

# Basketball NSW Wheelchair State Performance Program



## ***“DEVELOPING AND PREPARING YOUNG BASKETBALL ATHLETES TO REPRESENT NSW”***

The Basketball NSW Wheelchair State Performance Program (SPP) serves to identify, develop, and foster the skills of young athletes with classifiable limitations who aspire to compete at state, national and international levels of wheelchair basketball. Basketball NSW believes that the establishment of a direct pathway for athletes in the SPP into the State Team Program will improve the quality of State Team performance into the future.

The program is designed to develop individual skills and learn team concepts which will enable participants to compete successfully at the National Championships and on the International level. In addition to pathways, identified athletes and coaches in the program will reinforce and strengthen the efforts in associations to continue to develop the game of wheelchair basketball.

The SPP talent identification and development model meets the needs of our athlete and coach pathways while assisting NSW in achieving its broad objectives and best preparation for the NSW Kevin Coombs Cup (KCC) State team for National Championships.

The 2024 KCC squad will be selected from athletes selected for the SPP. Therefore, players wishing to represent NSW at a National Championship will be required to participate in the SPP. A combined SPP/KCC trial will be held to form a squad.

**All eligible athletes will trial on 2-3 September.** All sessions, weekly training and camps, are combined age / gender with individual skills levels incorporated into session plans to ensure appropriate and maximum development for athletes.

Following the initial trial, the SPP squad will be selected with players born 2002 - 2012 for males and 2000 - 2012 for females. The program will provide players with skills, competition and mental improvement that are required to perform at a high level at a National Championship.

Once the final State team has been selected, players will train with the State team coach in preparation for the National Championship. All players in the SPP will continue to attend individual skill based training sessions each week in parallel with the State team training program. This will allow Basketball NSW to provide the State team athletes with a comprehensive State team training program as well as provide all athletes with a targeted weekly training environment.

The Basketball NSW Wheelchair Manager may make an exception for a player to only attend the State Team part of the program in special circumstances that support the best outcome for the State Program.

### WHAT IS THE COMMITMENT REQUIRED FROM SPP SCHOLARSHIP HOLDERS?

- Attend all scheduled weekend camps listed below.
- Attend weekly-supervised sessions with an SPP Network Coach.
- Complete Strength and Conditioning Program (as required).
- You must make yourself available for selection in the NSW State teams program.

- Maintain a satisfactory level of academic performance and display appropriate behavioural standards at school (includes submitting all school reports).
- Adhere to policies of Basketball NSW SPP.
- A levy of \$300 per athlete applies for involvement in the SPP which off-sets the costs of the program (which includes camp costs, training uniforms). This fee is only payable once athletes have been selected to the SPP (following the trials).

#### ELIGIBILITY TO BE SELECTED

- Eligible Classification with an official BA Provisional or Confirmed Classification
- Athletes must be a current registered member of BNSW, either through their association or directly with BNSW
- There should be no outstanding monies between the athlete and BNSW
- Minimum of 12 years old at the recommencement of SPP in September 2023
- Athletes must register for the trials and pay the appropriate trial fee
- Athletes must attend the trial day
- Eligibility to represent NSW in 2024 KCC Tournament as per age group and Nationality rules. As per BA rules, to be eligible for State Team representation at KCC, athletes must be a minimum of 14 years of age - all other program activities are a minimum of 12 years of age.
  - Boys born between 2002 - 2012
  - Girls born between 2000 - 2012

#### SELECTION CRITERIA

Subjectivity is an Unavoidable Element of Selection to a SPP Squad. Each athlete will be considered against all criteria.

