



# **2023 Perth Redbacks WABL Parent Handbook**

Updated February 2023

# Introduction

The Perth Basketball Association (PBA) is represented in the Western Australian Basketball League (WABL) under the team name of Perth Redbacks. This WABL Parent Handbook has been created to provide all invested parties with the club's WABL program strategies, procedures and guidelines.

Where a specific situation is not covered by this handbook, the WABL Director will consult with the WABL Committee and PBA CEO to determine an appropriate outcome on a case by case basis.

It is necessary for all members of the PBA basketball community and the WABL program, particularly players and their families, to read this handbook in order to understand the WABL program's requirements and expectations. Players and their families should only take up a position on the WABL program if all information contained in the handbook is understood and accepted.

## A message from our WABL Director

Congratulations on being selected to play for Perth Redbacks. You have been selected because of your skills, playing ability and potential. You will be playing in a competition which is a level up from domestic basketball. Be proud of being selected, however, be aware that this brings responsibilities.

Representing the Perth Redbacks requires that certain standards of behaviour must be adhered to and codes of conduct observed. It's important to remember that your behaviour, dress and attitude reflect on the Perth Redbacks. This includes at training, before and after games and at any other time you represent Redbacks.

We look forward to you representing our club with pride and developing as both a player and a person. We can't wait to see what the 2023 WABL season holds for you and your team.

*Adrian Warner, PBA WABL Director*

# About WABL

The Western Australian Basketball League (WABL) is WA's premier state-wide junior competition which develops players, coaches and officials. The league aims to meet the requirements of high-level competition through education and training while promoting positive mental, physical and emotional outcomes.

WABL caters for players in the following age groups: U12, U14, U16, U18 and U20. The U12, U14, U16 and U18 age groups are graded at the WABL grading tournament in February and March each year.

The 2022 WABL season will start on Sunday 23 April. Games are played on Sundays over an 18-week season, plus three weeks of finals.

WABL is currently comprised of 13 basketball associations from both metropolitan and country regions extending from Wanneroo to the Southwest.

The following clubs make up WABL:

Cockburn Cougars Hills Raiders Lakeside Lightning Perry Lakes Hawks Rockingham Flames Warwick Senators Willetton Tigers	East Perth Eagles Kalamunda Eastern Suns Mandurah Magic Perth Redbacks Southwest Slammers Joondalup Wolves
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Perth Redbacks WABL home games are played at Vic Park Leisurelife wherever possible.

Away games will involve travel to any of the following: Eaton (Southwest Slammers), North Lake and Murdoch (Lakeside Lightning) Morley and Mirrabooka (East Perth Eagles), Mandurah, Rockingham, Cockburn, Kalamunda, Mundaring, Willetton, Floreat (Perry Lakes Hawks), Warwick or Joondalup. For more information regarding venues please refer to the WABL Venues section of this Handbook.

# WABL Player Expectations

Nearly 600 players trialled for selection in a 2023 Perth Redbacks WABL team. Just over 300 of those players were successful in gaining a spot.

While talent and demonstrated basketball ability obviously played a part in our team selections, attitude, coachability and a 'we before me' mentality were attributes highly valued by our WABL coaches. Thus you should be very proud to have gained selection in a Perth Redbacks WABL team as it says a lot about you as both a player and a person.

**As a Perth Redbacks WABL player, here is what you can expect the club to provide to you:**

- A coach who understands they are there to help you grow as both a player and a person
- Weekly training for you and your teammates to work together with your coach to ensure you can compete as strongly as possible in your WABL game on the weekend
- A playing uniform that looks great and that you can wear with pride
- Safe and encouraging training and playing environments
- Support structures to help you when experiencing personal difficulty in both life and within your team

**Here is what the club expects from you as a Perth Redbacks player:**

- That you buy in to our club values of family, community and respect
- That you have a 'we before me' attitude to WABL basketball and prioritise the needs of your team over your goals as an individual
- That you attend every training session and bring a high level of energy and a fantastic attitude to those training sessions
- That you give your coach your fullest attention at training and during games
- That you are an exceptional teammate - encouraging and positive, and someone who always speaks to other players in the way you wish to be spoken to yourself
- That you conduct yourself in a courteous and respectful manner and display an exemplary attitude to all referees, officials, opposition coaches and players
- That you operate at the the highest possible standard of behaviour on the court, especially when faced with challenging situations
- That you treat being a Perth Redbacks WABL player as a privilege, not a right

We are defined as much by *what we don't do* as we are by *what we do*.

