

# **INDIVIDUAL SKILLS & FITNESS COACHING POLICY AND INFORMATION**

## **SDBA Approved Individual Skills & Fitness Coaches**

### **Why is SDBA introducing approval for Coaches that conduct individual skills and fitness sessions in small groups?**

There is a growing number of SDBA members (particularly juniors) seeking to improve their skills and fitness by paying for sessions with a coach and many of these are done at SDBA. SDBA wants to ensure:

- Parents (and the athletes) get value for money
- The sessions are safe for the athlete
- Athletes are taught appropriate and contemporary skills
- In line with representative program and philosophies

SDBA has received complaints from time to time from parents where a scheduled session could not be conducted because courts were unavailable. By giving approved coaches a preferential rate for booking a court, we hope to ensure that parents are not inconvenienced where courts are not available.

### **What does an SDBA approved coach receive?**

Once approved, an SDBA coach can:

- Book a half court at a rate of \$20 per hour (including GST)
- May book courts more than seven days in advance
- Have their details included on our website, which is where we direct inquiries from members and finding a coach to conduct individual skills and fitness sessions
- Book courts at times not available for general public booking (e.g. 6.45am to 9.00am). This may not be available every day of the week. Please note, court bookings are done by contacting our manager. Courts are not booked by contacting Development Staff
- Discuss with SDBA development staff any specific development needs of athletes they are coaching

## **What does a SDBA approved coach have to do to gain approval?**

To gain approval from SDBA, a coach must:

- Sign and abide by the Approved Coach Agreement Form, available by emailing SDBA Director of Coaching, Daniel Oborn. [coach@sutherlandbasketball.net.au](mailto:coach@sutherlandbasketball.net.au).
- Provide Working With Children Clearance inc. date of birth
- Attend at least two SDBA/BNSW coaching clinics each year
- Where the coach is coaching SDBA Representative players, incorporate any direction from SDBA Development staff and/or Rep Coach on the identified development needs of the athlete
- Not conduct any session alone with a junior player. A parent or more players must be present
- Be assessed as competent by SDBA, which will include observation of at least two sessions conducted by the coach. In making the assessment consideration will be given to:
  - More than 1 player per session and at least 1 parent present
  - Planning of the session
  - Meeting the development needs of the athlete
  - The tempo at which the session is conducted
  - Fulfilled all Child and Coach protection requirements

SDBA's assessment is only to determine if the coach meets a minimum standard to develop the skills of individual athlete. There will be a variance between the standard of coaches that have SDBA approval.

The assessment will be carried out by SDBA Director of Coaching and/or Elite Development Manager.

## **What if a coach is not SDBA approved?**

A coach that does not have SDBA approval may be still conduct individual skills and fitness sessions at the Sutherland District Basketball Association, subject to court availability. However, a non-approved coach must pay for the court at the publicly available rate (half court rate of \$33.00 per hour including GST), can only book courts up to seven days in advance and can only book courts in times that the courts are open to the general public.

Will need to provide details of Public Liability Insurance including Certificate of Currency listing SDBA as an "Interested Party"

Athletes may "shoot-a-round" at a cost of \$5, and SDBA Junior representative players may do so at no cost with an approved shooting program available from Elite Development Manager. However, where it is apparent that athletes are paying to be coached, this rate does not apply and the coach will be required to book the court.

Any coach seeking to be a SDBA approved individual coach must fill in this document and email it to SDBA Director of Coaching, Daniel Oborn.  
[coach@sutherlandbasketball.net.au](mailto:coach@sutherlandbasketball.net.au).