



PERRY LAKES HAWKS
BASKETBALL ASSOCIATION

2026

WABL HANDBOOK



**IMPORTANT INFORMATION FOR
PARENTS, PLAYERS, COACHES &
TEAM MANAGERS**

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BOARD OF DIRECTORS - 2026

Chair	Rocky Condo
Vice Chair	Vacant
Finance	Morgan Harland
Secretary	Justin Ford
Elected Directors	Appointed Directors
Michael Morris	TBC
Blake Whtbody	

OUR STAFF

General Manager/Administrator Jenny Purser
6272 0705 jenny@hawksbasketball.com.au

Assistant Administrator Annette Nobensi
6272 0706 annette@hawksbasketball.com.au

Competitions and Program Manager Kyle Marshall
6272 0700 kyle@hawksbasketball.com.au

NBL1 COACHING STAFF

NBL1 Women's Head Coach Marcus Embury

NBL1 Men's Head Coach Ben Peterson

HAWKS AFFILIATED JUNIOR CLUBS

City Beach Basketball Club
Subiaco Basketball Club
Scarborough Basketball Club
Lakers Basketball Club

Woodlands Warriors Basketball Club
Claremont/Cottesloe Basketball Club
Newman/Holy Rosary Raiders Basketball Club



REPRESENTING PERRY LAKES HAWKS

Congratulations on being selected to play for the Perry Lakes Hawks. You have been selected because of your skills, playing ability and potential. You will be playing in a competition which is a level up from club basketball. Be proud of being selected, but be aware that this brings certain responsibilities.

Representing the Hawks requires certain standards of behaviour to be adhered to and codes of conduct observed. Your behaviour, dress and attitude will reflect on the Hawks. This includes at training, before, during and after games and at any other time that you represent Perry Lakes.

Your coach is volunteering his/her time to teach you further individual and team skills. Pay attention and work hard on fundamentals at training and during games. To succeed at this level, COMMITMENT is essential. Be ready to play and follow your coach's instructions at all times and make the most of opportunities that you are presented with over the season

It's very important that you read this handbook and understand your expectations as a member of the Perry Lakes Hawks.

This WABL handbook has been prepared by the Perry Lakes Hawks Basketball Association as a guide to all involved with representative basketball and being a "Hawk"

Whilst representative basketball requires a large commitment by players, parents, coaches & managers, it also offers many rewards, life-long learnings and the opportunity to forge strong lasting friendships. We encourage parents/guardians to become involved with your child and his or her teammates and their families, laugh and enjoy each other's company, and celebrate the wins and learn from the losses. We wish all players and coaches every success in their basketball endeavours for the season ahead and ask that they and their supporters act as worthy ambassadors for the Perry Lakes Hawks Basketball Association and the wider basketball community.

Thanks and appreciation go out to those parents, guardians and volunteers who contribute their valuable time and energy to actively support the players by undertaking responsibilities of coaches, managers, score table officials and helpers. Your collective contribution helps all our Hawks players work towards achieving their goals. We are always looking for more helpers, sponsors etc, so please let us know if you would like to be involved in our great club. Many hands make light work.

Play hard, cheer loudly!

Hawks as One



WABL OVERVIEW

“The Western Australian Basketball League aims to provide a state-wide premier junior competition which develops players, coaches and officials. The League seeks to meet the high level competition requirements through accessible education and training, while promoting positive mental, physical and emotional outcomes.”

The Competition

The Western Australian Basketball League (WABL) is the premier junior basketball competition in Western Australia. Each week, the WABL competition sees over 3800 athletes play in over 190 games on a Sunday.

The competition includes the following age groups: U12, U14, U16, U18, U20M, U21W and Open Age (Championship Division).

There are currently 14 WABL Associations. Eleven of the 14 Associations are based in the Perth Metropolitan area, from Joondalup in the north to Rockingham in the south, and Perry Lakes in the west to Hills Raiders in the east. The remaining two associations are based in regional Western Australia, including Bunbury (South West region) and Mandurah (Peel region).

In March each year, the competition holds a pre-season Grading Tournament. After grading, the regular season runs between April and August, with finals taking place in September.

Round 1 of the 2026 season is scheduled for 26 April. Finals will commence on 30 August after a 16-week regular season, and conclude with Grand Final day on 13 September.

Below are the 14 Basketball Associations from both the metropolitan and country regions extending from Joondalup to Southwest (Bunbury).

