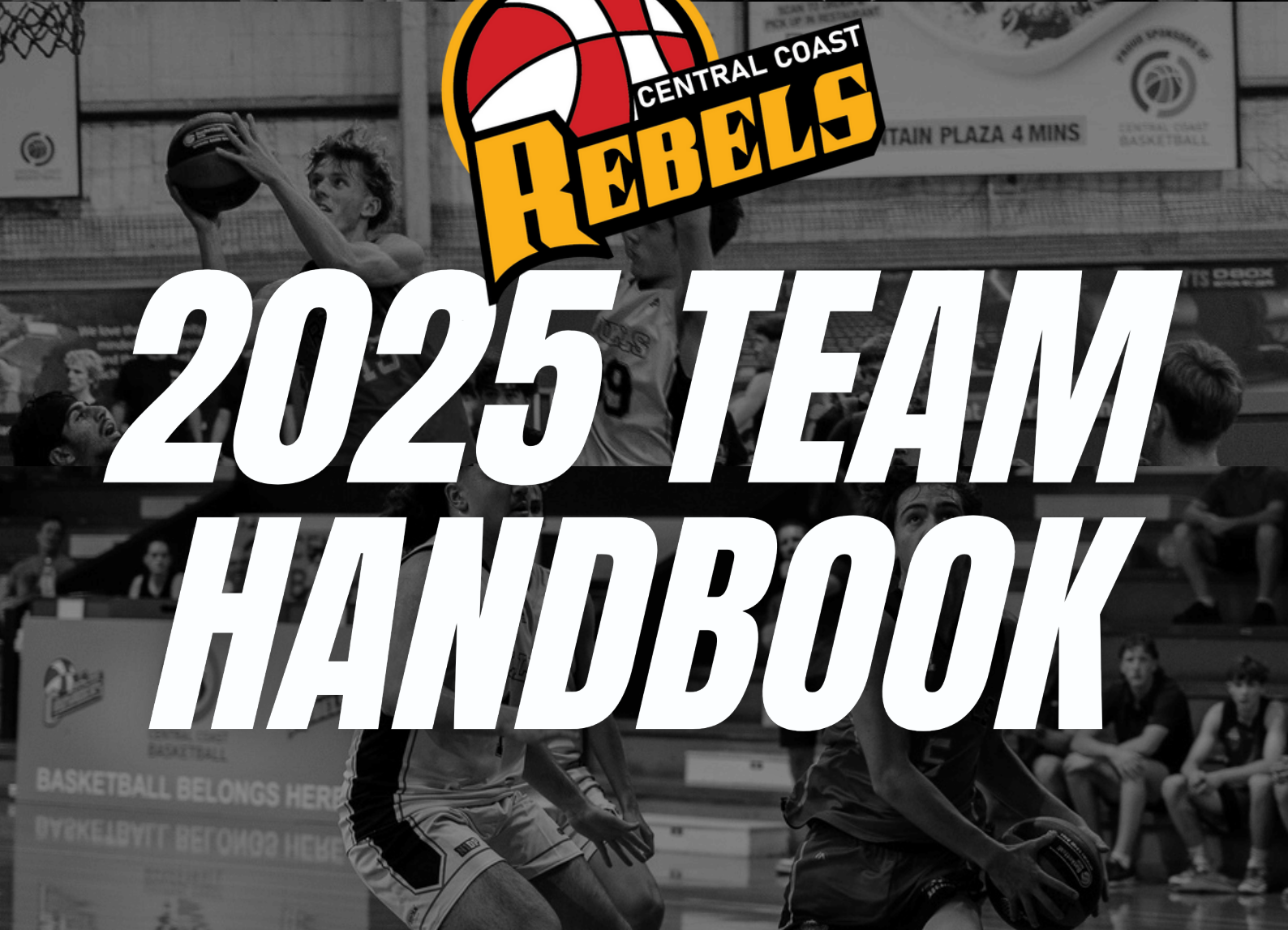




# 2025 TEAM HANDBOOK



**POSITIVE**



**PERSISTENT**



**PROUD**

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# WELCOME

On behalf of the Board, I would like to welcome you to the Central Coast Rebels Junior Representative Basketball Program for 2025. We know that you have worked hard to get to this stage and we'd like you to take a moment to acknowledge with pride your efforts and the reward it has brought you. We look forward to working with you as you continue to develop your skills over the coming season.

