



MILDURA JUNIOR HEAT REPRESENTATIVE PROGRAM PARENT/PLAYER HANDBOOK

"Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved."

"Coming together is a beginning. Keeping together is progress.
Working together is success."

"At the start of every season we should always encourage players to focus on the journey rather than the goal. What matters most is playing the game the right way and having the courage to grow, as human beings as well as basketball players. When you do that, the result takes care of itself."

WELCOME

This booklet is designed to provide the parents of players selected to play with the Mildura Junior Heat, the Representative Teams of the Mildura Basketball Association, with an overall view of the program.

Mildura Junior Heat provides opportunities for U12 to U18 male and female athletes, to play in Mildura's representative program in a conducive coaching environment, where players are supported in reaching their playing potential, and competing at an elite level.

The program also offers Basketball Victoria accredited level coaching and is the local gateway into state representative pathways and beyond.

We hope the players, parents and friends of Mildura Junior Heat (MJH) have a meaningful and rewarding time throughout the season both on and off the court.

JUNIOR HEAT PHILOSOPHY

- To provide all athletes with the opportunity to represent Mildura at the highest level.
- To become a strong and most fundamentally sound representative squad program we can be.
- To provide all athletes with the opportunity to develop their skills in a safe, friendly, productive and enjoyable learning environment.
- To develop a solid foundation of individual skills for the future development of basketball in the region.
- To provide all athletes with a high standard of coaching and instruction.
- To provide all athletes with high quality and well-structured training sessions.
- To provide all coaches with guidance, opportunities and pathways to improve their skills.

If your child is trying out for Mildura Junior Heat, they must be a registered player in the Mildura Basketball Association domestic competition or a competition close to Mildura. (Robinvale & Ouyen)

2023/24 JUNIOR HEAT COMMITTEE

The JHC is a group of volunteers who work with the Director of Coaching (DOC) and Mildura Basketball Association (MBA) Board to manage the day to day running of the Junior Heat program. The MBA is the controlling body of the Junior Heat program and relies on the JHC to ensure that the program is running efficiently.

Chairperson	Travis Coombes	Director of Coaching	Mahaela Jackson
Treasurer	Kerrie Pitt	Administration	Rowena Humphris
Team Manager Liaison	Paula Kalms	Boys Program Liaison	James Madigan
Girls Program Liaison	Holly Tumanuvao	Sponsorship/Fundraising	Susie Mills
Uniform/Apparel	Angela Mitchell	Social Media	Kim Anstey

TRY-OUTS

There will be 3 x try-out sessions that all athletes are encouraged to attend:

#1 Sunday 30th July #2 Sunday 6th August #3 Sunday 14th August 2023.

***Attendance at all sessions is expected to be eligible for selection. If you are unable to attend any or all sessions, please email the Director of Coaching to request an exemption for consideration to remain eligible Mahaela Jackson - directorpd@mildurabasketball.com.au*

AGE GROUPS

- U12 (2014 Bottom age, born 2013 Top age), U14 (2012 Bottom age, Born 2011 Top age)
- U16 (2010 Bottom age, born 2009 Top age), U18 (2008 Bottom age, Born 2007 Top age)

SELECTIONS

Please refer to the attached **Mildura Junior Heat Representative Program – Player and Team Selection Policy and Procedures**.

FEES

Once selected, all players will be required to register on PlayHQ for the season. The first registration will have a one-off payment of roughly \$375 (minus \$30 try out fee). This will be need to be completed before the first tournament.

Fees include:

- Tournament entry fees to all five tournaments (no refunds will be given for personal non-attendance)
- Reversible playing/training singlet
- MJH equipment
- Court and training costs
- Admin fees

Division One players will attend State Championships which will have an additional tournament fee, these will be invoiced at a later date.

PAYMENT PLANS- Families can request a regular payment plan for the term of the season. To activate the request, the family must contact and make arrangements with Kerrie Pitt

COURT TIME

The amount of court time given to players varies according to the team needs, individual performances, strategies & tactics employed by the Coach and the Manager of Basketball Operations. Due to the nature of Representative Basketball, players cannot be guaranteed equal court time.

