



PLAYER & PARENT HANDBOOK

Mildura Junior Heat Representative Program



“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 in 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)

2024/2025 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	Holly Tumanuvao	Director of Coaching	Mahaela Jackson
Treasurer	Jarrold Taylor	Administration	Rowena Humphris
Team Manager Coordinator	Kelly Scherger	Social Media Coordinator	Kim Anstey
Tournament Coordinator	Andrea Carter	Uniform/Apparel	Nikki Coombes
Attendance Coordinator	Angela Mitchell		

TRY-OUTS

There will be 3 x try-out sessions for each age group, spread over 4 weeks as follows:

Sunday 20 July - Tryout #1 - U12, U14

Sunday 27 July - Tryout #1 - U16, U18

Sunday 3 August - Tryout #2 – ALL

Sunday 17 August - Tryout #3 – ALL

Please Note:

- *Attendance at all sessions is expected to be eligible for selection. If you are unable to attend any or all sessions, please request an exemption when registering, for consideration to remain eligible.*
- *Some athletes may not be required for the third tryout if they are suitably assessed by the selection panel as unsuccessful on completion of the second session.*

AGE GROUPS

- U12 (2015 top age, born 2016 bottom age), U14 (2013 top age, Born 2014 bottom age)
- U16 (2011 top age, born 2012 bottom age), U18 (2009 top age, Born 2010 bottom 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 need to be completed prior to the first tournament.

Fees include:

- Tournament entry fees to all allocated tournaments (no refunds will be given for personal non-attendance)
- 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 our Treasurer Jarrod Taylor to make arrangements.

COURT TIME

The amount of court time given to players varies according to training attendance, team needs, individual performances, strategies & tactics employed by the Coach and the DoC. 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 domestic game in accordance with summer season fixturing OR 1 x 1.5hr training one morning

per week (day and time to be determined by your coach).

Please Note: the second training and/or domestic game will be determined once summer competition entries are confirmed. This will be notified at a later date.

We understand 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

All athletes will need new uniforms for the upcoming season; this includes playing singlet, shorts and warm up top. Should your child require additional uniforms they can be ordered and paid for on our allocated uniform ordering day (date and time TBC). **Orders will not be placed until teams are selected.**

Additional playing tops will be available to order for \$40.00 each.

Additional shorts will be available to order for \$20.00 each.

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

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

Allocation of player uniform numbers is done by the MJH, requests for specific playing numbers will not be granted.

Extra apparel can be ordered online from Laser Print & Signs www.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 a JH Committee Member.

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 JHC, who will either resolve the issue, bring it to the attention of the JHC or if required raise it with the MJH Chairperson and DoC. 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.
- **The team manager role is not a coaching role.**

TOURNAMENTS

Date	Month	Tournament	Team Information
Sat 25 th - Sun 26 th	Oct-25	Swan Hill Junior Tournament	ALL Teams – All Divisions
Sat 1 st - Sun 2 nd	Nov-25	Geelong United Annual Tournament*	ALL Teams – All Divisions
Sat 6 th – Sun 7 th	Dec-25	Shepparton Annual Junior Tournament	Division 1 & 2 Teams
Sat 24 th – Mon 26 th	Jan-26	Bendigo Junior Classic	ALL Teams – All Divisions
Sat 7 th – Sun 8 th	Feb-26	Riverland Junior Carnival	U12, U14, U16G – All Divisions & U16B2
Sat 7 th – Mon 9 th	Mar-26	Adelaide – SA Country Champs	U12, U14, U16 – All Divisions
Please Note: - Division 3 teams will not attend Shepparton - U16 Boys Division 1 will not attend Riverland - U18's will not attend Riverland or Adelaide - Geelong Tournament – This tournament will show in PlayHQ as Friday, Saturday, Sunday, however, for Mildura it will only be Saturday & Sunday as we won't have any games fixtured for the Friday.			
JUNIOR COUNTRY CHAMPIONSHIPS (Division 1 Teams Only)			
Sat 14 th - Sun 15 th	Feb-26	U16 & U18 Div 1 & 2 Junior Country Champs BENDIGO	Division 1 Teams will attend one of these depending on grading. TBC for now
Sat 14 th - Sun 15 th	Mar-26	U16 & U18 Div 3,4,5 Junior Country Champs SHEPPARTON	
Sat 11 th – Mon 13 th	Apr-26	Junior Country Champs – BALLARAT	U14 Division 1 Teams
Fri 17 th – Sun 19 th	Apr-26	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.**

ACCOMMODATION

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>

Mildura Junior heat also use Facebook and Instagram to advertise our program and send updates to families, as well as share tournament photos. If you DO NOT wish to have your child's photo shared to social media, please contact our social media coordinator Kim Anstey.

ATHLETES AND PARENT DECLARATIONS

All athletes and parents will be required to sign a Athlete & Parent Declaration form.

CONTACT

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

Junior Heat Committee

2025/2026 Junior Heat Representative Season
Mildura Basketball

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