



Sony Falkirk Fury Basketball Club

Handbook

2022-23

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Introduction

Welcome

Welcome to the Falkirk Fury Basketball Club.

Fury is one of numerous clubs that play in the **basketball**scotland & local leagues depending on age group. We have a strong tradition of success at both junior and senior levels. The senior men have been Scottish Champions in the years 2012-13, 2013-14, 2014-15, 2016-17 they have won over 20+ national titles in the last 30 years since the club was formed. In 2016-17 the Senior Women became national play-off champions. In season 2019-20 when the season was finished due to the global pandemic Senior Men had won the league and were along with the younger teams ready to progress to the finals of the play-offs. In season 20-21 the Senior Men won the Scottish Cup, Cadet Men came second and the Senior Women 2 team were second in the Lothian League Cup.

The goals of the club are to:

- Create an environment which caters to the needs of players of all ages and abilities
- Be a leader in the development of basketball in Scotland
- Achieve on court success at all levels
- Encourage and support our elite players, coaches and administrators to further their abilities by following the **basketball**scotland pathway
- Establish a club structure which ensures long term financial security

Our junior players participate in junior competition from under 10's to under 18's. We focus on skill development and provide training camps during holiday periods for existing and aspiring players.

We also support and encourage all players to perform to the best of their ability.

Our senior players participate in **basketball**scotland leagues and cups and have a history of success which includes numerous championships in both men and women.

Fury is proud of the players who represent us at a higher level. Many Fury players have progressed become Scotland and Great Britain players. Fury Basketball Club operates through the volunteered assistance of parents, players and others in positions on the clubs Committee, Coaching and Team Management.

If you would like to be involved in one of these positions, contact us.

Our club welcomes all new members and actively encourages family involvement. As in all sporting organizations our aim is to provide players with an activity that is healthy, energetic, co-operative but most of all FUN.

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Junior Club Program

Introduction

Fury junior club program aims to create an environment in which players of all ages and abilities can reach their potential. Key aspects of the program include:

- constant skill development
- fostering a desire and effort to improve
- instilling a commitment to the club, the team and the individual
- recognising and acknowledging different rates of development
- developing a positive attitude towards teammates, referees, coaches, and the opposition
- enjoying the game of basketball

In Under 10 and 12 age groups, players are taught the basic skills of the game and learn to apply them in a competitive environment. The emphasis is on skill development, participation, confidence building and enjoyment.

From Under 14's to 16's, players are expected to accept and respond to the demands of greater competition. While retaining the constant focus on skill development, there is a need for higher levels of work rate and intensity. On a technical level, we focus on aspects of the game which give our players the greatest chance of success at the highest possible level.

This includes:

- the fundamentals of shooting, passing and dribbling,
- motion offence,
- man-to-man defence.

We believe that players who learn these aspects at a young age find it easier to adapt to more tactical aspects at an older age.

To be eligible to play in an age group as indicated below:

- Senior players - players who have reached their 18th birthday before 1 January of the current season
- Under 18 players -players who have not reached their 18th birthday before 1 January of the current season
- Under 16 players -players who have not reached their 16th birthday before 1 January of the current year

Training Schedule

Generally teams train twice per week the day and location of training will be decided by the team coach, who will contact you prior to the start of the season. Strength & conditioning session will also take place.

All players are required to attend every programmed training session, and to arrive at least 15 minutes early to warm up and stretch with a water bottle. For times when a player cannot make the scheduled training session a courteous phone call / email to the coach in advance is expected. If a player misses a training session and does not give a valid reason, court time in the next game may be limited.

The purpose of this policy is to reward players who are committed and willing to work ahead of those who are not.

Team	Venue	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Men 1 JB, GM,GF & KB	FHS	7.45 - 9.30		7.45 - 9.30				
Senior Men 2		7.45 - 9.30		7.45 - 9.30				
Junior Women RL & DC	FHS		6.00 - 7.45		6.00 -7.45			
Junior Men KB, EC & EL	FHS	7.00 - 9.00		6.00 - 7.45				

Cadet Men 1 EC & CS	FHS	6.00 - 7.45				6.00 - 7.45		
Cadet Men / Development Squad CS	Carronvale FHS		7.00 - 8.30 Carronvale	8.15 -9.30 FHS				
Cadette Women KB & SF	FHS		6.00 - 7.45		6.00 - 7.45			
Senior Women 1 JB & MH	FHS		7.45 - 9.15		7.45 - 9.15			
U12 Boys JB & AR	Carronvale FHS		7.00 - 8.15 Carronvale	6.00 - 7.15 Falkirk HS				
U14 Boys GF & RM	FHS		7.45 - 9.30		7.45 - 9.30			
U14 Girls SF & EB	FHS			7.00 - 8.15		6.00 - 7.30		
SW2 MH & HH	Carronvale			8.15 - 9.45				
SMU10 Boys	Carronvale			7.00 - 8.00			10.00 - 12.00 Carronvale	

Uniforms

All players must wear the correct uniform when playing in competitions, failure to do so will result in the player not being able to take the court. This is strongly policed by **basketballscotland** officials and no exceptions are made.