Rebels has a long and proud history on the Central Coast, having first been established in 1990. We were originally known as Gosford City Rebels and started as the junior representative program of the Gosford City Basketball Association, with the Rebels playing out of the Youth Club at Gosford.

The founding members had a vision to grow the sport of basketball on the Central Coast. To facilitate that vision, they undertook the arduous process of obtaining land & building the stadium at its current site in Terrigal. In 1993 Gosford City Rebels moved their base into the newly constructed stadium. Over the years the association continued to grow and in 2019 rebranded from Gosford City Rebels to Central Coast Rebels as part of a restructure that will take us forward into an even brighter future.

Today, we are one of the largest and most successful regional clubs in NSW – running 18 teams in junior representative competitions in 2024. The vision of our founding members has been fulfilled.

As we journey into 2025, I am optimistic that our association and the Rebels Program will continue to gain strength through the adversity we have faced. A particular focus for the coming season is into our Referee Development Program. We are investing the development of existing Referees and look to attract more into our Referee pathway. This will strengthen our Club at all levels and enable us to enter more teams, continuing with additional Division 3 teams in 2025.

We look forward to sharing the 2025 journey with you.

Michael Griffiths  
President  
Central Coast Basketball

# ***CODE OF CONDUCT***

As a participant in Central Coast Basketball (CCB), it is essential that all players, parents/carers adhere to the **Code of Conduct** and expectations aligned with Basketball New South Wales (BNSW). These ensure that everyone involved understands their responsibilities and behaviours while participating in all activities on and off the court, including but not limited to accommodation, restaurants and team activities.

The Code of Conduct is designed to help players, coaches, administrators, parents, and spectators maximise their enjoyment and benefits from the sport. Any on or off the court misconduct identified as a breach of the Code of Conduct will be reported to BNSW, and appropriate consequences will follow.

## **Key Points for Players and Parents:**

- **Commitment to Conduct:** Every player and parent is required to fully commit to the CCB Player & Parent Code of Conduct & Expectations. This commitment is crucial for fostering a positive environment within our basketball community.
- **Understanding Expectations:** It is critical that both players and parents understand the behavioural and attitudinal expectations outlined in the Code of Conduct. Familiarity with these guidelines ensures that everyone represents the Central Coast Rebels with integrity and respect.

By embracing the Code of Conduct, we can create a supportive and enjoyable atmosphere for all participants in our basketball community. Thank you for your commitment to upholding these values.

**Please complete the Rebels Pledge on the last page of the handbook and return to your team manager.**



# ***CCB CULTURE & VALUES***

## **PURPOSE**

To provide a premier basketball and sporting experience.

## **MISSION**

To engage the community with premier facilities that promote and grow recreational programs and sporting activities for healthy lifestyles.

## **WHO ARE WE?**

***WELCOMING***

***PERSISTENT***

***POSITIVE***

***PROUD***

## **VALUES**

### **We're here to play...**

Whether we are in the office, the stands, the bench or on the court - playing the game we love is all that matters. We play to win, but we never lose the joy. With a focus on the experience, not the end result, we play with freedom that sparks our creativity and inspires people to get involved. This excites our community, delights our sponsors, fuels our players, ignites our supporters and stokes our tenacity.

### **We never say never...**

On and off the court, from the first touch to the final siren, we're committed and competitive. We relentlessly work to improve ourselves – but not because we want to beat our opponent, rather because we're driven to be our best. From one season to another, we're always looking for pathways to grow in our relentless pursuit to add a competitive edge to everything we do and everyone we meet.

### **We're in this together...**

We're a team. A club. A community. We're proud and loyal. We care and we trust one another to be supportive. Building these positive relationships is important to our sense of belonging and shared accountability, on and off the court. We are inclusive and value diversity; we create a place where everyone feels welcome, and we encourage them to shine.

## ***WHAT IS REPRESENTATIVE BASKETBALL?***

### **What is Rebels Basketball?**

Junior Representative Basketball is an elite competition, where players will have the opportunity to represent the Central Coast Rebels against other associations under the Basketball New South Wales (BNSW) banner, whilst receiving coaching from some of New South Wales brightest and experienced coaches.

The representative program is for athletes who are committed to developing their basketball skills and knowledge of the game. Central Coast Basketball (CCB) athletes undertake an extensive try-out period, whereby if successful, they will be selected in a team for the upcoming BNSW season.

