



PARENT MANUAL

#Best.Team.Ever. anettbasketball.com.au

Ansett Basketball Club is a member of the Darwin Basketball Association (DBA).

Our Club has a long, proud tradition of commitment and success since its inception in 1975. We have teams in the men's and women's League competitions as well as various teams throughout the senior divisions.

In the junior competitions, Ansett endeavours to nominate a division 1 team in all age groups, for girls and boys, every season. This is not always possible as player numbers can vary from year to year. Most age groups have a second team which would usually play in division 2. Lower division teams depend on the number of players and the availability of coaches in any given year.

Ansett's junior program is focused on basketball skill development and providing pathways up to League for all players to achieve the highest level possible.

Our goal is to encourage players to embrace the game at a young age and prepare them for senior basketball when they finish their junior career.



ANSETT VALUES

Team first culture

Building a supportive community

Sportsmanship

Winning with humility and losing with dignity

Achieving basketball excellence through commitment to development

Health safety & wellbeing

Playing sport should be fun and part of a healthy lifestyle

JUNIOR PROGRAM

Basketball is a fast paced game that requires a high level of cognitive function to play at a reasonably good standard. Junior athletes develop, learn and grow at different rates. All of these factors make basketball a challenging and fun game to learn.

Ansett is committed to teaching the fundamental skills of basketball as the foundation for future success in the game.

The fundamental skills of basketball are:

- Shooting & finishing- the primary objective is to score
- Footwork & pivoting – protection plans
- Passing, catching & dribbling – maintain possession of the ball
- Defending your check – all defence relies on this basic principle
- Decision making – the key to maximum success

Age groups

Age groups are determined by the age that the player turns that year. E.g. if a player turns 10 this year they play in the under 12 competition. A player turning 11 this year is also in the under 12s but a player that is turning 12 this year will be in under 14.

Ansett supports the [DBA By-law 5.3 \(i\)](#) that all players must play in the age group that they qualify for as a priority over older age groups or senior basketball. Players may play extra games in the age group above however their age group team is the priority.

Ansett also supports Basketball Australia's initiative to not allow zone defences until the under 16 age group; therefore we teach man to man defence at all ages.



Under 10

This is the entry level age group for playing association basketball. Other basketball related activities for under 8 players are facilitated by the DBA. The focus is on fun and skill development. The game is played on a full-size basketball court with lowered rings and a size 5 basketball.

Under 12

Players start to learn more team concepts and the improvement in their fundamental skills enable them to explore more aspects of the game.

There is still a focus on individual defence and defensive team concepts like playing help are also taught. The game is played on a full-size basketball court, with full size rings and a size 6 basketball.

Under 14

The 3PT line is introduced at this age group. As a club we encourage our players to develop a great perimeter shot. Being a competent 3PT shooter is an important part of the modern game. The game is played on a full-size court, with a full-size ring and a size 6 basketball. U14 players can become eligible for representative basketball. The DBA has an annual nomination for the [Under 14 National Club Championships](#).

Under 16

U16 players are permitted to play zone defence. Ansett teams mostly play man to man defence but need to know how to play against a zone as other clubs often use this defensive strategy. This age group will have developed the fundamental skills required to run a number of simple and sometimes complex offensive concepts. The game is played on a full-size court, with full size rings and a full size (7) basketball. This age group also has a representative pathway through Basketball Northern Territory (BNT) and the annual [Australian Junior Championships](#).

Under 18

U18 players play by the same rules as adult basketball. The strategies on offence and defence are more complex. Some players in the age group are also a part of our League program and preparing young players for this transition is one of the goals of our junior development program. This age group has a representative pathway through Basketball Northern Territory (BNT) and the annual [Australian Junior Championships](#).

Coaches

Our Ansett junior coaches are all volunteers. Junior Coaches must have a current Ochre card and sign a [code of conduct](#) at the beginning of each season.

We encourage parents to get to know the coach of their child's team and keep all communication at a respectful level. If you disagree with something the coach has done or their approach, we encourage an open dialogue between the coach, the parents and the club.

If you are interested in becoming a coach, please register your interest at ansett.basketball@gmail.com

Squad and Team Selection

The final decision on team selection rests with the age group head coach. The make-up of squads and teams is normally a result of collaboration with the head coach and the other age group coaches.

Our approach is to fill our division 1 teams first, with the best available players. Division 2 is selected on the same principle from the remaining players.

Ansett is committed to having two teams in every age group pending player numbers and coach availability.

Representative Basketball

Ansett has a proud history of involvement in representative basketball with many players and coaches involved in the DBA Cyclones and Basketball Northern Territory (BNT) program. BNT also runs a high-performance program. For further information visit [BNT](#).

Training

See [Ansett training timetables](#) for updated training times.

All players are expected at all trainings that have been scheduled for their team. If your child is unable to make it to training, please let the coach or team manager know in advance.

Players should wear suitable shoes, shorts without pockets and a reversible singlet to every training. A water bottle and towel are also essential items. Players should be court side ready to train ten minutes prior to the start of training.



Team Managers

Every junior team requires a parent to be a team manager. The key role of the team manager is to collect tickets on game day and ensure the team list is correct on the score bench.

The team manager is also responsible for preparing a parent's roster for the score bench. Both teams need to provide volunteers to attend the score bench.

[Score bench cheat sheet](#)

Parents

If you are at the game to watch your child play, please enjoy the game and encourage them and their team with respectful passion.

Please refrain from coaching your child from the sideline or offering advice to the coach prior to, during or immediately after the game.

If you feel you have something constructive to add please reach out to the coach at a time and place away from the game.

Abuse of officials, players or coaches from any team is unacceptable. If poor behaviour is reported to the club, we reserve the right to investigate and if necessary, take action.

[Ansett parents and spectators code of behaviour](#) [Play By The Rules - Tips for Parents](#)

Uniforms

You can order uniforms from the [Ansett shop](#) at Intensity NT.

Please note:

- Orders close 25th of every month.
- Allow 5-6 week lead-time for your order to arrive.
- Check your allocated number with your coach prior to ordering your playing singlet.

Member Protection Information Officer (MPIO)

The MPIO plays an important and positive role in helping to ensure that sport is as safe, fair and inclusive as it can be.

The MPIO is the first point of contact for Club complaints and can:

- Help people understand the proper complaint handling procedures.
- Ensure due process is followed and people are aware of their rights and responsibilities.
- Sounding board providing information about complaint resolution options available to address the person's concerns.
- Provide confidential, impartial and timely information and support.

Contact Ansett MPIO [Shane De Wit](#)

ansettbasketball.com.au

