

Welcome to Cheshire Phoenix Wheelchair Basketball Club



Here are a few handy tips for you now that you have started playing Wheelchair Basketball:

- **ARRIVAL:**

Please be at training nice and early –please meet in reception at least 15 minutes before the start of the session ready to do subs and chat to coaches etc so we are ready to go straight on court when it is free.

- **DRINKS:**

Please bring water or juice only – no fizzy drinks or glass bottles are allowed on the court. Please make sure you have had plenty of fluid before you come to training (don't worry we will have plenty of breaks if you need to use the facilities!)

- **KIT:**

Please wear shorts or tracksuit bottoms and t-shirt / basketball vest. If you have club kit please wear this to arrive at training.

Be aware that long sleeved tops get in the way a bit and will get grubby sleeves due to the wheels so try and wear short sleeved tops if possible.

Get into the habit of bringing a change of clothes to training or matches so you don't travel home all sweaty - especially if you get a lift in someone else's car !

- **BLISTERS:**

You will get blisters while you are playing wheelchair basketball, it comes with the game but don't worry as your hands will toughen up the more you play.

You can tape over the blisters while you are playing but make sure you let them dry out when you get home so they heal and toughen up.

It's a good idea to bring some plasters or tape of your own to training.

Gloves are not recommended as you will not toughen your hands up and you don't have as good a grip on the ball or your wheels.

- **BANGED NAILS:**

Best advice is to keep your nails trimmed nice and short so they stand less chance of being bent backwards when playing.

- **HAIR:**

Please tie hair back away from your face when you are playing

- **JEWELLERY:**

Rings, necklaces, bracelets, watches etc cannot be worn when playing so please ensure you leave them at home or remove them prior to starting training. If you cannot remove ear / nose piercings they must be taped over at all times. This is in the League rules as well not just our club rules.

- **INJURIES / ILLNESS /MEDICAL EMERGENCIES:-**

We have our own first aiders and first aid kit and the Centre has first aid staff – please contact club first aiders initially. If you are ill or injured when you get to training please let the coaches know as there will still be parts of the session you can take part in our help out with even if you can't play.

- **MEDICAL CONDITIONS:**

Please make sure that you fill in the Club Medical form in full - it is vital the Coaches know of any medical conditions or injuries that may affect your ability to train.

If you have ANY allergies we must know before you train.

If you need medication during training please make sure you bring it with you and make the coaches aware – especially if you are likely to need any medication in an emergency eg Inhalers, Epi-Pens, Insulin etc

- **PLEASE HELP THE COACHES OUT:**

- ❖ Learn how to put your chair together and take it apart, make sure you check if the tyres need pumping up as soon as you get to training, if you need straps or anything altering please ask the club staff.
- ❖ Help the coaches with collecting cones and balls or bibs,
- ❖ Help keep the court tidy – put all bags on the seats and bottles together. Everyday chairs must be put down the end of the court out of the way – please do not block fire doors with kit or chairs.
- ❖ At the end of the training session please help put your chair away and help clear the rubbish from the court.
- ❖ Parents / Guardians / Partners – please can you help out with putting chairs and kit away? The more hands we have to help the better.

If you have any questions just give me a shout – or if there is anything you think we could add to this list just let us know.

Thanks

The Coaching Team