

OUR COUGAR FAMILY



WABL PARENT-COACH GUIDELINES





Managed by: Cockburn Basketball Association (CBA)

Responsible Person: TT

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Approval Of Policy Documents

Amended by **Tyrone Thwaites** (CBA CEO), in consultation with **Andy Stewart** (**Talent and Development Coordinator**) on 9 February 2024.

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Cockburn Basketball Association – WABL and NBL1 Player Well-being Guidelines

1. Definition and Purpose

The Cockburn Basketball Association (CBA) places a priority on the development of its coaches, with a strong emphasis on mentorship and continuous learning amongst WABL coaches. As an association we work hard to develop community through basketball, inclusive of coaches, parents, players spectators and volunteers. Our objective at a coaching level remains to develop an effective coaching contingent to ensure the long-term development of the players in our community.

As such, the CBA acknowledges there will inevitably be coaches in the WABL system at the CBA that are coaches of their own children in a particular team. This document serves to provide some overarching principles of CBA's expectations of parent-coaches at WABL levels, including guidelines on strategies that can be implemented by coaches to mitigate any challenges that come with this role.

It is accepted that parents who coach sporting teams can carry a perception amongst remaining members of the community of bias, unfair treatment or behaviour that is not reflective of best practice. This may not always reflect reality, and it is not always possible to change each perception. However, the CBA will continue to work to implement strategies (in the form of guidelines) to ensure best practice is in effect wherever possible.

We have now reached nearly 60 WABL coaches as our club, and in particular, our parent-coach base continues to increase which is exciting to see the investment being made by our community.

Developing our WABL coaches to keep coaching beyond their child's involvement is important to us, to keep the knowledge base amongst our coaches strong.

2. Scope

These guidelines apply to:

- WABL Parent-Coaches at the Cockburn Basketball Association.



3. Guiding Principles

- All CBA coaches should be developing over a period and adding to their coaching ability.
- The CBA will continually invest into developing coaches through:
 - a. Mentoring
 - b. Seminars
 - c. Courses
 - d. In-person (courtside)
- All CBA coaches should be motivated and open-minded to teach our 'Cougars style of play', as it evolves over time.
- CBA coaches work to ensure fair and honest interactions with all players, parents, and the community.
- The CBA wants to continue to safeguard relationships between you with.
 - a. Your child
 - b. Other players
 - c. Other coaches and parent

4. Guidelines for management between parent-coach and child

4.1 LOVE THE GAME, AND LOVE THE COMMUNITY:

- 4.1.1 Share your passion with the whole team and understand you have taken on an important role in our community.
- 4.1.2 Coaching at Cockburn should be seen as service to all our members as you add value to our community.



4.2 MAKE IT CLEAR WHEN YOU ARE A PARENT AND WHEN YOU ARE A COACH:

- 4.2.1 Initially, make sure that you as coach, knows when you shift from role to role. Cockburn needs you as a coach, your child needs you as a parent.
- 4.2.2 Be clear with the team when you are a coach and when you are a parent, state this in the beginning and stay consistent. From warm-up to post-game, you are a coach.
- 4.2.3 Then have the conversation with your child. 'This is when I am your coach, this is when I am your parent'. You may need rules to help work through this process.

4.3 BE FAIR:

- 4.3.1 Attempt to do what you are committing to, the development of our community through sport.
- 4.3.2 Coaches need to treat all players with respect and consistency.
- 4.3.3 It is difficult to treat all players the same, but it must be a goal that no players are given priority. It is not equal, it is fair.
- 4.3.4 Have clear behavioural expectations for the team and have a level of consistency when addressing these behaviours.

4.4 HAVE A SYSTEM FOR YOUR TEAM BENCH:

- 4.4.1 Have a consistent approach to sitting on the bench.
- 4.4.2 Consider where you sit and who you sit next to, share your time across the requirements of the game.
- 4.4.3 **EXAMPLE:** Have a seating order of assistant coach, head coach, then players. As the head coach spends a lot of time out of their seat, use that space for assistant coach and player interaction, where players can then return to the end of the bench leaving that space for the head coach.



4.5 BE OPEN TO HONEST INPUT ABOUT YOUR CHILD:

- 4.5.1 Coaches need to be open to constant feedback just like players, particularly about their own child. Other coach input will replicate the varied input your child will get throughout their whole life.
- 4.5.2 Make sure you listen to the feedback as a coach and not a parent.

4.6 UNDERSTAND YOUR ROLE REGARDING TEAM SELECTIONS:

- 4.6.1 Summary of all points above.
- 4.6.2 You are selecting a team for Cockburn and that should be the primary focus.
- 4.6.3 See your child for who they are, the good and the bad.
- 4.6.4 Don't drive an agenda or 'hope' – it will hurt their true development as a person. They need to be comfortable taking the hurt, as well as the accolades.