

# Southside Hawks Academy Handbook

*Revised Aug 2019*



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## **Introduction**

This Handbook serves as a guide for coaches, students and parents. It will give a better understanding of the program, policies, and procedures and state the expectations for those involved. We acknowledge that there may be situations that arise that have not been outlined in this document, and these situations may be addressed on an individual basis.

## **Philosophy Statement for Co-Curricular Activities**

HKIS believes co-curricular activities are integral to the total education experience for students. The co-curricular program supports the actualization of the school's mission, vision and student learning results (SLRs). Co-curricular activities provide opportunities for students to explore and pursue areas of interest in diverse environments, promoting the development of both collaborative and individual knowledge and skills. These experiences, when pursued appropriately, promote the fulfillment of a healthy and balanced life.

## **Program Philosophy**

Southside Hawks Basketball Club believes that basketball should always be about playing, learning and most of all enjoyment. As such, we are committed to providing an environment that is dedicated to the needs of the children.

Our aim is to remove the emphasis from winning and focus on long term development of players. By celebrating spirit, sportsmanship, skill and good character participants have an opportunity to realize their full potential not only as a basketball player but also a responsible member of society.

We strive to develop children who are independent, value learning, are creative and enjoy playing basketball as part of a team. We should remember at all times that the game of basketball is just that - a game. The number one reason (well documented in a number of studies) children participate in sport is to have fun. If they don't have fun, they will soon quit at an early age. It is detrimental to the player if there is too much pressure placed on them too early to achieve a result rather than simply experiencing the sheer joy of a youth game.

***Southside Hawks U10 Team Philosophy:*** Playing time is dependent upon a combination of skill, work ethic, attitude, attendance, and commitment at practices as well as the ability to demonstrate a "team" philosophy. We expect all players to work hard in practice and encourage players to practice on skills outside of their normal practice time.

Our general philosophy regarding playing time for the U10 Hawks Teams is that the coach will manage playing time taking into account the factors above. Prominent/influential offensive and defensive players may get slightly more playing time so that team cohesiveness remains intact but the coach will be mindful of everyone getting quality court time. At this age, quality training is our main focus and the tournaments and games are a bonus opportunity for the squad to put

into practice the skills they have learned in training and for these young players to develop an affiliation for the game.

***Southside Hawks U10 Team Structure:***

Players on the Academy squad will have an opportunity to play and train with each other. However, where required and during training sessions the groups will be streamed into different groups based on experience and skill level. The Development squad option will be available to all players and not just players not immediately streamed into the Academy Squad. The Recreational match play class will be another opportunity for players to play the game in a more relaxed and fun atmosphere. Assessment day and training sessions will be used to assess players' abilities with the coaches designating or assigning which division each player will start the season in.

To ensure appropriate game opportunities are available, the squad will play a variety of in-house games with various combinations of skill levels, as well as friendly games against invited opposition of varying levels.

For league matches with outside teams coming to play, appropriate teams will be selected to match the level of the opposition for tournaments and or one off games. From the entire squad 1, 2 or more teams may be selected out to play against the outside opponents. We aim to provide approximately 7-9 games on Saturdays per season. Teams will usually be announced the week prior to the tournament and/or game dates.

Through this structure all players will receive the appropriate amount and level of training and match play against teams at their level.

***Southside Hawk U12 Team Philosophy:*** Playing time is dependent upon a combination of skill, work ethic, attitude, attendance, and commitment at practices as well as the ability to demonstrate a "team" philosophy. We expect all players to work hard in practice to earn their playing time. We also encourage players to practice on skills outside of their normal practice time.

Our general philosophy regarding playing time for the U12 Hawks is that the players must earn their playing time through skill and effort at practices. The coach will be mindful of players' practice performance as this will affect the starting line up for the next game and also on substitution patterns during the games. Therefore time on the court may not be equal for all players.

***Southside Hawk U12 Team Structure:***

Tiered Structure

The league is divided into 2-3 divisions, based on skill level. The club will enter an appropriate

number of teams in each level of the competition that provides our players with the appropriate level of play throughout the season. Assessment day and training sessions will be used to assess players' abilities with the coaches designating or assigning which division each player will start the season in.

