



Estoril Basket Clube

Welcome Manual



Estoril Basket Clube

Welcome Manual — New Athletes

Version 1.0

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1. Identification

Estoril Basketball Clube is a club from the municipality of Cascais, district of Lisbon, dedicated exclusively to basketball.

2. Introduction: Identity, Mission and Framework

Estoril Basket Clube was founded on September 16, 2005, to meet the need for a club exclusively dedicated to basketball in the Municipality of Cascais, providing opportunities for all young people to practice the sport. Demand was so high that in the first year we reached 80 athletes of both genders, increasing to 154 athletes in the second year.

Currently, we are the basketball club in the municipality of Cascais with the most athletes, with over 200 athletes, ranging from 4 years old to veterans. We are certified as a Minibasketball School.

We are a benchmark of excellence in sports and personal development, with a history marked by technical quality and a commitment to the holistic development of our athletes. Our identity is reflected in:

- **Comprehensive Coverage:** Presence at all levels of education, ensuring continuity of training from the first steps to senior age.
- **Certified Excellence:** We are proud of our status as a Minibasketball School, where we cultivate a love for the game and the fundamental values of the sport.
- **Competitive Consistency:** A consistent and established presence in national competitions across various age groups, thanks to a robust and ambitious structure.
- **Human Resources and Talent:** Our greatest pride lies in the success of our athletes: we have several players who came up through Estoril Basket's youth system who have represented the National Teams and, through their merit, have reached the highest level of the Professional League in Portugal.
- **Senior Ambition:** Senior men's teams integrated into national championships, raising the name of Estoril Basket Clube to the most demanding levels of Portuguese basketball.

The club's colors – yellow and brown – were conceived by former international player and coach Henrique Vieira, and the emblem was designed by João Albuquerque. The colors are chosen to honor the Real Sociedade club from Mozambique.



3. Guiding Ideas

Competitive Spirit

From youth levels to senior teams, the goal is to develop athletes with ambition, discipline, resilience, and the courage to compete. A well-guided competitive spirit is a powerful formative tool. It means:

- Give your best in every training session and game.
- Accepting the challenge as a path to growth.
- Learning from victories and defeats
- Respect teammates, opponents, coaches, and referees.

Sports Culture of Excellence

Sports culture is what underpins the behavior, ethics, commitment, and pride of representing the club. We want a club where:

- The game and all its participants are respected.
- One learns to win with humility and to lose with dignity.
- Training is valued as much as competition.
- The identity of Estoril Basket is reinforced both on and off the court.

Training to Stay

To grow steadily, the club needs more than just athletes – it needs ambassadors. Therefore, a strategic priority is:

- Expand the number of members, supporters, and volunteers.
- Involving families in the formative and competitive process.
- Creating moments of sharing, celebration and identity for Estoril Basket
- To foster pride in representing the club.



4. Reception / Secretarial

Responsibilities

1. Identify the athlete's level (age on December 31st of the final year of the sports season).
2. Inform the existing training levels:
 - Mini-basketball (Under-8, Under-10, Under-12) and Youth Development (Under-14, Under-16 and Under-18)
3. Inform them of the training locations for the respective age group.
4. Inform them of the training schedules for the respective age group.
5. Inform us of the registration and monthly fees.
6. If the athlete remains interested, establish contact between the athlete and/or their legal representative with the section head(s) for the respective level.
7. Submit the pre-registration form.
8. Send the welcome manual.

Secretariat Contacts

The Secretariat is located in Quinta da Bicuda.

LOCATION: Rua do Estorninho, Loja M, Quinta da Bicuda, 2750-686 Cascais

Contact via WhatsApp: +351 937 061 672

E-mail: geral@estorilbasketclub.pt

Customer Service Procedure

To ensure efficient and organized service, Estoril Basket has defined the following guidelines:

Preferred Channel: All administrative contact should preferably be made via WhatsApp to the official secretariat number (+351 937 061 672). Written communication ensures a historical record that allows for a more complete and organized response.

Call Management: The office does not have a permanent voice telephone service due to logistical issues related to processing requests.

In-person service: If resolving the issue requires a visit to the Quinta da Bicuda facilities, please confirm availability via WhatsApp beforehand to avoid unnecessary travel. There are no fixed hours for in-person service.