COMMITMENT

The level of commitment for athletes varies with each age group but there are some common expectations. Athletes must commit to being available to play in all tournaments as recommended by the DOC, and available for all training sessions as follows:

- 1 x 1.5hr training each Saturday morning/afternoon (time to be determined)
- 1 x 1.5hr training one morning per week (day to be determined, time likely to be 7:00am – 8:00am)

Please Note: the second training session will replace the weekly domestic game which has been part of the program in previous seasons.

We understand the morning training may present a challenge (i.e., players residing in Robinvale), however necessary due to court availability. Extenuating circumstances such as this may be considered.

It is expected that as part of the Junior Heat program, basketball should be the athlete's priority sport during the Junior Heat season.

Concessions may be made for academic or work-related commitments, however, involvement in other sport may not be a satisfactory reason for failing to train or play when required by the coach.

All athletes will be required to complete the Junior Heat Athlete & Parent Declaration which will be made available online by the Junior Heat Committee prior to the season.

- Each child will be required to bring their playing singlet, basketball and drink bottle to training.

UNIFORMS/APPAREL

Due to the short turn around between team selection and our first tournament, all players trying out will need to fill out a uniform order form. This will be organised during the tryout sessions.

Orders will not be placed until teams are selected.

All players selected will receive a reversible playing/training singlet and there will be an option to purchase a second playing top for \$40.

All new players will receive a pair of playing shorts. Existing and new players can order a second pair of shorts during our try out sessions for \$20.

There will be no extra orders for singlets and shorts during the season.

A MJH warm up top will be provided to all selected players, these have been donated by our sponsor Mattnifico.

Players are required to wear the official Mildura Junior Heat uniforms for training sessions, pre-game warm-up and during the course of the game.

Allocation of player uniform numbers is done by the MJH, requests for specific playing numbers will not be granted. Once a player has been allocated a playing number this will be that player's number for the time they play at Mildura Junior Heat.

Extra apparel can be ordered online here: <https://lasersp.com.au/>

These items are not compulsory.

CODE OF CONDUCT

There is zero tolerance shown towards any inappropriate or abusive behaviour from Athletes, Coaches, Team Managers, Parents or Spectators.

Parents are not to approach the Coach immediately prior to, or for 24 hours following games or training with the intention of discussing concerns or game/training related matters.

During training and games, all direction and instructions come from the coach and assistant coach only. **Parents are not to coach from the sidelines.**

Coaches, parents and players must also be committed to the Junior Heat Code of Conduct and have an obligation to understand the Junior Heat Operational Policies and Guidelines. These can be found on the Mildura Heat website. All parents and players will be required to sign the code of conduct prior to starting the season.

QUERIES/CONCERNS

All initial queries/concerns should be directed initially to the Team Manager. If the query/concern cannot be resolved, the Team Manager will then discuss the issue with the Coach and/or the relevant Program Liaison.

If the query/concern is related to coaching or playing time this should be directed initially to the Team Manager.

Non coaching matters or matters of a serious nature should be referred to the relevant Program Liaison, who will either resolve the issue, bring it to the attention of the JHC or if required raise it with the MJH Chairperson and Director of Coaching. If required, matters may be referred to an external agency for mediation, investigation or resolution.

All concerns must be in writing and include the name of the author. Anonymous letters of concern will not be considered. If the author would like to have their name withheld this can be arranged.

JHC meetings are held monthly and will review issues and concerns that arise. If required due to the serious nature of an issue or concern, an additional meeting may be called to address and resolve an issue or concern.

TEAM MANAGERS

A Team Manager will be appointed as a volunteer and is usually a parent within the team.