#### Division 1

These teams will be selected to represent our club in the top division of the HKJBL and other competitive games. When forming the teams the selection criteria will be extensive and may be extended out over the first 3 weeks of training. Those not selected for a Division 1 team will be automatically invited to join Division 2. We encourage all members of the squad to work hard and do their best as a team member. Team selection will be reviewed during the open training window between league seasons.

#### Division 2 & 3

The squad is inclusive and throughout the season players will have an opportunity to play and train with each other. However, at times during training sessions and for games groups may be streamed based on experience and skill level. To ensure appropriate game opportunities are available, the club will enter team(s) in the division 2 level of the HKJBL. From the entire squad 1, 2 or more teams may be selected out to play against the outside opponents each time. The club will supplement the season with in-house games and invitational games against teams of varying levels. The Development squad option will be available to all players and not just players not immediately streamed into the Academy Squad. The Recreational match play class will be another opportunity for players to play the game in a more relaxed and fun atmosphere.

Throughout the season players will be continuously monitored, evaluated and if appropriate a player may be promoted to a Division 1 team.

#### Elite Team

From time-to-time opportunities will come up to play against top level clubs or school teams from within and outside of HK in friendly matches or tournaments. When this opportunity arises an Elite team will be selected from the Division 1 players to represent the Hawks. Additional trainings may be required in advance of a tournament or travel tour and attendance will be mandatory at these trainings.

***Southside Hawk U14 Team Philosophy:*** Playing time is dependent upon a combination of skill, work ethic, attitude, attendance, and commitment at practices as well as the ability to demonstrate a "team" philosophy. We expect all players to work hard in practice to earn their playing time. We also encourage players to practice on skills outside of their normal practice time.

Our general philosophy regarding playing time for the U14 Hawks Team is that the players must earn their playing time through skill and effort at practices. The coach will be mindful of players' practice performance as this will affect the starting line up for the next game and also on substitution patterns during the games. Therefore time on the court may not be equal for all players. The coaches' decision is final.

### ***Southside Hawk U14 Team Structure:***

#### Tiered Structure

The league is divided into 2-3 divisions, based on skill level. The club will enter an appropriate number of teams in each level of the competition that provides our players with the appropriate level of play throughout the season. Open training sessions will be used to assess players' abilities with the coaches designating or assigning which division each player will start the season in. Assessment day and training sessions will be used to assess players' abilities with the coaches designating or assigning which division each player will start the season in.

#### Division 1

Division 1 teams will be the top level of our club at the age group and represent our club in Division 1 of the HKJBL and other leagues. When forming the teams the selection criteria will be extensive and may be extended out over the first 3 weeks of training. As these teams will be competing weekly whether it be in league or other games we want to ensure that they are at this level and can handle the rigors of a season. Those not selected for Division 1 team will be automatically invited to join Division 2.

#### Elite Team

From time-to-time opportunities will come up to play against top level clubs or school teams from within and outside of HK in friendly matches or tournaments. When this opportunity arises an Elite team will be selected from primarily the Division 1 players to represent the Hawks. Additional trainings may be required in advance of a tournament or travel tour and attendance will be mandatory at these trainings.

#### Division 2 & 3

The squad is inclusive and throughout the season players will have an opportunity to play and train with each other. However, where required and during training sessions the groups will be streamed into different groups based on experience and skill level.

To ensure appropriate game opportunities are available, the squad will play a variety of in-house games with teams selected or invited out each week. These games may see the more experienced players or those that earned their playing time match up and play in league games or friendly matches. The Development squad option will be available to all players and not just

players not immediately streamed into the Academy Squad. The Recreational match play class will be another opportunity for players to play the game in a more relaxed and fun atmosphere.

From the entire squad 1, 2 or more teams may be selected out to play in league games against the outside opponents, while others will either train and scrimmage internally with their coach or play against other suitable opponents.

Throughout the season players will be continuously monitored, evaluated and if appropriate a player may be promoted to a Division 1 team.

### **Organizational Structure**

Director - Dean McLachlan

Sports Manager - John Powell

Basketball Academy Coordinator – Chi Yau

HKIS/Impact Basketball Academy-Partnership

### **Long Term Athlete Development Model (LTAD) & Physical Literacy**

HKIS has adopted the Canadian Sport for Life Long-Term Athlete Development framework, which is a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood.