5. Pavilion and Equipment Logistics

General Information

- The pavilions used by Estoril Basket are detailed in the Season Information Sheet (separate document).
- It is our duty to take the best possible care of all sports facilities.
- Athletes must arrive 15 minutes before the start of their respective training session.
- As integral parts of a club, athletes and coaches should foster peer-to-peer communication as well as attendance at training sessions and matches of other age groups.
- Parents are only allowed to watch training sessions for athletes in the MINIBASKETBALL team. Attendance at training sessions for all other levels is NOT ALLOWED.

Required equipment

- Sports Shoes
- Sportswear
- Coat
- Water Bottle
- Willingness to Work and to Learn
- Whenever the athlete is representing the CLUB, they must wear official ESTORIL BASKET equipment.

Training Rules

- During the training session, the use of any technological devices (cell phone, tablet, etc.) is not permitted, unless authorized by the coach for statistical or video purposes.
- The athlete must use appropriate sports equipment for training.
- To better preserve the court surfaces, basketball shoes cannot be worn outside; they must be carried in a backpack and changed in the locker room before and after practice.

The pavilion has changing rooms for changing clothes and showering at the end of training/games.

Beach Resort Rules

To ensure the proper functioning of the changing rooms and the well-being of everyone, athletes must:

- Always bring a towel and personal hygiene items.
- Keep the changing room clean and organized.
- Do not leave personal belongings in the changing rooms after training.
- Please respect the time allotted for using the changing rooms so as not to delay the next groups.



Role of Parents/Guardians

Parents/Guardians play a crucial role in creating a positive environment and in the development of their children in sports.

At the beginning of the activity:

- Having knowledge of the rules associated with the athlete's successful integration into the club.

In training:

- Ensure your child arrives on time for training with all the necessary equipment.
- Becoming aware that the presence of your student during training is fundamental for achieving results in both individual and collective learning.
- To safeguard against any unexpected absences, contact the coach as soon as possible.

In the games:

- Encourage Fair Play
- Accepting the referees' decisions – who, as humans, can make mistakes.
- Control your emotions
- Be enthusiastic and supportive, without replacing the coach or giving instructions on the field.
- Avoid direct conflict with others.
- Do not use offensive language in any situation.
- To help children and young people find enjoyment in their sport, emphasizing the effort and pleasure provided by practicing sports and not just valuing victories.

Code of Conduct

Estoril Basket values respect, discipline, and commitment. All athletes and coaches must:

- **Be punctual** in training and games
- **To participate actively** participating in all training sessions and competitions
- **To care** for the sports equipment and the spaces used
- **Communicate** with the coach in case of absence or impediment
- **Represent** the club with dignity and pride

Athlete Code of Conduct

To ensure a healthy and formative sporting environment, all athletes must:

- Always give your best in training and competition, regardless of the opponent.
- Respect everyone without distinction of sex, race, age, religion, or any disability.
- Consider your adversaries as partners, not enemies, and treat them with respect and courtesy.



- Recognizing the value of opponents and congratulating them when they win, using defeat as a factor for improvement.
- Learning to win with humility and simplicity, recognizing the effort of those who have been defeated.
- Respect the rules set by the coach and the coaching staff.
- To reject and denounce fraud or manipulation of results, defending sporting truth.
- To reject all forms of doping, protecting health and preserving the integrity of the sport.
- As better results are achieved, greater will be the obligations regarding the safeguarding of the principles of sportsmanship, becoming a public example of ethics for all.

Team Captain

The team captain is the representative of the players on their team and the link in communication with the coaching staff.

Captain's duties:

- To be an example for colleagues in their relationships with opponents and referees.
- To promote fair play and encourage sportsmanship.
- To help resolve conflicts that may arise within the team.
- Maintain a high spirit of camaraderie and mutual support among all members.
- Defending the team and colleagues, fighting for everyone's interests.
- To complain about situations you consider unfair to your colleagues, always with respect and courtesy.

6. Levels, Training Schedules and Coaches

The times indicated are those projected according to the availability of sports facilities, and slight changes may occur. This information will be communicated primarily through the WhatsApp groups for each age group, supplemented by information from the coaches and, when necessary, through the club's social media.

Training Frequency

- **Minibasketball:** 2-3 workouts per week
- **Training:** 3-4 workouts per week
- **Veterans:** 1-2 sessions per week (free training / game)

The existing tiers are detailed in the Season Information Sheet (separate document). The composition of the technical teams will be communicated in due course by the Coordination.

