



# Basketball Program



The Basketball program, supported by UAA, is a development and high-performance program for talent identified athletes from South Western Sydney region.

This program is targeted for athletes who are participating in Metro Junior League, Southern Junior League, or Junior Premier League Representative competition.

Athletes who participate in the Basketball program will have the opportunity to be educated in, and compete within both the 5x5 and 3x3 style of play and performance pathways.

## OBJECTIVES

Create an environment where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through their sports Athlete high Performance Pathway.

Provide fundamental individual and squad skill development sessions for athletes during representative off-season programs, in parallel to BNSW High Performance Pathway programs.

Compliment athletes local Representative team training, encourage and develop athletes to be Leaders within those teams.

## ELIGIBILITY

Athletes must be aged between **12 and 15** years of age, in the year of nomination, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Athletes must participate and be a registered and financial member of Basketball NSW.

## SELECTION PROCESS

Athletes must complete a South West Sydney Academy of Sport Athlete Nomination Form and attend one or more trial/s as listed.

Athletes who are eligible may nominate for the Basketball, and 3x3 Basketball programs. Whilst the programs are separate in nature, athletes may be selected in both.\*



# Athlete Benefits

## BENEFITS INCLUDE:

Recognised Athlete within the Regional Academy of Sport Network

Academy uniform

Regular on-court training sessions that will include individual and squad based fundamental skill development training, team dynamics and tactical skill development.

Access to Academy Athlete Health and Wellbeing Services

Education Program, including

- Athlete Induction,
- Media Skills and Athlete Development,
- Sport Science and Functional Movement
- Captains Class and Leadership Training,
- Practical Nutrition,
- Sport Integrity, and more

Supervised Strength and Conditioning Program/s

Fitness Testing and Functional Movement Screening

Athletes will be eligible for selection to compete at the ClubsNSW Regional Academy Games, and 3x3 Basketball program events

## ATHLETE SCHOLARSHIP LEVY

An Athlete Scholarship levy of **\$400** inclusive of GST, will be applicable to successful athletes.

Additional Camp / Tour costs may be applied for certain activities throughout the program year, however are heavily subsidised by the Academy and it's partners.

*\*Whilst a second athlete scholarship levy will not apply, athletes selected in both may be required to pay any additional camp or performance levies relative to either program they are selected in.*



Nominate  
Now>



**For more information: [swsas.org.au/basketball](https://swsas.org.au/basketball)**

*#WeAreSouthWestSydney*