This framework applies to all students, not just those aspiring to be competitive athletes and highlights the importance of developing Physical Literacy. The stages within the LTAD model include:

Stage 1: Active Start (0-6 years)

Stage 2: Fundamental (girls 6-8, boys 6-9)

Stage 3: Learn to Train (girls 8-11, boys 9-12)

Stage 4: Train to Train (girls 11-15, boys 12-16)

Stage 5: Train to compete (girls 15-21, boys 16-23)

Stage 6: Train to Win (girls 18+, boys 19+)

Stage 7: Active for Life (any age participant)

Stages 1, 2 and 3 develop physical literacy before puberty so children have the basic skills to be active for life. Physical literacy also provides the foundation for those who choose to pursue elite training in one sport or activity after age 12.

Stages 4, 5 and 6 provide elite training for those who want to specialize in one sport and compete at the highest level, maximizing the physical, mental and emotional development of each athlete.

Stage 7 is about staying Active for Life through lifelong participation in competitive or recreational sport or physical activity.

The LTAD plan will continuously evolve to accommodate new breakthroughs in sport science research, new innovations in technology, and evolving best practices in coaching.

To Learn more please see the [HKIS Co-curricular website](#)

### **Affiliations**

The HKIS Basketball Academy is a member of the Hong Kong Junior Basketball League (HKJBL), and through it's connection to HKIS, with the ISSFHK, HKSSF and HK Primary School Sports Association. These associations provide opportunities for our student athletes to compete against other Hong Kong based clubs and school teams.

### **Program Overview**

The Academy structure includes the following 3 inter linked tiers:

***Developmental*** – Hoop Stars Weekday & Hoop Stars Saturday Basketball Programs, Impact Basketball Academy Trainings

***Competitive Level 2*** – Southside Hawks Division 2 and below

***Competitive Level 1*** – Southside Hawks Division 1

***Elite Level*** – Southside Hawks Elite Teams

### **Age Eligibility**

Our program's age cutoffs are based on the HKJBL & ISSFHK where eligibility is based on a student's age at the start of the school year.

### **Participation Requirements**

All students that meet the age eligibility requirements must register online prior to the Try Out Days at the start of the season.

### **How to Register**

Athletes need to complete all fields of the online registration form prior to try outs. The online registration form can be found on the website.

### **Parental Consent**

Before registering, parents and athletes must have read and agreed to the terms set out within this Handbook. It will be assumed that all parents/guardians not only consent to their child participating in the program, but they are also familiar with all of the requirements and codes associated with the program. Parents should help their child identify conflicts with other curricular and co-curricular activities at this time and encourage them to make appropriate choices.

### **Communication Procedures**

All email correspondences and communications will go out via the Academy Coordinator and corresponding Southside Hawks email. We still encourage all coaches to speak with parents directly on simple matters and minor issues that can be resolved on the spot. If any coach feels

that it will require the assistance of the Academy Coordinator they should immediately advise the parents to contact him via the Hawks email.

For coaches that are designated to coach a certain team or age level, a weekly or bi-weekly newsletter will be the primary mode of for disseminating information to the team or squad rather than direct email communication.

Communication for try-outs, practice and game schedules are provided through the HKIS website, HKJBL website and HKIS Facility Scheduling System called VEMS.

### ***Specific Southside Hawks Club Communications Policies:***

***Attendance:*** For all instances of non-attendance, players MUST inform the Academy coordinator in addition to the team coach and not just the team coach.

***Practices:*** Parents/players to notify the Academy Coordinator directly via e-mail or phone if they will not be able to attend practices. Please note the attendance policy and provide information in a timely manner to ensure full compliance.

***Matches:*** Parents/players to notify the Academy Coordinator AND the team coach directly via e-mail or phone if they will not be able to attend a match. Please note the attendance policy and provide information in a timely manner to ensure full compliance.

### **Grievances:**

***Player Issues:*** Parents/players to discuss with team coach first and work to resolve. If no resolution, parents to bring the issue to the attention of the Head Coach to work to resolve. The Head Coach will involve their supervisor if no resolution is forthcoming.