Binar Maali
Cockburn Cougars
East Perth Eagles
Hills Raiders
Kalamunda Eastern Suns
Lakeside Lightning
Mandurah Magic

Perry Lakes Hawks
Perth Redbacks
Rockingham Flames
Southwest Slammers
Warwick Senators
Joondalup Wolves
Willetton Tigers



Home games are played at Bendat Basketball Centre (BBC), where possible.

Away games will involve travel to any of the following; Eaton (Bunbury), Lakeside, Mandurah, Rockingham, Cockburn, Kalamunda, Mundaring, Willetton, Perth, East Perth, Rockingham, Warwick and Joondalup. Swan Active Leisure Centre.

WABL OVERVIEW

IMPORTANT DATES FOR WABL 2026

Grading: 2nd March-23rd March *(see WABL Website for specific dates)*

Regular Season Commences: SUNDAY 27th April

WABL BYE: 13th July

Winter Classic Tournament (Optional): 20 July

WABL Grand Finals: SUNDAY 13th September, 2026

WABL OVERVIEW

Player Eligibility

To be eligible for WABL trials and selection, all players must comply with the PLHBA selection policy and player guidelines.

Junior Domestic Competition

All U12 and U14 WABL players are required to play in the Perry Lakes Hawks Junior Domestic Competition or in the Hawks Development League. The reason for this is to increase the speed of development. If there is a legitimate reason (injury, other sporting commitments, etc) that a player cannot fulfill this commitment they will need to apply in writing for an exemption by emailing the WABL director, who will then take the application to the board for approval



WABL OVERVIEW

Multi Sports/Hobbies/Absences

It is healthy for young athletes to play a variety of different sports. Hawks allow players to play other sports, have hobbies, travel etc. If a player is planning on playing another sport/hobby on a Sunday, or will be away for periods of time across a season, please ensure that this is disclosed to the Club in the first instance so we are aware when selecting teams. Once teams are known, please also then disclose this to the Team Coach/Manager. If the decision to play another sport/hobby or travel occurs after Team selections, changes may need to be made to ensure Teams are not adversely impacted. Again, please make the Club and Team aware. It is important to be upfront and forthcoming with information so any balancing can be managed as soon as possible, and Team numbers can be factored in to help alleviate any availability concerns.

U14 Touring Teams

Three teams from both the girls & boys U14 age group are invited to represent WA and their club in the U14 Australian Club Championship which is normally held at the end of the WABL season. The teams who make the Championship Division through grading, go on to play in the U14 Touring Qualification Tournament, with the top 3 teams earning a spot to tour.

If your team is successful in qualifying to tour, please don't book accommodation or flights for your son/daughter as the team will travel together. A meeting will be held with the team and Perry Lakes Hawks staff to explain the process.

PLEASE DO NOT BOOK FLIGHTS OR ACCOMODATION FOR ATHLETES PRIOR TO THIS MEETING



Selection Trials & Procedures

The Hawks hold trials for WABL & State Championships in October, these teams will play in the State Championship weekend tournaments. State Championships will be used by coaches to see players in game play. After these weekends the coaches will meet and discuss if any player movement between teams is needed.

All selections are made with the best interest of the club and the team, including consideration of:

- Athletic ability, desire and dedication to become a player at the highest possible level.

- Demonstrated attitude displaying excellent self-discipline and standards of personal behaviour.
- Display a sense of "team ethic" within the group and within the club.

WABL OVERVIEW

Selection Trials & Procedures

- Outstanding desire and commitment to work hard at improving mental, physical and basketball skills.
- Highly receptive to coaching and co-operative within the team environment. Teams will be selected at the discretion of the coaches and mentors and will then be passed by the Perry Lakes Hawks Board prior to announcements.
- Players must stand for selection in their own age-group. However at times a player may play out of their age-groups if the club deems is in the best interests of the player's development. This will be assessed on a case by case basis.
- Ten players can suit up each week - a team can select 12 players and rotate them.
- At the coach's discretion and in consultation with the club, teams may invite players who were not selected to be "train-ons".
- Train ons are invited to train with the Team and thus develop and improve their skills and court play over the season. In general train-ons do not play in the games however at times over the season if there is an illness or injury a train on may be asked to play a WABL game.
- Athletes that have played at a different association in the last 12 months will require a Clearance if selected in a Hawks WABL or State Championship Team. Clearance forms can be found on the WABL website.

