

**BRIGHTON
SECONDARY COLLEGE
BASKETBALL ACADEMY**



PLAYER HANDBOOK



SCHOOL BASKETBALL ACADEMY PROGRAM

CHASE BASKETBALL



NGANYIM To Play
NYOONGIN To Belong

| COACHING | HOLIDAY CAMPS |
| SCHOOL ACADEMIES | PATHWAYS |

chasebasketball.com.au

INTEGRATED SCHOOL SPORTS PROGRAM //

Chase Basketball is a leader in professional school basketball academies across Melbourne. Chase provides schools with the highest-level coaches and administration team that manage the Academy timetable and communication with student/athletes and their families. Every Academy session is scheduled to ensure a balance of school, family and sport, with academic excellence a priority. The Academy will draw on the highest quality, committed and qualified coaches to be involved in the 32-week annual program, allowing for a total of three hours on-court time per week (two, 90-minute sessions per week).

The Academy is an all-inclusive program, meaning all students are welcome, no matter their skill level. Participating players are separated into training groups based on their age and experience, giving every student/athlete the best opportunity to progress and improve.

The Basketball Academy will reflect the coaching principles of the Chase Head Coach staff and the core values of the College; respect, empathy, curiosity, integrity, teamwork and excellence.



ACADEMY CORE COACHING TEAM

The Academy's core group of coaches bring a wealth of experience and knowledge stemming from years of involvement as both players and coaches at the elite level. Each coach has their own unique leadership style and fulfils the stringent guidelines that are required to be a part of the Academy coaching team.



Nigel

Managing Director Chase Basketball

25+ years of coaching experience at all levels
Former NBL leading player: Melbourne Tigers & Brisbane Bullets



Ellen

Director of Operations Chase Basketball

Bachelor of Sports Coaching: Victoria University
Junior Representative Head Coach
Development Coach for Victorian State Program



George

Head Skills Coach Chase Basketball

Head Coach School Basketball Academy Program
State Level Coaching Experience in Greece for
FAS Naoussa, Pierikos and Zafeirakis
Junior Representative Head Coach



Jay

Head Skills Coach Chase Basketball

Head Coach School Basketball Academy Program
Assistant Coach: Melbourne Tigers Mens NBL1
Junior Representative Head Coach



BENEFITS OF BASKETBALL ACADEMY



Improved fitness and health of students



Teaches the importance of respect, time management and physical fitness



Engagement with and promotion of school community



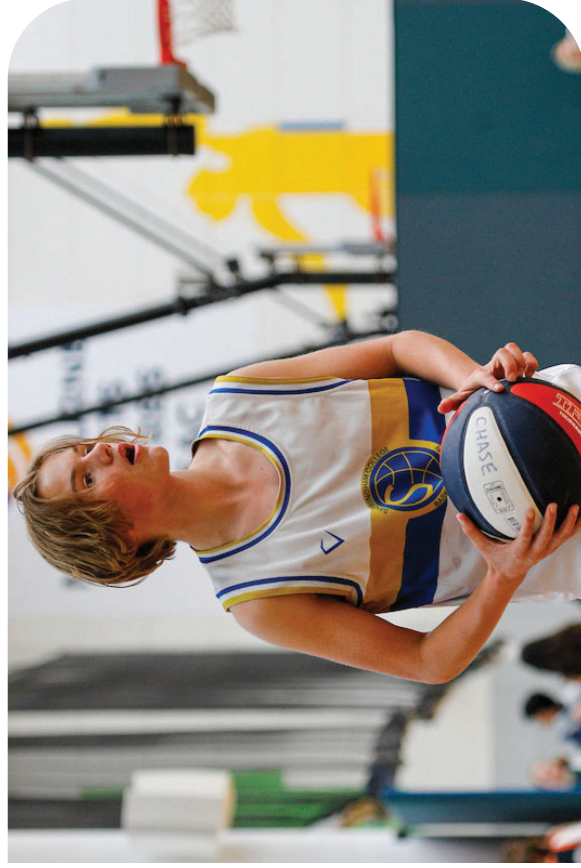
Improved academic engagement



Reinforced school values and positive school image



Improved basketball and inter-school sport results



VISION & VALUES



FULL ACADEMY MODEL

Students receive three hours of on-court basketball per week. Commonly, three hours on-court allows students the ability to build strength, skills and knowledge, as well as a high level of physical conditioning.