**Here is behaviour we never expect to see from a Perth Redbacks WABL player:**

- Being negative to, belittling, or swearing at anyone, but especially a teammate, coach, referee, official or any person on the opposition
- Disrespecting a teammate, coach, referee, official or any person on the opposition

- Disrespecting equipment or a training/playing facility
- Blaming other people, or a challenging situation, for your own poor behaviour
- Operating contrary to the [BWA Code of Conduct for Players](#) in any way

**In summary, as a player, you play a huge role in creating:**

- A competitive but fair playing environment for your teammates and opposition players
- A rewarding coaching environment for your coach
- A safe environment for referees to do their job
- A positive environment that has other clubs looking at Perth Redbacks and thinking, ‘I want to be part of that.’

## WABL Parent Expectations

Our club is so grateful for all you do! You pay the fees, do the training dropoffs and pickups, buy uniforms and equipment, cheer loudly on game day and volunteer time to help with managing teams, scoring and other things around the club.

In the same way we aim to provide our players and coaches with a great basketball experience, so too do we wish to provide our WABL parents with a great basketball experience.

**As a Perth Redbacks WABL parent, here is what you can expect the club to provide to you:**

- A club culture underpinned by the values of family, community and respect
- A welcoming environment for you and your family that feels like home
- A nurturing training and playing environment for your child where they will be respectfully challenged to develop as both a player and a person
- Internal support structures for both you and your child should you be experiencing difficulties within the club or in life

**Here is what the club expects from you as a Perth Redbacks parent:**

- That you buy in to our club values of family, community and respect
- That you focus on the things your child and their team are doing well when cheering from the sidelines
- That you extend benefit of doubt to the club in situations where you don’t understand a decision, or where things aren’t as you would like them to be
- That you respect that sometimes decisions made in the best interests of the club as a whole might be counter to what you see as the best interests of your child
- That you support your coach and understand they are a volunteer doing a difficult job to the best of their ability
- That you hold your child accountable to the same standards the club, their coach and their teammates do
- That you conduct yourself to the highest possible standard of behaviour when involved in club activities (training, games, club events) and display an exemplary

attitude to your coach, your child's teammates, other parents, referees, officials and the opposition

- That you make use of the support systems provided by the club in situations you are unhappy with
- That you always behave in a courteous and respectful manner, especially when faced with challenging situations

We are defined as much by *what we don't do* as by *what we do*.

**Here is behaviour we never expect to see from a Perth Redbacks WABL parent:**

- Being negative to, belittling, berating or swearing at a player, opposition coach, referee, official or a fellow parent
- Coaching your child, or your child's team from the sidelines
- Disrespecting a player, opposition coach, referee, official or parent
- Disrespecting equipment or a training/playing facility
- Blaming other people, or a challenging situation, for your own poor behaviour
- Operating contrary to the [BWA Code of Conduct for Parents or Spectators](#) in any way

**In summary, as a parent, you play a huge role in creating:**

- A culture of family, community and respect at Perth Redbacks
- A safe and nurturing environment for coach and referees to do their job
- A positive environment that has other clubs looking at Perth Redbacks and thinking, "I want to be part of that."

We love that you've made the choice to be part of the Perth Redbacks family and appreciate everything you do to help our club feel like 'home' for all our members.

# WABL Season 2023 Information

## 2023 WABL Committee

The 2023 WABL Committee is comprised of:

- Adrian Warner - PBA WABL Director
- Kelly Exeter - WABL Communications
- Lee Deshon - WABL Administrator - Women's Program
- Robin Welsh - WABL Administrator - Men's Program
- Jennifer Saliacus - WABL Manager Coordinator
- Amber Land - Head of Basketball, Women
- Ron Flores - Head of Basketball, Men

### A QUICK SUMMARY OF THESE PEOPLE'S ROLES

As WABL Director, Adrian drives the strategic direction of the WABL program and puts in place systems, processes and support structures that allow us to meet our goal of 'a great basketball experience for everyone'.