We continually review and update our selection processes

SELECTORS DECISION

Please note that the coach and selectors decision is final. If you have any queries regarding the selection process, please contact the Hawks Office via email: hawks@hawksbasketball.com.au



WABL Season Information

Training

Once teams are selected they will be notified of training times, venue and court allocation. Compulsory team training sessions are conducted once a week throughout the season and are for a duration of 1.5-2 hours. The coach may arrange other sessions to enhance the team. All players are expected to attend the once a week compulsory training session, and games (this includes any injured players). Players must wear a Hawks Reversible Training singlet and Hawks Black Training shorts or non-playing WABL shorts. Missing Training/Injury/Illness If you are unable to attend a session you must phone/text/or email your Coach and Team Manager prior to the session to explain the reason. If there is a last minute reason/emergency and you are unable to contact the appropriate person, an explanation to your coach or manager is still required. If you have an injury that may affect your performance at training or during a game you need to let you coach know immediately. You are still expected to attend games and training. If you are sick and what you have can be passed on you should not attend training. If you have been away from training/games due to injury or illness you must be cleared before your return. If you have had a prolonged illness or injury it is your responsibility to prove your fitness and learn the team plays before you return to court.

Playing Times and Venues

WABL is played every Sunday. Game times start from 7.30am through to 6.00pm depending on scheduling and availability of venues. The WABL season is played April through to September. The Hawks home venue is Bendat Basketball Stadium (BBC), teams are scheduled to play their home games at this venue as much as possible depending on grading and scheduling.

Contacts

At the beginning of the season you will be given your coach and manager contacts as well as a team contact list. Please note that any other queries MUST come through our Club Administrator who will then forward to the appropriate person/s.



WABL Season Information

Court Time

Court Time is something that tends to occupy most parents and players thoughts after that first loss or a close win, or a couple of weeks into the season when expectations are different from reality.

What's fair? What's right? I've paid my fees - why do they get more court time? What's the club policy? It's a very tough topic to deal with and there is no simple answer. Representative basketball is an elite program and it is unavoidable that some players will play more than others.

To develop a player, a team and a program, court time just can't be even. Why? Put simply everybody is at a different stage of development. Yes, they are of similar age; they have made similar commitment to the season with time and finance. But the coach must be able to use court time as both an incentive and a discipline. They also need to have the correct balance on the court to combat the opposition.

Sometimes playing limited minutes is exactly what a player needs to develop in the areas of 'seeing team mates', intensity, playing 'D', training, work ethic, punctuality, staying with the game plan.

The coach is attempting to develop and win (also a developmental step). Please also remember that coaches are giving freely of their time. Your child is playing in the elite competition in the state. All the best efforts and intentions by the coaches are to give all the players' court time, but sometimes situations do not allow this to happen.

Remember ALL coaches are very conscious of playing, or not playing, members of their team. They do not set out with the intention of not playing a player. Coaches will always make decisions that we won't all agree with all of the time. So what can we do?

We have to realise that, as with most things in life, the only thing we can control if and when this situation arises, is what are YOU going to do? It is vital that in these instances parents are supportive of the coach's decisions and encourage the child through these times.

If you have any queries or questions on this feel free to have a chat with your coach, but at a convenient time, not just before, during or straight after a match.

Contact the Hawks Office if you have any concerns - hawks@hawksbasketball.com.au



WABL Season Information

WABL Fees and costs

It is important that all families realise that Representative Basketball is a privilege. It costs significant money to provide a high quality program and it is policy of the Hawks that ALL players must pay their fees at the time of registration. Fees for the 2026 season are listed below.

Registration Fees Include:

- Team Registration
- Specialist Coaching & Development
- Training Court Hire
- Insurance
- Playing singlet for the season
- WABL Wind-up & Trophy Presentation
- Team photo (Digital)
- Annual Free Entry to Hawks NBL1 Home Games

The cost for the 2026 WABL Season:

Preseason Fee.....\$150 all players to pay this fee

Regular Season Fees

Team Member \$550
Train on \$275
Championship Men & Women Only.....\$275

Please Note: The season fee does not cover trials, pre-season tournaments, weekly game entry fees, or uniforms (other than the playing singlet which is provided on loan. It is expected that fees will be paid prior to the start of the WABL season in the time frame set by the PLHBA. In cases of genuine financial hardship please contact the WABL director who will confidentially deal with requests for fee relief.

Train On Players

WABL Trial Participants may be offered a Train On Player position. It's recognised that train-on have a high level of potential to be a future WABL athlete. The Player that is offered the position can accept or decline the opportunity. Should a playing position become available in the team, they may be offered the spot with the coaches discretion, additional fees would be applicable.

