



# 2019 INFORMATION

Condensed version – please refer to  
[www.elwood.vic.edu.au](http://www.elwood.vic.edu.au) for complete version

*Information correct as at October 2018*

## INTRODUCTION

The **Elwood College Basketball Academy (ECBA)** program has established itself as a dynamic part of the Elwood College community and is now entering its fifth year of operation. This exciting concept emerged through a partnership between Chase Basketball (an initiative of Australian Basketball Resources) and Elwood College and we hope the academy will be an important feature of your son or daughter's academic journey. **For further information package you can refer to the full version on the Elwood College website – [www.elwood.vic.edu.au](http://www.elwood.vic.edu.au)**

Participation in the ECBA program is offered to all college students enrolled in 2019 and offers participants the opportunity to pursue their chosen sport of basketball in addition to their school subject selection. They will undertake intensive basketball tuition through the course of their studies, having access to the highest quality coaches, mentors and teachers that the program can provide.

The Academy program is supported by accredited, experienced and motivated coaches, lead by Irish International, Jessica Scannell. Jess has worked with the academy team for two years and leads with passion, commitment and a keen desire to have every student reach their sporting potential.

This fee-for-service program will work in conjunction with the student's before, during and after-school commitments, and will tie in with the overall pursuit of academic excellence. It will offer a mentoring, health and wellbeing component that ensures a rounded and ultimately elite sporting pursuit.



The **Elwood College Basketball Academy** will draw on the highest quality profile coaches and athletes to complete the coaching stable used for all Academy sessions. Only committed, verified and qualified coaches will be involved in the Academy program.

## COACHING STAFF

### Jessica Scannell – Head of Academy

Jess is an enthusiastic and passionate basketball player and coach, who hails from Cork, Ireland. Jess played in the Irish National team, with Iona College in the NCAA D1 USA, the Irish super-league and the WBL in England. She currently plays for the Sunbury Jets State Championship team, twice crowned as premiers (2017, 2018). Jess likes to put players through sessions that she herself would enjoy. She places a strong focus on skill and decision making development and her favourite coaching quote is “don't teach them plays, teach them how to play”. Jess challenges all level of athletes to extend their application, dedication and commitment to both their on-court game and off-court personal development. She fosters a sense of pride and loyalty in the academy (and the college) and looks forward to a long association with the school and the basketball program.



## ENROLMENT CRITERIA

- All students enrolled at Elwood College in 2019 are welcome to join the Basketball Academy.
- All participating students will be categorised into Beginner/Intermediate and Advanced levels and the academy curriculum will be customised to these levels.
- Players can move from one level of the academy to another at the coaching staff's discretion.



## 2019 PROPOSED PROGRAM SCHEDULE:

**FEBRUARY 2019** - Introduction morning for participants and parents/caregivers – Date to be advised

### Term 1 Week 1 Academy Program

Group allocation/selection tryouts Participants allocated groups:

- Beginner/Intermediate
- Advanced level

### Term 1 Week 2 Academy Program

Begin program

For full information on the programs and the skills involved please refer to the website version of the handbook.

## SESSION TIMES

- Group sessions will be of 90-minute duration.
- Group sessions will be conducted twice per week (before and/or after school)

## ACADEMY PHILOSOPHY

The **Elwood College Basketball Academy** philosophy will also be reflected in the coaching principles of the head coaching staff.

The four cornerstones of the Academy philosophy are:

- ❖ Enjoyment/ Fun
- ❖ Basketball skills development
- ❖ Fitness from a strong work ethic
- ❖ Personal Development.
- ❖

## ENJOYMENT/FUN

It is essential that the athletes who enrol in the **Elwood College Basketball Academy** enjoy their involvement as much as possible. There will be times when the tuition and coaching will be hard work but the underlying essence of the academy should be to enjoy the experience, the game, team mates and time with the coaching staff.

The academy bases the cornerstone of Enjoyment/Fun on the premise that athletes learn more from their involvement in a sport if they are enjoying their participation. The best learning environment will be generated if enjoyment and fun is the foundation of the program.

Fun and enjoyment, hard work and discipline are not mutually exclusive elements to the academy. Every endeavour will be made to make any time in the academy as enjoyable as possible, while still working hard on the basketball court.

## SKILLS

Basketball is a sport built on the development of fundamental skills and the academy has some of the best skills coaches in the country. The development of the individual in relation to footwork, shooting, passing, ball handling, defence and basketball IQ will have a direct effect on how far the athlete can progress within the sport of basketball. All skills associated with the sport will be worked on in accordance with the needs of the training group. Skills will be taught in a way where the students will continue to be engaged with the appropriate level of repetition and instruction through, a very wide range of drills.