As WABL Communications, it is Kelly's role to ensure that important information regarding the PBA WABL program is clearly communicated and distributed in a timely fashion to parents, coaches and team managers.

Ron and Amber are the first port of call for coaches when they have a question or issue.

Lee and Robin are the chief 'information gatherers' - responsible for giving the WABL Committee all the information they need to make decisions as quickly as possible.

Jen is the first port of call for team managers when they have a question or issue.

## Communication in the PBA WABL Program

The PBA WABL program involves:

- 300+ players
- 570+ parents/carers
- 50 coaches
- 30 team managers
- 20+ club administrators, staff and board members.

(PLUS all the people those groups come in contact with like referees, score bench officials and members of other clubs.)

**Great communication within our WABL program is key to PBA delivering a great basketball experience for all these people.** Thus it's essential that you read this section very carefully. It outlines our club's expectations for how all people involved in our WABL program communicate with each other.

### **Club > parent communication**

In the **pre-season** - we send all WABL parents a weekly update via email.

**During the season** - we send all WABL parents a 'Weekly WABL Wrap' email that includes important notices plus a link to the game reports for the week on our website.

***It is essential that you read these emails.*** The information they contain will always be relevant and important. If you are not receiving these emails, please check your spam folder and mark them 'not spam'.

If they are not in your spam or junk folder, email [kelly@perthredbacks.asn.au](mailto:kelly@perthredbacks.asn.au) to check if you are on the distribution list.

### **Team manager > parent communication**

Your team manager (a volunteer), is the person who handles all the in-team administration and communication. This allows your team coach to focus on coaching and managing the players' needs.

The key way your team manager will communicate with you is via WhatsApp. Please note the following regarding WhatsApp:

- WhatsApp is a great tool for **managers** to communicate quick reminders ('don't forget mouthguards' and 'here are the game details for tomorrow' or 'training will start 10 minutes later tonight').
- **Parents** are welcome to use WhatsApp to do things like ask for a lift for their child, see if someone wants to do a scoring swap, or post positive messages like 'great game today coach/players'.
- WhatsApp is **absolutely not** a place for coaches, managers or parents to air grievances of any nature - whether those grievances be towards the club, the coach, other parents or players.

If you have a grievance or want to raise an issue, please see the next section on conflict resolution to determine the fastest way to have that issue heard and resolved.



## Player > coach communication

Our preference is for **players** to speak directly to their coaches if:

- They have a problem/issue/question
- Require clarification about their role in the team
- Require clarification about their coach's expectations of them.

If a player has an issue that they are not comfortable raising directly with their coach, please see the next section on conflict resolution to determine the fastest way to have that issue heard and resolved.

## Parent > coach communication

We do understand that it is often useful for parents to be part of player > coach conversations. And sometimes it is necessary for a parent to speak directly to a coach about something that is bothering them or their child.

The protocols for parent > coach communication are:

- It is never appropriate for parents to seek out coaches or assistants for a conversation on game day
- If you would like to set up a time to speak with your team coach, please send that request via email. That email should not be a vague 'can we talk?' request. It should be specific about what you would like to discuss and what outcome you are seeking.
- There are few circumstances where it is appropriate to call your coach on the phone without prior warning via email or message. Putting people on the spot does not facilitate the great communication we aspire to in our WABL program.

Before speaking with your coach, please remember they are:

- A volunteer doing a difficult job
- Giving up their free time to engage in conversation with you

If your team coach offers you the courtesy of a conversation, please be respectful of their time and approach that conversation with the desire to *understand* the coach's thoughts and feelings rather than to *debate* them.

It's also important to note that if you seek feedback about your child from your coach, you must be willing to hear things about your child's abilities and performance that are not in line with your own opinions. Please be open to, and accepting of, this feedback.

## Player > player communication

It is expected that players speak to each other respectfully and in an encouraging manner at all times. If a player is experiencing frustration with another player in the team, it's important they express that frustration to their coach and not to other players in the team.

We also know many of our older WABL teams have group chats set up via social media. We hope it goes without saying that these group chats should never be used to:

- Speak about the coach negatively
- Speak about the club negatively
- Speak about other clubs/team negatively
- Speak about umpires negatively
- Speak negatively to each other or about each other

Should it come to the club's attention that the above is happening in a player group chat, sanctions in the form of game suspensions may occur.