A Train-on player may play up to 5 games, however if they play the 6th game then the balance of full player WABL fees will be collected. The train on fee covers all the player inclusions except the Playing singlet for the season and the Team registration.

Train-ons may sit on the player's bench for all WABL games they attend, must be in correct attire. Hawks T-shirt, Hawks Hoodie or Hawks Warm Up shirt with Hawks shorts or track pants - No denim

WABL Season Information

Injuries and Medical Certificates

Athletes and parents please be upfront with your coaches and the club regarding injuries. Often a player tries to push through injuries so they can get on the court sooner rather than later. But if you come back too early and don't do the required rehab and rest this puts more stress on the injury and most of the time it re occurs or becomes a much worse injury. Make sure you are cleared to return to training and games. Any player that suffers a blow or fall to the head or neck should not return to play until they have been cleared from a First Aid Officer or practitioner. Medical Certificates may be accepted as evidence of injury/illness and can be used for exemption for WABL game qualification criteria only if the Medical Certificate is submitted within fourteen (14) days of the injury. If a player has been concussed they need a medical certificate to be cleared to play.

Refunds

Player Commitment is for the ENTIRE season irrespective of later motivation. A fee reduction may be given in the event of a serious injury preventing any further part in the season (Medical certificate required).

E - POINTS SYSTEM HAS BEEN UPDATED PLEASE GO TO THE HAWKS OR WABL WEBSITE TO SEE THE POLICY



WABL Season Information

WABL UNIFORMS

The team manager will supply a Hawks playing singlet prior to every WABL game and collect it after each game to wash, ready for distribution again the following week. The compulsory items below need to be purchased for each player. All Hawks players must be in full uniform at all times when representing the club. This includes playing uniform and warm up top at all games. No street wear is to be worn to games or training unless Hawks branded.

COMPULSORY PLAYING

Hawks Playing Shorts	\$ 50.00
Hawks Warm Up Top	\$ 50.00

COMPULSORY TRAINING

Hawks Reversible Training Singlet	\$ 35.00
Hawks Black Shorts (or you can wear your playing shorts)	\$ 35.00

Additional Items Available (Not compulsory)

Player Duffle Bag with embroidered name	\$ 55.00
Player Back Pack small.....	\$ 60.00
Player Back Pack POD	\$ 75.00
Hawks Regular Crew Socks	\$ 15.00
T-shirts	From \$ 30.00
Hoodies.....	From \$ 55.00
Long Sleeved Grey Top	\$ 35.00
Polo	\$ 45.00
Caps	From \$ 40.00
Drink Bottle	\$ 10.00
Key Ring	\$ 5.00
Scarf	\$ 30.00
Plus more in the Hawks Shop	

HAWKS SHOP ONLINE ORDERING

Please order your Hawks Gear **online**. Orders can be collected Monday, Tuesday, Thursday & Friday between 9am- 4pm and on a Thursday prior to training from the Hawks Office.

Times for collection may be updated.

If sizing is incorrect items can be exchanged for the correct sizes.



Hawks Gear can be ordered online:

<https://hawksgear.hawksbasketball.com.au/>

Please note: Prices subject to change

Player Code of Conduct

Player responsibilities

Please read the information below carefully.

- Each player is required to purchase a Hawk's warm-up shirt and playing shorts which can be purchased at the time of registration.
- Each player is required to bring the correct size basketball and a drink bottle to training sessions and games. They should be marked with name and drink bottles should contain only water (and ice if required) to avoid sticky spills.
- Players are to notify Team Coaches and Team Manager of any injuries or sickness prior to and/or during training sessions and games.
- Mouthguards must be worn at training and games. Injuries resulting from not wearing mouthguards are not only painful, but costly too. The rules of BWA state that if you are not wearing a mouthguard, you cannot enter the court. Only players with medical advice certificate will be exempt from wearing a mouthguard. Team managers and referees will be responsible for the application of this rule.
- Players should arrive at least 15 mins prior to training starting and 30 mins prior to games. If you are going to be late please let your manager or coach know.
- Players should be correctly dressed as per the Hawks Guidelines for training and games. Please note that Team Managers have spare mouthguards. These are available for \$10.00 should you forget your mouthguard on game day.