### **What is the Rebels Academy Program (RAP)?**

This is a development opportunity for our athletes to hone in on their basketball skills in a team structure. This will give our athletes knowledge of structured basketball and a glimpse into representative competition. The RAP Teams will participate in both the Coastal Classic and the John Martin Country Tournament, also consisting of one training session per week up until June. There will be opportunities for other games, including an additional domestic game once a week in Terms 1 & 2 and these will be advised by coaches.

### **What is a Development Player?**

A Development Player serves as an additional participant in training, training twice a week with their allocated team, allowing them to enhance their skills.

- They may have the chance to play, at the coach's discretion, if a team member is unavailable due to illness, injury, or absence, but only if their training attendance is over 90%.
- Their fees will be lower because we're not profiting from this arrangement, and if they do get to play in a game, it's an added benefit for them.

### **What is a Train-on Player?**

A train-on player is invited to join another team's training sessions, providing them the opportunity to enhance their skills and grow as a player. Coaches will provide guidance for these additional sessions as needed. There is no extra fee for this, as it is supplementary to the team they have been selected for.

## KEY DATES

- **2 December 2024:** Rebels Squad Training Commences (TBC)
- **2 – 8 December:** Uniform ordering (at the office)
- **31 Jan 25 – 2 Feb 25:** Coastal Classic 2025 Division 2/3 Tournament
- **7 – 9 Feb 25:** Coastal Classic 2023 Division 1 Tournament
- **1 - 2 March 25:** Rebels Rally
- **8 – 9 March 2025:** Basketball New South Wales Season Commences
- **Mid August 2025 -** Basketball New South Wales Season Concludes
- **Sept/Oct 2025 (date TBC) -** Rebels Presentation Night
- **October 2025 (dates TBC) -** Rebels 2025 Season Trials

## COMMUNICATION

Central Coast Basketball are committed to stream-lining our communication throughout the season and **WhatsApp**.

The app will be the primary communication channel for all Rebels events, news, information, updates and team correspondence. It will be mandatory for all coaches, managers and players to download the app as well as one parent per player. We encourage that all teams utilise this app to ensure that all details relating to the Rebels season are in one application. The app can be downloaded at Apple Store or Google Play Store or accessed in your browser at [whatsapp.com](https://www.whatsapp.com)

Your first point of call for all communication will be your Team Manager and they will advise you how best to contact them. All information related to the BNSW Competitions is available on the BNSW Website at [www.bnsw.com.au](http://www.bnsw.com.au) and the GameDay app. This includes competition information, fixtures, game results and ladders.

### Social Media

You can keep up to date with everything Central Coast Rebels by following us on [Facebook](#) and [Instagram](#). Our social media is used to share news, achievements and events during the season.

We welcome parents to send us photos and videos during the season. Media can be emailed to [marketing@ccbasketball.com.au](mailto:marketing@ccbasketball.com.au). *Please note, while we try and share as much content as possible, not all photos and videos will be used on our social media.*

## ***CONTACT LIST***

NAME	ROLE	EMAIL
Mark Ramsdale	General Manager	manager@ccbasketball.com.au
Maxine Babinski	Representative Manager	representative@ccbasketball.com.au

## ***48-HOUR RULE***

In order to provide a safe and happy environment for our players, coaches, parents and officials, we enforce a 48-hour rule on game day.

We ask that parents please refrain from discussing any issues they may have before, during or after a game. Please wait 48 hours before contacting your team manager to arrange a suitable time to meet with the coach to discuss any issues.

## ***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 Rebels** for the 2025 season.
- If a squad is selected, teams will be finalised by Central Coast Basketball Coaches and selectors following a designated number of trainings and/or Coastal Classics.



### Selectors Guidelines

- Selectors will act with integrity and objectivity in all aspects of the selection process.
- Selectors will reserve all judgment 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 Criteria

The selection criteria our panel of selectors were looking for are:

***Athletic Ability / Potential***

***Playing Ability***

***Teamwork***

***Attitude***

***Composition &  
Balance of Teams***

### Rebels Club Characteristics

In addition, there are 6 Rebels Club Characteristics we want to find in our older age groups, which we aim to develop in our younger athletes.