Fees

Club Fees are payable each season per player and vary depending on age group / competition.

Fury set the club fee for each season at the start of the year. This fee is paid directly to Falkirk Fury Basketball Club and is used to fund registration, uniforms, court hire, coaching clinics, equipment and end of year presentations, etc.

As a club, we have a sponsorship agreement with various local businesses who provide us with funding each year. At most age groups players have to be registered with **basketballscotland** which is paid annually.

All teams also have to be registered to play in the leagues & competition amount varies depending on the age group.

The registration fee for club players are set by **basketballscotland** for each season. The fees are paid directly to **basketballscotland** by the club.

Abuse of Referees

Falkirk Fury & **basketballscotland** implement a zero tolerance policy towards abuse of referees. This policy severely limits any opportunity for spectators, coaches and players to communicate with officials. We realise that it is important for officials to develop good communication skills, however we believe it is more important to adopt a policy which will help improve the quality and number of referees. The purpose of this zero abuse policy is to create an environment which is conducive to recruiting, developing and retaining refereeing talent, for the long term benefit of everyone. If a spectator or coach has an issue with the referee we encourage them to talk to the Fury Coach in the first instance.

Spectators

Spectators are not permitted to discuss, criticise, query, or ask for an interpretation of, refereeing decisions, at any time. All breaches will be reported to the **basketballscotland**.

Players

Players are not permitted to discuss, criticise, query, or ask for an interpretation of, refereeing decisions, at any time. Only the captain is allowed to ask for clarification on a call. All breaches will be reported to **basketballscotland**. This may result in either a fine or suspension.

Coaches

Coaches are permitted to query issues with referees or referees in charge, provided it happens in a calm and courteous manner. Any argumentative, critical, sarcastic, repetitive or frivolous communication will not be tolerated, regardless of any justification. All breaches will be reported to **basketballscotland**. A first breach will result in a warning. A second breach, or any major breach, may result in the coach being suspended from games, at the discretion of the referee.

Team Managers

Each Team (where appropriate) is encouraged to appoint a Team Manager, to assist the coach throughout the season. It is important that the Team Manager has a close liaison with the coach and all parents are expected to support and assist the Team Manager.

The Role of the Team Manager includes:

- Complete and maintain a team sheet and provide a copy to all parents and junior registrar
- Obtain complete Medical Sheets for all players and retain whilst that player is in your team. In case of emergency, this sheet is to be referred to
- Ensure all new players fill out the club registration form
- Players are responsible for their own drink bottles. Team Managers will generally look after the drink bottles during the game

- Prior to games, obtain the score sheet and fill in the players' names
- Work closely with the Coach to bring about a high level of team spirit and camaraderie within the team and with all other members of the club
- Try to keep any issues that arise away from the coach to ensure that the coach can do his/her job. Take up the issues direct with a committee member and attempt a resolution without having to involve the coach.

Senior Players

Fury will be running their 2022 -23 season from still to be confirmed. Fury enter male and female teams in the following divisions and competition;

- Senior Men Div 1 & Lothian League
- Junior Men Div 1 & Local League
- Senior Women Div 1 & Lothian League
- Junior Women U18
- Cadet Men U16 Div & Local League
- Cadette Women U16 Div 1
- U14 Boys & Girls
- U12 Boys & Girls
- U10

Medical Forms

Once selected in a team, each player must complete a medical form which will be distributed by the Team Manager/Coach. Once completed, the form is returned to the Team Manager/Coach who retains it for the duration of the season. The information will be treated in a confidential manner but the knowledge may be essential in the case an emergency. Please make the Team Manager/Coach aware of any medication that the player is taking (eg asthmatics). **basketballscotland** also require medical information when players are registered.

Insurance

basketballscotland has insurance cover for players injured during a game or training session. But to be covered you must be a member of **basketballscotland** i.e. have paid your registration fees.