Team Managers are responsible for:

- Administration support to the Team and the Coach.
- Communicating important information to players and their families.
- Assisting the coach, ensuring the safety of all players throughout every game.
- Arranging a scorer/timekeeper roster for each tournament.
- Ensuring all scorers understand the tournament rules.
- Ensuring all players are wearing correct MJH uniforms when training, warming up and playing.
- Assisting administrators with registration to tournaments.
- Periodically help organise social functions for players, families and the team.
- Promoting to parents, players and coaching staff, Basketball Victoria's Code of Conduct and Mildura Basketball's Values.

- Other duties as directed by the MJH.
- Team Managers Manual is to be read in conjunction with Junior Heat Operational Policies and Guidelines for further details and allowance.

TOURNAMENTS

Date	Month	Tournament	Team Information
Sat 28th - Sun 29 th	Oct-23	Swan Hill Junior Tournament	ALL Teams – All Divisions
Sat 4 th - Sun 5 th	Nov-23	Geelong United Annual Tournament	ALL Teams – All Divisions
Sat 2 nd – Sun 3 rd	Dec-23	Shepparton Annual Junior Tournament	ALL Teams – All Divisions
Fri 26 th – Sun 28 th	Jan-24	Bendigo Junior Classic	ALL Teams – All Divisions
Sat 9 th – Mon 11 th	Mar-24	Adelaide	U12, U14, U16 – All Divisions
<i>Please Note: U18's will not be attending the Adelaide tournament</i>			
STATE CHAMPS			
Sat 17 th -Sun 18 th	Feb-24	Junior Country Champs – Bendigo	U16 Division 1 Teams
Sat 17 th -Sun 18 th	Feb-24	Junior Country Champs – Bendigo	U18 Division 1 Teams
<i>Please Note: U18's - please ensure refundable accommodation is booked for U18 Country Champs as if the teams place in Division 3 or lower, the Champs will be held later and in a different location. We will endeavour to have this information out as soon as we can.</i>			
Sat 6 th – Mon 8 th	Apr-24	Junior Country Champs – Mildura	U14 Division 1 Teams
Fri 12 th – Sun 14 th	Apr-24	Junior Country Champs – Bendigo	U12 Division 1 Teams

All tournament fixtures (excluding Adelaide) can be found at [PlayHQ](#). Adelaide tournament fixtures can be found at Gameday [GameDay powered by Stack Sports - Home \(mygameday.app\)](#)

- **Tournament attendance is compulsory to all selected athletes. Should unforeseen circumstances arise the Head Coach must be advised at your earliest convenience.**

ACCOMODATION

If, and when your child is selected into the Junior Heat program, it's best to start booking accommodation ASAP. **It is strongly recommended to book accommodation that provides a cancellation period in case of unforeseen circumstances such as athlete injury or events like COVID or floods as seen in previous seasons.** (Since COVID most sites now have free cancellation options available).

Tournament accommodation needs to be booked in advance, particularly for Swan Hill, Bendigo and Shepparton as they book out quickly. Here are a few websites that may help:

- [Booking.com | Official site | The best hotels, flights, car rentals & accommodations](#)
- [Holiday Homes & Condo Rentals - Airbnb - Airbnb](#)
- [Wotif - Accommodation Deals on Australia's 1st Hotel Booking Website](#)

SOCIAL MEDIA

Mildura Junior Heat has a strong focus on communication and it uses a number of channels for sharing team messages quickly and efficiently. Once teams have been selected and team managers appointed, a Messenger group will be set up to communicate to all families of that team.

General information is also regularly updated on the following socials:

Facebook: <https://www.facebook.com/mildurajuniorheat>

Instagram: <https://www.instagram.com/mildurajuniorheat/>

Website: <https://www.mildurabasketballassociation.com.au/heat>

ATHLETES AND PARENT DECLARATIONS

All athletes and parents are required to sign the Athlete & Parent Declaration form. [Junior Heat Athlete & Parent Declaration | Cognito Forms](#)

CONTACT

Any queries please contact the Junior Heat Committee via mjhcommittee@mildurabasketball.com.au

Junior Heat Committee

2023/2024 Junior Heat Representative Season
Mildura Basketball