- **Resilience** – Our athletes train and compete with the singular purpose of reaching their potential and helping those around them reach theirs. When things go wrong, our athletes find a way to get back up and move forward.
- **Shooting Ability** – It is the master skill, and our best athletes are elite shooters.
- **1 v 1 Offensive Ability** – High-performing athletes have the skillset and decision-making ability to make plays in a 1v1 situation.

- **1 v 1 Defensive Ability** – Our best athletes require no help. They keep the ball in front of them and do not get screened.
- **Decision Making** – On both the offensive and defensive ends, these athletes continuously make the correct decision. And they get there by being coachable.
- **Teamwork** – Our players have the ability to be selfless and have a “what is best for the team” mentality.

## LOCATIONS & LEAGUES

Games will vary week to week and are played Saturdays and/or Sundays across various locations across NSW. All teams will play home, away and neutral games throughout the season. Central Coast Rebels home games are played at Breakers Indoor Sport Stadium. It is important to note that players are expected to arrive 45 minutes before tip-off.

Central Coast Rebel Division 1 U14, U16 & U18 teams will be nominated for the Waratah Junior Premier League (JPL). Playing in this league is subject to qualification.

### 2025 Waratah JPL Dates - Locations TBC

ROUND	DATE
Pre-Season (Country) *if required	1 & 2 February
Round 1	29 & 30 March
Round 2	3 & 4 May
Round 3	24 & 25 May
Round 4	19 & 20 July
Finals	1, 2 & 3 August

Central Coast Rebel Division 1 U12 teams will play in the **Waratah Northern-Eastern Junior League (NEJL)** and all other Division 2 & 3 teams will play in either the **Waratah Northern-Eastern Junior League (NEJL)** or **Waratah Eastern Junior League (EJL)** depending on the squad and BNSW venue availability.

### 2025 Waratah NEJL Dates

ROUND	DATE	LOCATION
Round 1	8 & 9 March	Sportz Central, Maitland Federation Centre, Newcastle Basketball Stadium
Round 2	5 & 6 April	Tamworth Sports Dome
Round 3	10 & 11 May	Port Macquarie Indoor Stadium, Port Macquarie PCYC, St Columba
Round 4	14 & 15 June	Niagara Park, Breakers Indoor Sports Stadium, Ballina Indoor Sports Centre (TBC)
Finals	5 & 6 July	Tamworth Sports Dome

### 2025 Waratah EJL Dates

ROUND	DATE	LOCATION
Round 1	22 & 23 March	Maitland Federation Centre & Newcastle Basketball Stadium
Round 2	26 & 27 April	Tamworth Sports Dome
Round 3	17 & 18 May	Maitland Federation Centre & Newcastle Basketball Stadium
Round 4	21 & 22 June	Niagara Park Stadium & Breakers Indoor Sports Stadium
Finals	5 & 6 July	Tamworth Sports Dome

### June Long Weekend: 7 - 9 June 2025

Teams will be entered into the NSW John Martin Country Tournament.

### **Waratah Junior State Championships: Dates TBC**

The Waratah Junior State Championships is the tier one (1) competition in the state where the top four association-based teams from Waratah Junior Premier League and the top four teams from the Premier Division of Waratah Metro League, compete to be crowned the State Champion.

Due to there being no teams in JPL for U12's, Basketball NSW will determine the qualification structure for country teams after nominations have been received and competition formats agreed upon.

### **Waratah Junior State Challenges: Dates TBC**

The Waratah Junior State Challenge is the tier two (2) competition in the State where any team that participated in Eastern League, Metro League (Division 1 & below), Northern League, Southern League & Western League can nominate to enter.

## ***WEEKLY TRAINING SCHEDULE & COMMITMENT***

Attendance and participation at training sessions is important, both in developing the player's full ability and in fulfilling the inherent responsibility and obligation each player has to their team and coach.

**Training is compulsory for all players, with all teams training twice per week.**

If a player is unable to attend a training session for any reason, advanced notification is to be given to the Team Manager who will then advise the Coach. If an athlete is unavailable to attend due to family/school commitments or illness, they should notify their Team Manager as early as possible.

If a player is injured, it is expected that athletes complete the CCB Injured Athlete Program and still attend training sessions to learn from watching and listening. Athletes are expected to arrive at training at least 10 minutes before their allocated start time and be wearing the full Rebels training uniform.

