



VALLEY WARRIORS BASKETBALL CLUB

+27 66 452 1022 / +27 815 244 357
valleywarriors@originssports.co.za
386 Valota Street Sinoville Ext 3 Sinoville

ABOUT US

Valley Warriors Basketball Club development program offers a holistic approach meaning we do not only focus on the sport but also on the personal development of kids that take part in the program. Basketball offers every learner/pupil the chance to push to the limit as it is not only depended on skill but hard work and focus.

Team Age's

JUNIORS U/8 - U/14 BOYS & GIRLS | U/15 BOYS & GIRLS U/16 BOYS & GIRLS | U/18 BOYS & GIRLS
SENIOR MEN & LADIES TEAMS

VENUE

 Tyger Valley College, Pretoria

2023 will see the club hosting trials for the above-mentioned age groups and the senior team. Practice sessions will commence in January and will take place in the afternoons for most of the junior teams.

This will allow us to properly develop not only the Valley Warrior's way of playing but also life skills, and basketball fundamentals and create a fun and holistic approach to the game of basketball which is all about self-improvement. This will allow us ample time to prepare for what is bound to be an intense and challenging season. Practices will take place at Tyger Valley College on weekdays for the respective teams.

The practice times will be from 16:30-17:30 for the junior teams and the senior team/s will be from 17:30-18:30. Practice is scheduled to start on 16 January 2023. Practice sessions will be held every Monday & Wednesday.

Parents are encouraged to attend any or all of the sessions to see what the kids are learning. For kids to fully benefit from the program we recommend that they attend 80% of the practice session

OUR COACH

Coach Simelane. Coach Simelane will be our head coach for the 2023 season. Coach Simelane has been in the sports and recreation industry since 2007. We are very proud to have him as our head coach, besides being our coach, he is also currently acting chairperson of the Tshwane Junior Basketball League and also the Pretoria School's League.

Coach Simelane has also been the Head Coach at The Glen High School where he led multiple teams to multiple playoff appearances and championships. He has initiated a number of programs aimed at youth development focusing on the holistic development of student-athletes. Coach Simelane also led Soldiers Basketball Club which has participated in the Tshwane Basketball League to the finals in 2017 and group stages in Mamelodi Easter Tournament. He has also organized and coordinated tours for the club to Mpumalanga, KwaZulu Natal, Rustenburg, and Johannesburg.



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2023 CALANDER

PRE-SEASON PROGRAM (TERM 1)

Month	Pratice Days	Activities
January	16,18,23,25,30	Pre-season fitness focusing on getting players to optimal fitness levels. Cardio and strength training on and off the court.
February	1,6,8,13,15,20,22,27	On court fitness and defensive fundamental workouts which includes defensive awareness and foot work
March	1,6,8,13,15,20,22,27,29	Offensivefundamentals ball handling, spacing, receiving the ball and getting ready to score. Possible friendlies

IN-SEASON PROGRAM (TERM 2)

Month	Pratice Days	Activities
April	12,17,19,26	Team practice and possible league games
May	1,3,8,10,15,17,22,24,29,31	Team practice and possible league games
June	5,7	Mid-year exams for players attending four term schools. Winter camp during school holidays (dates to be confirmed)
July	3,5,10,12,17,19,24,26,31	Resumption of full team practice and possible league games or tournament



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POST SEASON PROGRAM (TERM 3)

Month	Pratice Days	Activities
August	12,17,19,26	Possible league games or tournament
September	1,3,8,10,15,17,22,24,29,31	Possible league games or tournament
October	5,7	Post-season training, year end function and prize giving.