## FITNESS AND WORK ETHIC

The physical wellbeing of the athlete is of a very high priority to the **Elwood College Basketball Academy**. Cardio work combined with appropriate levels of strength and conditioning will be a major part of the academy program. The physical component of the sessions will often be challenging for the athlete but also very valuable for their basketball and life goals. All fitness targets will be age and skill level appropriate and will take into account the developmental and emotional background of the participants. Every program will be targeted to include a work contract and the benefits of goal setting and perseverance will be highlighted.

## PERSONAL DEVELOPMENT

The **Elwood College Basketball Academy** is designed to complement the academic activities and goals of the school curriculum. A healthy mind and body is the objective of the school and the academy. The academy will work in conjunction with the teachers at the school and personal student grades are to be monitored and assessed periodically throughout the year. The academy aims to work in conjunction with the athlete, family, school and peers to pursue both personal and academic excellence. A strong focus on family/school/sport balance will ensure organisation is a priority in the academy stream.



## **ACADEMY FEES**

The **Elwood College Basketball Academy fees include the following:**

1. Tuition fees as set out below includes 2 x 90 minute sessions a week in Terms 1,2,3 and 4 – 34 weeks of tuition in total over the academic year
2. Administration fee: \$150 per annum
3. Equipment Kit - \$180 Includes:
  - **Elwood College Basketball Academy** reversible singlets and shorts set x 2
  - High quality Molten or Spalding Basketball (size 6 or 7 to suit player's age level)
  - **Elwood College Basketball Academy** windcheater

**Total fees New Player- \$1656.00**

## FREQUENTLY ASKED QUESTIONS (FAQ)

**Q. Is my son or daughter good enough to join the *Elwood College Basketball Academy*?**

**A.** All enrolled students are welcome to join the Academy. Applicants will be divided into beginner/intermediate or advanced levels of ability so that appropriate tuition/coaching can be given to your child. Children can move from level to level based on the coach's assessment.

**Q. When will the sessions be held and how many sessions will be held each week?**

**A.** The *Elwood College Basketball Academy* is based on 35 weeks of tuition with 2 x 1.5 hour on-court sessions per week. Sessions are planned for mornings prior to school and after school and will be held in the college gymnasium. In the event of the college facility being unavailable or the expansion of the program, on-court sessions may be timetabled for lunchtime at the college and/or morning participation at the Melbourne Sports and Aquatic Centre courts.

**Q. How long will each session go for?**

**A.** Each session is planned to be of 90 minutes' duration. To allow for a host of variables that may occur during regular curriculum (excursions, incursions, exams, assemblies, sporting days etc), some on-court training sessions may be either shortened or lengthened to allow for timetable changes. Athletes will be notified of any alterations to their timetable.

**Q. What if we enrol and after a few weeks, my son/daughter decides that he/she does not wish to continue in the program?**

**A.** No problem. Students can withdraw whenever they like however, fees will be forfeited to the end of the term in which they withdraw. Costs will be withheld to the end of the term of withdrawal and reimbursements (if any) will be attended to. **The college administration charge and the kit fee are withheld from any refunds.**

**Q. What does my child bring to each session?**

**A.** Athletes will be expected to be in full academy uniform (provided in the student/athlete kit). He/she will need to wear appropriate basketball footwear, have at least one water bottle and bring a basketball (provided in the student/athlete kit).

**Q. Will teams be formed?**

**A.** The Elwood College Basketball Academy DOES NOT enter teams into external representative or domestic competitions. Teams from within the academy WILL BE formed and intra-academy games and competitions will be played as part of the academy program, throughout the year. Academy teams may also represent the school at inter-school sporting competitions. The complete timetable for games, teams and competitions will be advised as necessary.

**Q. Will girls and boys train together?**

**A.** Depending upon the number of boys and girls that enrol in the program, boys and girls may have some sessions together. The program incorporates fitness work, skills work and team play. Boys and girls may be mixed for skills sessions and fitness work however the amount of team play between boys and girls will be kept to a minimum level.

**Q. What if my child wishes to undertake additional training on top of what the Academy is offering?**

- A.** Additional training at the athlete's expense, may be offered to every athlete through programs conducted at the Melbourne Sports and Aquatic Centre and other satellite venues. This training is a separate program to the **Elwood College Basketball Academy** and will attract additional costs. Enquiries can be made via the academy coaching staff