## Parent > parent communication

It is expected that parents speak to each other respectfully at all times.

If a parent is experiencing frustration with another parent or child in the team, it's important that frustration is [expressed to the WABL Committee via this form](#) rather than bringing your team manager or other parents in the team into the mix.

## Conflict resolution in the PBA WABL Program

As noted, the goal of our WABL program is to deliver a great basketball experience for everyone involved. If there is something bothering you or your child, it's important you share what's bothering you rather than letting the feeling simmer.

The way to do this is by filling out this form: <https://redbacks.typeform.com/to/ja9WQmlr>

**It is essential that you use this form** instead of emailing any of our WABL Committee members directly. All our Committee members are volunteers and the form ensures they have all the information they need to facilitate a speedy resolution for you.

## Mental health and wellbeing

PBA is proud to have access to the relational support and mentoring services of Trev Touzel from Wisdom Calling.

Trev is available to support all members of the Perth Basketball Association community, including WABL, NBL1 players, coaches, managers and administrators, as well as their families.

What Wisdom Calling offers to the Redbacks community:

- Mentoring
- Relational coaching
- Emotional support
- Marriage and family support

If you think yourself, a player, parent or coach in your team might benefit from access to the above, please refer them to this page on our website:

- <https://perthredbacks.asn.au/about/pastoral-care/>

## Season fixtures, training and game day information

Season fixtures are usually released 10-14 days out from the start of the season. You will be able to access these via PlayHQ when they are released.

Training days, time and location will be advised by your team manager.

Round 1 of WABL 2022 will be on Sunday 23 April 2021.

WABL games are played on Sundays throughout the season and game times could be at any time between 7.30am and 6.00pm.

[This year-long WABL calendar](#) has all the important WABL dates through to the end of the year. PLEASE MAKE NOTE OF ALL THESE DATES IN YOUR DIARY NOW! Make special note of the WABL Breakfast date and State Champs trial dates.

## Court Time

WABL is an **elite, representative basketball competition**. It is thus inevitable that some players will get more court time than others.

To manage your child's expectations in this regard, here is a **rough guide** of the court time they might expect in a game. Many things affect court time on a game-by-game basis including game conditions and matchups:

In a 32-minute WABL game (U12 and U14):

- Players 1-5 (starters) can expect to play 4-6 minutes a quarter
- Players 6-8 (first rotations off the bench) can expect to play 3-5 minutes a quarter

- Players 9-10 (deep bench) can expect to play 2-3 minutes a quarter and may not hit the court in the final quarter if the game is tight.

In a 40-minute WABL game (U16, U18, U20):

- Players 1-5 (starters) can expect to play 5-8 minutes a quarter
- Players 6-8 (first rotations off the bench) can expect to play 3-6 minutes a quarter
- Players 9-10 (deep bench) can expect to play 2-4 minutes a quarter and may not hit the court in the final quarter if the game is tight.

Players are welcome to seek feedback from their coaches regarding their court time.

Parents are not permitted to approach coaches with queries about court time.

## WABL Fees and Costs 2023

Perth Redbacks fees for the 2023 WABL season are:

Full players:

- Pre-season Fee - \$138 (Due Friday 17 February - [click here to pay](#))
- Season Fee - \$440 (Due Thursday 6 April)

Train ons:

- Pre-season Fee - \$62 (Train-ons have been sent a separate link for payment)
- Season Fee - \$198 (Due Thursday 6 April)

The fees cover registration and insurance costs for the WABL season. The fees do not cover pre-season games or uniforms (other than the Redbacks playing singlet which is provided).

If fees are not paid by the designated date, a **no pay, no play** policy will apply. Any players who are unfinancial at the start of the WABL season (Sunday 23 April) will be unable to play.

**If fees cannot be paid in full by the due date, the club administrator and the WABL Director should be contacted prior to the due date to arrange a suitable payment plan.**

Fee reduction may be considered in the event of serious injury, relocation or other reasons on a case-by-case basis.

In addition to the Perth Redbacks fees above, each player also pays a **\$15 game fee** for each game WABL they play. This fee is paid at the stadium on game day. When this game fee is paid, you will be given a token or ticket to hand to your team manager.

