



ALBURY COUGARS REPRESENTATIVE HANDBOOK



“Welcome to the Albury Cougars Family”



Albury Basketball Association Albury Cougars Representative Handbook

This “Albury Cougars Representative Handbook” contains procedures, guidelines & other information for all Parents, Players & Officials. It has been produced to inform all the parameters of the program & their roles & responsibilities as part of it.

It is very important for **ALL players & parents** to **READ & UNDERSTAND** the requirements & expectations of players & their families who enter this program & only accept a team position if all expectations are **UNDERSTOOD & AGREED** to.

Players who are selected into this program should be congratulated for their achievement & be encouraged to make the most of the opportunities offered to them.

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WELCOME

The Albury Cougars family acknowledge the Wiradjuri people as the traditional custodians of the land in which we represent, live and play and we pay our respects to Elders past, present and future for they hold the memories, culture, tradition and hopes of Aboriginal and Torres Strait Islander people that contribute to our community. We also acknowledge the traditional custodians of the lands in which we travel to play and pay respects to their Elders past present and future.

Our Mission

The Albury Cougars Representative Program is committed to fostering the growth and development of young athletes in our community. Our mission is to provide a supportive and inclusive environment where players can enhance their basketball skills, cultivate teamwork, and build character. Through high-quality coaching, competitive opportunities, and a focus on sportsmanship, we aim to inspire a lifelong passion for basketball. Additionally, we strive to create an elite pathway for our athletes, guiding them towards higher levels of competition and success, both on and off the court.

Program Objectives

1. Create a great foundational base of players and officials: continuing to build the strength of the program and ensure future success. Provide continuous development opportunities for players, coaches, and officials.
2. Develop a well-rounded skill set that establishes strong foundations, ensuring smooth transitions as players progress through the program under different coaches.
3. Establish clear and effective communication channels to manage expectations for everyone involved in the representative program.
4. Equip coaches with clear policies and guidelines to efficiently manage the administrative aspects of the program.
5. Create a safe and supportive environment that allows all participants to consistently perform at a high level.



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ABA Representative Program Overview

The ABA Representative Program is dedicated to helping players of all ages and divisions reach their full potential in a supportive and structured environment.

Key Focus Areas:

- Ongoing skill development.
- Encouraging a strong desire and effort to improve.
- Instilling a commitment to the association, team, and personal growth.
- Acknowledging and supporting different rates of development.
- Promoting a positive attitude towards teammates, coaches, referees, and opponents.
- Emphasising the enjoyment of basketball.

At the Under 12 level, the focus is on teaching the fundamental skills of the game and applying them in a competitive setting. The emphasis is on skill development, participation, building confidence, and having fun.

