

MID BASKET NIGHT BALL



► AN OVERVIEW

From the moment we started our first tournament in the Redfern community of Sydney, we knew we had something special in Midnight Basketball™.

Saturday night is the highest risk period of the week for teenagers, a time when most other services and activities are not available. Midnight Basketball targets youth through a program that combines sport and education to fill this gap.

We work in partnership with local communities, empowering them to engage with local youth and run a Midnight Basketball program in their area.

The program is a catalyst for community building that brings together stakeholders including youth agencies, schools, police, councils, local Chambers of Commerce, voluntary organisations, volunteers, parents and many more who work to build the foundations for a confident and resilient identity and promising future for their youth.

The program has expanded across the country and we are constantly rewarded with examples of communities that have embraced Midnight Basketball and are able to see it work. It is inspirational to see these communities support the 'at risk' and often marginalised teenagers within their communities through this program.

By teaching life skills through the workshops, team basketball and the other elements of the program, we have seen young people blossom with the confidence they have built through their involvement with the Midnight Basketball program.

Whether it is finding an apprenticeship as a result of a job skills workshop, or the local police commenting that a participant responded to a wave in the street, we hear more and more about ways in which Midnight Basketball is breaking down barriers within communities to help support the youth participants.

Through the amazing work of participating communities and the Midnight Basketball Australia team, we continue to see this terrific program transform lives.

Please refer to the separate Setting Up Your Tournament document which provides more detailed information on how to actually get started.

We look forward to supporting you to bring Midnight Basketball to your community.

Tess White,
Chief Executive Officer
Midnight Basketball Australia

NO WORKSHOP
NO JUMPSHOT



"I doubt there are many communities that wouldn't benefit from Midnight Basketball. What a terrific experience it's been meeting so many other wonderful volunteers, seeing the kids having such a terrific time, and just experiencing the energy that is generated by the whole event!"

The fact that so many of our volunteers have now spent valuable time with these kids, and have seen them smiling and laughing and wearing themselves out on the court has, I think, changed their perception significantly. Rather than seeing them as the 'bad' kids hanging around in the mall or outside the pubs on a Saturday night, they now see them as – well – just a bunch of kids out having fun."

Maureen Chapman
Regional Co-ordinator
NSW Department of
Premier & Cabinet

► HOW IT WORKS

WHAT IS MIDNIGHT BASKETBALL?

Midnight Basketball Australia is a national not-for-profit charity (with DGR status for receipt of tax deductible donations).

Our first tournament was in Redfern, Sydney in 2006. By the end of 2009 we will have run 53 tournaments with communities across Australia.

Midnight Basketball is a free program for both male and female participants aged from 12 to 18 and combines competitive team sport with educational workshops teaching life skills.

Each tournament runs for eight weeks on Saturdays from 7:30pm until Midnight, providing participants with a fun, healthy and educational night time activity and a safe bus ride home at the end of the night, to their front door.

An official grading night is held at the start of each tournament to form six evenly matched teams of ten players, with a mix of male and female participants of various ages and abilities.

WHY RUN MIDNIGHT BASKETBALL IN YOUR COMMUNITY?

The Midnight Basketball program aims to make a positive contribution by:

- Providing young people with a safe, healthy and positive environment at times when they may be vulnerable to harmful and anti-social behaviour.
- Combating drug, alcohol and other physical abuse by young people.
- Supporting the learning needs of young people and providing them with encouragement to participate in mainstream society and their local community.
- Providing positive role models and reinforcing the importance of self esteem among young people.
- Diverting young people in areas of need from the risk of anti-social and criminal behaviour.
- To the local community in which the tournaments are held through community capacity building.

WHY DOES MIDNIGHT BASKETBALL MAKE A DIFFERENCE?

Midnight Basketball is a community driven program. With the assistance of Midnight Basketball Australia, it unites communities by empowering them to run the program by building a committee of key and diverse stakeholders from across the community – an essential component to long term sustainability and successful outcomes.

Each tournament is formally evaluated by an external independent research body through a variety of mechanisms:

- A detailed demographic survey of participants and tournament attendees.
- A survey of participant attitudes to the workshops and overall experience.
- A survey for the participant service organisations involved.



NO WORKSHOP
NO JUMPSHOT

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HOW DOES MIDNIGHT BASKETBALL WORK?

Midnight Basketball engages youth in a fun and effective way through a combination of basketball and life skills workshops.

Each night consists of the following crucial elements:



Volunteer Briefing

The Tournament Manager briefs all volunteers and youth workers, professional referees, security, police, bus drivers, workshop facilitators and others (around 15 volunteers per night).



Dinner

Players arrive at 7:30pm and are fed a nutritious meal in order to stay focused and energetic for the night ahead.