## Using Kidsport Vouchers for WABL fees

Kidsport is an initiative that enables eligible Western Australian children aged 5-18 years to participate in community sport and recreation by offering them financial assistance towards club fees. Kidsport can be used for WABL fees OR domestic fees but not both.

You can apply for a Kidsport voucher using the form [at this link](#).

Some notes:

- It's best to use a desktop/laptop and utilise the Google Chrome browser when completing the application form. If the application has been submitted successfully, a "Thank you for submitting" page will appear and you will receive email notification upon receipt.
- You must choose 'Perth Basketball Association' as the approved Voucher Club.
- This form is for KidSport vouchers to the value of \$150.
- The child you are applying for must be aged 5–18 years old
- You need to have an electronic copy of your Health Care/Pensioner Concession Card with the child's individual Client Reference Number (CRN) listed.
- The KidSport approval process can take up to 10 business days.
- You must have a valid email address in order to receive the approved KidSport voucher code.
- If approved, you will receive a voucher code which will expire within 90 days of the approval date, this code must be sent to <mailto:harrison@perthredbacks.asn.au> to be activated and allocated to player WABL fees.

## Uniform

WABL players entering any basketball stadium to represent Perth Redbacks must be wearing the approved Redbacks uniform. This includes Redback red WABL playing shorts, (or black shorts for teams with a WABL Black sponsor), Redbacks training singlet, Redbacks warm-up top or Redbacks hoodie. Apparel that does not comply should be removed before entry to the venue on game day.

For WABL players, it is compulsory to purchase:

- For games – Redbacks red WABL playing shorts (\$55).
- For training – Redbacks black training shorts (\$50) and Redbacks reversible training singlet (\$30).

Optional club attire, e.g. warm-up top, hoodies, socks, water bottles etc. are available for purchase [online here](#), or from the club office Monday to Thursday, 9am to 5pm most weeks.

(Best to ring ahead and confirm someone is there and not out running errands however: 9472 8110.)

### **Complete uniform and other merchandise price list**

- Red shorts - \$55
- Black shorts - \$50
- Training reversible - \$30
- Black hoodie - \$50
- Black warm-up top - \$60
- Socks - \$25/pair

[Click here](#) to purchase these items from our online store.

## **Train-ons**

This section details what it means to be selected as a train-on in the Redbacks WABL program.

### **Training**

Train-ons are invited to and expected to, attend all training sessions with the team. This:

- Gives them access to the same training as the rest of their team
- Ensures they can develop their skills and understanding of team basketball in the WABL environment
- Ensures they feel confident they can contribute strongly should they get the opportunity to play.

### **When would a train-on get the opportunity to play?**

If injury or unavailability opens up a playing spot in their team, the team's train-on may be invited to fill that spot. If there is more than one train-on in a team, the coach will select one of the train-ons to elevate. This selection will take into consideration things like training attendance, attitude and the position of the player that is unavailable.

### **Train on fees**

As noted above, train-ons pay a reduced fee. This fee is split into two:

- Pre-season Fee - \$62
- Season Fee - \$198

These fees cover the player for:

- All training sessions for the season
- An unlimited number of grading games (should they be required to play in the grading tournament)
- Up to 3 WABL games

If they get the opportunity to play more than 3 WABL games, an additional fee will apply.

## Uniform

Train-ons are expected to purchase the training uniform of:

- Black training shorts ([Girls shorts](#) | [Unisex shorts](#))
- [Reversible training singlet](#)

It's also a good idea to have already purchased the Red playing shorts ([Girls](#) | [Unisex](#)) so you have them on hand if your child is called up to play on short notice

If your child's team is a WABL Black team (sponsored team with personalised singlets), they will receive a personalised singlet like the other players.

## Attendance at games

Train-ons are not required to attend games if they are not playing. But they are encouraged to attend games and sit on the bench with the rest of the team. They must be wearing their Redbacks training uniform when sitting on the bench.

