

NORWOOD

BASKETBALL ACADEMY



PLAYER HANDBOOK



CHASE BASKETBALL

**SCHOOL
BASKETBALL
ACADEMY
PROGRAM**



CONTACT

If you have any 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/school-academies/

INTEGRATED SCHOOL SPORTS PROGRAM

Chase Basketball is a leader in professional school basketball academies across Melbourne.

The Norwood Basketball Academy program is delivered by Chase's experienced coaching and operations team, who manage all aspects of planning, communication and administration.

Every Academy session is scheduled to ensure a balance of school, family and sport, with academic excellence a priority. Training is lead by committed and qualified Coaches who teach across a 32-week annual program, allowing for a total of three hours on-court per week (two 90-minute sessions).

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

The Basketball Academy reflects the coaching principles of the Chase Coaching staff and the core values of Norwood; Resilience, Respect, Responsibility and Aspiration.





ACADEMY CORE COACHING TEAM

The Academy's core group of Chase Coaches is made up of highly experienced and accredited professionals, with backgrounds in elite-level play, junior development and educational coaching environments. Each Coach is carefully selected for their basketball expertise and ability to mentor student-athletes, while upholding the values of the schools they serve.



Managing Director Chase Basketball

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



Director of Operations Chase Basketball

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



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



Head Skills Coach Chase Basketball

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

FULL ACADEMY MODEL

Student-athletes receive three hours of on-court basketball per week, typically divided into two 90-minute sessions conducted before school. This schedule ensures minimal disruption to academic learning, while promoting strong routines, positive habits and personal wellbeing.

Sessions are carefully designed by Chase's qualified coaching staff to support each student-athlete's age and ability level. While the core development framework is consistent across campuses, session plans are adapted to best serve the student-athletes at each school. The focus is on building skills progressively, enhancing game understanding and fostering confidence.

For senior student-athletes, the Academy model may include strength and conditioning sessions focused on core strength, mobility and injury prevention. In addition, student-athletes in the program may be offered coaching pathway opportunities, encouraging leadership and deeper engagement with the sport and school community.



BENEFITS OF A BASKETBALL ACADEMY



Improved health and fitness of student-athletes



Engagement with and promotion of school community



Reinforced school values and positive school image



Teaches importance of respect, time management and physical fitness



Improved academic engagement



Improved basketball and inter-school sport results



VISION & VALUES



PROPOSED PROGRAM



SEMESTER 1

- Academy information session
- Trials – allocate student-athletes into suitable groups
- 32-week Academy timetable commences
- All Schools Academy Tournament – Round 1
- Student-athlete skills assessment

SEMESTER 2

- Group changes where necessary
- Victorian College Championships
- All Schools Academy Tournament – Round 2
- Presentation Day
- Student-athlete skills assessment

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

PROPOSED CURRICULUM



SEMESTER 1

- Ball skills & hand-eye coordination drills
- Running technique & fitness drills
- Basic skills development
- Ball handling & footwork
- Shooting form analysis
- Tournament preparation & play

SEMESTER 2

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

STUDENT-ATHLETE 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 student-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 student-athlete. It is important to be both competitive and respectful.

ASK QUESTIONS

Your Coaches are there to help.



ACADEMY UNIFORMS



The Academy uniform is to be worn to all sessions. Uniforms are essential during competitive drills, particularly in 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 student-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 a parent or guardian.

If a student-athlete will be away from training for a planned or explained extended period of time (e.g holiday or long-term injury), it is imperative that the Chase Academy Team is notified. Chase will inform Coaches, update session plans and adjust tournament rosters in the event of a student-athlete absence.

INJURIES AND ILLNESS

If a student-athlete is unable to participate due to injury, they should continue to attend Academy sessions if possible. Although attendance while injured is not compulsory, it is highly recommended.

If a student-athlete is ill, please remain at home and contact the Academy absence email.

If a student-athlete has asthma or any ongoing medical condition, please communicate this with the Academy Team.



REPLACEMENT ACADEMY SESSIONS

Any session that a student-athlete misses due to illness, injury, 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 the athlete's ability.



ACADEMY CONTACT DETAILS

academies@chasebasketball.com.au

0492 938 010

ACADEMY ABSENCE CONTACT

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