



PLAYER HANDBOOK

Success is no accident. It's hard work, perseverance, learning, studying, sacrifice, and most of all, love for what you are doing.



ALBURY COUGARS JUNIOR REPRESENTATIVE PROGRAM

[Player Handbook.](#)

Player Requirements

- **Respect Practice Venues**
Players must treat practice venues with the utmost respect, ensuring they are left clean and tidy. Any damage, whether accidental or due to misbehaviour, must be reported immediately to the coach. If you cause any damage, you will be responsible for the cost and may face further disciplinary action if it was caused by misconduct.
- **Appropriate Attire and Equipment**
Players are required to wear suitable practice clothing—*not* their playing uniform—and must bring their basketball and water bottle to every practice session. For games, the correct uniform, including playing shorts, a numbered singlet, and a warm-up top, is mandatory. Optional team merchandise may be worn to games, but street clothes are not permitted.
- **Academic Responsibilities**
Players are expected to maintain satisfactory academic performance and manage their time effectively. Missing practice to study is only acceptable if you have an exam the following day. If you need help with time management, consult your coach or the ABA Representative Committee.
- **Attendance and Health**
Attendance at practices and games is mandatory unless you are receiving professional treatment. Do not attend practice or games if you are sick. Inform the coach of any injuries that may hinder your performance during practice or games.
- **Team Support**
Whether on the court or the bench, players must support their team at all times, both verbally and through positive body language.
- **Post-Session Responsibilities**
After practices or games, players must complete cool-down routines, participate in debriefs, and take care of any necessary administrative tasks before leaving the venue.
- **Conduct and Behaviour**
All players are expected to conduct themselves in a manner that reflects positively on the association. Inappropriate behaviour, consumption of alcohol, substance abuse, or any attitude detrimental to the team or association may result in disciplinary action or expulsion from the representative program.
- **Anti-Bullying Policy**
Bullying or harassment in any form is strictly prohibited and will not be tolerated by ABA. For more information, please refer to the BNSW Bullying Policy available on the BNSW website at [BNSW Child Safety and Basketball](#).



Respect for Referees & Officials

Referees and other officials play a crucial role in ensuring the game is fair and enjoyable for everyone. While they strive for accuracy, they are human and may occasionally make mistakes. Your behaviour towards officials not only affects your game but can also have a negative impact on your team and our Association. Always show respect and maintain a positive attitude towards referees and officials.

The purpose of this policy statement is to ensure that current and prospective representative players are aware of the expectations of the Albury Cougars representative program with respect to combining involvement in the program with representing other associations and sports.

We Talking about Practice?

1. Be on Time

- All players should arrive at practice 10-15 minutes before the scheduled start time to warm up and be ready to begin on time. If you expect to be late, notify the Coach or Manager in advance.
- Some venues, particularly schools, may have restrictions on early arrivals. Please check with your team for specific guidelines.
- **Important:** Any injuries or illnesses must be reported to the coach before training. Make sure to stretch before taking the floor.

2. Listen and Follow Instructions

- As a Cougars Representative Player, it is essential to both listen and follow instructions.
- Pay close attention to the coach's directions to understand the execution and objectives of drills. If anything is unclear, don't hesitate to ask questions.
- When the coach or a teammate is speaking, give them your full attention.
- Remember: "A good player learns from their mistakes; a great player learns from others' mistakes."

3. Work Hard

- The key to success in any great sporting team or player is a strong work ethic. There are no shortcuts to success—it requires hard work and dedication.
- Don't cut corners or cheat during drills. Always make that extra effort and give 100%, consistently.



Albury Basketball Association Albury Cougars Player Handbook

4. Be Coachable

- Learn to handle both praise and criticism. Constructive criticism is not a personal attack; it is meant to help you improve and become a better player.
- Understand that coaches provide feedback because they care about your development.

5. Be Positive – Be a Team Player

- Encourage and support your teammates during practice. Acknowledge good plays, such as a well-executed pass or strong defence.
- Show appreciation for your teammates' efforts, whether through applause or a pat on the back.
- Remember: The team comes first, and playing together is vital to success.

Player's Pledge.

I _____ as a player, promise to respect our practice venues, keep them clean, and report any damage right away. I'll show up ready, in the right gear, with my ball and water, and I'll always have my teammates' backs, whether I'm on the court or the bench. I'll stay on top of my schoolwork, make it to every practice and game unless I'm sick or getting treatment, and I'll work hard, listen to my coach, and take feedback like a pro. I'm committed to repping the Albury Cougars with pride, giving my all to become the best player and teammate I can be. I'll treat referees and officials with respect, knowing my actions reflect on my team and our club.