Player Disciplinary Action

PLHBA players are expected to follow the club policies and codes of conduct. PLHBA will manage disciplinary action under the following circumstances. If a player is continually disruptive at training and/or behaving in a manner that is affecting the well-being of the team then it will be reported to the WABL Director. The WABL Director will meet with the coach and parents to decide on further disciplinary action which may result in the players' removal from the team. Off Court Players that behave in a manner that negatively affects the PLHBA will be reported to the WABL Director. The WABL director and the Coach will then decide on an appropriate course of action.

Code of Conduct

All players should carefully read the following code and always strive to comply with it.

- Play by the rules
- Develop a positive attitude towards your team-mates and coach
- Never argue with an umpire or an official. If you disagree have your coach or manager calmly approach the official during a break or after the game.
- Play to enjoy the game and improve your basketball skills
- Don't blame others and don't make excuses
- Control your temper. Do not indulge in any verbal or physical abuse of a referee, official or any player - including yourself.
- Treat all players as you would like to be treated. Do not distract, interfere with, bully or take unfair advantage of another player.
- Work equally hard for yourself and your team
- Co-operate with your coach, team mates, referees, and opponents. Without them, there would be no game.

Player Code of Conduct

Social Media Policy

Social media refers to any online tools or functions that allow people to communicate and/or share content via the internet. (e.g. Facebook, Twitter, YouTube, Instagram, Snapchat, Tik Tok etc.)

Social Media can be a great way to communicate and can be fun and keep teams and people informed. It now plays an important role in sport. However Social media can also be hurtful, misleading and dangerous to a person's well-being and damaging to the image of the sport if not used in a positive context.

- Hawks Players are asked to use social media as a positive outlet only to promote their team mates, other players and the sport of basketball in general.
- Negative comments or images, bullying, racism, sexist remarks, criticism of players, coaches, teams or officials, stadium staff, volunteers or spectators will not be tolerated.
- Please be mindful of the content of what you are uploading and do not tolerate or condone poor social media behaviour or actions from others.

Zero Tolerance Policy

All participants in Perry Lakes Hawks WABL competition must accept responsibility for their behaviour.

Perry Lakes Hawks reserves the right to ask any coach, manager, player, parent or spectator to immediately leave the venue should they:

- Wilfully question or challenge the rulings of the referees
- Berate or abuse referees
- Berate or abuse players
- Berate or abuse other parents or spectators
- Display conduct which is inappropriate in a sporting environment

No warnings will be given in the event of the above action becoming necessary. Any such ejection, or failure to leave the venue, will be referred to Hawks Board which may result in further formal actions being put in place. If you require, or would like to offer feedback or request a clarification on this issue please speak with the Games Controller at an appropriate time or contact the Perry Lakes Hawks office on the next business day.

The adoption of this Zero Tolerance policy has become necessary due to the reported instances of inappropriate and abusive behaviour at competitions conducted by PLHBA and BWA. Our desire is to nurture a safe competitive environment for all participants. We ask any person that feels they cannot refrain from the above unacceptable behaviour to not attend.



Spectator/Parent Code of Conduct

During games, spectators are required to sit in the stadium seating provided.

- Spectators are not permitted to approach the players bench throughout any stage of the game (including time outs or halftime) or enter the court (unless invited by the referee).
- It is imperative to the success of the program that parents/spectators do not coach from the sidelines.
- Parents are encouraged to cheer for their child and their child's team, and praise the efforts of all involved.
- Abuse towards athletes, other spectators, coaches, referees or staff is NOT tolerated and could result in offenders being requested to leave the venue and being reported and banned from venues.

Parent Guidelines

Parent Role

For many parents this will be the first time that a member of their family will be involved with the Perry Lakes Hawks and this level of basketball. It is very important that ALL parents support not only their child, but all of the players as well as the team and the coach. The experience will cost you some time, money, patience and understanding, but should be quite rewarding. We thank all our parents and appreciate the time, money and effort you put in so at your child can play representative basketball.

Your support is needed in the following areas:

- Getting your child to training regularly and on time
- Getting your child to the game well before game time, properly dressed and fresh to play
- All parents are expected to help with score duties over the season (See information Page 24)
- Helping to get other team members to the game if required
- Encouraging and supporting your son/daughter and the team in games
- If your child is injured, has contracted an illness, or will be absent from training for any other reason, the coach and manager is to be advised
- Recognise the value and importance of volunteer coaches. They give their time and knowledge and deserve your respect and support - don't be a knocker
- Cheering and clapping loudly all good plays. Encourage your child to play within the rules and accept the referee's decision
- If you disagree with a coach, raise the issue at an appropriate time; preferably before or after training - not during or immediately after the game
- Support club decisions
- Refrain from discussion anything negative about your team in front of your children- keep it positive.
- Be vocal in your support of our teams but refrain from making negative comments about the opposition, referees or other team members.

