**LINCOLN LIGHTNING JUNIOR BASKETBALL CLUB HANDBOOK**

**Updated Mar 25**

**Introduction**

Lincoln Lightning Junior Basketball Club (LLJBC) is a community-facing sports club providing basketball for children and young adults from school year 3-13 (ages 7-18). LLJBC is associated with Lincoln Lightning basketball club but are managed completely separately through organisation and finance. All our coaches, assistant coaches, helpers and background support staff are unpaid volunteers.

**Vision**

Lincoln has a basketball club that provides the opportunity for children age 8 to 18, of any ability, to have access to basketball, with a scheme that will develop players appropriately with the opportunity to represent the city throughout the local area and the National League structure.

**Mission**

Deliver accessible Basketball to the children of Lincoln in a safe, rewarding environment that encourages personal development and respect.

**Method**

LLJBC will provide a structured coaching and competition system to provide children the opportunity to challenge and improve themselves, to develop and enjoy or compete at an appropriate level through a full spectrum of standards from beginner to national league.

**Open basketball.** We offer ‘Open’ basketball sessions that are open to all players of any standard. This non-competitive group is designed to teach the basics of basketball in an enjoyable atmosphere. It is aimed at beginners but enables all players to get more ball-time and develop skills. This starts with our Lightning Legends that are school years 3-5 and practice on small hoops, and provides throughout the age groups.

**Competitive basketball.** We have squads that are aimed at ages U14, 16 and 18 (school years 8-9, 10-11, 12-13). The intent is to provide a more competitive group that can challenge each other without intimidating less experienced players. Players are invited to join the squads once they are considered to be at a suitable standard, they are not open to all. Some players may be invited to play at an age group higher then their own to advance them more quickly if they have shown appropriate talent, but we try to ensure that players predominantly play in their own age group so as not to take opportunities away from others.

There is very little junior competition in Lincoln, LLJBC started in 2018 and was the only junior club in the city for many years and has expended from its initial origins. Other clubs have stood up in Lincoln over recent years and provide similar structures for teenage players, some at national league level, others just for enjoyment. Unfortunately there are very few other opportunities in the area for the younger players such as those under 12, but we will look to find competition where we are able, and when we have time.

**Communication**. All our communication is conducted through Spond. We request that people monitor the events, availability requests, posts and polls for up to date information on what is happening in the Club. Also that players’ participation at events is requested through the App as soon as possible, especially for matches so we can be sure we have sufficient players to participate. Any messages for coaching staff should be sent through the App for coaches to respond to. Please be aware that we all have full time jobs so cant always respond immediately. We do have an email that is monitored infrequently for formal communication and a website with wider information and news updates. <https://lincolnlightning.spond.club/>

**Finance**

LLJBC aims to keep costs as low as possible and fees are reviewed on an annual basis. We do not make a profit and our staff are unpaid volunteers. We aim to keep sufficient reserve to ensure the club survives any in-season shock but not increase beyond necessity.

**Income**. Funds are raised through weekly coaching sessions and occasional larger events.

**Outgoings**. Our primary expense is court hire from LSST, other outgoings include uniform for matches, payment of officials at matches, essential equipment including small rings, match balls and first aid supplies, Spond website and app management, coach qualification and certification maintenance, and travel expenses for coaches for fixtures only.

**Qualifications**

Our qualified coaches have formal Basketball England (BE) coaching qualifications, hold current BE licences, hold DBS and are safeguard trained and current. We encourage all staff to undergo appropriate first aid training.

**Safeguarding**

We always aim to have 2 coaches or a coach and an approved assistant in the hall at every training session. Where this is not possible we will ensure other adults are available to ensure appropriate action and safety for the children in our care. This includes at fixtures where one coach may be the only Club representative but other officials and club coaches are in situ.

Club coaches should not travel alone with players to fixtures, this protects both player and coach.

All parents/guardians, players and supporters are encouraged to speak out and raise any safeguarding issues immediately to the appropriate qualified coach who will deal with the issue through appropriate Club, BE and UK legal process.

**Behaviour**

We expect or coaches to treat all players with equity and respect, encouraging them to be the best they can be through sport. We expect parents and supporters to do the same.

We expect players to be respectful of coaching staff, other players, officials, supporters and school staff. We expect players to:

* Arrive prior to an event and change footwear and clothing so start at the appropriate time.
* Not shoot into baskets prior to their training sessions without asking a coach first.
* Listen, face the coach and hold basketballs when a coach is speaking on court. Do not talk to friends about what is happening, that should wait for after the session.
* Refrain from using mobile phones during training session water breaks or other breaks in training or matches, if there is an urgent requirement permission should be sought form the coach.
* Refrain from ‘trash talk’, it is inappropriate in training and leads to loss of attention and poor performance during games.
* Refrain from profanity and vulgar language at all times.

**Partners**

**LSST.** LSST is considered a partner of the Club. The school provides a sports hall for hire but also enables the club to use their equipment including hoops, training equipment and basketballs. We request that all involved in the Club support the school by looking after their equipment and infrastructure, this includes outside the hall. We have been asked to request that people do not wander the school grounds to admire the facilities, use the facilities not directly related to basketball, do not allow children to play on running track, or bring animals onto the site. Parking is within the tennis courts and we request that any parents waiting for children do so in the hall or car park.

**Nottingham Wildcats central venue league (CVL).** We participate in the Nottingham Wildcats CVL on a Fri. This is a popular event providing a good standard of competitive local league youth basketball, and is the closest place for regular competition at our age groups. The CVL has a strict policy on photography, please speak to the coaches if you wish to take photographs or video of children during matches. Many children undertake GCSE PE and we can arrange for parents to video matches on request with a little paperwork.

**Lincoln Lightning Basketball Club.** Our friends in the senior club wear the same colour kit and the same badge as us but they are managed separately to us. However many of our young adult players do train with them on a Tuesday night and some have gone on to play with them in their local league which takes place in Lincoln on a Thurs night.

**Publicity**

Our website <https://lincolnlightning.spond.club/> is hosted by Spond. We do not have any professional webmasters so information is not always up to date, please rely on the Spond App for factual activity. Please advertise our Club to friends and schools and most importantly, to anyone who may be able to support us in our endevour.

**Support**

We are reliant on volunteers to keep the club running. We welcome any support that people are able to offer, that includes adults supporting coaching staff on court at practices, especially those that have played basketball before, are keen on sport or just want to assist the club. If any one is interested in becoming a coaching assistant or qualified coach, referee etc then we can help them through their qualifications, both in person, and potentially financially based upon prior agreement of terms.

We welcome children undertaking their Duke of Edinburgh award that want to develop a skill as a coach and gain a qualification, want to volunteer to assist our younger players’ sessions, or complete their fitness section with us.