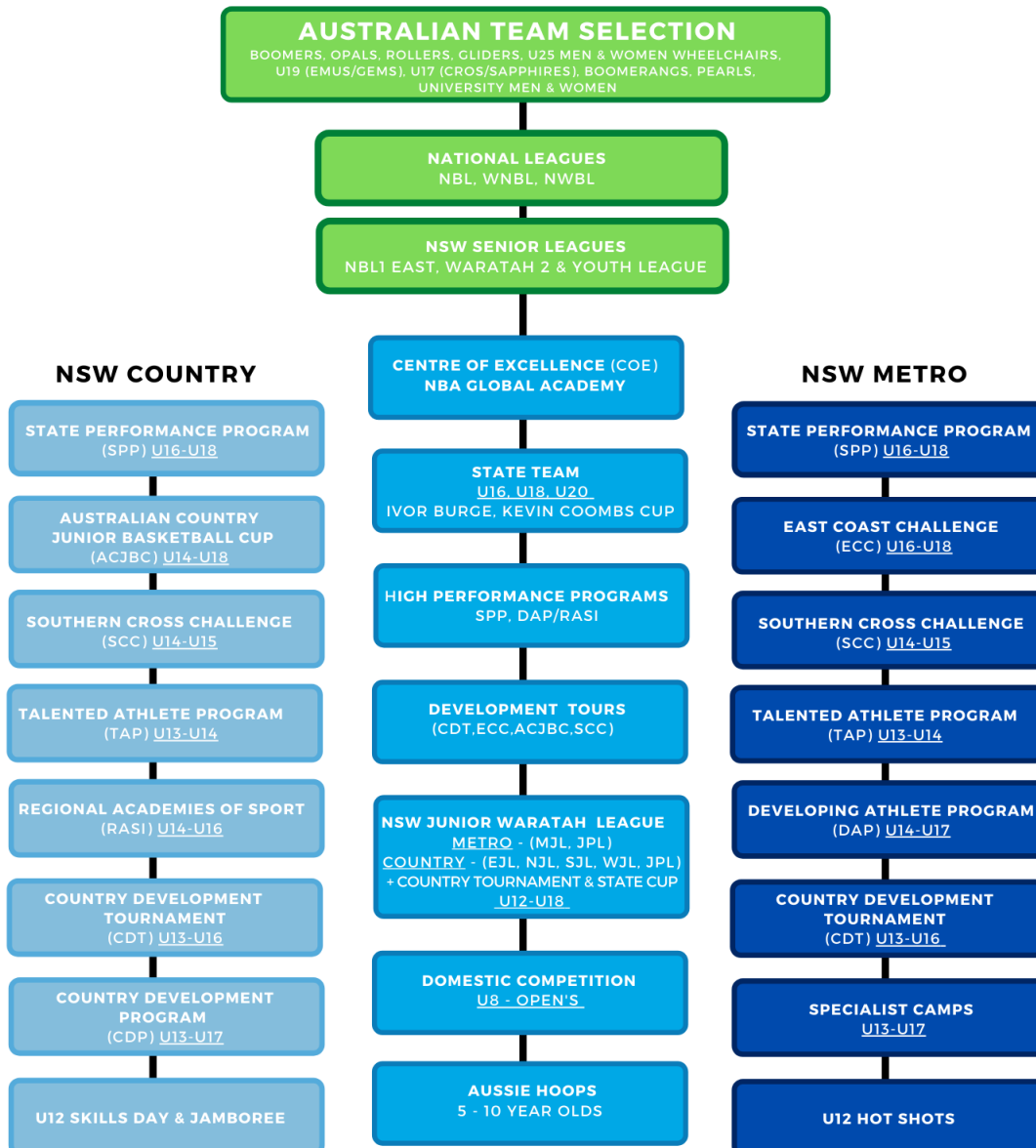
Signed: _____

Parent: _____

This page does not need to be returned, this is an agreement you are making with yourself and your parents that you are committed to the challenge of being Albury Cougar.



BASKETBALL NEW SOUTH WALES PLAYER PATHWAY





Goals

(Write down a minimum of 3 goals for each point of time, they don't necessarily need to be for Basketball.)

This year I want to:

In 2 years I will be:

In 5 years I will be:



Journalling

Now that you've set your goals, it's time to make sure you actually achieve them. One of the best ways to do that? Start journaling. Go ahead and buy yourself a diary or notebook, because this is going to be your secret weapon.

Journaling might not seem like the most exciting part of your sports routine, but it's actually a game-changer. Imagine having a personal playbook that tracks your progress, highlights your wins, and helps you bounce back from tough games. By jotting down your goals, thoughts, and what you learned after each practice or game, you're not just keeping notes—you're building a blueprint for becoming the best athlete you can be.

It's like giving yourself a pep talk on paper. You get to see how far you've come, stay focused on where you're going, and figure out what tweaks you need to make to level up. Plus, when you hit those big milestones, you'll have a record of everything it took to get there. So, grab that notebook, start journaling, and watch how it helps you crush your goals and stay in the zone.

Fuel the Machine

Want to crush it on the court? It all starts with what you eat. As a teenage athlete, your body needs the right fuel to keep you energised and ready to dominate. Think of food as your secret weapon—lean proteins like chicken and fish help build those muscles, while whole grains like pasta and rice give you the stamina to go hard all game long. And don't forget your fruits and veggies; they're packed with the vitamins and minerals that keep you strong and focused.

But it's not just about the big meals. Snacks are key too! Grab a yoghurt, some nuts, or a piece of fruit between meals to keep your energy up. And always stay hydrated. Water is your best friend, on and off the court. Eat smart, and you'll feel the difference when it's game time. Your body will thank you, and so will your game!

Pre-Game (60 minutes before game.)

For a pregame snack that powers you up without weighing you down, go for something light but packed with energy. A banana with peanut butter, a small handful of trail mix, or a muesli bar paired with some water or a sports drink is perfect. These snacks give you quick carbs for energy and a bit of protein to keep you going strong right up to game time.

Post Game

After the game, it's all about recovery and refueling your body. A great post-game snack should include both protein and carbohydrates to help repair muscles and replenish energy. A smoothie made with Greek yogurt, berries, and a banana, or a turkey/chicken sandwich on whole-grain bread with a side of fruit, is perfect. Pair it with plenty of water, a sports drink to rehydrate or even a choccy milk, and your body will be ready to bounce back for the next challenge.

To learn more about fueling the machines we are see [Sports Dietitians Australia](#) for lots of great ideas basketball specific fact sheets.