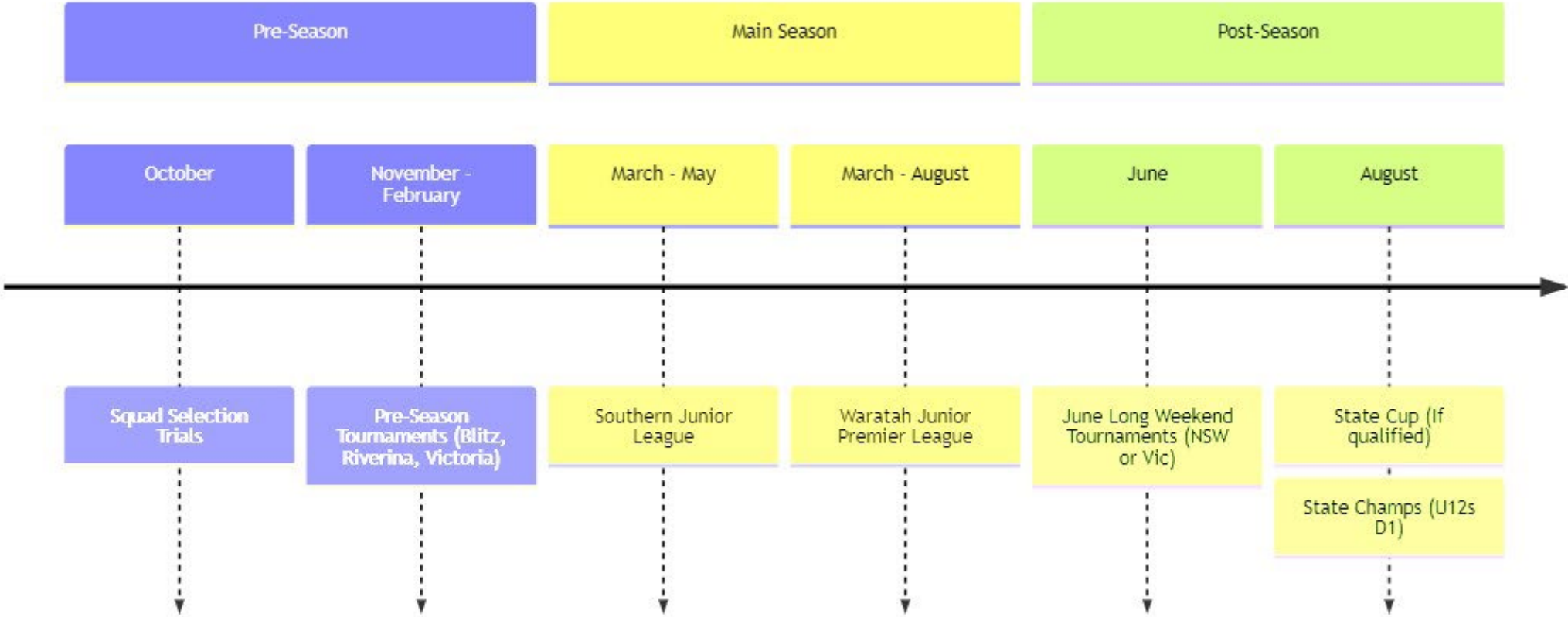
From Under 14 to Under 18, players are expected to meet the challenges of increased competition. While continuing to focus on individual skill development and team progress, players must also demonstrate a higher level of effort and intensity.



PLAYERS AND FAMILIES' INFORMATION

When is the Representative season conducted?

For more information on BNSW competitions please see: <https://www.bnsw.com.au/competitions/>





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Weekly Time Commitment.

All players will be expected to participate in two sessions ¹per week totaling approximately 3 hours of team training time. All players are expected to undertake self-paced development throughout the week encouraging Skill, Physical and Mental growth. Players are expected to attend training even if injured.

It is compulsory for all representative players to play in the first and second ABA domestic competitions during the calendar year (unless an exemption is granted). All players are local competition players first and foremost, then a representative player.

- If you do not play in a local competition, you cannot play representative basketball for the Albury Cougars.
- Players must play at least 40% of all scheduled games within each competition.

Our philosophy is that all representative players are local competition players first and foremost, and as such, it is expected that all ABA representative players participate in and support their local domestic competition.

As an Albury Cougar representative player, it is expected that Albury Cougars Representation is a priority. The policy and expectations are explicitly laid out in APPENDIX A: REPRESENTATIVE COMMITMENT POLICY

¹¹ Two sessions is pending court availability, especially through the refurbishment of Lauren Jackson Sports Centre. One session per week will most likely be a fundamental skill-based session before school.



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Contribution

Our fees are outlined in Appendix C, they vary from year-to-year dependent upon sponsorship, fundraising and associated costs.

Parent/Guardians are requested to support the team wherever possible, as requested by the manager e.g. score table duties, fruit/snacks. Score-table duties are expected to be conducted by all families who do not have a role within teams or across other teams (Coach/Manager). During competition rounds hosted by Albury Basketball, support is required for court supervision. We also have many opportunities to volunteer with fundraising, committee positions and other opportunities.

