-centered approach for successful long-term athlete development.

## Contact List

Name	Role	Email
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Nathan (Killi) Akamarmoi	Competitions Manager	<a href="mailto:competitions@ccbasketball.com.au">competitions@ccbasketball.com.au</a>