The Full Academy Model is typically divided into two sessions conducted before school across the academic week. Both sessions are one and a half hours long, allowing for sufficient recovery time between trainings. Two sessions per week gives students additional time to prepare for inter-school tournaments and intra-school Academy activities.

In the senior year levels, students will have the opportunity to participate in foundation strength and conditioning training with a qualified coach. This S&C training is integrated into the Full Academy model and focuses on core stability and strength. The S&C extension provides an excellent base moving into all senior-level school and extracurricular sport.



PROPOSED PROGRAM

TERM 1 & 2

- Student information session
 - Trials – allocate students into suitable groups
 - 32-week Academy timetable commences
 - All Schools Academy Tournaments – Round 1
- Group changes where necessary
 - Victorian College Championships – Round 1, 2 & Finals
 - All Schools Academy Tournaments – Round 2
 - State School Championships
 - Presentation day

TERM 3 & 4

Ongoing Chase, Coach, player and parent communication ensures the growth of each individual student on and off the court.

PROPOSED CURRICULUM

TERM 1 & 2

- Hand-eye coordination drills & running technique
- Ball skills & fitness drills
- Individual skills development
- Ball handling & footwork
- Shooting form analysis
- Tournament play and preparation

TERM 3 & 4

- Contested shooting drills
- Creative 1-on-1 competition
- Advanced ball handling
- Fatigue shooting
- Foundational core strength
- Mini games/contests

STANDARDS AND EXPECTATIONS

PREPARE

Prepare your basketball gear the night before training and ensure you arrive on time.

BE RESPONSIBLE

Know your training timetable. Remind classmates if necessary.

SAY HELLO

Coaches will be on court before training and enjoy getting to know athletes. Say hi to your Coach and let them know you are ready to train.

BRING A GREAT ATTITUDE

Be ready to learn and challenge yourself in a positive environment.

LISTEN, LEARN & IMPROVE

Give it your all at each session and be ready for the rewards.

BE RESPECTFUL

Respect teammates, coaches, opponents, referees and equipment.

BE COMPETITIVE

Coaches love a competitive spirit, it is what makes a great athlete. It is important to be both competitive and respectful.

ASK QUESTIONS

Your Coaches are there to help.

ACADEMY UNIFORMS

Academy shorts and singlet are to be worn to all sessions. Uniforms are essential during competitive drills, particularly during game play. Basketball shoes are great if you have a pair, otherwise runners with non-marking soles are also an option.

If for any reason your Academy uniform is not accessible, the school sport uniform may be worn as an alternative.



MISSING ACADEMY SESSIONS

If athletes need to miss an Academy session, it is important that a parent or guardian notifies the Chase Academy Team before or soon after the absence via the dedicated Academy absence line absences@chasebasketball.com.au. If multiple sessions are missed without notice, Chase will directly contact the parent or guardian.

If athletes will be away from training for a planned or explained extended period of time (for example holiday or long term injury), it is imperative that the Academy Team is notified. This allows Chase to notify Coaches, update session plans and adjust tournament rosters in their absence.

INJURIES AND ILLNESS

If you are injured or unsure if you can participate in a session, communicate with your Coach. Some injuries require rest, while others can be worked around.

If you're unable to participate due to injury, you should continue to attend trainings. Although attendance while injured is not compulsory, it is highly recommended.

If you suffer from asthma or any ongoing medical condition, please communicate with the Academy Team before the beginning of the school year.

Don't forget to contact the Academy Team if you will be absent.

REPLACEMENT ACADEMY SESSIONS

Any session that a student is absent for due to illness, injury or extracurricular activities or timetable clashes may be replaced.

Replacement sessions can be organised by contacting the Academy Team, who will ensure that replacement trainings are the correct fit for an athlete's ability.



ACADEMY CONTACT DETAILS

academies@chasebasketball.com.au

0492 938 010

ACADEMY ABSENCE CONTACT

absences@chasebasketball.com.au



CONTACT

If you have any further questions about the Chase Basketball School Academy Program, please call (m.) 0492 938 010 or contact:

JANET GAZE
General Manager
academies@chasebasketball.com.au

ELLEN PARRY
Director of Operations
admin@chasebasketball.com.au

NIGEL PURCHASE
Managing Director
nigel@chasebasketball.com.au

chasebasketball.com.au

