



Frequently Asked Questions?

Midnight Basketball highly values its Volunteers and recognises that the volunteering experience must be one of mutual benefit. The contribution of Volunteers acts as the enablers of many great initiatives at Midnight Basketball as well as the program itself and provides support often not able to be provided otherwise.

Midnight Basketball provides volunteers with an opportunity to role model appropriate behaviours and gives young people a contact point for connection to Community.

As a Volunteer what can I offer?

As an adult you have developed many life skills either through family, study, work or being involved in your community. The ability for you to demonstrate what you have learnt by role modelling positive behaviours and providing opportunities for 'at risk' young people to meet new people is an invaluable experience for the youth participants and also for yourself.

Do I have to be young to be a volunteer?

No, not at all. All people across all ages, diversity, backgrounds and cultural groups are welcome and encouraged to be involved in Midnight Basketball.

What do I wear?

Comfortable, relaxed, neat clothing, with runners or flat shoes. No thongs are allowed.

Do I need to bring anything?

You do not need to bring anything with you. No money is required. Please do not bring lollies, soft drink, fast food, cigarettes or other harmful items into Midnight Basketball Tournaments. Water is provided.

Will I be required to drive anyone home?

No. The Midnight Basketball Program provides local buses and drivers to drive each Midnight Basketball player home to their doorstep at the end of the Tournament Night.

Is a meal provided?

Yes. A hot, nutritious meal is provided to all Midnight Basketball players and volunteers. Midnight Basketball does not allow fast food, lollies or soft drinks to be part of the food provided or available on Tournament Nights. Midnight Basketball aims to create healthy environments that role model healthy behaviour for young people. Water is also provided. Please sit at team tables with the players for dinner, even if you have eaten. It can feel uncomfortable to have people standing around watching you eat dinner, and it's a great way to get to know each other.

Could my personal details be used for marketing purposes?

Absolutely not. Midnight Basketball maintains data about its Tournaments for reporting and analysis purposes only. No personal details are distributed to any third parties for any purpose.

Do I have to understand the rules of Basketball?

No, not at all. There are many people who will be able to assist you if you are required to help with the Tournament. There are also many other tasks/opportunities that are required to keep Midnight Basketball running smoothly, including help with dinner and setting up workshop rooms. Tournament organisers will match your skills and interests with the tasks on the night.



Does the Code of Conduct apply to everyone?

It is tremendously important to the ethic of the program that the Code of Conduct applies to everyone. We can hardly ask our youth to modify their behaviour if, as adults, we aren't prepared to also. Examples include smoking, swearing, courtesy and other behaviours that appear on the Code of Conduct along with the Midnight Basketball Rules. By showing this leadership, you will be supporting the Tournament Manager, Youth Worker, Team Managers and the rest of the Volunteers in implementing these positive behaviours and helping our youth learn by example.

Can I smoke?

Smoking is not permitted during Midnight Basketball tournament nights (including breaks) by players, volunteers or spectators. Midnight Basketball aims to create healthy environments that role model healthy behaviour for young people.

Why are healthy food choices so important for young people?

Major causes of obesity in children are unhealthy food choices and lack of physical activity. Providing healthy food choices is critical in reducing overweight and obesity rates. Adequate consumption of fruit and vegetables is a protective factor against many diseases including coronary heart disease, hypertension, stroke, Type 2 diabetes and many forms of cancer. Good eating habits are important during adolescence as it is a period of rapid growth and development. Sufficient nutritious food is needed to support growth and normal development.

In 2010 nearly 30% of young people (13-17 years) were either overweight or obese. From 1985 to 1995 the number of overweight 7-15 year olds almost doubled. The numbers of obese children has more than tripled. It is predicted that 65 per cent of young Australians will be overweight or obese by 2020. Regular healthy eating improves young people's ability to think, their attentiveness, their ability to socially interact and helps to maintain a healthy body weight.

Why is this a responsibility of Midnight Basketball?

Midnight Basketball has strong ethical and professional guidelines regarding sponsorship of the program. These include no drugs or tobacco, alcohol, fast food, soft drinks or organisations that may contribute negative or unclear support for the health and wellbeing messages of the program. Midnight Basketball provides an ideal place to be exposed to healthy food choices that may not otherwise be available within their family or social environment.

How can we encourage and support healthy food messages on a Tournament Night?

As outlined above, we need to provide clear consistent messages and not make exceptions no matter how small they seem at the time. You can help through the following:

- Ensure water is easily accessible to everyone including availability of cups.
- Always make sure there is no access to soft drinks, fast foods, lollies, chocolate, cakes or chips, or that they are brought into the venue.
- Ensure food is cooked with low fat, salt, sugar and high fruit and vegetable principles.
- Remove vending machines from areas Midnight Basketballers will be able to see them. If not possible, turn them off and place 'out of order' signs on them.
- Support healthy food messages by role modelling and discussing with players the benefits of healthy eating, including fitness and energy level benefits of eating good food on tournament nights.

What do I do if a young person raises a personal issue or an issue that may raise concern with me?

Each tournament night will have a professional Youth Worker in attendance. This is a requirement of the Midnight Basketball Program. The Youth Worker is qualified to address any issues that may arise and is able to provide support and information to the young person. You should discuss any issues with the Youth Worker.