



2017
INFORMATION
BOOKLET

Information correct as at October 2016



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Introduction:

Thank you for your interest in the *Elwood College Basketball Academy (ECBA)*. This exciting concept has emerged through a partnership between Chase Basketball (an initiative of Australian Basketball Resources) and Elwood College. We hope the academy will be an important feature of your son or daughter's academic journey and develop pathways that will last them a lifetime. This information package will introduce you to the *ECBA* concept and will answer the most frequently asked questions about the program, enrolment and your child's involvement.

The *Elwood College Basketball Academy* will be offered to all college students enrolled in 2017. The Basketball Academy will provide participants with the opportunity to pursue their chosen sport of basketball as part of 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 Australia's premier basketball exponent, Andrew Gaze. Andrew has been instrumental in the implementation of the school academy format and will oversee the provision of the program to Elwood College students.

Elwood College holds a firm position as one of the premier public school education facilities in Melbourne's Bayside. The new Basketball Academy Program will utilise the school's growing sporting resources to introduce basketball as a means for students to fulfil personal fitness and development goals through sport.

The *Elwood College Basketball Academy* is an integrated sports system that will see students selecting basketball to be included in their co-curricular timetable. The program will be independently accessed through the school enrolment and will initially be open to all interested students in 2017. 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.





COACHING STAFF:

Mike Spears – Head Coach

The *Elwood College Basketball Academy* is proud to claim Coach Mike Spears as the ECBA head coach and director of coaching. Mike is an ex-pat American who first came to Australia to play in the National Basketball League for the Perth Wildcats. Prior to making Australia his permanent home, Mike developed his basketball background, playing in eight different countries following a successful college career. Mike had the unique opportunity to coach alongside the great Michael Jordan and has continued his love of junior basketball development through youth sports programs. He is a past recipient of the Inspiring Stories award and is a highly sought after youth motivational speaker. He has the unique ability to tailor his coaching to relate to children of all ages and backgrounds and is putting all of his efforts into inspiring junior athletes to be the best that they can be. Coach Mike is the face of the Elwood Basketball Academy and will continue his love of the sport and the Elwood community through the academy program.

Andrew Gaze – Coaches' administrator

- Andrew Gaze is well-renowned as Australia's most accomplished basketball player. Even during his retirement from playing he remains one of Australia's most loved sports personalities. His basketball achievements include:
- Australian flag bearer and Olympic team captain at Sydney 2000 Olympics
- Highest point scorer in Olympic history (up to Athens 2004)
- Voted best NBL player in past 25 years, 2003
- Australian Captain 1994 – 2000
- 307 International Senior Games
- Member of 1999 NBA Championship team, San Antonio Spurs
- Member of the 1993 and 1997 NBL Championship teams, Melbourne Tigers.

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.

ENROLMENT CRITERIA

- All students enrolled at Elwood College in 2017 will be 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 two levels.
- Players can move from one level of the academy to the other at the coaching staff's discretion.





2017 PROPOSED PROGRAM SCHEDULE:

- **FEBRUARY 2017**
 - **Week 1 Academy Program**
Group allocation/selection tryouts (minimum 4 sessions)
Participants allocated groups: beginner/intermediate or advanced levels
 - **Week 2 Academy Program**
Begin program terms 1 & 2

BEGINNER/INTERMEDIATE LEVEL PROGRAM:

Terms 1 and 2:

Individual skills introduction

- An emphasis on individual skills development: shooting, ball handling, footwork etc.
- Full group program appropriate to skill levels to be designed by coaches.

Terms 3 and 4:

Team skills introduction

- Individual skills introduced in terms 1 & 2 will be placed in a game context.
- An emphasis on game rule, strategy, offensive and defensive team structure.
- Consolidate and prepare for year 2 of the program.

ADVANCED LEVEL PROGRAM

Terms 1 and 2:

Assessing and improving individual skills and fitness

- During term 1 and 2 advanced players will be put through several fitness tests followed by fitness programs to put them in expected fitness shape. These sessions are to be conducted in conjunction with an individual skills development program which is designed for more advanced players.
- Emphasis on 'post players' working on their inside game and perimeter players on their outside game.