***Coaching Issues:*** Parents/players to discuss with coach directly. If no resolution, parents to bring the issue to the attention of the Head Coach who will work to resolve it. The Head Coach will involve their supervisor if no resolution is forthcoming.

***General Feedback:*** Provide feedback to the Head Coach or Sports & Activities Office as appropriate. The Head Coach or Sports & Activities Office will forward feedback as appropriate.

### **Player Registration**

For any competition under the ISSFHK, HKSSF, Primary Schools Sports Associations, or events run by other bodies, we will advise registration requirements at the time.

### **Health Information**

Students will not require a specific physical examination to participate in the program. If your child is an HKIS Student, where possible, their health information will be collected through the HKIS PowerSchool system. Other non HKIS students should make sure that, if their child has any particular medical needs, or their needs change, that they take the time to communicate this directly with the office and team coach. It is your responsibility to make sure your child is aware of the medical information they should share when working in an athletic environment. If a student needs to carry any asthma medication or other medical device, these should be handed to the coach or placed in a suitable area on the side of the training or game facility, to enable easy administration.

### **Concussion Management Plan**

No player shall return to play that day following a concussion, and the athlete must be cleared by an appropriate health-care professional before he or she is allowed to return to play in games or practices.

If you suspect a concussion, take the athlete out of play immediately. Ensure the athlete seeks further care and inform parents even if no immediate symptoms present themselves.

Coaches should suspect a concussion after a blow to the head/body resulting in rapid movement of the head accompanied by any change in the athlete's behavior, thinking, or physical functioning. Some symptoms may include headache, nausea, poor balance, feeling foggy, confused etc.

Players & Parents should familiarize themselves with the risks, symptoms and management of concussion at the following link before joining any sports programs.

Coaches will be completing the NFHS concussion management and awareness course prior to coaching within our program (this course is available to parents too and so contact us for more details if this is of interest)

### **Return to Play Protocols**

Once an athlete no longer has symptoms of a concussion and is cleared for return to play, he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average, the athlete will complete a new step each day.

#### ***Return-to-play schedule:***

**Day 1:** Light exercise, including walking or riding an exercise bike. No weight-lifting.

**Day 2:** Running in the gym or on the field. No helmet or other equipment.

**Day 3:** Non-contact training drills in full equipment. Weight-training can begin.

**Day 4:** Full contact practice or training.

**Day 5:** Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their healthcare provider.

Please note: that it is strongly recommended that students are “cleared to participate” by a suitable medical practitioner after any major injury.

### **Medical Insurance**

All academy members should be covered by personal health insurance. The academy does not provide medical coverage for students when accidents occur during program related activities.

### **Code of Conduct for Coaches**

#### *Roles and Responsibilities*

1. Coaches must respect the rights’ dignity and worth of each and every person and treat each equally within the context of the sport.
2. Coaches must place the well being and safety of each player above all other considerations, including the development of performance.
3. Coaches must operate within the rules and spirit of the sport of football promoting fair play over ‘winning at any cost’ and encourage players to do the same.
4. Coaches must familiarize themselves with and adhere to all rules and regulations of the respective leagues and with the Rules of FIBA.
5. Coaches must develop an appropriate working relationship with each player based on mutual trust and respect.
6. Coaches must maintain high standards of integrity, sportsmanship and adopt responsible behavior in all interactions.
7. Coaches must not exert undue influence to obtain personal benefit or reward.
8. Coaches must respect the decisions of officials and referees & must not attempt to influence the officials or abuse them verbally or physically for their decisions & actions.
9. Coaches must encourage and guide players to accept responsibility for their own behavior and performance.
10. Coaches must ensure that the activities they direct or advocate is appropriate for the age, maturity, experience and ability of players.
11. Coaches should, at the outset, clarify with the player (and, where appropriate, their parents) exactly what is expected of them and also what they are entitled to expect from their coach.
12. Coaches must co-operate fully with other specialists (e.g. other coaches, officials, sports scientists, doctors, and physiotherapists) in the best interests of the player.
13. Coaches must always promote the appropriate Code of Conduct and positive aspects of the sport (e.g. fair play) to players, parents and spectators alike.
14. Coaches must never condone violations of the Laws of the Game, behavior contrary to the spirit of the Laws of the Game or relevant rule and regulations or the use of the prohibited substances or techniques.
15. Coaches must always actively discourage foul play, or any unsportsmanlike behavior by players at all times on and off the court.

