



WEST LOTHIAN WOLVES BASKETBALL CLUB  
PARENTS WELCOME PACK

[www.westlothianwolves.com](http://www.westlothianwolves.com)



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# 1 BE PART OF THE PACK

## Introduction (1.1)

Welcome to the West Lothian Wolves Basketball Club

Thank you for taking the first step to learning to play the fastest growing team sport in Scotland.

We at the West Lothian Wolves pride ourselves on providing you with a friendly, enjoyable place to learn and grow within an exciting basketball environment.

We believe that everyone should be given the opportunity to learn, train and play basketball.

We have some great coaches and provide a program of training where you will learn to play, have fun, make friends and be part of the pack.

The next steps are the following:

- [Register as a Player/Coach/Volunteer](#)
- Log on to social media at <http://www.facebook.com/wlwolves>
- Visit our website at <http://www.westlothianwolves.com>
- Have lots of fun, get fit and learn to play!

If you have any questions, feel free to contact us at [basketballdevelopment@westlothianwolves.com](mailto:basketballdevelopment@westlothianwolves.com)

West Lothian Wolves is a Scottish Registered Charitable Incorporated Organisation (Charity Number sco45197)

## Message from the Chairperson (1.2)

Hi and welcome to the Wolf Pack,

I'm Paul Meldrum, or "Coach P", and I am the Chairperson of the Wolves.

All sounds very grand I know, but that couldn't be further from the truth.

Our club is run by the community for the community and we are thrilled that you are "joining the wolf pack".



This e-booklet is designed to detail all the nuts and bolts of the club and answer many of your questions but it can't show the spirit and soul of the club. You will feel that in every training session, game day experience, facebook post and tweet. You'll understand more about us by enjoying time with fellow members, players and coaches, and get a true sense of our club values.

I hope that you will stay and grow with us for your whole basketball lifetime. That's our mission after all.

More importantly, immerse yourself in this wonderful game and, we think so anyway, our wonderful club.

Please give me a howl when you see me a in gym somewhere.

Go-o-o-o Wolves

**Paul Meldrum**

*Chairperson*

*West Lothian Wolves Basketball Club*



## 2 ROOTS

### The Strength of the Wolf is the Pack (2.1)

Youth basketball should not be confused with professional or elite basketball. The focus of youth basketball and the West Lothian Wolves is on development and enjoyment within a structured environment, the development of a positive mental attitude and passion – values shared throughout sport but without the ‘win at all costs’ mentality sometimes associated with professional and elite sport.

To honour our sport, it is important that as a parent/carer with a child involved in the West Lothian Wolves Basketball Club that we manage our expectations of what our children can achieve and learn vital life lessons. By explaining the ROOTS message and helping your child understand it, you are encouraging them to give their best, stick to the rules, respect themselves and others whilst also having fun. More importantly, you’re helping them feel proud of themselves.

### What is ROOTS? (1.2)

<b>R</b>	<b>Rules</b>	<i>Always play by the rules</i>
<b>O</b>	<b>Opponents</b>	<i>Always respect your opponents</i>
<b>O</b>	<b>Officials</b>	<i>Always respect Floor Officials, Table Officials and Club Officials</i>
<b>T</b>	<b>Team Mates</b>	<i>Always respect your team mates</i>
<b>S</b>	<b>Self</b>	<i>Always respect yourself</i>

These values are lived every day within the West Lothian Wolves, however, there may be some unlikely occasions where these values are challenged. On these occasions, it is the responsibility of the entire club to try and ensure these are nipped in the bud and we ask you to do your best to ensure that we all act as ambassadors for West Lothian Wolves Basketball Club.

If however you are witness to behaviours that are not in keeping with the family friendly and positive ethos of the club, then please follow the following procedures:

- If you know the person then please politely remind them that these sort of behaviours are not in keeping with the club ethos.



- It is likely that a club official (coaches, committee members, officials) will be in attendance. It is possible to ask them to have a word.
- If the behaviours are not easily dealt with then please let the Wolves Committee know or if necessary our Child Protection Officer and this will be dealt with at an official level following the club's disciplinary investigation process.

### **The Wolves Player Promise (2.3)**

#### Chairperson's Promise

- The club will provide practice time at least twice per week during the school year
- The club will use the coaches of the highest quality and will seek to develop these coaches to ensure progression of coaching standards and to comply with Positive Coaching Scotland (PCS) requirements.
- The club will continue to make basketball accessible, affordable and sustainable for years to come.
- The club will promote a positive and constructive basketball development methodology.

Signed ... \_\_\_\_\_

#### Coaches' Promise

- To develop our youth players as both basketballers and as young adults by setting examples of sportsmanship, leadership, understanding and respect.
- To encourage and teach both skills AND fitness to improve basketball abilities and team collaboration.
- To be accessible to players and parents to respond to concerns on and off the court.
- To continue to learn and progress as coaches and be open to new ideas and concepts.
- To maintain a positive and structured environment for the young players to flourish.

Signed ... \_\_\_\_\_





### Player's Promise

- To attend as many training sessions as possible and always inform the coach if you cannot attend.
- To be on time and ready to play by the session start time.
- To be respectful to players, coaches, officials, team mates and themselves.
- To be willing to learn at every session and game, and have fun along the way.
- To support the club by way of subscriptions and through its fund raising activities.

Signed ... \_\_\_\_\_

### Parent's Promise

- To encourage and support my child's basketball ambitions by respecting players, coaches, officials, team mates and themselves.
- Ensuring the "Player Promises" are met.