The standard time slots available for Rebels teams to train are 6am-7:30am, Mon-Fri and potentially weekends.

Our Central Coast Rebels currently train at a variety of venues including:

- Breakers Indoor Sports Stadium
- Central Coast Adventist School

Coaches are within their rights to bench a player or make changes to the players game time if absent from training without a reason. CCB expects athletes and families to have a strong commitment and prioritise attendance to all training sessions.

## ***2024/25 CCB JUNIOR LEAGUE COMPETITION***

Our position is that all Rebels representative players continue to participate in the CCB Junior League Competition to be eligible to play representative basketball, until players reach the Youth League.

If you are coming from another association, there is a grace period of one domestic season to join a domestic team. Audits will be conducted throughout the domestic season to make sure all players are playing the satisfactory number of games for their respective domestic team in accordance with the CCB Domestic By-Laws. Should you have been unable to enter a team due to the volume of team that have missed out, leniency will be considered.

## ***REGISTRATION & FEES***

All representative players willing to trial **MUST** maintain their annual registration with CCB and BNSW.

### **2025 Basketball New South Wales Registration Fees**

- 8 - 11 years – \$85
- 12 - 17 years – \$115

All officials must maintain their annual registration, including coaches, managers, referees and other officials involved with CCB. CCB covers the costs of the volunteer registration.

Please note: All registrations are to be completed and paid for online. Please visit our website for more details at <https://ccbasketball.online/members/member#/login>



The fees for participating in the representative program are mostly governed by Basketball NSW. The total value that Central Coast Basketball incur is approximately \$1,500 per player to which the rest of this cost is proudly subsidised by our association. We are passionate about making our program affordable for Central Coast families to play at the representative level.

**Rebels Players Fees:**

- First child - \$900 per player
- Second child - \$850 per player
- Third Child - \$800 per player

**RAP Players Fees:**

- \$500 per player

**Development Players Fees**

- \$300 per player

The extra cost from previous seasons will include travel subsidies for team's Head coach. (Assistant coaches will not be offered any allowances by the association). Head coaches will receive allowances for travel over 2 hours, where teams are required to stay over night.

**Our Rebels 2025 season fees includes:**

- Approximately 100+ hours of coaching.
- Rebel's related court hire
- Central Coast Basketball Club Day
- Team training court hire
- Coaches & Managers uniform, education & training
- Equipment costs
- Team playing singlets
- Coastal Classic Tournament registration fees
- Waratah North Eastern Junior League, Waratah Eastern Junior League & Waratah Junior Premier League registration fees
- Country Tournament / State Championships registration fees
- Team nomination fees
- Casual Shootaround 'Ballers Pass' from January to September 2025
- Game Referees / Referee travel, accommodation & development
- Season pass to Central Coast Crusaders Home games
- Annual Presentation costs including Trophies, Rebels Yearbook, Team/Individual Photos.
- Representative Manager admin
- Travel subsidy for Head Coach

# ***PAYMENT STRUCTURE***

## **Payment Dates**

Our preference would be that players pay their representative fees in full by 18 December 2024. However, we understand that some families might prefer to pay in instalments which can be arranged via direct debit on the following dates:

- **6 December 2024** - 'Save my Spot' payment of \$200
- **1 February 2025** - 2nd instalment of \$350; RAP players to pay \$300; Development players to pay \$100
- **15 March 2025** - Final instalment of remaining amount

## **Please Note:**

- Active Kids Vouchers can be used towards the fees.
- **Unfinancial players after the 15 March 2025 will not be able to play**, until they have paid their fees. If you are having trouble paying by this deadline please reach out to us.
- Fees quoted above exclude any uniform cost.

Additional costs are incurred for travel and accommodation for away rounds, Junior Premier League, Country Tournament and State Championships, which are generally coordinated by Team Managers. Teams are encouraged to stay together where possible, however, there is no requirement to do so.

We understand that not all families have the same accommodation requirements or budgets, so please communicate with your Team Manager as early as possible to assist in their role to arrange and secure accommodation.

# ***REFUNDS / CREDIT***

If an athlete withdraws from a team due to a long-term injury or illness, applications for partial refunds / credits can be made in writing, alongside medical documentation, to Central Coast Basketball by email [representative@ccbasketball.com.au](mailto:representative@ccbasketball.com.au)

## ***UNIFORM REQUIREMENTS***

iAthletic is the apparel partner for Central Coast Basketball. All uniforms can be ordered through an “Online **STORE**”. More information regarding uniforms will be released soon. Items are available for purchase in bulk packs or as individual items.