16. Coaches should not tolerate harmful or abusive behavior by players or spectators and remove from the field any player(s) whose behavior is not acceptable and breaches this Code of Conduct.
17. Coaches must display control and courtesy to all involved with the game of football.
18. Coaches must develop their team's respect for their opponent's ability.
19. Coaches must consistently display high standards of behavior and experience and be a role model for players, parents and spectators.
20. Coaches must ensure that all decisions and actions contribute to a safe and harassment free environment.
21. Coaches must ensure that parents and supporters follow the code of conduct including guidelines on cameras and videos.

### **Parent/Guardian Code of Conduct**

Southside Hawks has the following set standards that outline a philosophy that is paramount to the game of basketball. We believe that basketball belongs to its players and should always be to their enjoyment. We believe that parents as well as coaches, guests and players must adhere to the standards of good sportsmanship.

Southside Hawks expects that all parents and supporters will:

1. Gain an understanding of the rules of the game and learn the policies of the various leagues the Hawks participate in.
2. Encourage their child to play according to the rules of the game and to settle disagreements without resorting to hostility or violence.
3. Remain positive and encouraging towards all children, not just their own.
4. Stress that doing one's best is more important than winning.
5. Bear in mind that their child participates in basketball for THEIR enjoyment.
6. Applaud the opposition as well as their own team.
7. Avoid coaching the children during the game.
8. Support the coach and not do or say anything contrary to the coach's instructions or intentions during games or practices.
9. Value the importance of volunteer coaches and referees and offer their full support.
10. Respect all coaches and not confront coaches or officials in front of players and to discuss the matter at an agreed upon place and time.
11. Not engage in any kind of unsportsmanlike conduct such as booing, ridiculing, taunting, refusal to shake hands or usage of any profane language or gestures.
12. Not use or tolerate inappropriate language.
13. Be a positive role model and encourage good sportsmanship by showing respect, courtesy and positive support to all players, coaches, officials and spectators at every practice and/or game.
14. Require that their child treat everyone with respect regardless of race, religion, gender or athletic ability.
15. Not shout at players, coaches or officials.

16. Respect the referee's decision and encourage all players to do likewise.
17. Ensure their child wears appropriate equipment at all times of play.
18. Ensure that if their child wears corrective lenses that these are appropriate for contact sports and safe for their child and other players.
19. Ensure that their child does not wear watches or jewelry whilst playing.
20. Ensure that their child does not take part in training, tournaments or matches if ill or injured.
21. Demand a sports environment that is free of alcohol, tobacco and drugs.
22. Follow the guidelines on the use of cameras and videos

### **PARENT/GUARDIAN RESPONSIBILITIES:**

1. Bring your child to practices and games ON TIME.
2. Notify your coach as soon as possible for any missed practice or game.
3. Help manage their school assignments and activities so as not to miss practices or matches.
4. Notify your coach of any physical ailments/disability that may affect the safety of any player.
5. Respect the coaches' decisions.
6. If I want to discuss something with the coach, I will wait until the appropriate time to do so i.e. after the match.

Failure to abide by the rules and guidelines set for by the Southside Hawks will result in disciplinary action that could include but is not limited to the following:

- verbal warning by the coach
- written warning
- Action by the Southside Hawks Head Coach that may include but is not limited to:
  - Parental game suspension with written documentation of the incident
  - Parental week suspension with written documentation of the incident
  - Parental Season suspension
  - Player expulsion from the program

*\*\* Any suspension or expulsion from Southside Hawks for disciplinary reasons will result in forfeiture any refunds.*

### **Attendance Expectations**

As a member of the Southside Hawks Basketball Club you are making a commitment to your teammates and your coach. As such players should aim to attend ALL practices and games.

We understand that at times it is not possible for players to attend all Hawks commitments, however we expect that you will inform either the office by email or phone call by no later than 1pm for weekday practice, and before 1pm on the Friday for weekend commitments. If

situations arise later closer to practice or match time you are expected to call the Head Coach or team coach personally.