Working Group Rules

Estoril Basket organizes its athletes into age groups corresponding to the competitions of the Portuguese Basketball Federation (FPB) and the Lisbon Basketball Association (ABL).

Following Teams: In some cases, due to the high number of athletes, the club opens sequential teams (B, C, etc.) to ensure that everyone has the conditions for training and competition.

Level Designation: Athletes are always assigned to the age group to which they belong. There are level increases, but these are decided by the technical teams in order to best utilize the athlete's talent in service of the club, when this is considered best for both parties.

Multiple Groups of the Same Age Range: In cases of multiple groups within the same age range (e.g., Under-14 Boys A and B), the club reserves the right to have a more restricted and selective group within the higher group. All new athletes will be added to the lower teams until they are selected by the coaching staff.

Club Commitment: In all cases, the club will try to provide the best possible training conditions, without compromising the objectives of the groups and with respect for the coaching staff, who will be working with the athletes on a daily basis.

Accommodation Capacity: Estoril Basket reserves the right to refuse athlete registrations or the creation of new groups when there are no available training spaces or sufficient technical staff to guarantee the minimum quality of training that the club is committed to providing. This measure aims to safeguard the quality of training and the well-being of all athletes.



7. Location of Pavilions

The arenas used by Estoril Basket and their respective location links are detailed in the Season Information Sheet (separate document).

8. Registration and Monthly Fee

Registration Process

The registration process for Estoril Basket is divided into two phases:

1. Pre-registration and Trial Period

- Pre-registration must be completed online
- After pre-registration, the athlete has a free 2-week trial period.
- **Important:** We do not accept athletes training beyond the trial phase due to sports insurance.

2. Formal Registration

After the trial period and the decision to continue, the athlete must contact the Secretariat to:

- Pay the registration/renewal fee, membership fee, and first monthly payment.
- If the athlete comes from another club, the transfer fee must be paid.
- Confirm the data from MODEL 1, submit and sign it.
- Fill out the sports medical examination form.
- Receive the link from the supplier "Evolution" to order the equipment.

Registration Fees

The registration, renewal, membership fee, transfer fee, and monthly dues are detailed in the Seasonal Information Sheet (separate document).

What's included in the registration:

- Registration as an athlete for Estoril Basket (one-time fee)
- Registration with the Portuguese Basketball Federation
- Sports insurance for the entire season.
- Medical Examination (organized by the club; cost and location in the Information Sheet)

Partners

Membership in Estoril Basket Clube is mandatory for all athletes. How you apply depends on your membership level:



Athletes in training (minors):

- The parent/guardian must be a club member.
- The annual membership fee is paid by the parent/guardian.
- One annual fee per parent/guardian, regardless of the number of children in the club.
- After becoming a member, the EE pays the athlete's registration fee and respective monthly dues.

Adult athletes (e.g., veterans):

- The athlete himself must be a member of the club.
- The annual membership fee is paid by the athlete themselves.
- After becoming a member, the athlete pays their registration fee and monthly dues.

Membership fees refer to the current sports season. The amount of the annual fee is detailed in the Seasonal Information Sheet.

Monthly fees

The monthly fees for each tier are detailed in the Seasonal Information Sheet (separate document).

Monthly Payment Period:September to June (10 months)

- **July:**Extra activities (to be confirmed)
- **August:**Closed due to lack of pavilions.

Payment Schedule:

- Monthly payments are due on the 10th of each month.
- Payment via the method indicated in the Época Information Sheet.

Discounts:

- **Sibling Discount:**10% discount on the monthly fee for the sibling enrolled in the lowest tier.
- **Annual Fee Discount:**10% if paid upon departure for the next 10 months (September to June).
- See full details in the Época Newsletter.

Managing Attempts to Cancel:

- Should the athlete decide to withdraw, they must formally notify the club by email to geral@estorilbasketclub.pt by the 10th of the month.
- After the 10th, the monthly fee for the current month is due in full.
- Formal notification is required to stop monthly payments from being generated the following month.

- Without formal notice, the club will continue generating membership fees until it receives official notification.

Important: Don't let monthly payments accumulate, as it becomes more difficult to pay them. The club reserves the right to expel anyone who fails to make payments.

Veterans

The Veterans group is for adults who wish to continue practicing sports in a relaxed way. It is open to everyone, male and female, and is generally composed of former club athletes and players who wish to play recreationally.