## Concussion

It is important that all parents are familiar with the protocols for how we deal with head knocks and suspected concussion in WABL games:

- On WABL game day, if a player experiences a head knock, the team manager must immediately take them to get assessed by the venue's first aid.
- The player may return to the court if the venue's first aid does not feel they have a concussion BUT the player must be observed closely and if they [exhibit any signs or symptoms of concussion](#), they must leave the court immediately.
- After the game, **the child must be seen by a GP as soon as possible**. If not Sunday, then Monday at the latest. You should then provide your coach and manager with the doctor's advice.
- **IF THE DOCTOR DIAGNOSES CONCUSSION**  
as per the [Return to Sport protocol for children 18 years of age and under](#):

- After 24 hours have elapsed during which the player has exhibited no concussion symptoms, the player may attend training and take part in **basic sport-specific drills which are non-contact/no head contact**
  - After another 24 hours have elapsed during which the player has exhibited no concussion symptoms, the player may attend training and take part in **more complex sport-specific drills which are non-contact – no head impact, and may also add resistance training**
  - The player can only return to **full contact training** when 14 days with no concussion symptoms have elapsed AND they have provided a medical clearance to Perth Redbacks
  - The player can only return to **play WABL** when 14 days with no concussion symptoms have elapsed AND they have completed a full contact training session without incident.
- **IF THE DOCTOR DOES NOT DIAGNOSE CONCUSSION**

You should continue to observe your child for [signs or symptoms of concussion](#). If they are not displaying any of these signs or symptoms, they are free to return to training and games.



# Perth Redbacks Zero Tolerance Policy

***All participants involved in Perth Redbacks WABL competition must accept responsibility for their behaviour.***

Perth Redbacks reserves the right to ask any coach, manager, player, parent or spectator to immediately leave the venue should they:

- Willfully question or challenge the rulings of the referees
- Willfully question or challenge the coach or team manager
- Willfully question or challenge the score bench or officials
- Berate or abuse referees
- Berate or abuse players
- Berate or abuse a coach or team manager
- Berate or abuse other parents or spectators
- Display conduct which is inappropriate in a sporting environment or is clearly making others uncomfortable

No warnings will be given in the event of the above action becoming necessary.

Any such ejection or failure to leave the venue will be referred to Perth Redbacks Board which may result in further formal actions being put in place.

The adoption of this Zero Tolerance policy is essential in our club as we nurture a safe competitive environment for all participants in a fun and positive family atmosphere.

# Perth Redbacks Social Media Policy

Social Media refers to any online methods of communication and may include any of the following examples: Facebook, Twitter, YouTube, Snapchat, Instagram etc.

Perth Redbacks players and the PBA community are asked to:

- Use social media as a positive outlet used to promote their teammates, other players, and the sport of basketball.
- Be mindful of the content of what you are uploading and do not tolerate or condone poor social media behaviour or actions from others.

Negative comments or images, bullying, racism, sexist remarks, criticism of players, coaches, other teams, officials, staff, volunteers or spectators will not be tolerated.

Disciplinary action will be at the discretion of the WABL Director, PBA CEO and the PBA Board.

# WABL Venues

## **Cockburn Cougars**

Wally Hagan Stadium  
8 Starling Street  
Hamilton Hill

## **East Perth Eagles**

Morley Sport and Recreation Centre  
Cnr Wellington & Mancini Street  
Morley W

## **Hills Raiders**

Mundaring Arena  
180 Thomas Road  
Glen Forrest

## **Kalamunda Eastern Suns**

Ray Owen Recreation Centre  
Gladys Road  
Lesmurdie

## **Lakeside Lightning**

Lakeside Recreation Centre  
Corner of Bibra Drive & Farrington Road  
North Lake

Kennedy Baptist College  
Farrington Road  
Murdoch

## **Mandurah Magic**

Mandurah Aquatic & Recreation Centre  
303 Pinjarra Road  
Mandurah

## **Perry Lakes Hawks**

Bendat Basketball Centre  
201 Underwood Ave  
Floreat

**Perth Redbacks**

The Leisurelife Centre  
34 Kent Street  
East Victoria Park

**Rockingham Flames**

Mike Barnett Sports Complex  
Dixon Road  
Rockingham

**Southwest Slammers**

Eaton Recreation Centre  
Recreation Drive  
Bunbury

**Warwick Senators**

Warwick Stadium  
Corner of Warwick and Wanneroo Roads  
Warwick

**Joondalup Wolves**

HBF Arena - Joondalup  
Kennedya Dr  
Joondalup

**Willetton Tigers**

Willetton Stadium  
Burrendah Boulevard (opposite Southlands shopping centre)  
Willetton

# 2023 WABL Calendar

You can download [the 2023 WABL Calendar here](#).