Terms 3 and 4:

- Emphasis on maintaining required fitness levels whilst introducing team building processes including: offensive and defensive strategies, team structure, defensive structure, offensive and defensive transition.
- Introduce principles of the 'Shuffle' offensive structure with emphasis on skill development.
- Consolidate and prepare for year 2 of the program.



SESSION TIMES

- Group sessions will be of 90 minutes' duration.
- Group sessions will be conducted two times per week
- Group sessions will be conducted over a combination of morning, lunchtime and after-school timeslots.

BASKETBALL DEVELOPMENT CURRICULUM

Both the beginner/intermediate and advanced groups will have a strong focus on skill development and below is list of offensive and defensive areas which all players will be expected to concentrate on.

Work rate, intensity and drill selections will be different between our two levels but all players will be closely monitored during their development process.

Areas in which Elwood College Basketball Academy students are expected to work on and develop:

Offence

Understanding of the following terms and situations:

- ✓ 3 second area
- ✓ 3pt. Line
- ✓ Free-throw line
- ✓ Foul line extended
- ✓ Split line
- ✓ Half court
- ✓ Side and Baselines
- ✓ Charge line

Violations, fouls and penalties

Body Movement

- ✓ Running and stopping
- ✓ Pivoting
- ✓ Change of Direction
- ✓ Change of Pace
- ✓ Jumping and Landing
- ✓ Sliding
- ✓ Coordination (Hand, ball, feet) and Balance
- ✓ Core Stability
- ✓ Passing
- ✓ Catching

Passing

- ✓ Chest Pass (one and two hands)
- ✓ Bounce Pass
- ✓ Push Pass
- ✓ Off the dribble pass

Dribbling

- ✓ Speed dribble with either hand
- ✓ Change of direction – crossovers
- ✓ Dribble to Shoot
- ✓ Dribble to Pass to a stationary target
- ✓ Dribble to Pass to a moving target



BASKETBALL DEVELOPMENT CURRICULUM continued...

Offence continued...

Catching

- ✓ Create a target stance
- ✓ Moving through the ball to a stop
- ✓ Creating space from the defense

Shooting and Receiver Spots

- ✓ Lay up with left and right hand
- ✓ Correct shooting technique – release and follow through
- ✓ Jump shot (set shot, off the dribble)

Non Dribbling Moves

- ✓ Pivot to protect the ball
- ✓ Pass fake
- ✓ Jab step

Space

- ✓ Creating space to cut
- ✓ Seeing and recognizing space between you the basket and other players
- ✓ Using space

Decision making

- ✓ When the ball is in your hands
- ✓ When the ball is not in your hands

Defence

Positioning

- ✓ Guarding a player with the ball
- ✓ Guarding a player without the ball
- ✓ One pass away from the ball
- ✓ Two passes away from the ball
- ✓ Jump to the ball

Boxing out

- ✓ Blocking out the Shooter and non shooter
- ✓ Nearest Arm and Foot Pivot and Contact

Communication

- ✓ Very important part of team defence

Stance Defending the Ball

- ✓ Low and wide

Containing the dribbler

- ✓ Big to Bigger terminology (step – slide)
- ✓ Feet play the opponent, the Hands play the ball



PLAYER PROFICIENCIES

OFFENCE

Shooting – A high percentage from uncontested shots including free-throws.

Cutting/Screening – How to set and cut off screens. Passing to moving targets and receiving on the move.

Make plays off on-ball screens – Ability to read the second line of the defence.

Creating plays off the dribble – Making use of driving and passing lanes.

Low post efficiency – How to create position and make plays in the low post.

Understanding game situations – Time, score, foul count, defensive weak link, offensive hot hand.

