

# **NORTHCOTE HIGH SCHOOL BASKETBALL ACADEMY**

2023 INFORMATION BOOKLET

# INTRODUCTION

- Thank you for your interest in the Northcote High School Basketball Academy. In partnership with Players First basketball, the academy will be offered to Northcote high school students only. The purpose of the academy is to provide a full service basketball program with a focus on personal development, social inclusion and living active and healthy lifestyles.

- CORE VALUES

Equality, Inclusion, Community, Joy

# COACHING STAFF



MIKE TORRES

FOUNDER OF PLAYERS FIRST BASKETBALL

DIAMOND VALLEY EAGLES YOUTH LEAGUE MENS HEAD COACH

VIC METRO ASSISTANT COACH 2020- 2022

DIRECTOR OF COACHING - COBURG BASKETBALL ASSOCIATION 2017- 2021

UNITED STATES NAVY 2008-2012

MIAMI DADE COLLEGE 2006-2008

# COACHING STAFF CONT...



Luisa Fakalata

- Current NBL1 Women's Player Dandenong Rangers
- Australian Junior National Team Representative
- VIC Metro former player and current coach



Nathan Poelsma

- Current NBL1 and Youth League Men's Player
- Skill Development Coach
- Diamond Valley Eagles Junior Coach

# SELECTIONS

- The Academy will be offered to all Northcote High School students, including all incoming year 7's.
- Students must attend tryouts to be considered.
- Selections will be based on skill, experience, determination, effort, and a willingness to learn.
- Around 75-80 Students will be selected.
- Tryouts will take place at the beginning of term 1. Date TBD.

# TRAINING

- Academy Students will train twice a week in groups based on year level.

Year 7 & 8

Years 9-12

- Training will take place 7am-8:30am (Before school) & 3:30pm-4:30pm (After school)
- Specific days TBD
- Training will be conducted throughout the school year. 8 weeks per term. (32 weeks total)

## Curriculum

- Individual Offensive Skill
- Individual and Team Defensive Concepts
- Team Concepts and Tactics
- Physical Fitness & Athletic Development

# FEES

Annual Fees \$950

This includes:

- Uniform
- Training
- Match and Tournament Entry
- Transportation

# FAQS

- Will we play games?

Yes , all students will participate in games and tournaments throughout the school year.

Games will take place during school hours at various locations and times.

Students will be transported to and from games with permission from school officials.

- What if I have school commitments during a game or training?

School commitments always come first. Games and Tournaments are scheduled without interfering in academic commitments.

- Do I need to have prior playing experience?

No, all you need to have is a willingness to learn and commit.