Specific rules for veterans:

- The athlete must be a club member and pay the corresponding annual fee (see the Members section above).
- No medical examination is required to start the activity.
- They are not covered by the FPB's sports insurance (they are not athletes registered with the federation).
- Other fees and mandatory medical examinations may apply depending on participation in specific events or competitions.
- Many participants only attend training sessions, without participating in competitions.
- Tuition and registration fees are detailed in the Época Information Sheet.

Payment algorithm — Veterans:

9. Become a club member (pay membership fee)
10. Pay the membership fee (valid for the current period).
11. Pay the monthly fee for Veterans

9. Renewal/Registration Period

Estoril Basket is available to receive registrations and renewals throughout the sports season. See section 8 - Registration and Membership Fees for details on the trial period.

The club reserves the right to refuse registrations or renewals for various reasons, including: lack of vacancies, unavailability of training facilities, absence of technical staff, calendar conflicts, irregular financial situation, or behavior that does not respect club rules.

10. Medical Examination

Validity

The medical examination is only valid for the sporting season in which it was carried out. If it is carried out at the end of a season (for example, in May), a new examination will be required at the beginning of the following season (September).

Marking

For information regarding the medical examination, parents or guardians should contact the section coordinator or the secretary, who will indicate the procedures to be followed.

Veterans

Athletes in the Veterans category do not need a medical examination to begin their activity. However, medical examinations may be required if they participate in specific events or competitions that require it.

11. Sports Accidents

All youth athletes duly registered with the Portuguese Basketball Federation are covered by the FPB Sports Insurance, with coverage in Portugal and the European Union. The insurer, contact details, insured capital and specific deductibles are detailed in the Season Information Sheet (separate document).

***Veterans:** The Veterans' group is not covered by the FPB's sports insurance, as they are not registered athletes with the federation. Participants attend at their own risk.*

Procedure in Case of Injury

1. Contact immediately:

- Trainer
- Section leader
- Someone from management

2. Follow the club's guidelines:

- The club will help to find the best solution for the athlete.
- In case of emergency, the athlete should go to the nearest public hospital.
- The club will decide whether to activate the insurance based on the severity of the injury.
- If the injury is minor, it may be more advantageous to seek treatment normally (private consultation or public health system) without activating the insurance, thus avoiding paying the deductible.

3. If the insurance is activated:

- The club completes the Claims Report (with signatures from the club and the EE).
- Entries must be submitted within a maximum of 5 business days.
- The insurer pays the deductible and sends proof to the insurer.
- The insurance company indicates the most suitable healthcare provider within its network.
- For official matches, also send a copy of the Match Report.

***Important:** In many cases, standard treatment (via the National Health Service or private consultation) is cheaper than the insurance deductible. The club helps the athlete as much as it can, but the deductible is always paid by the responsible party. The club will decide with the responsible party whether it is worthwhile to activate the insurance or proceed with standard treatment, depending on the severity of the injury.*

Important: Do not start any treatments on your own without consulting the club, as this may compromise the activation of your sports insurance.

12. Sports Equipment and Supplies

Equipment Acquisition

Estoril Basket does not sell equipment directly. Equipment is ordered directly by parents/guardians through the link provided by our official supplier "Evolution," offered by the school office.

Delivery and Collection Policy

- **Order:** Done directly through the supplier "Evolution" via a link provided by the club.
- **Delivery:** The equipment is delivered to your home by the supplier.
- **Customization:** The equipment is personalized with the athlete's number, therefore exchanges are not allowed after ordering.
- **Approval Number:** Each athlete must check with the Secretariat which numbers are available in their team (from 0 to 99) for approval before placing the order, avoiding overlap.

Official Match Equipment

The purchase of official playing equipment is mandatory for all athletes.

Rules for Athlete Presentation

In Training:

- The use of appropriate sports equipment is mandatory in all sessions.
- The equipment components (shorts, socks, and shoes) must be clean, in good condition, and suitable for sports activities.
- The use of clothing with logos of rival clubs or sports entities unrelated to Estoril Basket is prohibited.
- Failure to comply with these rules may result in a warning and possible exclusion from the training session.

In Official Games:

- The complete use of official gaming equipment is mandatory.
- The use of parts not authorized by the technical team is prohibited.
- When representing the club, athletes must take care of their hygiene and personal appearance.
- Failure to comply with these provisions may result in the athlete not being able to participate in that game, unless expressly authorized by the coaching staff.