Signed ... \_\_\_\_\_



## 3 WHO ARE WE?

### The Club Committee (3.1)

<b>Chairperson</b>	<i>Paul Meldrum</i>
<b>Treasurer</b>	<i>Stephen McCall</i>
<b>Secretary</b>	<i>Amanda Mortimer</i>

**Child Protection Officer** *Bob Cowan*

**Ordinary Committee Members** *Dave Evans*  
*Mark Stevenson*

### The Coaching Staff (3.2)

<b>Director of Basketball</b>	<i>Paul Meldrum</i>
<b>Head of Men's Pathway</b>	<i>Mark Stevenson</i>
<b>Head of Women's Pathway</b>	<i>Dave Evans</i>
<b>Head of Operations</b>	<i>Amanda Mortimer</i>
<b>Club Development Officer</b>	<i>Mark Stevenson</i>



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<b>Senior Men A</b>	Head Coach	<i>Mark Stevenson</i>
	Assistant Coach	<i>Kevin Mortimer</i>
<b>Senior Men B</b>	Head Coach	<i>Darran Bett</i>
<b>Senior Men C</b>	Head Coach	<i>David Forrest</i>
	Assistant Coach	<i>Malcolm Currie</i>
<b>Senior Women</b>	Head Coach	<i>Dave Evans</i>
	Assistant Coach	<i>Stephen McCall</i>
<b>U18 Men A</b>	Head Coach	<i>Aiden Gallagher</i>
	Assistant Coach	<i>Jorge Maicas</i>
	Team Manager	<i>Morag Christie</i>
<b>U18 Men B</b>	Head Coach	<i>Jorge Maicas</i>
	Assistant Coach	<i>Aiden Gallagher</i>
	Team Manager	<i>Morag Christie</i>
<b>U18 Women</b>	Head Coach	<i>Stephen McCall</i>
	Assistant Coach	<i>Dave Evans</i>
	Assistant Coach	<i>Javier Ramos</i>
	Team Manager	<i>Emma Buckle</i>



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<b>U16 Men A</b>	Head Coach	<i>Aiden Gallagher</i>
	Assistant Coach	<i>Jorge Maicas</i>
	Team Manager	<i>Morag Christie</i>

<b>U16 Men B</b>	Head Coach	<i>Jorge Maicas</i>
	Assistant Coach	<i>Aiden Gallagher</i>
	Team Manager	<i>Morag Christie</i>

<b>U16 Women</b>	Head Coach	<i>Stephen McCall</i>
	Assistant Coach	<i>Dave Evans</i>
	Assistant Coach	<i>Javier Ramos</i>
	Team Manager	<i>Emma Buckle</i>

<b>U14 Boys A</b>	Head Coach	<i>Gordon Macdougall</i>
	Assistant Coach	<i>Gary Anderson</i>
	Team Manager	<i>Dawn Wilson</i>

<b>U14 Boys B</b>	Head Coach	<i>Jocke Rova</i>
	Assistant Coach	<i>Benn Isherwood</i>
	Team Manager	<i>Dawn Wilson</i>

<b>U14 Girls</b>	Head Coach	<i>Bobby Cosgrove</i>
	Assistant Coach	<i>Heather Cosgrove</i>
	Team Manager	<i>Nicola Flynn</i>



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## **U12 Boys A**

Head Coach

*Paul Meldrum*

Assistant Coach

*Kevin Mortimer*

Team Manager

*Paul Meldrum*

## **U12 Boys B**

Head Coach

*Paul Meldrum*

Assistant Coach

*David Smith*

Team Manager

*Paul Meldrum*

## **U12 Girls**

Head Coach

*Jocke Rova*

Team Manager

*Sarah Rova*

## **U10 Boys**

Head Coach

*Paul Meldrum*

Team Manager

*Paul Meldrum*

## **U10 Girls**

Head Coach

*Paul Meldrum*

Team Manager

*Paul Meldrum*



### The Training Schedule (3.3)

West Lothian Wolves Indoor Training Schedule 2021-22					
		West Calder High School	Blackburn Partnership Centre	St Margarets Academy	James Young High School
MONDAY	SQUAD	Senior Men A	U16 Women/U18 Women	U16 Men B	Senior Men C
	TIME	7pm - 9pm	8pm - 9.45pm	6pm - 7.30pm	7pm - 9pm
	SQUAD			U18 Men B	
	TIME			7.30pm - 9pm	
TUESDAY	SQUAD	U16 Men A	U18 Women/Senior Women	U12 Girls	U14 Boys B
	TIME	6pm - 7.30pm	8.15pm - 10pm	6pm - 7.30pm	6pm - 7.30pm
	SQUAD	U18 Men A		U14 Girls	U14 Boys A
	TIME	7.30pm - 9pm		7.30pm - 9pm	7.30pm - 9pm
WEDNESDAY	SQUAD	Senior Men A		U12 Boys B	
	TIME	7pm - 9pm		6pm - 7.30pm	
	SQUAD			U12 Boys A	
	TIME			7.30pm - 9pm	
THURSDAY	SQUAD	U16 Men A	U16 Women/U18 Women	U12 Girls	Senior Men B
	TIME	6pm - 7.30pm	8pm - 9.45pm	6pm - 7.30pm	7pm - 9pm
	SQUAD	U18 Men A		U14 Girls	
	TIME	7.30pm - 9pm		7.30pm - 9pm	
FRIDAY	SQUAD	U10s		U16 Men B	
	TIME	6pm - 7.30pm		6pm - 7.30pm	
	SQUAD	Social Basketball		U18 Men B	
	TIME	7.30pm - 9pm		7.30pm - 9pm	
SATURDAY	SQUAD			U12 Boys B	U14 Boys B
	TIME			10am - 11.30am	10am - 11.30am
	SQUAD			U12 Boys A	U14 Boys A
	TIME			11.30am - 1pm	11.30am - 1pm

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