Workshop

All participants must attend a **compulsory** workshop which focuses on essential life skills, with topics that may cover:

- Self Esteem and Confidence
- Decision Making and Problem Solving Skills
- Conflict Resolution and Communication Skills
- Impulse and Anger Control
- Substance, Emotional and Physical Abuse including Self-Harm
- Health and Wellbeing, including Nutrition
- Financial Literacy
- Job Readiness and Work Experience Program

In keeping with our motto "**NO WORKSHOP NO JUMPSHOT™**", players must attend the workshop in order to participate in the basketball competition.



Basketball

Players participate in at least three matches of basketball per night. Basketball is a crucial element to the success of the program due to its unique qualities as a team sport. It provides an opportunity to build leadership skills, encourages team work and behavioural improvement and improve fitness and focus. It is also a sport that virtually anyone can play, is held indoors and is considered "cool" by our youth participants.



Safely Home

Finally, at the end of the night, a bus takes the players safely home to their front door.



**NO WORKSHOP
NO JUMPSHOT**



"Young people were enthusiastic about the program and together with the community want [expect!] the program to continue"

"95% of players say that Midnight Basketball is great and want to attend Midnight Basketball again"

Cultural & Indigenous Research Centre Australia Feedback

"Extremely positive – you are getting the right kids. Surprised by the sustained attendances."

Redfern NSW Police

There was a significant reduction of assault and antisocial behavioural incidents in the west end over the 10 week period. A drop of 30%."

Geraldton WA Police



**NO WORKSHOP
NO JUMPSHOT**

► COMMUNITY PARTNERS

HOW DOES MIDNIGHT BASKETBALL SUPPORT YOUR COMMUNITY?

To get the program off to a great start Midnight Basketball Australia, with support from our generous funding partners, provides tournaments with the following items, subject to funding and available resources:

- \$10,000 contribution towards each tournament budget for two tournaments per year for two years.
- Tournament Management Manual / Guidelines and all relevant forms, materials and templates.
- Initial Tournament Start-Up Kit including basketballs, team singlets, team bags, upright banner, volunteer lanyards, and player prizes and trophies.
- Program evaluation questionnaire and analysis of results.
- Public liability and personal accident insurance for contracted Tournament Manager, Registered Players and Volunteers, and Referees.
- Training and ongoing tournament support.
- Workshop curriculum support to ensure it caters to the needs of your youth.
- PR support (e.g. template media releases).
- In 2009 we will release our Midnight Basketball Community Portal for all communities to manage their local program. This will include:
 - Your own localised website to be able to display information about your tournament and program, including your local sponsors.
 - Provide online registration for players and volunteers.
 - Manage the administration of the tournament including producing automatic scheduling.
 - Showcase leaderboard results, team stories, and photo galleries.
 - Generate automated reports for the local Midnight Basketball Community Committee.
 - And much more.

HOW CAN MY COMMUNITY PARTNER WITH MIDNIGHT BASKETBALL?

Midnight Basketball Australia seeks **Expressions of Interest** from community organisations who will partner with us to bring Midnight Basketball to their community. The needs of the community must be clearly identifiable and partners must demonstrate their ability to implement the program on a local level.

Midnight Basketball Australia's project managers will monitor all tournaments and assist with the implementation.

The EOI process addresses the capacity for the success of the program in your community, based on the following selection criteria:

- An established need for the Midnight Basketball program, based on the socio-economic indicators of your local community.
- A demonstrated commitment and capacity of your community to deliver the program effectively and achieve its objectives.
- Indoor basketball facilities (2 courts minimum) and separate workshop area.
- An ability and drive to recruit volunteers.
- The capacity to commit to the program for a minimum of two years with two tournaments per year to be held.



"Through volunteering at Midnight Basketball I have had the opportunity to get to know part of my community I would normally have no contact with.

The **NOWORKSHOP NOJUMPSHOT™** rule is a great motivator for kids to learn important life skills and to be in a fun, safe environment playing sport. Although it was challenging at first, I find it very rewarding and there's no doubt I get as much out of the program as the participants."

Troy Longworth
Volunteer
Staff Community Fund
Commonwealth Bank



► CONTACT INFORMATION

For further information on Midnight Basketball or to receive an 'Expression of Interest Kit', please feel free to contact us:

Postal Address: GPO Box 1600, Sydney NSW 2001
Phone: 02 8208 6248
Street address (not mailing): Level 2, 14 Martin Place, Sydney NSW 2000
Web: www.midnightbasketball.org.au

For tournament enquiries, contact:

Sue Hogan, National Tournaments Manager
Phone: 02 8208 6248
Mobile: 0412 684 006
Email: Sue.Hogan@midnightbasketball.org.au

For other enquiries including media and sponsorship, contact:

Tess White, Chief Executive Officer
Phone: 02 9232 8893
Mobile: 0418 456 294
Email: Tess.White@midnightbasketball.org.au