NON-PRACTICE DAYS AND HOLIDAYS

Days	Holidays
20 - 21 MARCH 2023	SPECIAL SCHOOL HOLIDAY AND HUMAN RIGHTS DAY
07 - 11 APRIL 2023	EASTER WEEKEND AND FAMILY DAY
27 - 28 APRIL 2023	FREEDOM DAY AND SPECIAL SCHOOL HOLIDAY
01 MAY 2023	WORKERS DAY
16 JUNE 2023	YOUTH DAY
09 AUGUST 2023	NATIONAL WOMENS DAY
24 - 25 SEPTEMBER 2023	HERITAGE DAY AND PUBLIC HOLIDAY

Please note that games will take place on weekends during the course of the year. The dates indicated in the tables above are only for practice. Game dates will be sent out to parents and players as soon as we receive fixtures from the respective leagues/tournaments that we will be participating in. There is a possibility that tournaments will take place over public holidays and long weekends.



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CODE OF ETHICS

PARENTS / GUARDIANS should encourage their children to:

- Play by the rules.
- Improve their skill levels.
- Appreciate everybody on their team, regardless of ability.
- PARENTS / GUARDIANS should lead by example
- Respect officials' decisions and encourage children to do likewise.
- Do not exert undue pressure on your child.
- Never admonish your own child or any other child for their standard of play.
- Be realistic about their expectations.
- Show approval for effort, not just results.
- Never embarrass a child or use sarcastic remarks towards a player.
- Applaud had good play from all teams.
- Do not seek to unfairly affect a game or player.
- Do not enter the field of play or play area unless invited to do so by an official in charge.

Some of our games will be streamed live on our social media platforms. Subscribe to our YouTube Channel & Like our Facebook page for more content regarding the club.

I, _____ give permission for my child, _____ to take part in matches & training arranged by Valley Warriors Basketball Club development program.

Information pertaining to club activities for all underage members will be sent to parents. For members over 16 and under 18 please indicate which number to be used by club officials when contacting your child. I am aware that my child may feature in team pictures on the official club website, and maybe be photographed for publicity while taking part in club activities. No personal details relating to the young player will be revealed as accompanying material to the photograph or recorded image. •

In case of emergency, I give permission for the program manager to contact emergency services / G.P. if required. Please indicate any special needs, dietary requirements, allergies, medical conditions, or information that would be helpful for the club to ensure your child's full participation and enjoyment: Any information supplied in this document will be treated as confidential and Origins Sports will not disclose information unless legally permitted thereto. No information will be transferred to a Third Party without the explicit consent of the data subject unless legally obliged thereto.

Parent/Guardian Signature _____ Date, _____



CODE OF ETHICS

PARENTS / GUARDIANS / FANS/ should:

- Complete and return the registration/permission and medical consent forms for their child's participation
- the club.
- Ensure that their child punctually attends coaching sessions/games or other activities.
- Provide their child with proper clothing and equipment.
- Listen to what young people have to say.
- how approval whether the team wins, losses or draws a game
- Never attempt to meet their own needs and aspirations for success and achievement through their children's participation in games.

YOUNG PLAYERS should always:

- Play fairly, do their best and enjoy themselves.
- Respect fellow team members regardless of ability, ethnic origin, cultural background or religion.
- Support fellow team members whether they do well or not so well.
- Represent their team, their club and their family with pride and dignity.
- Respect all coaches, mentors, officials and their opponents.
- Be gracious in defeat and modest in victory.
- Shake hands before and after the game irrespective of the result.
- Inform their coach/mentor/manager when they are unavailable for training and games.
- Talk to the manager or coach with any concerns or questions they may have.
- Adhere to acceptable standards of behaviour.
- Tell somebody else if they or others have been harmed in any way.
- Take due care of equipment.

YOUNG PLAYERS should not:

- Cheat - always play by the rules.
- Shout at or argue with an official, teammates or opponents or use violence.
- Use unfair or bullying tactics to gain an advantage or isolate other players.
- Spread rumours.
- Tell lies about adults or other young people.
- Play or train if they feel unwell or are injured.
- Use unacceptable language or racial and/or sectarian references.

I will make myself aware of and abide by The Joint Code of Behaviour for the Valley Warriors Basketball Pro Code of Ethics and Best Practice.

Signed: _____ (Parent / Guardian _____)

_____ (Player) Date: _____

Please return this document with your signature to the club representative on the first day of practice.