Sponsorship

The Club is always looking for organisations to assist the club financially with sponsorship. Various forms of sponsorship are available, and we can tailor a package to suit. All enquiries should be directed through the Head Coach to discuss further.

Code of Behaviours

Coaches Code of Behaviour

- Remember that young people participate for pleasure and winning is only part of the fun.

- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid over playing the talented players; the just average need and deserve equal time.
- Ensure the equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your players to do the same.
- Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training and competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young player should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person.

Spectator's Code of Behaviour

- Remember that young people play sport for their enjoyment not yours.
- Applaud good performance and effort from each team
- Congratulate all participants upon their performance regardless of the game's outcome.
- Respect officials' decisions and teach children to do the same.
- Never ridicule or scold a child for making a mistake. Positive comments are motivational.

- Condemn the use of violence in any form be it by spectators, coaches, officials or players.
- Encourage players to follow the rules and the official's decisions.
- Do not use foul language or harass players, coaches or officials

Parents Code of Behaviour

- Remember that young people play sport for their enjoyment not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a young player for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Officials Code of Behaviour

- Be consistent, objective and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Emphasise the spirit of the game rather than the errors.
- Encourage and promote rule changes which make participation more enjoyable.
- Be a good sport yourself. Actions speak louder than words.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.

- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Modify rules and regulations to match the skill levels and needs of young people.
- Compliment and encourage all participants.
- Place the safety and welfare of the participants above all else
- Give all young people a “fair go’ regardless of their gender, ability, cultural background or religion.

Child Protection

Everyone has a duty of care towards children and vulnerable adults to help to protect them from abuse. **basketballscotland** has developed this policy and these procedures to create a safe environment for basketball, where children, vulnerable adults and the adults that aid them are protected and supported. This policy has been adopted by Falkirk Fury.

Falkirk Fury is committed to the protection of children and vulnerable adults through the provision of this policy and these procedures. **(basketballscotland’s child and vulnerable adult policy and procedures apply to everyone who works on behalf of basketballscotland.)** This includes all professional and non-professional, full and part-time staff, paid and unpaid employees, coaches, officials, Board and Committee/Commission members, volunteers, parents, guardians and the children and vulnerable adults themselves. For the purposes of this policy, those to whom it is applicable will be termed ‘members’. Club and association/group representatives are urged to read and understand the policy and make its existence known to all members.

basketballscotland & Fury recognise that it has a responsibility to:

- Safeguard and promote the interests and well-being of children and vulnerable adults with whom it is working;
- Take all reasonable practical steps to protect them from harm, discrimination, or degrading treatment; and
- Respect their rights, wishes and feelings.

Child and vulnerable adult protection procedures can:

- Offer safeguards to the children and vulnerable adults with whom we work, and to our members of staff, volunteers and those in affiliated organisations; and

Help to maintain high standards of professionalism and practice within **Fury Basketball Club**.

Falkirk Fury is fully committed to safeguarding the welfare of all children in its care. It recognises the responsibility to promote safe practice and to protect children from harm, abuse and exploitation. For the purposes of this policy and associated procedures a child is recognised as someone under the age of 18 years.

Staff and volunteers will work together to embrace difference and diversity and respect the rights of children and young people.

These guidelines are based on the following principles:

- The welfare of children is the primary concern.
- All children, whatever their age, culture, disability, gender, language, racial origin, socio-economic status, religious belief and/or sexual identity have the right to protection from all forms of harm and abuse.
- Child protection is everyone's responsibility.
- Children have the right to express views on all matters which affect them, should they wish to do so.
- Organisations shall work in partnership together with children and parents/carers to promote the welfare, health and development of children.

Falkirk Fury will:

- Promote the health and welfare of children by providing opportunities for them to take part in basketball safely.
- Respect and promote the rights, wishes and feelings of children.
- Promote and implement appropriate procedures to safeguard the well-being of children and protect them from abuse.
- Recruit, train, support and supervise its staff, members and volunteers to adopt best practice to safeguard and protect children from abuse and to reduce risk to themselves.
- Require staff, members and volunteers to adopt and abide by this Child Protection Policy and these procedures.

- Respond to any allegations of misconduct or abuse of children in line with this Policy and these procedures as well as implementing, where appropriate, the relevant disciplinary and appeals procedures.
- Observe guidelines issued by local Child Protection Committees for the protection of children.
- Regularly monitor and evaluate the implementation of this Policy and these procedures.

GDPR

See separate policy on our website.

Review

- This Policy and these Procedures will be regularly reviewed:
- In accordance with changes in legislation and guidance on the protection of children or following any changes within **basketballscotland**