The Southside Hawks head coach will closely monitor the level of attendance. Anything less than an 80% attendance record over a given month may be a sign of poor commitment. If a child's attendance drops below this level, parents will be contacted to help us further understand the issues creating the lack of attendance. 80% attendance equates to 2 excused absence a month. If for reasons beyond your control you are unable to make this commitment level on any given month you should discuss the situation with the Hawks head coach to make suitable arrangements prior to your planned absences.

Note: Attendance and commitment levels along with skill and attitude will be taken into consideration when selecting teams on Match days. Excused absences must be communicated by email to southsidehawks@hkis.edu.hk. Examples of an excused absence are listed below.

- Child is ill or injured and is therefore unable to practice.
- Close family functions.
- A family member's birthday
- Extraordinary event

All non-communicated absences will be considered as an unexcused absence, unless exceptional circumstances are involved. Unexcused absences are very disruptive in a select team environment and will be dealt with as follows:

1. The first and second unexcused absences will be recorded but no contact will be made with parents at this stage.
2. On the third unexcused absence the player's parents will be contacted. The player's position in the starting line-up is now in jeopardy.
3. On the fifth unexcused absence the parents will be called in for a meeting with the Head Coach to discuss and resolve the issue. The player's position as part of their squad will be in jeopardy and if things don't improve they may be asked to leave the program.

### **Behavioral Expectations**

#### ***Southside Hawks - Player Expectations Responsibilities - Consequences***

1st time offense: Verbal warning

2nd time offense: Tech Foul = Withheld first 5 min of next game

3rd time offense: Second Tech Foul = Withheld first 10 min of next game

4<sup>th</sup> time offense: Third Tech Foul- Withheld from first 20 min of next game.

5<sup>th</sup> time offense: Fourth Tech Foul- Withheld from first 30 min of next game.

Serious offense: Suspension from next game

- If 5 tech fouls are accumulated throughout a season, automatic 1 match and 1 practice ban and email notification. They will still be required to attend practice but can not participate.
- If 10 tech fouls are accumulated throughout a season, automatic 3 match and 3 weeks of practice ban and meeting with parents. They will still be required to attend practice but can not participate.
- If 2 tech fouls are issued at the same training session, immediate dismissal from the training session, and depending on the seriousness of the infraction an automatic one match and practice ban and email notification. They will still be required to attend practice but can not participate.
- The coach will take into account all warnings, verbal or otherwise, issued to players and they will be taken into account when selecting teams for matches
- The coaches' decision on any of the above criteria is final

These rules will be implemented at all Southside Hawks events

#### General Disciplinary Procedures

Please note the following disciplinary steps when dealing with other issues not covered above:

- Step 1 - Verbal warning from the coach
- Step 2 - Official verbal warning from the coach
- Step 3 - Time out from training or suspension from games
- Step 4 - Formal written warning from the Sports & Activities office
- Step 5 - Removal from program

*\* Exceptional Circumstances - In the event of gross violation of the players' code of conduct, the offender may circumvent the above sequence, and face alternative disciplinary action deemed appropriate. The decision to impose such action is at the discretion of the Head Coach.*

## **Uniform Code**

**The uniform of all team members shall consist of:**

- **Shirts of the same dominant colour front and back as the shorts. If shirts have sleeves they must end above the elbow. Long sleeved shirts are not permitted.**
- **All players must tuck their shirts into their playing shorts. 'All-in-ones' are permitted.**
- **Shorts of the same dominant colour front and back as the shirts. The shorts must end above the knee.**
- **Socks of the same dominant colour for all team members. Socks need to be visible.**

**Each team member shall wear a shirt numbered on the front and back with plain numbers, of a colour contrasting with the colour of the shirt.**

**The numbers shall be clearly visible and:**

- **Those on the back shall be at least 20 cm high.**
- **Those on the front shall be at least 10 cm high.**
- **The numbers shall be at least 2 cm wide.**
- **Teams may only use numbers 0 and 00 and from 1 to 99.**
- **Players on the same team shall not wear the same number.**
- **Any advertising or logo shall be at least 5 cm away from the numbers.**