13. Section member

Each team has its own team/section director whose main function is to streamline communication between the athlete, the parents, and the coach of the respective team.



Responsibilities

- Arrange to meet with the athlete and/or their legal representative on a training schedule appropriate to the respective level.
- Inform about the training locations for the echelon.
- Inform about the training schedules for the age group.
- Inform us of the registration and monthly fees.
- Informing about the mandatory sports medical examination.
- Inform about sports accident insurance
- Inform about sports equipment
- Inform about transportation for games.
- Inform the athletes about the snacks.
- Inform about sponsorships and partnerships
- Put the athlete and/or their legal representative in contact with the category coach.
- Request pre-registration if the athlete remains interested.

14. Transportation

Transportation to Regional and District competitions is provided by the athletes' legal representatives.

Transportation to national competitions must be coordinated with the club; Estoril Basket is not committed to covering all or part of the travel costs.

Whenever possible and exclusively for national competitions, Estoril Basket will attempt to provide logistical support for travel.

Behavior during travel

During travel, all athletes must:

- Maintain appropriate and respectful behavior.
- Follow the instructions of the technical team or transport managers.
- Do not use offensive language or engage in disruptive behavior.
- Transporting the necessary sports equipment in good condition.
- Do not leave the group without express permission from the coach or section manager.

15. Communication

Official Communication Channels

To ensure that issues are handled by the appropriate people:

Administrative and Financial Matters:

- All questions regarding membership fees, billing, and payments should be sent to geral@estorilbasketclub.pt
- For administrative contact information, please refer to Chapter 4 - Reception / Secretarial Services.

Sports Issues:

- Questions about training schedules or issues regarding extracurricular activities (tournaments, social gatherings, etc.) can be discussed directly with the age group coach.
- The coach is the primary point of contact for matters related to the athlete's day-to-day life.

Regarding the Technical and Call-Up Options:

Sports management, the definition of playing time, and the selection of players for games are the sole responsibility of the coaching staff, whose decisions have the full confidence and support of the Club's Coordination and Board of Directors.

Payment of membership fees and attendance at training sessions are mandatory obligations for joining Estoril Basket, and do not grant any right to playing time or competitive privileges. All selection criteria are strictly technical and based on sporting merit.

Any technical or pedagogical issues that cannot be resolved through direct interaction between the athlete and their coach should be submitted via a scheduled formal meeting with the respective coach and the technical coordinator present. Interrogations or confrontations regarding technical decisions with members of the technical team will not be tolerated during training or matches, nor will they be tolerated outside the context of a formal meeting scheduled for that purpose.

Emergency Contact:

- In case of an emergency during training or games, contact the coach or section manager immediately.
- For urgent administrative matters, please contact management via geral@estorilbasketclub.pt

Digital Communication Code – Estoril Basket

WhatsApp Groups

Estoril Basket uses different WhatsApp groups organized by color and objective:

Institutional Group (Yellow): Administered by the Board of Directors. Intended for official notices, announcements, and decisions of the board.

Parents & Families Group (Brown): Managed by the Board of Directors, Section Heads, and Coaches. It is intended for logistics, team announcements, and communication with managers.

Staff Group (Gray): Administered by the Board, Coaches and Section Heads. It is intended for internal planning, training logistics and staff matters.

Results Group (Orange): Administered by the Board of Directors and Section Members. It is intended solely for sharing final results and photos of the games (publication exclusively for administrators).

Groups of Athletes (Semi-official)

Managed and administered by the coaches, while maintaining all the rules of respect and conduct mentioned above.

Rules of Conduct and Use (Applicable to all groups)

Respect and Common Sense: Absolute respect is required among all parties; common sense should guide all interactions.

Focus and Efficiency: Messages should be simple, to the point, and free from spam.

Zero Tolerance: Insults against anyone are not allowed, including athletes, coaches, fans, or opposing clubs.

Boundary Management: The management reserves the right to mute groups for as long as it deems necessary if the limits of conduct or use are exceeded.

Disciplinary Proceedings

Whenever acts of indiscipline or non-compliance with club regulations are detected, disciplinary proceedings will be initiated to investigate the facts.

Problem-Solving Algorithm:

12. **Initial Contact:** The team's section leader is the first point of contact for any situation of indiscipline or non-compliance.