Make sure that you have read the PLHBA Handbook in full, including the Zero Tolerance Policy and Social Media Policy and that your children are familiar with both.

Parent Guidelines

Scoretable Duty

One person is required from each team to perform the score table duties. One operates Player HQ Tablet Scoring (Away Team) while the other is the timekeeper (Home Team) and keeps the electronic scoreboard up to date.

Speak the information aloud during scoring so that your fellows score table official agrees with you. If unsure or a mistake has been made, at the first opportunity when the clock is stopped, sound the horn and clarify with referee.

Ensure that the horn is sounded at the appropriate time following requests for a time out by a coach or substitutions by players. Time out and substitution requests must be made through the score table who will signal the referees when the clock stops at the end of a play phase or before the referee is in position to put the ball in play.

Substitutions may be made by either team when a referee calls a jump ball or a foul or a time out. On a violation (travel, 3 seconds, out of court, etc) only the team granted possession can make a substitution. Once this is granted the other team may also substitute. Substitutions can also be requested and granted if the game is held up for reasons such as retrieving the ball from another court, wiping the floor or checking the score sheet.

A time out can be granted to either team when a referee calls a jump ball, side ball, foul or during a delay in the game. A time out can only be granted after a field basket to the team now in possession. It is important the clock is stopped and the horn sounded immediately after the basket.

At time outs and other breaks check that the running score and the score board agree with the sum of the individual scores both teams. If there is a discrepancy notify the referees.

Scorer

The Tablet scoring is the official record of the game, so the result could depend on the Scorer's accuracy in recording. The Scorer records:

- Players' individual points scores in each quarter
- Each team's running total score is automatically updated
- Player's personal fouls
- Number of timeouts taken by each team in each quarter
- The final scores of the game need to be confirmed and signed off by the referee at the conclusion of the game.

ALL PARENTS ARE EXPECTED TO DO SCORE TABLE DUTY OVER THE SEASON.

The team manager will organise a scoring roster prior to the start of the season.

Coach & Manager Guidelines

Team Coach's Role

Team Coaches are appointed by the Perry Lakes Hawks. Their role begins at the try-outs where players from the Hawks affiliated junior clubs and other interested players compete for selection. The team selection is primarily the coach's prerogative, but also includes the other coaches where there are two or more divisions in the age group.

As a general rule players are to play in their correct age group division, but there can be exceptions upon application.

Coaching representative teams require different strategies than a normal club match. This is an elite competition in which Hawks teams are matched against the best of other major associations whose coaches and players are to win every game. The Coach needs to develop their coaching skills to be aware of the opposition coaches plan (such as which offence or defence is employed), and then use their players and game plan to the best advantage.

The club's philosophy is "coach to make the play-offs and then coach to win the finals." This means that some qualifying games may be lost while developing the team and giving all players experience. In the finals and other critical games the coach may decide to only rest key players when they are tired or in foul trouble.

Coaches are expected to:

- Not be excessive in their demands on young players
- Set a good example and earn the respect of their players
- Be generous in praise and never yell at or ridicule their players for making a mistake or for losing a game
 - Teach their players respect for officials and opponents – after the game be seen thanking the referees, score bench and the opposing coach and ensure that the players acknowledge the other team
- Make a personal commitment to keep informed on sound coaching techniques, and issues related to the growth and development of children
- Dress appropriately by wearing a Hawks polo during games and training sessions to reflect the professionalism of the club.



Coach & Manager Guidelines

Manager's Role

The Manager's role is to ensure the smooth running of the basketball team and to alleviate any problems which may divert the coach from his primary job of coaching. The organisational skills of a good manager are invaluable in assisting a team achieve success. Regular attendance at training although not mandatory helps a manager to get to know the players and sort out any problems that may arise, e.g. transportation, medication, collecting fees. Managers should wear a Hawks polo/Hawks T-Shirt during games to make them easily identifiable. In addition Managers should be aware of the following:

Before the Season

The Manager should prepare a team list and distribute it to all team members and to the Hawks Office