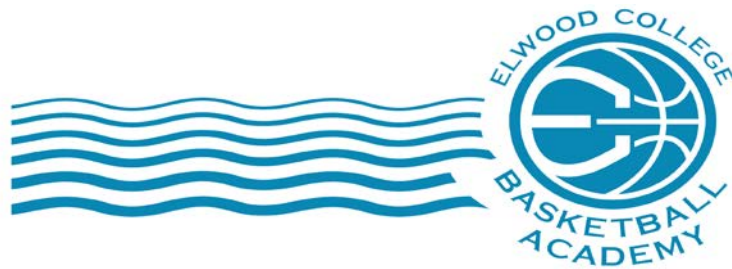
DEFENCE

Ball pressure – Every shot, pass dribble is contested.

Communication – A consistent use and response to verbal cues.

Rotation – All five players adjust position and stance on the flight of the dribble, pass or shot.

Rebounding – Allow no more than one contested shot.



ACADEMY PHILOSOPHY:

The *Elwood College Basketball Academy* philosophy will 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 with 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.



ON COURT AND OFF COURT OBJECTIVES:

The *Elwood College Basketball Academy*, through its program, will be endeavouring to promote a number of traits that we wish to foster in students/athletes:

ON COURT:

- Discipline
- Work Ethic
- Sportsmanship
- Team work
- Skill
- Basketball Intelligence

OFF COURT:

- Discipline
- Leadership
- Community
- Pride
- Humility
- Social responsibility
- Health
- Tolerance
- Resilience





ACADEMY FEES

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

1. Tuition fees as set out below (amounts to \$19.50 per session).
2. School administration fee: \$150 per annum
3. Equipment kit: \$180 (New players only)

TUITION FEES

Based on \$19.50 per session

Term 1

2 sessions per week x 90 minutes (7weeks) \$273.00

Term 2

2 sessions per week x 90 minutes (10 weeks) \$390.00

Term 3

2 sessions per week x 90 minutes (9 weeks) \$351.00

Term 4

2 sessions per week x 90 minutes (8 weeks) \$312.00 per Term = \$1,326.00

EQUIPMENT

The \$180 equipment kit includes the following items:

- *Elwood College Basketball Academy* reversible singlets and shorts set x 2
- Elwood College Basketball Academy Windcheater
- High quality Molten or Spalding Basketball (size 6 or 7 to suit player's age level)

TOTAL 2017 FEES

NEW PLAYERS	CURRENT ECBA PLAYERS
<p>Includes:</p> <p>2 x 90 minute sessions a week in Terms 1, 2, 3 & 4 \$1326</p> <p>Administration fee \$150</p> <p>Equipment kit \$180</p>	<p>Includes:</p> <p>2 x 90 minute sessions a week in Terms 1, 2, 3 & 4 \$1326</p> <p>Administration fee \$150</p> <p>Equipment kit (unless replacement kit required) \$0</p>
\$1656.00	\$1476.00



ELWOOD COLLEGE BASKETBALL ACADEMY 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. There will be no refusal for foundation students in 2017.
- Q. When will the sessions be held and how many sessions will be held each week?**
- A. The 2017 *Elwood College Basketball Academy* is based on 34 weeks of tuition with two on-court sessions of 90 minutes per week. Sessions are planned for mornings prior to school, lunch times 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 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.
- 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. Teams from within the academy will be formed and intra-academy games and competitions will be played 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. **N.B. ECBA teams will not be entered into external domestic or representative programs, however athletes are encouraged to use the academy training as a support of and parallel to other club/team involvement.**
- 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 will 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. Will the academy teams be involved in any tours?

A. As the school and the Academy grow, it is planned that there will be tours to tournaments and also to other schools.

Q. What is included in the academy kit?

A. The Academy Kit consists of: -

An elite indoor Spalding or Molten Basketball
ECBA reversible singlet x 2
ECBA training short x 2
ECBA Windcheater

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

A. Additional training is offered to every athlete through programs conducted at the Melbourne Sports and Aquatic Centre. 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.

Q. Will Andrew Gaze be coaching my child?

A. Andrew will be part of the stable of coaches who direct the Elwood College Basketball Academy program. He may have contact at some time with your child through some of the academy sessions but there is no guarantee that he will be coaching your child. All of the tutors who are part of the academy's coaching team are of the highest standard and are custodians of all of the goals and objectives laid out by the program. Andrew will oversee this group and play a role in the direction of the academy.