13. **Analysis:**The section manager analyzes the situation and tries to resolve the issue with the athlete and/or guardian.
14. **Escalation:**If the situation is not resolved, the section head escalates the case to the technical coordination team.
15. **Final Decision:**In serious or recurring cases, the club's board of directors makes the final decision.

Possible Sanctions:

- Verbal or written warning
- Temporary ban on training and games.
- Prohibition from entering the premises
- Expulsion from the club (in serious cases)

The board reserves the right to terminate agreements with athletes at any time for non-compliance with the rules and regulations of the manual.

16. Sponsorships and Partnerships

Estoril Basket continuously strives for the sustainability of all its teams and levels. However, due to limited resources, there are situations that are not always guaranteed, such as travel, supplementary equipment, merchandising, and other logistical components.

In this regard, athletes and legal guardians can collaborate in finding partners who are available and interested in supporting the youth teams, whether through static advertising in the pavilion, advertising on the main or training equipment, on social media, or in kind (e.g., snacks).

The sponsorship/donation will be directed to the club and will include publicity for the partner. Formalization of partnership agreements should be done through the Sports Department.

17. Compliments and Complaints

We welcome your praise and accept your complaint. We want to grow, together.

You can send it to us via email: geral@estorilbasketclub.pt



18. Frequently Asked Questions (FAQ)

Is it possible to do a trial workout?

Yes. See section 8 - Registration and Tuition for more details about the trial period.

How do I know if my child has been accepted?

After the trial period and if the athlete decides to continue, they must contact the Secretariat to formalize their registration. In other words, the athlete will be informed by their coach during the trial period.

What should you do if you are behind on your tuition payments?

In case of any outstanding debt, you should contact the club at its headquarters, by email at geral@estorilbasketclub.pt or via WhatsApp at +351 937 061 672 to resolve the situation.

How do I order the equipment?

After formal registration, the Secretariat will provide the link to the official supplier "Evolution", where you can place your order directly and receive it at home.

How do I cancel?

Withdrawals must be formally communicated by email to geral@estorilbasketclub.pt by the 10th of the month. After the 10th, the monthly fee for the current month is due in full. See section 8 - Registration and Monthly Fee.

Do veterans need a medical exam?

No. Athletes in the Veterans category do not need a medical examination to begin their activity. However, it may be required if they participate in specific events or competitions. See section 10 - Medical Examination.

19. Contacts

Corporate Bodies

The composition of the Governing Bodies (Board of Directors, General Assembly Board and Fiscal Council) is detailed in the Época Information Sheet (separate document).

Technical Contacts

The Training Coordinator and the Minibasket Coordinator are detailed in the Season Information Sheet (separate document).

Instagram

@estoril.basket <https://www.instagram.com/estoril.basket/>

Facebook

<https://www.facebook.com/estoril.clube/>

Official Email

geral@estorilbasketclube.pt

20. Image Rights and Lost Items

Image Rights

Estoril Basket Clube reserves the right to collect photographs and videos of athletes during training sessions, games, and events organized by the club for promotional and advertising purposes on social media, the website, and other media outlets.

Parents/Guardians who do not wish their children to be included in these publications should formally notify the Secretariat by email at geral@estorilbasketclube.pt, indicating their intention to exclude them.

Authorizations Underlying Registration

By registering the athlete with Estoril Basket Clube, the parents/guardians expressly authorize:

Transport:

- They authorize trips for training at other courts, as well as any trips related to the team's competitions.

Personal Data Processing:

- They expressly authorize the collection and processing of personal data, such as: name, address, telephone and email contacts, anthropometric data such as height, weight, wingspan, jump height, among others of the same nature, statistical data on game and training performance.

Dissemination and Communication:

- They expressly authorize the use of their contact information for internal communication within Estoril Basket and for the dissemination of partnerships and other topics of interest.

As the games are public, Estoril Basket is not responsible for any images that may be collected by other clubs or individuals in the context of the game.

Lost Items

Estoril Basket Clube is not responsible for personal belongings left behind in the pavilions or facilities used for training and games. Items found will be kept at the office for a maximum of 15 days. After this period, and without being claimed, the items will be donated or disposed of.

We recommend that all athletes identify their equipment and personal belongings. Lost items can be collected at the Secretariat, located at Rua do Estorninho, Loja M, Quinta da Bicuda, 2750-686 Cascais.

Specific data for each season (social bodies, coaches, pavilions, values, dates, forms) can be found in the document "Season Information Sheet", which is updated annually.