- Collect the team uniforms and allocate a singlet to each player according to player size. Care of these uniforms is the responsibility of the Manager.
- When fixtures are known, organise a scoring roster for the season with a team list of phone numbers so parents can swap if need be. All parents are expected to help with scoring duties. A short guide to scoring and time keeping can be found in this handbook.
- Be responsible for the PLHBA gear bag, singlets and other items as distributed to you at the beginning of the season
- Organise drink bottles for the players for the game with numbers clearly labelled. Before each Game
- Advise players of training sessions and competition dates and venues and any changes that may occur over the season
- Make sure that important information from the PLHBA is distributed to the team
- Select players using the Teampay app.
- Hand out players singlets
- As Player HQ Scoring (Tablet) will be operating, the manager should select the players who are playing and ensure their correct number is allocated against that player. This is done prior to the game - there is ample time to set up for your game at the conclusion of the previous game.
- Check players for correct uniform, mouth guards, jewellery, watches etc.
- Check water bottles.

During the Game

- Ensure player's water bottles are full
- Wipe up perspiration or spills on floor if need be
- Arrange First Aid if needed- all stadiums should have a dedicated First Aid Officer on duty throughout the competition
- Encourage all players, and attend to players as needed
- Ensure that only team members (and the coaches and manager) occupy the bench.

After the Game

- Collect all players singlets and wash them before the next game
- Clear the bench area immediately and collect any gear left behind. Remind your team to collect all rubbish and dispose of before leaving the area.
- With younger players ensure that they have been collected by their parent or appointed guardian.

End of Season

- All WABL singlets and bottle carriers are to be returned to the Hawks office as soon as possible.

ASSOCIATIONS & VENUES

BINAR MAALI

SWAN ACTIVE LEISURE CENTRE
332 BENAR RD,
BEECHBORO,WA.5063
EMAIL :ADMIN@BINAR.ORG.AU

COCKBURN COUGARS

Wally Hagan Stadium
8 Starling Street,
HAMILTON HILL WA 6163
Tel: 08 9335 9101

SOUTH WEST SLAMMERS

EATON RECREATION CENTRE
18 Recreation Drive,
BUNBURY WA 6232
Tel:08 9724 1400

JOONDALUP WOLVES

HBF Arena
21 Kennedy Drive,
JOONDALUP WA 6027
Tel: (08) 9300 1325

LAKESIDE LIGHTNING

Lakeside Recreation Centre
Cnr Bibra Drive & Farrington Road,
NORTH LAKE WA 6163
Tel: 08 9310 7700

Kennedy College
Farrington Road,
MURDOCH WA 6150

MANDURAH MAGIC

Mandurah Aquatic & Recreation Centre
303 Pinjarra Road,
MANDURAH WA 6210
Tel: 08 9534 7908

East Perth Eagles

Morley Sport & Recreation Centre
Cnr Wellington Road & Mancini Street,
MORLEY WA 6062
Tel: 08 9375 3529

EASTERN SUNS

RAY OWEN RECREATION CENTRE
GLADYS ROAD,
LESMURDIE WA 6076
TEL:08 9291 7600

PERRY LAKES HAWKS

Bendat Basketball Centre
201 Underwood Avenue,
FLOREAT WA 6014
Tel: 08 6272 0705

ROCKINGHAM FLAMES

MIKE BARNETT SPORTS COMPLEX
Dixon Road & Goddard St,
ROCKINGHAM WA 6168
Tel: 08 9528 5488

HILLS RAIDERS

Mundaring Arena
180 Thomas Road,
GLEN FORREST WA 6071
Tel: 08 9295 3714

WARWICK SENATORS

Warwick Leisure Centre
Cnr Warwick & Wanneroo Roads,
WARWICK WA 6024
Tel: 08 9247 2266

Willetton Tigers

Willetton Basketball Stadium
Burrendah Boulevard (Opp. Southlands),
WILLETTON WA 6155
Tel: 08 9310 3388