- Outstanding potential to compete successfully at Australian Junior Championships
- Demonstrate potential to develop to compete successfully at Australian Junior Championships
- Athletic ability e.g. speed, agility, quick hands and strength
- Willingness to embrace the NSW "Blues" culture values
  - Better People - Good people involved in the program become better people as they leave the program.
  - Learn - Focus and enjoy improving.
  - Unity - Achieve goals together as a team, regardless of who you are.
  - Enjoy Effort - Take pride in putting your best effort forward, always.
  - Selfless - Do for the greater good of the team, before yourself.
- Demonstrated attitude to become an exceptional basketball player
- Be highly receptive to coaching staff
- Demonstrated desire to succeed not only in basketball, but in educational, vocational and personal life
- Outstanding desire and commitment to working hard at improving mental, physical and basketball skills

#### 2023/24 SPP CAMP DATES

It will be necessary to hold some camps at alternative venues due to court availability. Dates are below:

2-3 September 2023:	SPP Trials	Bankstown
14-15 October 2023:	Camp 1	Bankstown
9-10 December 2023:	Camp 2	TBC
Mid-January 2024:	Camp 3/KCC Trials	TBC
Early February 2024:	Camp 4/KCC Camp	TBC
Early March 2024:	Camp 5 (Graduation)/KCC Camp	TBC

Monthly 1-Day Muster Camps will also be held in Thorsby, Canberra the last Saturday of the month (in October, November, February and March) during terms 4 and 1 (to be confirmed at a later date).

### COST TO BE IN THE SPP

A levy of \$300 per athlete applies for involvement in the SPP which off-sets the costs of the program (which includes camp costs, training uniforms, strength and conditioning programs). This fee is only payable once athletes have been selected to the SPP (following the trials).

### FREQUENTLY ASKED QUESTIONS

#### **What are the objectives of the SPP?**

The stated objectives of the Basketball NSW State Performance Program:

- Identify athletes from the SPP trials that display the characteristics and ability required of an elite athlete and train them in a group environment to become a State Team representative.
- Transitioning “potential” into “talent” by developing, reinforcing and monitoring positive training habits.
- Increased contact with expert coaches for our State team athletes
- Increase the pool of athletes who have the ability to meet State Team standards.
- Further educate the athletes about Sport Science and Sport Medicine concepts.
- Prepare the athletes for a National Championship in their home environments.
- Improved support for the State team coaches.
- Improved preparation of our bottom aged players
- Provide regional support for identified coaches and athletes
- Act as a resource for their identified region

#### **How many athletes will be selected?**

Squad sizes will be dependent on the quality of the athletes in that intake. Generally squads will be selected as follows:

- Boy age group: up to a squad of the best 15 male athletes (born 2002 - 2012)
- Girl age group: up to a squad of the best 10 female athletes (born 2000 - 2012)

#### **Can I be selected in a State team without participating in the SPP?**

All State team players will be expected to be involved in the SPP unless granted special consideration by the Basketball NSW Wheelchair Manager.

#### **What happens if I don't want to meet all of the requirements of the SPP (such as attending all camps and the weekly home training sessions)?**

It is highly desirable that athletes meet all requirements of the SPP to give themselves the best chance of being selected to their respective State Squad. Exemptions from training sessions and any SPP Camps may be granted by the Basketball NSW Wheelchair Manager under special circumstances only.

#### **What happens if I am selected to the SPP following the trials and then am cut from the State Squad at a later date (example, after State team training sessions or the SPP camps)?**

If athletes are cut from their respective State squads, they will still continue to be part of the SPP squad for the duration of the program. They will still be required to fulfil requirements as set out in the SPP (such as attending weekly training sessions).

#### **How does the structure affect Country athletes?**

Country operates the same as Metro. The delivery of some of the requirements may differ slightly (such as the set-up of the weekly home training programs).

**What are the benefits of the program?**

- A higher level of competition in the SPP
- State teams performance improved with better prepared athletes
- Common style of play and performance levels across all teams
- Greater access to High Performance coaching

**Is there a cost to be involved in the SPP?**

Yes. A levy of \$300 per athlete applies for involvement in the SPP which off-sets the costs of the program (which includes camp costs, training uniforms, strength and conditioning programs). This fee is only payable once athletes have been selected to the SPP (following the trials).

**What happens if my family is struggling financially and find it difficult to pay the SPP levy?**

There is a cost involved to be in the SPP. Likewise, there will be a greater cost involved to those athletes who are successful in making a State Team. Any individuals who suffer from financial hardships should contact the Basketball NSW Wheelchair Manager so that their situation may be accessed.