Expectations

- All team communications will be processed through [TeamApp](#), this is compulsory and is in place to protect all Association Members. Their will, however, be more general communication placed on Social Media platforms.
- If players cannot attend, participate or are going to be late it is expected that this is communicated through [TeamApp](#) ASAP.
- Parents are not to communicate with Coaches regarding coaching over a weekend of games or during training sessions. It is important for all parties that these conversations happen away from competitive and team focused environments. In the best interest of all parties, it is suggested that a third party be involved in these conversations. If you would like to submit immediate feedback, you can submit feedback through forms accessed via QR code or links to ABA feedback form. ([ABA Incident/Feedback Form](#)).
- If you require immediate escalation approach your manager and ask them to raise the point on your behalf. DO NOT approach any coaching staff, this is for the protection of yourself, your child and all Association members.
- Our Code of Conduct policies align with Basketball NSW. All NSW Policies can be found following this link. <https://www.bnsw.com.au/about/resource-directory/>.
- To be eligible to play, players must have paid all invoiced representative levies before the commencement of tournaments or rounds, unless a payment plan has been negotiated and agreed upon by the ABA Representative Committee.
- If any of our members do not align with these expectations the membership may be reviewed.



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Player Court Time

With the exception of the Under 12's division (where all players must participate in both halves), there is no guarantee of court time for players.

Representative basketball is an elite development program and therefore does not adhere to the same guidelines as domestic competitions. While it is expected that all players will have quality opportunities on the court throughout the season, there is NO obligation or expectation for equal playing time.

For players in the Under 12 age group and those in Division 2 to development teams, court time is expected to be more balanced, with an approximate target of 40% across a weekend and the season. However, variations in playing time are at the coach's discretion and will be accompanied by ongoing feedback.

Players should understand that court time is something that must be earned through consistent effort, performance in training, and a positive attitude. Coaches will reward players who demonstrate commitment, improvement, and a strong work ethic. This approach ensures that opportunities on the court are not just given but earned based on merit.

The emphasis should be on holistic development and quality opportunities, rather than focusing solely on court time. Players are encouraged to focus on improving their skills, understanding the game, and contributing to the team in various ways, knowing that court time will come because of their hard work and dedication.



Extra Code of Conduct and Responsibilities

1. Technical/Unsportsmanlike Fouls

- If a player receives a technical foul, they will be taken off the court to assess their mental and emotional state. The coach will decide whether the player can return to the game, considering the circumstances and severity of the foul. The player may also start on the bench in the next game. If a player is disqualified and ejected, a member of the team management (Coach, Assistant Coach, or Team Manager) will ensure that the directions of match officials and stadium management are followed, while providing support to the player until the game concludes and a debrief with the coach can occur. Repeated offenses will be referred to the ABA Representative Committee for further action, with escalating penalties.

2. Poor Sportsmanship

- If a coach witnesses behaviour, they consider poor sportsmanship, they may remove the player from the court. Multiple instances of poor sportsmanship in the same game could result in the player staying on the bench for the remainder of the match. Continued breaches will be referred to the ABA Representative Committee for further action, with increasing penalties for each infraction.

3. Practice Attendance

- Players who arrive late to practice without prior communication (either verbally or by message to the coach) may not start in the next game or may face a consistent team penalty. If a player misses practice without notifying the coach beforehand, they may not start or play in the following game. Repeated violations will be referred to the ABA Representative Committee, with penalties becoming more severe with each breach.

4. Representing Albury Cougars

- Whenever you wear the Albury Cougars logo, whether at a game, practice, or any public setting, you are representing the team and the association. Your behaviour should reflect the values of respect, sportsmanship, and pride in the Cougars. Any conduct that negatively impacts the team or the association, whether in or out of uniform, will be addressed and may result in disciplinary action.

These points go beyond the Basketball NSW guidelines, emphasising not just the rules of the game but also the values we stand for as Albury Cougars. It holds our players to a higher standard, focusing on respect, sportsmanship, and accountability both on and off the court. Representing the Cougars is about more than just basketball, it's about embodying the pride, integrity, and commitment that come with wearing our logo, whether you're in a game, at practice, or in the community. This code ensures that all players contribute positively to the team and always uphold the reputation of Albury Cougars.



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Supporting Resources

1. APPENDIX A: REPRESENTATIVE COMMITMENT POLICY
2. APPENDIX B: SQUAD AND TEAM SELECTION POLICY
3. TBD APPENDIX C: REPRESENTATIVE FEE STRUCTURE
4. ALBURY COUGARS JUNIOR REPRESENTATIVE PROGRAM: Player Handbook
5. <https://www.bnsw.com.au/about/resource-directory/>
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