PERTH REDBACKS

Leisure Life Centre
34 Kent Street,
EAST VICTORIA PARK WA 6101
Tel: 08 9472 8110



Round 1

THURS
26 MAR

W 6.30pm | M 8.30pm

Round 2 EASTER

THURS
2 APR

W 6.30pm | M 8.30pm

Round 3

SAT
11 APR

MEN 7.00pm

Round 4

SAT
18 APR

W 5.00pm | M 7.00pm

Round 5 ANZAC Rd

SAT
25 APR

W 5.00pm | M 7.00pm

SUN
26 APR

W 11.00am | M 1.00pm

Round 6

SAT
2 MAY

W 6.00pm | M 8.00pm

Round 7

FRI
8 MAY

W 6.30pm | M 8.30pm

Round 8

FRI
15 MAY

W 6.30pm | M 8.30pm

Round 9

FRI
22 MAY

W 6.30pm | M 8.30pm

SAT
23 MAY

W 5.30pm | M 7.30pm



NBL1 WEST

20
26
FIXTURE

Round 10 Heritage Rd

SAT
30 MAY

W 5.00pm | M 7.00pm

Round 11

FRI
5 JUN

W 6.30pm | M 8.30pm

SAT
6 JUN

W 5.00pm | M 7.00pm

Round 12

SAT
13 JUN

W 6.00pm | M 8.00pm

Round 13

FRI
19 JUN

W 6.30pm | M 8.30pm

Round 14

Sat
27 JUN

W 5.00pm | M 7.00pm

Round 15 First Nations Rd

Sat
4 JUL

W 5.00pm | M 7.00pm

Round 16

Sat
11 JUL

W 6.00pm | M 8.00pm

Round 17

FRI
17 JUL

W 6.30pm | M 8.30pm

SAT
18 JUL

W 5.00pm | M 7.00pm

Round 18

SAT
25 JUL

MEN 12.00pm

HOME AWAY



GOLFBOX

*Ascend

| Physiotherapy | Exercise Physiology
| Dietetics | Sports Medicine | Massage
| Sports and Performance Psychology

Perry Lakes Hawks is pleased to announce a renewed relationship with Ascend Physiotherapy, and to introduce Physiotherapist Lachlan Arnott as a new addition to the team for 2023 and beyond. Lachlan is the Head Physio for the NBL1 Men's and Women's teams, and joins Dave Philpot in providing physiotherapy for the whole Hawks community.

Having come up through the WABL system as a junior, and having had experience as a physio with multiple NBL1 West and WNBL teams – Lachlan can provide treatment and rehabilitation for injured players at Ascend. He is passionate about helping you and your family get back to playing the game you love.



Lachlan is available at Ascend daily for appointments to assist you with injuries, injury prevention, load management and long term training plans.



All Hawks members receive a **20% DISCOUNT** at Ascend Physiotherapy!

CALL ASCEND TODAY! PHONE 9387 2699
or book online at <http://www.ascendphysio.com.au>

Honours and Awards

STATE CHAMPIONSHIP 2023

State Titles Champions

U17 Championship Girls
Grand Final MVP - Alira Fotu

U19 Championship Men
Grand Final MVP - Roman Lutton

Division Champions

U11-5 Boys
U13-4 Girls
U15-2 Girls
U17-2 Boys
U17-4 Boys

State Titles Runners-Up

U13 - 1 Boys

Division Runners-Up

U20-2 Women

National & State Team Representation 2023



BWA STATE TEAMS

U16 Boys & Girls

Eva Smith
Aysha Kemp
Andreas Gribisa
Will Hantke

Coach Dave Moreschi
Coach Adum Gunnis
Coach Keely O'Brien

U18 Men & Women

Libby Hutton
Savanah Metcalfe
Nicola Moore
Taro Fradd

U20 Men & Women

Charli Graziano
Ruby Vlahov
Malia Tharpe
Braelyn Dale
Alex Condon

Coach Trent Criddle

Southern Cross Development Program

TRAVELLING TEAMS

Sansa Tatum
Evelyn Hawley
Ava Ramsay
Riley Barmantloo
Zara Gurney

HPDC TEAMS

Gabby Van Maanen
Emily Lemm-Jenson
Taylah Blake
Tyson Portwine
Sam Gooch
Dylan Redhage
Ella Peovitis

Schools Sport State Representation 2023

**12 & Under - Ava Zemplis, Clara Hawley, Kelby Taurayi,
Zak Stevenson**

**16 & Under - Emilie Beggs, Nicola Moore
Coaches - Luke Coburn & Adam Gunnis**

Honours and Awards

WABL 2023

2023 CHAMPIONS



HAWKS U12-5 BOYS

Grand Final MVP- Jake Poole

2023 CHAMPIONS



HAWKS U16-2 BLUE GIRLS

Grand Final MVP- Hope Whitby

2023 CHAMPIONS



HAWKS U18-3 BLUE GIRLS

Grand Final MVP- Olivia Wolmarans

2023 Runners-Up

- U14 CH Girls
- U14-4 Girls
- U18 CH Men
- U18-3 White Girls
- U20-2 Men



DAVID MORESCHI

2023 WABL MALE COACH OF THE YEAR