Please ensure all uniforms are purchased prior to **15 January 2025** so we can endeavour to have player uniforms arrive for the beginning of the season.

All Central Coast Rebels players must be in Rebels branded tops (hoodie, warm-up top) when coming to and from games. This must be their outermost layer of clothing. This helps to build our culture and represent CCB in a professional manner.

## ***GAME DAY COMMITMENTS***

Each team will provide two scorers for each game. The Team Manager will prepare a scoring roster with all parents taking turns and ensure that there is competent scorer placed with a novice scorer if necessary. CCB will be running scoring sessions at the beginning of each season to educate parents about scoring. This will be notified closer to the beginning of the season.

Please be aware, teams that have two siblings within one team, parents will be rostered on for each child and not just the family. This ensures an even spread of scoring turns.

## ***COURT TIME MANAGEMENT***

Representative basketball is considered an elite development program, and as such does not operate by the same guidelines as domestic competitions. A basic principle within the representative program is that court time is not guaranteed for any player. The two main parameters that determine the court time an individual player may receive are:

### **Game Environment:**

- The level of competition
- The role of the player in each game
- The importance of the game

**For clear disciplinary reasons – a coach may reduce court time if the player:**

- Does not attend all trainings.
- Is not punctual for all trainings and games.
- Does not give 100% effort for all trainings and games.
- Does not attend a training session without notifying the Team Manager/Coach.
- Displays poor sportsmanship towards coach, players, officials, spectators.

## ***FUNDRAISERS***

There will be a fundraising event held throughout the year and details regarding these events will be advised.

## ***INJURIES & INJURY PROCEDURE***

All Central Coast Rebels athletes will now be playing a minimum of two matches per week (one Representative, one Domestic) and training for around three-four hours per week. This can place stress on young bodies and injuries can occur during training or matches. Our coaches and CCB staff are well aware of the potential for sports injuries and will place your child's welfare as a priority. If you have concerns regarding your child's health, please discuss them with your coach or team manager. If you are in need of a Physiotherapist, CCB highly recommends visiting the team at Coast Sport [www.coastsport.com.au](http://www.coastsport.com.au)

If a player is injured during the Rebels season (playing or training) the Team Manager is responsible to ensure the online Injury Report form is filled out on the Rebels App. If the athlete is injured during a game, a copy of the scoresheet from the game the athlete was injured in is obtained from the venue. It is important that for any injuries during games, the Venue Supervisor **MUST** complete the official BNSW injury form. The Team Manager must notify CCB via email [representative@ccbasketball.com.au](mailto:representative@ccbasketball.com.au)

Injured players are still expected to attend training sessions even if unable to train so that they can learn new plays and listen to what the Coach is teaching. Players who are sick should not attend training unless they are in the late stages of recovery and will not compromise the wellbeing of teammates.

Players who are unable to attend training should advise their Team Manager who will then inform the Coach as soon as possible.

If there is any doubt about expectations on attending training and/or games when a player is sick or injured, the Team Manager discuss with the Coach ensuring there is clear agreement on what the player is expected to attend.

## ***CENTRAL COAST CRUSADER HOME GAME ROSTER***

CCB is proud to have five teams competing in the Mitsubishi NBL1 East League and the Waratah League Senior Competition. This is a great brand of basketball on show each week during the season between April and September.

Each Rebels team will be allocated a Crusaders game to come down and get involved with. There are plenty of tasks to share around on Game Day, and it's fun to be part of the action.

The team Coach and/or Manager will have the details of when the team is on duty. This provides our Central Coast Rebels athletes a unique experience to access the club's senior players and provide an insight into what their basketball future could involve, whilst creating a link between CCB Senior and Junior programs.



## ***THE REBELS PLEDGE***

I agree that I have read and understood the information and will abide by the expectations as outlined in the Rebels Team Handbook.

I will respect all referees and game officials.

I will abide by the CCB Code of Conduct and CCB Culture and Values.

I will be POSITIVE. I will be PERSISTENT. I will be PROUD.

**Athlete's Name:** \_\_\_\_\_

**Team:** \_\_\_\_\_

**Athlete's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Please print and return this signed page to your Team Manager.*