



## DEVELOPMENT PROGRAMS FOR CURRENT PLAYERS

### Invitation Only Programs:

**High Performance Program (HPP)** –An invitation only program targeted towards athletes who are aiming to progress their basketball to an elite senior level. Each week the athletes are committed to one on court session a week, two gym workouts with a personalised training program and will be undertaking a Certificate Education program.

Approximate number of athletes: Maximum of 15 athletes (boys and girls combined)

Target age bracket –Bottom Age 18s to 20s

**State Performance Program (SPP)** – Eltham will be an accredited Basketball Victoria provider of this program. It will provide one x one hour session per week between October and the end of May. This is an invitation only program and invitations are decided through coordination of Basketball Victoria and Eltham Basketball Club. Athletes at this level are aiming for selection into Basketball Victoria's NIT Program for the following year.

Approximate Number of Athletes: Between 20-25 players (boys and girls combined)

Target age bracket: -Top Age 14s to Bottom age 18s

**Eltham Development Athlete Academy (EDA Academy)** –Specifically designed to be the underpinning program to the State Performance Program. This is an invitation only program, where athletes will complete one by one hour session on court each week with experienced coaches. Athletes within this program are aiming to make the State Performance Program and Basketball Victoria's NIT Program.

Approximate number of athletes: Between 20-25 players (boys and girls combined)

Target age bracket: Top age 12s to Bottom age 16s

**Wildcat Zone** -An invitation program for bottom age 12s through to top age 14s. This program only operates in blocks of five weeks, as it provides an introduction to morning programs for younger players. Players will be provided with an opportunity to develop their skills under the tutelage of experienced coaches.

Approximate number of athletes: Between 20-25 players (boys and girls combined)

Target age bracket: Top age 12s to Top age 14s

**Wildcats Identification Academy (WIA)** -An invitation program created for domestic players. The players complete one training run after school and one afternoon of matches each week. Players are being prepared for championship basketball through experienced skills and game coaching.

Target age bracket: Players around the Under 8 to Under 10 age groups in EDJBA

## **Further Development Programs Open to All:**

**Development Squad:** This long-standing program for our junior domestic players will remain. Targeted at players who want another skills session it provides education to players on the fundamentals of the game.

Target age bracket: Under 8 to Under 11 age groups in the EDJBA. Players are split into relevant age groups for specific coaching.

**Open Gym for 16s and 18s:** All Boys and Girls in these age groups will have the opportunity to come along for a session each week, which will be a combination of skills training, alongside match play, specifically scenario work. Players will be educated on game management, strategies and an overall better understanding of the game.

**Small Group Development Sessions:** Several of our senior players of past and present will conduct skill development sessions for 4-5 week periods. As we have conducted in the past, the programs will consist of just four players, so individual attention is a priority.

**Individuals Sessions:** As we have done in the past, we will provide a high quality coach, to provide individual trainings to players.

**Post Play:** Similar to the sessions above, but specifically for players looking to work on their post game. We acknowledge it is hard for coaches to teach the post within team trainings and as such, experienced players/coaches will provide education.

**Tours and Tournaments:** We are proud to be one of the biggest supporters of other Melbourne association's junior tournaments. This will continue in 2014. We have also organised for the U14 team to tour to the AIS. We are revisiting whether this is viable and whether an alternative location would be more beneficial.

**Holiday Camps:** While everyone else was providing child care over the holiday breaks, we started providing basketball development camps. This will continue in 2014 with a variety of education and development opportunities each holiday period.

### **How to Get Involved?**

For the invitation programs, you will receive an invitation via email or post. This will contain details as to how you register for the program.

All other programs will be advertised on our website. Obviously some programs will have more places available than others, but our goal is to provide opportunities for all Eltham Wildcats players to improve their skills and experiences in basketball.

Registrations for programs will be available online, but will also have a hard copy version available.