**Teams must have a minimum of 2 sets of shirts or reversible uniform top and:**

- **The first team named in the schedule (home team) shall wear light-coloured shirts (preferably white).**
- **The second team named in the schedule (visiting team) shall wear dark-coloured shirts.**
- **However, if the 2 teams agree, they may interchange the colours of the shirts.**

**During the game a player may wear shoes of any colour combination, but the left and right shoe must match. No flashing lights, reflective material or other adornments are permitted.**

# Southside Hawks - Player's Contract

## General Conduct

- *If you are injured or unfit to play or practice you must inform the Coaching Staff. No matter how much you want play do not hide injuries. The injury will only take longer to heal. Attendance at practice is still required.*
- *Punctually attend all practice session(s). If you miss for a legitimate reason you must attend another day's practice to make it up. Always arrive 15 minutes earlier than scheduled on game day.*
- *Never chew gum or wear jewelry during games or practices. Immovable jewelry must be covered by tape*
- *Place bags in the designated area, only water bottles are allowed court side*
- *Only wear the reversible Hawks training uniform during practices and only wear the game day uniform on game days with appropriate footwear.*
- *Wearing other club tops or shorts during practice or games are prohibited likewise wearing of Hawks gear at other club trainings or games is also prohibited.*
- *Do not form or encourage cliques within the team. The team as one will be far more successful*
- *Never forget your basketball shoes or basketball when required. Be responsible for your packing your own practice jersey and game day uniform. Do not rely on other people to remember them for you*
- *No playing with balls, cones or other equipment before training or breaks during training. Drink breaks are for hydration and resting purposes only*
- *Consistently strive for excellence in practice and games and will positively represent the club on every occasion*
- *Learn teamwork, sportsmanship and discipline*
- *Abide by the rules of my team, club and leagues the club competes in*
- *Be a team player – get along within the team environment. Never place blame on my teammates, understand that you win or lose as a team in training and competitive games*
- *Never argue with an official's decision. Let the coaching staff handle all matters pertaining to officiating*
- *Understand that fighting will not be tolerated and will result in suspension from league games and/or the coaches discretion*
- *Conduct myself in a befitting manner and refrain from the use of abusive, obscene or profane language or gestures*
- *Treat everyone fairly, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status*

## Conduct towards coaches

- *Do not disrupt coaching sessions. Be quiet and listen whilst the coach is speaking. Do not interrupt but raise your hand before talking or moving around. Keep all Basketballs still or roll them away. Time is limited and others are there to learn*
- *Only listen to your Coach on matters of Club basketball. Your family's and friends' may not be aware of the team's strategy for that particular match.*
- *Respect, and refrain from public criticism of my coaches, teammates, parents, opponent and game officials*
- *Listen carefully and follow the coach's directions*

## Gold Standards (Adopted from USA Basketball)

**1. No Excuses**

- a. We don't make any excuses at practice or at games

**2. Great Defense**

- a. We give it our all on defense

**3. Communication**

- a. We look each other in the eye
- b. We tell each other the truth

**4. Trust**

- a. We believe in each other

**5. Collective Responsibility**

- a. We are committed to each other
- b. We win together

**6. Care**

- a. We have each other's backs
- b. We give aid to a teammate

**7. Respect**

- a. We respect each other and our opponents
- b. We're always on time
- c. We're always prepared

**8. Intelligence**

- a. We take good shots
- b. We're aware of team fouls

**9. Poise**

- a. We show no weakness

**10. Flexibility**

- a. We can handle any situation
- b. We don't complain

**11. Unselfishness**

- a. We're connected
- b. We make the extra pass
- c. Our value is not measured in playing time

**12. Aggressiveness**

- a. We play hard every possession

**13. Enthusiasm**

- a. This is fun

**14. Performance**

- a. We're hungry
- b. We have no bad practices

**15. Pride**

- a. We take pride in being a Hawk

*I have reviewed the Southside Hawks player responsibility contract and will meet the terms of this contract related to my participation within this club. I will also discuss the relevant terms with other family members that may be involved during training/matches. I understand the Southside Hawks reserve the right to penalize any player for any violation of the terms listed in this contract. The Southside Hawks will determine the appropriate penalty for any violation of these terms.*